

**REGINA OPTIMIST DOLPHINS SWIM CLUB  
PRESENTS**



**4<sup>th</sup> ANNUAL MICHELLE MOORE INVITATIONAL  
2013 CANADA GAMES TEAM SASK  
SELECTION TRIALS**

**MAY 23-26, 2013  
LAWSON AQUATIC CENTRE  
REGINA, SASKATCHEWAN**



**Regina Optimist Dolphins Swim Club  
4th Annual Michelle Moore Long Course Invitational  
2013 Canada Games Team Selection Trials  
May 23 to May 26, 2013  
Sanction # 13130**

**Meet Manager:** Lee Dean - [the.deans@sasktel.net](mailto:lee.deans@sasktel.net)

**Location:** Lawson Aquatic Centre  
1717 Elphinstone St.  
Regina, SK

**Facility:** 1- 50 metre, 8-lane competition pool  
15 metre warm-up/warm-down pool  
Non-turbulent lane markers  
Omega Electronic timing and plungers  
HY-TEK Meet Management Software

**Program:** The swim meet will run preliminaries and finals daily on Friday, Saturday and Sunday. The 400/800/1500 FR and 400IM events will all be timed finals for the Michelle Moore competition.

**The fastest heat of 400FR and 400IM for boys and girls swimming these events in the Michelle Moore meet will swim with finals at night.**

Girls 10 & under and 11 & 12 age categories all events that are 200 meters and more will be swum as timed finals, as will the boys 11 & under and 12 & 13 and swum with preliminaries

For the Canada Games Trials the 400FR and 400IM will be swum as heats and finals.

**THURSDAY SESSION START TIME:**

Warm-up: 4:00-4:55PM  
Competition: 5:00PM

**FRIDAY, SATURDAY AND SUNDAY SESSION START TIMES:**

Preliminaries: Warm-up: 08:00 - 08:55AM  
Competition: 9:00AM

Finals: Warm-up: 5:00 - 5:55PM  
Competition: 6:00PM

**Program times may be changed at the discretion of Meet Management. All participating clubs will be notified of any changes to the program. Coaches will be notified prior to the meet of any changes to the specifications of this meet package, unless such changes can be dealt with at the commencement of the meet without disadvantage to the swimmer.**

**Eligibility:**

*All swimmers entering the Canada Games Trial competition for selection of the Saskatchewan Canada Games Team must comply with the eligibility criteria set out in section 4.2 and Appendix 1 of the Swimming Technical Package, which can be found at: [www.swimsask.ca/winter/winter\\_games.htm](http://www.swimsask.ca/winter/winter_games.htm)*

Open to all swimmers registered as "Winter Competitive Swimmers" with Swimming/Natation Canada (SNC) or FINA affiliates.

PARA and Special Olympic swimmers who are registered with a FINA or IPC affiliate are eligible to compete and will be seeded according to their entry time.

Age Group placement will be determined by using the age of the swimmer on Thursday, May 23, 2013.

Swimmers must be a minimum seven years of age as of the first day of competition.

**Event Designations:**

**\*\*\*FOR PURPOSES OF HY-TEK AND DOING ENTRIES COACHES NEED TO BE AWARE THAT ALL EVENTS THAT ARE NUMBERED 100 OR GREATER IN THE HY-TEK FILE ARE CANADA GAMES TRIALS EVENTS. EVENTS THAT ARE NUMBERED BELOW 100 ARE MICHELLE MOORE EVENTS. FOR EXAMPLE THE MICHELLE MOORE 200 IM FOR FEMALES WOULD BE EVENT 1. FOR THE CANADA GAMES TRIALS THE FIRST FEMALE EVENT WILL BE EVENT 101\*\*\***

**\*\*\*EVENTS WITH NUMBERS 300 AND UP ARE DESIGNATED SPECIAL OLYMPICS EVENTS\*\*\***

**IT WILL BE THE RESPONSIBILITY OF THE COACHES TO CORRECTLY ENTER THEIR SWIMMERS INTO THE APPROPRIATE EVENT STREAM. MEET MANAGEMENT WILL NOT BE CHECKING TO VERIFY IF ENTRIES HAVE BEEN DONE PROPERLY.**

**Competition:**

Current SNC rules apply during this meet except as specifically modified in this meet package.

