



2010 Speedo Alberta Age Group Provincials Short Course  
Kinsmen Sports Centre  
9100 Walterdale Hill NW, Edmonton  
March 5-7, 2010

Position	Name	Phone	E-mail
Host Club	Edmonton Keyano Swim Club		
Meet Manager	Julianne Hafer / Ollie Currie	(780) 435-7049	<a href="mailto:jdhafer@telus.net">jdhafer@telus.net</a> <a href="mailto:ocurrie@shaw.ca">ocurrie@shaw.ca</a>
Advisory Referee	Glennis Mossey		<a href="mailto:gmmossey@telusplanet.net">gmmossey@telusplanet.net</a>
Officials Chair	Nicole Bilan		<a href="mailto:ndbilan@telusplanet.net">ndbilan@telusplanet.net</a>
Swim Alberta*	Kevin Dennis	(780) 415-1780	<a href="mailto:kevin@swimalberta.ca">kevin@swimalberta.ca</a>

**\*Swim Alberta Contact:**

- For questions or clarification regarding the technical content of the meet package.

**Sanction & Rules:**

- This meet is sanctioned by Swim Alberta, abiding by the rules and regulations of SNC and FINA as contained in the SNC rulebook, IPC Swimming rules and regulations as contained in the IPC Swimming rulebook, the policies and procedures of Swim Alberta, and the rules stipulated in this package.

**Categories:**

- Male and Female; 10 & Under; 11 & 12; 12 & Under; 13 & 14, Para-Swimming (Para-Swimmers aged 14 & Under)

**Qualifying Standard/Period:**

- The qualifying period is from April 1, 2009 to the entry deadline.
- Swimmers must achieve their distinct age A time standard, within the qualifying period, either short course or long course.
- Para-Swimmers must meet the Alberta Provincial Standard for 14 & Under Para-Swimming.
- Swim Alberta time standards are available from [www.swimalberta.ca](http://www.swimalberta.ca).

**Eligibility:**

- 2010 Speedo Alberta Age Group Provincials Short Course is an OPEN event; open to swimmers currently registered with SNC or FINA affiliated clubs however meet management and Swim Alberta will review out of province entries.
- Swim Alberta and meet management may review and limit out of province entries.
- Para-Swimmers must have a valid classification under the IPC Swimming Classification System and their name and classification must appear on the IPC Swimming website ([www.ipc-swimming.org](http://www.ipc-swimming.org)), the Swimming / Natation Canada website (<http://swimming.ca>) or the Swim Alberta website ([www.swimalberta.ca](http://www.swimalberta.ca)).



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### Entry Deadline:

- The entry deadline will be fourteen (14) days prior to the first day of competition (February 19, 2010 before midnight).
- Swimmers qualifying for their first event after the entry deadline can enter the competition at the regular entry fee; these entries must be received by midnight Monday March 1, 2010.
- Late entries of pre-qualified swimmers will be permitted at double the published entry fee, only when an extra preliminary heat is not created. These entries will be exhibition and seeded as No Time (NT).

### Entries:

- Entries must be made using Hy-Tek online at [swimming.ca](http://swimming.ca).
- Swimmers may enter any event offered.
  - Swimmers qualified in six or less events may swim a total of six swims in any event.
  - Swimmers qualified in seven events may swim in any seven events.
  - Swimmers qualified in eight events swim in any eight events.

Time Standards	Free Swims	Total Swims	Time Standards	Free Swims	Total Swims
1	5	6	5	1	6
2	4	6	6	0	6
3	3	6	7	0	7
4	2	6	8	0	8

- Entry times must be in short course metres. Long course times may be converted by subtracting 2%. No-Time entries will not be accepted.
- Swimmers winning an individual event at the 2010 Team Aquatic Supplies Alberta Age Group Trials may enter that event in the 2010 Speedo Alberta Age Group Championship, regardless of whether they meet the A standard in that event. They may enter remaining events up to the maximum of six. Winners who age up between the competitions will be allowed to compete in their new age group.
- All qualifying swimmers, including the corresponding event winner from the 2010 Team Aquatic Supplies Alberta Age Group Trials, will be eligible to swim the 800 & 1500 freestyle events. If an age group has less than 24 qualifiers the event limit will be 24 swimmers. The remaining spots will be filled by non-qualifiers and will be seeded by time. Any non-qualifiers who selected the 800 & 1500 freestyle but are not eligible will be notified and permitted to select an alternate event.
- Entry times for Para-Swimmers must be in short course metres. Long course times may be converted, for classes S1-S6, S11, SB1-SB6, SB11, SM1-SM6 and SM11 by adding 2% and times for classes S7-S14, SB7-SB9, SB12-B14 and SM7-SM14 by subtracting 2%.
- Any club submitting entries for non-qualified athletes will be subject to a \$100.00 fine payable to Swim Alberta.

