



*"Serving Calgary for 30 Years"*

The Calgary Patriots Swim Club presents:  
***CPSC Wild Hair  
Jr. Circuit Swim  
Meet***

Welcome swimmers, coaches and parents from: Excalibur, Killarney, UCSC,  
Glencoe Gators and Calgary Patriots Swim Club

Swim Alberta Sanction Number: AB #

**Date: *SUNDAY March 14th, 2010***

**Warm-up: 12:15 PM, Start: 1:00 PM**

**Location: Killarney Pool, Calgary**

**Meet Manager:** Lisa Streu, Calgary Patriots Swim Club  
2225 Macleod Trail South, Calgary, AB, T2G 5B6  
**Email:** patriotsmeetmanager@yahoo.ca

**Eligibility:** Swimmers will be eligible to swim in Junior Swim Circuit meets provided:  
a) As of Sept 1, 2009 they have **NOT** achieved the current Swim Alberta Age Group Trial qualifying time in either the 200 IM or 400 Free.  
b) They are currently a registered competitive swimmer with a year round program designated to the **Southern Region of Swim Alberta.**

Swimmers may **not** swim events for which they have achieved an Alberta "B" qualifying times or better for the age group they are competing in.

**NOTE:** Violation of these rules will result in a \$100.00 fine (per swimmer) to the offending club payable to Amateur Swimming Southern region.

**Entries:** Swimmers are limited to a maximum of **four (4) individual swims to be swum at the meet** with a maximum of 2 swims for any combination of 100 and 200 events. They may also swim the relay. We will **not** have time to swim the 400 Free during the meet. Please have your swimmers swim the 400 free at your club's home pool as a Time Trial the week of the meet. Please provide the Clerk of Course with your official times for the 400 free at the start of the meet. 400 Free may count as a fifth individual event for your swimmers.

**Entries are to be submitted by uploading through the swim Canada website.**

**Entry Deadline:** Entry deadline is **5:00 PM Monday March 1st, 2010.** The scratch deadline for fee refund(s) is 5:00 PM on Wednesday March 10, 2010.

**Seeding:** Junior Swim Circuit meets will be senior seeded in fastest to slowest order.

**Entry Times:** **Entry times are required for all entries** to facilitate timing of the meet by the Meet Manager as well as a dequalifying check.

**Ribbons:** Ribbons will be awarded for all **Best Times.**

**Entry Fees:** Entry fees will be \$25.00 per participant of the meet. This fee applies if the swimmer is entered in one or more events. Please make your cheque payable to "Calgary Patriots Swim Club", and remit to the Meet Manager by **Wednesday March 10, 2010.** Late entries or deck entries may be accepted if no extra heats are created. **An additional \$10 charge per swimmer will apply and must be paid with the entry.**

**Scratches:** A scratch sheet, complete with the name of the club, the name of the swimmer and the event number(s), must be handed to the Clerk of Course no later than 30 minutes before the start of the meet.

**Event Cancellation:** The Meet Manager reserves the right to limit entries in the Junior Swim Circuit Meet due to time constraints. After timing out the meet it may be necessary to cancel some events to avoid having the meet run longer than four hours. Every effort will be made to ensure that all entry swims are completed.

**Scoring:** There will be no scoring at the Junior Swim Circuit Meets.

**Rules:** The **One Start** rule will be used, and all other S/NC rules must be adhered to.

**Officials:** Volunteers for officials would be appreciated. Volunteer names and positions can be sent to: **Val Lawton – patriotsofficials@gmail.com**

**SOUTHERN REGION of SWIM ALBERTA  
2008 / 2009 JUNIOR SWIM CIRCUIT  
Schedule of events  
March 14, 2010**

Girls	Event	Boys
1	100 Free	2
3	50 Breast	4
5	25 Back	6
7	25 Fly	8
9	100 Fly	10
11	50 Back	12
13	100 Breast	14
15	25 Free	16
17	25 Breast	18
19	4x50 Mixed Open Free Relay	
21	100 IM	22
23	200 IM	24
25	100 Back	26
27	50 Fly	28
29	50 Free	30
31	200 Free	32
33	200 Back	34
35	200 Breast	36

**MAXIMUM FOUR (4) INDIVIDUAL EVENTS PER SWIMMER  
MAXIMUM TWO (2) SWIMS OF ANY COMBINATION OF 100 AND 200 EVENTS  
400 FREE TO BE SWAM PRIOR TO MEET and submit times to meet manager**