2015 Speedo Alberta Age Group & Senior Championships
Meet Information Package

Purpose   The Alberta Age Group and Senior Championships is the long course provincial championship for the top Age Group swimmers in Alberta. Additionally the meet serves as a preparation opportunity for swimmers attending National events in the summer.

Dates

Competition Dates	July 2-5, 2015
Qualifying Period	September 1, 2014 to June 23, 2015
Entry Deadline*	June 22, 2015 11:59 pm MST
Scratch Deadlines	Swim Alberta Scratch Rule (Appendix A)

   * Withdrawals will not be refunded after the entry deadline

Facility   Kinsmen Sports Centre, 9100 Walterdale Hill, Edmonton, Alberta
10 x 50 meter pool with warm-up and cool down space available

Schedule

	Preliminaries	Age Group Finals	Senior Finals
Warm-Up	7:30 AM	2:30 PM*	6:00 PM*
Start	8:30 AM	3:30 PM*	7:00 PM*

   * To Be Confirmed; changes will be communicated one week prior to the competition.

Sanction   This meet is sanctioned by Swim Alberta; an IPC sanction will be requested.

Rules   The meet will be conducted under published FINA and/or IPC rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply.

Hosts   Swim Alberta and the Olympian Swim Club

Contacts

Club Contact	Office	780-455-8457
Meet Managers	Jennifer Maina	jenmonyo@gmail.com
Advisory Referee	Lockie Lister	lister@telusplanet.net
Officials Chair	Sophie Jobin	officials@olympianswimclub.com
Para Technical Advisor	Lockie Lister	lister@telusplanet.net
Swim Alberta	Kevin Dennis	780-415-1785
		kevin@swimalberta.ca

General Meet Information – 1 of 3

Eligibility   The 2015 Speedo Alberta Age Group & Senior Championships is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club. Para swimmers must have a valid classification listed on the IPC Swimming website (www.ipc-swimming.org) or the Swimming Canada website (www.swimming.ca). Swim Alberta and meet management may review and limit out of province entries.

Categories

Age Group Championships	Pages 5 to 7
Senior Championships	Pages 8 to 9
Para Swimming	Page 10

Entries   Swimmers may enter a maximum of seven (7) individual events.
Entries must be submitted online at www.swimming.ca.
Deck entries will not be permitted.

Out of Province swimmers may enter any event in which they have their distinct age Alberta 'A' time standard, and are limited to one (1) bonus swim, to a maximum of seven (7) events.

Entry Fees   Entry Fees are $8.00 per individual event and $10.00 per relay event. Entry fees include Olympic Bonus and are refundable prior to the entry deadline. Entry fees must be paid prior to the start of the competition and are payable to the Olympian Swim Club.

Entry Rules   No-Time (NT) entries will not be accepted, submit estimated times. Estimated times will not supersede any proven time in the fastest heat of a Timed Final Event. Entry times must be in long course meters, short course times may be converted using Hy-Tek.
Coaches may not upload an entry file after the Entry Deadline without first receiving permission from meet management.
Late entries of pre-qualified swimmers will be subject to a $50.00 fine per swimmer payable to Swim Alberta prior to the start of the competition.
Any club submitting entries for non-qualified athletes will be subject to a $100.00 fine per non-qualified athlete payable to Swim Alberta.

Proof of Time   Meet management will prove times using Swimming Canada's time validate feature for the fastest heat of individual time final events swimming in the final. A slower time than the validated time will be accepted if submitted with entries. Meet Management may request proof of time for any entry. Clubs will have 48 hours to provide proof of time. Clubs unable to prove an entry time will be seeded as No Time (NT) and seeded last.

Late Qualifiers   Swimmers who qualify for their first event after the qualifying period and/or entry deadline may enter. Coaches must submit email entries for late qualifiers. Email entries must be submitted by 11:59 am on Monday prior to the meet. Email entries must include the correct swimmers name, ID number, date of birth, club name, club code, events & entry times.

Scratches   The Swim Alberta Scratch Rule will be in effect for this competition. (See appendix A)

Official Splits   Must be requested prior to the start of the session, coaches may be required to supply timers for Official Split requests.

Psych Sheets   To be published Tuesday prior to the meet. Changes will not be permitted once the psych sheet is published.

Meet Photographers

Swim Alberta will approve a maximum of two meet photographers per session. Approved photographers must purchase accreditation from Swim Alberta for $25.00. All requests must be submitted to the meet manager prior to the entry deadline.