### Proof of Times:

- Meet management will post or distribute psyche sheets for all timed final events, including relays, by 8:00 a.m. Monday March 1, 2010. A Coach/Club may challenge the submitted entry times by emailing the meet manager. Coaches/Clubs challenging an entry will be required to submit \$50.00 to Swim Alberta. Should the challenge be false the \$50.00 will be retained, if the challenge is found to be valid the fee will be returned.
- Challenges to entry times will be accepted up to 48 hours prior to the start of the first session. The Meet Manager will contact the club that is being challenged and request a proof-of-time be submitted within 24 hours from the time of notification.
- Any club unable to prove the submitted entry time will be subject to a \$50.00 penalty payable to Swim Alberta. If an alternate proof of time is submitted the entry may be reseeded. If no proof is available, individual events will be removed and relays will be seeded as No-Time.
- Individual results for proof-of-time must be available on [swimming.ca](http://swimming.ca).

## 2010 Speedo Alberta Age Group Provincials Short Course

### Entry Fees:

- Entry fees must be paid prior to the start of the competition.
- An entry fee report will be sent after the entry deadline.
- Cheques for entry are payable to the Edmonton Keyano Swim Club.
- Entry fees are \$8.00 per individual, \$10.00 per relay entry and include the Olympic Bonus.
- Entry fees are refundable prior to the entry deadline (February 19, 2010 before midnight).

### Seeding & Scratches:

- Once entered in an event, a swimmer who is not an alternate for that event may withdraw or "scratch" from that event without penalty as follows:
  - Heats: The scratch deadline shall be the start of the previous nights finals or before 3:00pm prior to the first day of the meet (Thursday February 19, 2010).
  - Time-Finals: The scratch deadline without penalty, including relays, shall be the start of the previous nights finals or before 3:00pm prior to the first day of the meet (Thursday February 19, 2010) with the exception of the 800 & 1500 freestyle events, which require positive check-in.
  - Finals: The scratch deadline without penalty shall be 30 minutes after the conclusion of preliminary heats of the session immediately preceding the finals that day.
- Failure to scratch from a final or time-final constitutes a late scratch, and shall result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day.

### Format:

- The meet will be conducted Short Course in two 8-lane 25m pools. Preliminary events will be divided into 2 pools by gender, with further adjustments at the meet manager's discretion.
- Events will be senior seeded by gender, including entries for swimmers with a disability, for the preliminaries and divided into separate age categories for finals.
- All preliminaries will swim regardless of number of entries.
- 10 & under events will have A Finals only, with the exception of the 400 freestyle which will be time-final and swum in the preliminary session.
- Swimmers aged 10 & under who wish to enter a 12 & under event must meet the minimum of the 11-year old A time for each specific event.
- 11&12, 12&U, and 13&14 events will have A and B Finals regardless of the number of entries, with the exception of the 400 freestyle & 400 IM which will have an A Final only, and the 800 & 1500 freestyle which will be time-final.
- In the 800 & 1500 freestyle the fastest Olympic eligible heat of 14 & under swimmers will swim in the finals session, however awards will still be broken down into the 12&U and 13&14 age groups. All remaining heats will be swum fastest to slowest, alternating gender, in the preliminary session and may be seeded with two swimmers per lane at the meet management's discretion.
- Positive check-in is required for the 800 & 1500 freestyle prior to the start of the session in which the event will be swum.
- Events for Para-Swimmers will be time-finals only, and swum during the preliminaries session.
- Eligible events for Para-Swimmers are:
  - 50, 100, 200 & 400 freestyle
  - 50, 100 butterfly
  - 50, 100 backstroke
  - 150 IM (Classes SM1-SM4)
  - 50, 100 breaststroke
  - 200 IM (Classes SM5-SM14)

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### Relays:

- See SNC 2.3
- Relay events are time-finals and shall be swum in the finals session.
- Individual names for relays must be submitted 30 minutes prior to the start of the session.
- The deadline for name changes will be 30 minutes prior to the start of the relay event.
- Relay teams must include a minimum of two qualified swimmers for each event age group.

