



**CALGARY
PATRIOT**

"Serving Calgary for 30 Years"

Team Champs

December 17, 2011, 8:30 am-Noon

Hosted by: The Calgary Patriots Swim Club

Sanction #: AB XXXX

Talisman Centre
2225 Macleod Trail South
Calgary, Alberta
25 meters Short Course Format
8 lanes, single ended
HY-TEK Meet Management Software

1. ELIGIBILITY

All Swimmers currently registered with SNC and registered as a member of the Calgary Patriots Swim Club are eligible to compete. Swimmers' age will be determined as of the first day of the meet. See Entry Limits for restrictions on number of swimmers.

2. FORMAT

All events will be senior Seeded. Events will be broken down into 10 & Under, 11-12, 13-14 and 15 & Over for scoring.

3. SEEDING

All events will be pre-seeded and are timed finals. All events will be run **fastest to slowest**.

4. MEET RULES

All current Swimming/Natation Canada (SNC) rules will apply. There will be no penalty for late scratches, step downs, no shows or incomplete swims. The FINA one start rule will apply. SNC Warm up procedures will be in effect at this meet. Equipment: Flutter Boards and Pull buoys are allowed. Hand paddles and Flippers (Zoomers) are not allowed.

5. ENTRY LIMIT

Entries will be limited swimmers who are members of the Calgary Patriots Swim Club. Swimmers are limited to a maximum of three individual events. The 400 free and 400 IM will not count against the three individual events. No Deck Entries are allowed.

Meet management reserves the right to alter the program to adhere to the 4 hour session time limitation as required by Swim Alberta..

6. DECK ENTRIES

No deck entries.

7. ENTRIES

CP shall pay for this event. There will not be any entry fee per swimmer.

8. ENTRY DEADLINE

Entries are due to the meet manager by 5:00pm on December 12, 2011. The scratch deadline is 5:00pm on December 12, 2011.

Entries to be submitted to :

Lisa Streu, Meet Manager,

Calgary Patriots Swim Club

Using the Swim Canada website.

Session No. 1 Saturday, December 17, 2011

Warm - up: 8:30 am Start: 9:30 am

Age Group Event

- | | |
|----|---------------|
| 1 | 200 Freestyle |
| 2 | 100 Back |
| 3 | 50 Breast |
| 4 | 100 Freestyle |
| 5 | 50 Fly |
| 6 | 100 Breast |
| 7 | 50 Freestyle |
| 8 | 100 Fly |
| 9 | 50 Back |
| 10 | 200 IM |

Time Trial

- | | |
|----|-----------------------------------|
| 11 | 400 Free (to be swam at practice) |
| 12 | 400 IM (to be swam at practice) |