Age groups for the Michelle Moore competition events will be:

Girls: 10&U, 11&12, 13&14, 15&Over

Boys: 11&U, 12&13, 14&15, 16&Over

Canada Games Trials events are open to Saskatchewan swimmers only.

All swimmers entering into a Canada Games Trials event must have a date of birth of 1994 or later.

All Canada Games Trials events will swim prelims and finals except for the 800 and 1500 FR events. The Canada Games Trials 800's and 1500's will be limited to the fastest 8 swimmers entered. If there are more than 8 entries received in these events, then the remaining swims will be moved over to the Michelle Moore event by meet management.

For the 800 and 1500 FR events on the Michelle Moore event stream entries will be limited to the fastest 40 swimmers. Meet management reserves the right to combine heats in the 800's and 1500's as required to keep session times reasonable. The fastest heat of each will always swim separately.

Preliminaries for each Canada Games Trials event will run separately from the Preliminaries for the Michelle Moore events. In Preliminaries the Canada Games Trials heats will run before the Michelle Moore event heats.

**Competition  
Continued:**

During finals, the Canada Games Trials final for each event will follow the Michelle Moore age group finals if that particular event has a final in the Michelle Moore meet format.

There will only be "A" finals held, no consolation finals will be held in either the Michelle Moore Invitational and the Canada Games Trials.

All preliminary events both in the Michelle Moore event stream and the Canada Games Trials event stream will be swum senior seeded slowest to fastest.

For girls swimming in the 10&U and 11&12 age categories all events that are 200 meters or more are timed finals.

For boys swimming in the 11&U and 12-13 age categories all events that are 200 meters or more are timed finals.

**\*\*\*Swimmers are allowed to enter a maximum of 7 individual events.  
Swimmers are allowed to enter a maximum of 7 Canada Games Trials events  
or 7 Michelle Moore events or a combination of events totaling 7 events from  
both meets\*\*\***

**\*\*\*Swimmers will not be allowed to enter the same event for both the Canada  
Games Trials and the Michelle Moore meet.\*\*\***

All 50's will start from the deep end of the pool.

Heats may be combined as necessary.

The FINA Start shall be used for all events as per SNC rule SW4. The One Start rule will be used.

Except for Backstroke events, swimmers will remain in the water at the completion of their swim to allow the next heat to get under way. Swimmers will stay to the side of their respective lane against the lane rope.

**Relays:**

Relay events will swim in the 10 & Under, 11 & 12, 13 & 14 and 15& Over age categories for Girls events.

Relay events for the Boys events will be swum in the 11& Under, 12-13, 14-15, and 16& Over age categories.

Swimmers entered in only Canada Games Trials events will be allowed to swim on relays in the Michelle Moore event stream. There will be no Canada Games Trials relay events.

Swimmers not comfortable diving off the starting blocks in the shallow end may dive off the bulkhead

Relay cards are available at the clerk of course table and are to be submitted to the clerk of course no later than **30 minutes** after the end of the preliminary session on the day the relay event is to be held. **Changes to relay team members must be done 30 minutes prior to the start of the session in which that particular relay is being swum.**

**\*\*\*RELAY CARDS THAT ARE NOT SUBMITTED BY 30 MINUTES AFTER  
THE COMPLETION OF THE PRELIMINARY SESSION THE DAY THAT  
THE RELAY IS TO OCCUR WILL NOT BE ALLOWED TO SWIM AND  
SCRATCHED FROM THAT NIGHTS RELAY EVENT.\*\*\***

**Scratches:** Scratches from preliminary heats simply create empty lanes, as there shall be no re-seeding. Scratches from preliminary heats may be made at any time without penalty except for loss of entry fee. Clubs are requested to **report any scratches 30 minuets prior to the start of the preliminary session.**

- a) The scratch deadline for finals each night will be 30 minutes after the end of the preliminary session- The scratch deadline for 200 IM will be at the end of the preliminary session on Saturday.  
Penalties for all late scratches will be enforced as per penalty item below.
- b) The scratch deadline for the 800 and 1500 shall be 15 minutes prior to the start of the preliminary session on the day the event is scheduled to begin.  
Penalties for all late scratches will be enforced as per penalty item below.
- c) The scratch deadline for the 400 Free and 400 IM shall be 15 minutes prior to the start of the preliminary session on the day the event is scheduled to begin.  
Penalties for all late scratches will be enforced as per penalty item below.
- d) **Penalties:** Scratches after the scratch deadline and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day. No monetary penalty fee is to be assessed.

