

24th Annual Cascade Speed Meet (Gold)

November 6-7, 2010

University of Calgary Aquatic Centre

Sanction # **PENDING**

The Cascade Swim Club is pleased to invite you to the 2010 Speed Meet (Gold) to be held November 6-7, 2010 at the University of Calgary.

Entries are to be submitted using Hy-Tek. The files are to be uploaded on line at [www.swimming.ca](http://www.swimming.ca), with an entry deadline of Friday October 22, 2010. Time of receipt of uploaded entries will be considered as the date and time on the notification email sent to the meet manager through the SNC site. All times are to be entered Short Course.

In addition, the following must reach the Meet Manager on or before Friday, October 22, 2010:

* Cheque with entry fees made payable to Cascade Swim Club
* Word or PDF document of your entries.

If sent by courier please ensure no signature required upon delivery.

Entries are to be sent to:

Cascade Swim Club - Attention: Barry Windsor

2225 Macleod Trail South

Calgary, Alberta, T2G 5B6

For more information, please contact:

Barry or Wendy Windsor, Meet Managers Jasen Pratt, Club Manager

(403) 269-6585 or (403) 263-7946

meetmanager@cascadeswimming.com jasen@cascadeswimming.com

We look forward to seeing you at the meet!

Sincerely,

Barry and Wendy Windsor

Meet Managers

**Facility**

* The University of Calgary Pool is the host site for the 2010 Slingshot Speed Meet (Gold). This world-class facility has two-25m short course pools..

**Entries**

* There is a maximum number of 6 swims per athlete (plus relays).
* Each of the teams may enter up to 6 swimmers in each event of a team comprised of 16 female and 16 male swimmers (total team size of 32 swimmers)

**Qualifying times**

* Not Applicable

**Age Groups**

* Females: Open
* Males: Open

**Meet Format**

* Each team can enter 6 swimmers in the preliminaries per event
* In the event that all teams do not submit five entries per event teams may deck enter swimmers on a first come first serve basis to fill empty lanes. These swimmers will not be eligible to advance to the finals or score points.
* There will be “A” finals only; the 800 & 1500 are timed-finals events with the top-8 swimming at night. Proof of time will be required for the 800 and 1500m events.
* Teams can enter two relays per event.

**Relays**

* Relays are timed final events swum at night in the finals sessions.

**Deck Entries**

* Deck entries will be accepted to fill empty lanes on a first-come first serve basis.
* All deck entries are exhibition swims and therefore will not be eligible for finals or scoring.
* There is no cost for deck entries at the “GOLD” meet.
* Note to Coaches: your “GOLD” meet swimmers may be deck entered as exhibition into the “BLUE” side of the pool at $5.00 per entry if you are unable to have them swim in the “GOLD” side.

**Submitting Entries**

* Please send a Word or PDF document of your entries along with your Hytek entries. All times are to be entered Short Course.
* Foreign Teams not using HYTEK can send entries via an excel document (available on the Cascade Website: http://www.cascadeswimming.com.
* Swimmers age will be determined as of the first day of the meet, November 6, 2010.
* The event list will also be available as a downloadable file from the Cascade Website ([www.cascadeswimming.com](http://www.cascadeswimming.com)). This file will be set up with all of the events for the meet in Team Manager (Hy-tek) format.

**Entry Fees**

* There is a flat team entry fee of $1,500 per team.

**Meet Rules**

* The current SNC and FINA rules shall govern the meet.
* Please note: Swimming Canada’s new ruling on swimsuits will be in effect.
* The scratch deadline for finals each night will be 30 minutes following the posting of results of the corresponding preliminary event. Failure to scratch from finals by the scratch deadline will result in the swimmer being pulled from the remainder of the Finals for that day if they fail to start the race. In all other aspects No Shows and Scratches from finals will follow the SNC FINA rulebook.
* The scratch deadline for timed finals will be 15 minutes after the start of warm-ups on each day.
* Scratch deadline for refunds will be Friday, October 30, 2009, no exceptions.

