



**2014 CASCADE – EKSC
Duel of Alberta
Time Trial**

December 5th to 6th, 2014
Talisman Centre
Sanction #

The Cascade Swim Club is pleased to invite you to the
2014 CASCADE – EKSC Duel of Alberta
December 5th and 6th, 2014

ENTRY DEADLINE: Monday December 1st 2014
FACILITY: The Talisman Centre
2225 Macleod Trail South, Calgary Alberta
We will be using 1 x 25 scm pool
MEET MANAGER: John Hedley & the Cascade Meet Management Team
meetmanager.cascade@cascadeswimming.com

ENTRY PROCEDURE:

- All entries are to be submitted using HyTek.
- The files are to be uploaded on line at www.swimming.ca, on or before the entry deadline (01/12/14).
- 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.

If entries are sent by courier please ensure no signature is required upon delivery. Send all entries by Deadline to:

Cascade Swim Club - Attention: Jasen Pratt
2225 Macleod Trail South
Calgary, Alberta, T2G 5B6
(403)263-7946

meetmanager.cascade@cascadeswimming.com

Entries

- There is a maximum number of 7 individual swims for all swimmers.
- Please enter all events with a time. NT's will not be accepted.

Entry Fees

- There are no fees for this event.
- There may be a meet surcharge for the "special event" brunch on Saturday.

Deck Entries

- Deck entries will be accepted providing no extra heats are created.
- Deck Entries must be submitted no later than the Scratch Deadline of that session / 30 minutes prior to the session report start time of that session.
- All Deck Entries must be approved by the Meet Manager.

Meet Format and Rules:

- Prelims will be swum senior seeded by time and divided by gender.
- The meet management team reserves the right to make changes as it sees fit in the best interest of the competition.
- There will only be "A" finals for all age categories.

Events (50 Meter)

- Events will include prelims, semi-finals on Friday and Finals on Saturday.
- There will be 2 Semi-final heats for each of the 4 50 meter events.

Events (100 Meter or Greater)

- All events 100M or greater will be Timed Finals except for the 200IM and 300 Free.

Relays (Timed Finals)

- Entries are due to the Clerk of Course 60 minutes prior to the posted start time of the first relay event of that session. Published session reports will be the reference for the start times.
- 6 x 100 Free Relay will be a Mixed Gender relay with 3 men and 3 women.
- 8 x 50 Medley Relay will be 2 lengths of each stroke and Mixed Gender 4 men and 4 women.

The current SwimAB/ SNC/ FINA rules shall govern the meet, except where specifically modified in this meet package.

SNC Warm up Procedures will be in effect:

2014
Duel of Alberta

<http://www.swimalberta.ca/sites/default/files/uploads/2014%20Swimming%20Canada%20Competition%20Warm-Up%20Safety%20Procedures.pdf>

All deadlines and rules will be posted at Clerk of Course and provided to Coaches prior to the start of the competition.

Officials

- Parents from Cascade with Swimmers participating in the meet are encouraged to volunteer for officiating positions at the meet.

EVENT ORDER

Friday	Saturday
Warm-ups Start 1:30PM	Warm-ups Start 12:00PM
Heats Start 3:00PM	Heats Start 12:30PM
50 Fly	50 Fly Finals
50 Back	50 Back Finals
50 Breast	50 Breast Finals
50 Free	50 Free Finals
200 IM Prelims	200 Fly Timed Finals
300 Free Prelims	200 Free Timed Finals
200 Breast Timed Final	200 Back Timed Finals
100 Fly Timed Final	100 Breast Timed Finals
100 Back Timed Final	100 IM Timed Finals
10 Min Break	100 Free Timed Finals
50 Fly Semi Finals	8 x 50 Medley Mixed Relay
50 Back Semi Finals	
50 Breast Semi Finals	
50 Free Semi Finals	
200 IM Finals	
300 Free Finals	
6 x 100 Free Mixed Relay	

Please check the Cascade Website for session report updates, psych sheets and updated technical bulletins or meet changes.

<http://www.cascadeswimming.com/>