### Scoring & Awards:

- See SNC 4.1 for scoring rules.
- Individual events - medals will be awarded to the top three finishers in all individual events for 10 & under, 11 & 12, 12 & under, 13 & 14. Ribbons will be awarded to the remaining top eight finishers. Discrete age winners at the 2010 Speedo Alberta Age Group Provincials Short Course will also be presented a Provincial Championship Certificate.
- Relay events - medals will be presented to the first place team in all relay events. Ribbons will be presented to the second and third place teams.
- Events for swimmers with a disability will have medals awarded for the top three finishers based on the SNC World Performance Charts for Para-Swimmers regardless of the classification for each eligible event. Individual classification winners will receive a Swim Alberta Para-Swimming winner's certificate per event.
- Para-Swimmers will not be included in the Overall Championship scoring.
- Team Awards - the following are awards determined from points earned at this competition and presented at the Swim Alberta Annual Celebration Banquet:
  - Team Aquatic Supplies Team Title Group 1 Banner
    - Clubs eligible are those with 76 and more registered competitive swimmers
    - Presented to the team with the highest combined points from SC and LC Age Group Provincials.
  - Speedo Team Title Group 2 Banner
    - Clubs eligible are those with 75 and less registered competitive swimmers
    - Presented to the team with the highest combined points from SC and LC Age Group Provincials.

### ACC Professional Development:

- This session will include Swim Alberta information, question period, and an educational component. The Congress will be held immediately following the session on Saturday.

### Time Trials:

- Swim Alberta and Meet Management must both approve a time trial, which will only be held in exceptional circumstances.

### Pre-Meet Training Time

- For pool time requests at Kinsmen Sports Centre on Thursday March 4<sup>th</sup>, please contact Jason Chugh at [jasonchugh@yahoo.com](mailto:jasonchugh@yahoo.com).

2010 Speedo Alberta Age Group Provincials Short Course

**Swim Alberta Host Hotels**

**Coast Edmonton Plaza**

10155 105 st NW

Edmonton, AB

T5J 1E2

Phone: 780-423-4811

Fax: 780-423-3204

Reservations: 800-663-1144

- Swim Alberta Rate: \$99.00 Single / Quad plus applicable taxes
- When booking ask for the Swim Alberta room rate.
- (Internet booking code SWAB45)



**Coast Edmonton House**

10205 100 ave NW

Edmonton, AB

T5J 4B5

Phone: 780-420-2000

Fax: 780-420-4364

Reservations: 800-663-1144

- Swim Alberta Rate: \$109.00 Single / Quad plus applicable taxes
- When booking ask for the Swim Alberta room rate.
- (Internet booking code SWAB45)



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Event Order

Friday March 5	Saturday March 6	Sunday March 7
Prelim Warm-up: 8:00am Prelim Start: 9:00am	Prelim Warm-up: 8:00am Prelim Start: 9:00am	Prelim Warm-up: 8:00am Prelim Start: 9:00am
10&U 100 Back	10&U 200 IM	10&U 100 Fly
11-14 100 Back	11-14 200 IM*	11-14 100 Fly
12&U 200 Fly	10&U 50 Free	10&U 200 Free
13-14 200 Fly	11-14 50 Free	11-14 200 Free
10&U 100 Free	10&U 200 Back	10&U 50 Back
11-14 100 Free	11-14 200 Back	11-14 50 Back
12&U 400 IM	10&U 50 Fly	10&U 200 Breast
13-14 400 IM	11-14 50 Fly	11-14 200 Breast
10&U 50 Breast	10&U 100 Breast	10&U 100 IM
11-14 50 Breast	11-14 100 Breast	11-14 100 IM
14&U 800 Free	10&U 400 Free (Time Final)	14&U 1500 Free
	11-14 400 Free	
Finals Warm-up: 5:00pm Finals Start: 6:00pm	Finals Warm-up: 5:00pm Finals Start: 6:00pm	Finals Warm-up: 4:30pm Finals Start: 5:30pm
14&U Girls 800 Free (Top 8)	10&U 200 IM	14&U Boys 1500 Free (Top 8)
10&U 100 Back	11-12 200 IM	10&U 100 Fly
11-12 100 Back	13-14 200 IM	11-12 100 Fly
13-14 100 Back	10&U 50 Free	13-14 100 Fly
12&U 200 Fly	11-12 50 Free	10&U 200 Free
13-14 200 Fly	13-14 50 Free	11-12 200 Free
10&U 100 Free	10&U 100 Back	13-14-200 Free
11-12 100 Free	11-12 100 Back	10&U 50 Back
13-14 100 Free	13-14 100 Back	11-12 50 Back
12&U 400 IM	10&U 50 Fly	13-14 50 Back
13-14 400 IM	11-12 50 Fly	10&U 200 Breast
10&U 50 Breast	13-14 50 Fly	11-12 200 Breast
11-12 50 Breast	10&U 100 Breast	13-14 200 Breast
13-14 50 Breast	11-12 100 Breast	10&U 100 IM
12&U 400 FR	13-14 100 Breast	11-12 100 IM
13-14 400 FR	12&U 400 Free	13-14 100 IM
	13-14 400 Free	10&U 200 MR
	10&U 200 FR	11-12 200 MR
	11-12 200 FR	13-14 200 MR
	13-14 200 FR	

\*150 IM will be swim immediately following the 200 IM