**ALTERNATE SWIMMERS:** In Finals, if a contestant has not reported to the blocks when the race is called, the Referee shall replace the contestant with an alternate who has reported to the Clerk of Course and is present and ready to swim. The alternate shall become one of the finalists. Alternates **MUST** report to the Clerk of Course when the event is called and be ready to swim if necessary.

**Protests:** As per SNC Rule CGR 9.2.3.1

**Coaches Meetings:** Coaches meetings will occur prior to the start of each session throughout the course of the meet. These meetings will occur approximately 15 minutes after the start of each warm-up session.

**Entries:** All entry times should be in long course metres or short course metres. Converted times will not be accepted. All entries must have an entry time.  
**NTs' will not be accepted.**

All entries are to be submitted via the Swim Canada entries site.  
[www.swimming.ca/Meetlist.aspx](http://www.swimming.ca/Meetlist.aspx) by **11:59 pm Monday May 13, 2013.**

SNC registration numbers **MUST** be submitted for each swimmer.

Classification numbers for PARA swimmers must accompany entries.

Meet Management will not be responsible for obtaining missing registration numbers. Entries submitted without a registration number will not be accepted.

**Entry Fees:** \$15.00 meet surcharge for each swimmer  
Individual Events: \$7.00/Event per swimmer  
Relay Events: \$14.00/Event

Cheque made payable to the **Regina Optimist Dolphin Swim Club**.

Entry Fees are due prior to the start of warm-ups for the first session the respective team participates in. Entry Fees that are not received prior to this deadline will result in swimmers from the offending team not being allowed to compete.

**Please do not mail Entry Fees. Bring them to the meet and give the cheque to Meet Management.**

**Deck Entries:** Deck entries will be allowed at the discretion of the Meet Manager and the Clerk of Course. Deck entries must be submitted to the Clerk of Course no later than forty-five (45) minutes prior to the start of the session in which the event is to be held. Deck entries will require a payment of \$14.00/individual swim and \$20.00/relay. Payment will be required prior to entry into the event. Deck entries will be classified as exhibition swims as per SNC rule CSW 3.6.5

Additional swims may be permitted if empty lanes are available, but no additional heats will be created.

**\*\*\*DECK ENTRIES WILL NOT BE ALLOWED INTO ANY CANADA GAMES TRIALS EVENTS.\*\*\***

**Scoring:** Individual Events will be scored: 50, 30, 20, 18, 17, 16, 15, and 14

Relay Events will be scored: 100, 60, 40, 36, 34, 32, 30, and 28.

**\*\*\*Canada Games Trials events will not be scored.\*\*\***

**Results:** Results will be posted on the Swimming/Natation Canada web site.

Michelle Moore Invitational results will be reported in:

10 & Under, 11 & 12, 13 & 14, and 15 & Over age categories for Girls  
and in 11 & Under, 12 & 13, 14 & 15 and 16 & Over for boys.

2013 Canada Games Team Sask Selection Trials results will be reported as senior  
(no age categories)

Live results @ <http://www.reginadolphins.com>

**Warm-Up Safety:** SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET, AS PER APPENDIX "D" IN THE SNC RULEBOOK.

Diving starts shall not be made during the warm-up period when two-way swimming is in progress. During the final 30 minutes of the warm-up period, swimmers will be allowed to dive and swim in one direction in lanes 1 and 8 respectively.

Safety marshals will be on the pool deck during the warm-up period.

Kick boards and pull buoys will be allowed during the warm up period. Hand paddles and flippers will not be allowed.

**General Information:** Any changes to the meet format will be provided to the coaches at the coaches' meeting.

Team spaces will not be assigned. Tables and chairs will be set up along the pool deck for coaches. The space that each team uses will be the responsibility of that team. Teams are expected to keep the areas that they use clean and tidy.