**Start Times**

Saturday, November 7th

Warm-up: 3:00PM

Start: 4:00PM

Sunday, November 8th

Warm-up Preliminaries: 8:00AM

Start Preliminaries: 9:00AM

Warm-up Finals: 3:00PM

Start Finals: 4:00PM

*Please note: The pool will be cleared 5 minutes prior to the start of every session.*

**Awards**

* Medals will be awarded for 1st, 2nd and 3rd, ribbons 4th – 8th. First place medals only for relays.
* High Point Swim awards for the meet will be awarded (Top Male and Top Female)
* High Point Aggregate awards for the meet will be awarded (Top Male and Top Female)
* High Team Points Trophy will be awarded

**Program Changes**

* The Meet Manager reserves the right to alter, revise, or otherwise modify the program to ensure the maximum number of swims in sessions of reasonable length, following receipt of entries.
* Coaches will be advised of changes via e-mail or on our website.
* Results will be posted to [www.swimming.ca](http://www.swimming.ca) for downloading. Results can also be downloaded from the Cascade Swim Club website: [www.cascadeswimming.com](http://www.cascadeswimming.com).

**Officials**

* Visiting clubs are encouraged to volunteer to officiate. Please list any available officials and their qualifications and submit with entries.
* Calgary and area clubs sending swimmers to the meet will be expected to send officials equalling the number of swimmers attending.
* Cascade’s Officials Chair is Lenore Lyons who can be reached at officials@cascadeswimming.com.

**Billeting**

* There will be very limited billeting offered for this meet for out-of-province teams. You must arrange this with the Club Manager, Jasen Pratt, in advance.

**Event Order**

**Day 1**

|  |  |  |
| --- | --- | --- |
| **Event No.** | **Description** | **Gender** |
| 1. | 100 Free  | Male |
| 2. | 200 Free (Timed Final) | Female |
| 3. | 50 Breast | Male |
| 4. | 100 Breast | Female |
| 5. | 400 IM (Timed Final) | Male |
| 6. | 100 Fly | Female |
| 7. | 100 Back | Male |
| 8. | 50 Back | Female |
| 9. | 200 Fly (Timed Final) | Male |
| 10. | 200 IM (Timed Final) | Female |
| 11. | 400 Free (Timed Final) | Male |
| 12. | 50 Free | Female |
| 13. | 200 Breast (Timed Final) | Male |
| 14. | 800 Free (Timed Final) | Female |
| 15. | 50 Fly | Male |
| 16. | 200 Back (Timed Final) | Female |
| 17. | 4 x 50 MR (Timed Final) | Male |
| 18. | 4 x 50 FR (Timed Final) | Female |

**Day 2**

|  |  |  |
| --- | --- | --- |
| **Event No.** | **Description** | **Gender** |
| 19. | 100 Free | Female |
| 20. | 200 Free (Timed Final) | Male |
| 21. | 50 Breast | Female |
| 22. | 100 Breast | Male |
| 23. | 400 IM (Timed Final) | Female |
| 24. | 100 Fly | Male |
| 25. | 100 Back | Female |
| 26. | 50 Back | Male |
| 27. | 200 Fly (Timed Final) | Female |
| 28. | 200 IM (Timed Final) | Male |
| 29. | 400 Free (Timed Final) | Female |
| 30. | 50 Free | Male |
| 31. | 200 Breast (Timed Final) | Female |
| 32. | 1500 Free (Timed Final) | Male |
| 33. | 50 Fly | Female |
| 34. | 200 Back (Timed Final) | Male |
| 35. | 4 x 50 MR (Timed Final) | Female |
| 36. | 4 x 50 FR (Timed Final) | Male |

CLUBS ARE ASKED TO E-MAIL THEIR CANCELLATIONS AND/OR SCRATCHES TO THE MEET MANAGERS, BARRY and WENDY WINDSOR at meetmanager@cascadeswimming.com