The Lawson Aquatic Centre and the Regina Optimist Dolphins Swim Club will not accept responsibility for any lost or stolen items. It is the responsibility of each swimmer entered into the swim meet to ensure that their personal belongings are stored in a secure manner.

Visiting teams are responsible for the conduct of their swimmers. Inappropriate behavior at the pool or at a billets residence, if appropriate, may result in disciplinary action by meet management.

The RODS reserve the right to sell merchandise on the pool deck.

Glass containers and breakables are not allowed on the pool deck. Sunflower seeds are also not allowed on the pool deck.

Deck changing will not be allowed as per Swim Saskatchewan policy.

### **ACCOMODATIONS**

The following are a selection of hotels we have had experience with:

#### **Wingate Hotel**

1700 Broad Street, Regina, SK S4P 1X4 (306) 584-7400 [www.wingatehotels.com](http://www.wingatehotels.com)

#### **Comfort Inn Regina**

3221 E. Eastgate Dr., Regina, SK S4Z 1A4 (306) 789-5522

#### **Holiday Inn Express Hotel & Suites**

1907 11th Avenue Regina, SK S4P 0J2 (306) 569-4600

#### **Ramada Hotel Regina**

1818 Victoria Avenue, Regina, SK S4P 0R1 (306) 569-1666 [www.saskramada.com/regina/](http://www.saskramada.com/regina/)

### **CATERING**

**Daisy's Pantry** – Offers team meal options.

1221 15<sup>th</sup> Ave, Regina, SK, (306) 352-4797 [www.daisyspantry.com](http://www.daisyspantry.com)

**SCHEDULE OF EVENTS**

CGT = Canada Games Trials Event

MM = Michelle Moore Event

<b>Thursday May 23</b> <b>Warm-up – 4:00 p.m.</b> <b>Start – 5:00 p.m.</b>	<b>Friday, May 24</b> <b>Warm-up – 8:00 a.m.</b> <b>Start – 9:00 a.m.</b>	<b>Saturday, May 25</b> <b>Warm-up – 8:00 a.m.</b> <b>Start – 9:00 a.m.</b>	<b>Sunday, May 26</b> <b>Warm-up – 8:00 a.m.</b> <b>Start – 9:00 a.m.</b>
CGT Female 1500 Free	50 Free	100 Free	200 Free
CGT Male 800 Free	200 Fly	100 Back Time Final Special Olympics only	100 Fly
MM 10 & U Girls 200 IM	100 Back	50 Fly	50 Back
MM 11 & U Boys 200IM	200 Breast	200 Back	100 Breast
CGT 200 IM Prelims	400 Free	50 Breast	400 IM
MM 200 IM Prelims		MM 800 Free Female	
MM 1500 Free Female		MM 1500 Free Male	
MM 800 Free Male			
	<b>Friday Finals</b> <b>Warm-up-5:00 p.m.</b> <b>Start – 6:00 p.m.</b>	<b>Saturday Finals</b> <b>Warm-up-5:00 p.m.</b> <b>Start – 6:00 p.m.</b>	<b>Sunday Finals</b> <b>Warm-up-5:00 p.m.</b> <b>Start – 6:00 p.m.</b>
	MM 50 Free Finals	MM 100 Free Finals	MM 200 Free Finals
	CGT 50 Free Final	CGT 100 Free Final	CGT 200 Free Final
	MM 200 Fly Finals	MM 50 Fly Finals	MM 100 Fly Finals
	CGT 200 Fly Final	CGT 50 Fly Final	CGT 100 Fly Final
	MM 100 Back Finals	MM 200 Back Finals	MM 50 Back Finals
	CGT 100 Back Final	CGT 200 Back Finals	CGT 50 Back Final
	MM 200 Breast Finals	MM 50 Breast Finals	MM 100 Breast Finals
	CGT 200 Breast Final	CGT 800 Free Female Final	CGT 100 Breast Final
	MM 400 Free (Fastest Heat)	CGT 1500 Free Male Final	MM 400 IM Fastest Heat
	CGT 400 Free Final	CGT Female 50 Breast Final	CGT 400 IM Final
		MM Female 200 IM Finals	4 x 50 Medley Relays
		CGT Male 50 Breast Final	
		MM 200 IM Finals	
		CGT 200 IM Finals	
		4 x 50 Free Relay	