Hotels   Swim Alberta Sponsor Hotels
Request the Swim Alberta Rate when booking

Coast Edmonton Plaza

10155 105 Street, Edmonton, AB, T5J 1E2
800-716-6199

Courtyard Marriott

One Thornton Court, 99 Street & Jasper Avenue
Edmonton, AB, T5J 2E7
866-441-7591

MacEwan University Residence

11050 – 104 Ave NW
Edmonton, AB, T5K 2Y9
780-633-3623
stay@macewan.ca

General Meet Information – 3 of 3

Format   The 2015 Speedo Alberta Age Group Championships and the 2015 Speedo Alberta Senior Championships are separate meets running concurrently and will be scored separately. Specific information for each meet is available later in this meet package.

There will be a combined preliminary session followed by the Age Group finals then the Senior finals. All preliminaries will swim regardless of the number of entries.

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

Thursday July 2	Friday July 3	Saturday July 4	Sunday July 5
Coaches Meeting 7:15 Thursday			
Preliminaries			
Warm-up 7:30 Start 8:30			
400 IM – Age Group ~	1500 Free – Age Group ~	400 Free – Age Group	800 Free – Age Group ~
100 Back	100 Free	400 Free – Time Final +	200 Back ~
50 Breast	200 IM *	200 Fly ~	50 Free
200 Free	50 Fly	50 Back	200 Breast ~
400 IM - Senior	1500 Free - Senior	100 Breast	100 Fly
		400 Free - Senior	800 Free - Senior
Age Group Finals**			
Warm-Up 2:30 Start 3:30			
100 Back	100 Free	4 x 50 Free	4 x 50 Medley 10U/11U
50 Breast	200 IM	200 Fly ~	200 Back ~
200 Free	50 Fly	50 Back	50 Free
400 IM ~	1500 Free (Top 10 Male) ~	100 Breast	200 Breast ~
4 x 100 Free	4 x 200 Free	400 Free	100 Fly
		4 x 50 Medley	800 Free (Top 10 Female) ~
			4 x 100 Medley ^
Senior Finals**			
Warm-up 6:00 pm Start 7:00 pm			
100 Back	100 Free	4 x 50 Free	200 Back
50 Breast	200 IM	200 Fly	50 Free
200 Free	50 Fly	50 Back	200 Breast
400 IM	1500 Free (Top 10 Male)	100 Breast	100 Fly
4 x 100 Free	4 x 200 Free	400 Free	800 Free (Top 10 Female)
		4 x 50 Medley	4 x 100 Medley ^

* 150 IM will swim immediately following the 200 IM
^ Males 4 x 100 medley relays will swim before females.
+ Time Final 400 Freestyle for 10 & under girls / 11 & under boys
~ Limited Age Events (page 5)
** Finals start times to be confirmed one week prior to the competition

Categories	Female age 10 & under, 12 & under, 14 & under

Male age 11 & under, 13 & under, 15 & under
Note: Coaches must notify the meet manager if they want a swimmer to swim up an age group with the swimmers name, specific event(s) and the swim-up age category prior to the entry deadline.

Qualifying   Swimmers must achieve their distinct age Meet Qualifying Standard and at least one distinct age 'A' standard within the qualifying period, either short course or long course.
Swimmers who win an individual event at the Team Aquatic Supplies Age Group Trials are permitted to attend; swimmers who age up between the meets will be permitted to compete in their new age group.

Out of Province swimmers may enter any event in which they have their distinct age Alberta 'A' time standard, and are limited to one (1) bonus swim, to a maximum of seven (7) events.

Format   Preliminary events will be senior seeded by gender and separated by age category for finals.
All preliminaries will swim regardless of the number of entries. All finals will swim youngest to oldest.

Limited Age Events
The youngest age groups in the 200 back, 200 breast, 200 fly, 400 IM, 800 freestyle and 1500 freestyle will be 12 & under female and 13 & under male. To enter these events females age 10 & under must have the 11 year old A time; males 11 & under must have the 12 year old A time.

50, 100 & 200 meter Events
The 10 & under females and 11 & under males will have A finals only. All older age groups will have A and B finals and will be swum in that order. All positions in the A final will be filled before the B final.

400 meter Events
The 10 & under female and 11 & under male 400 freestyle are time final and will require positive check-in.
The 400 freestyle and 400 IM will have A finals only.

800 & 1500 meter Events
The 800 and 1500 freestyle events are time final events that require positive check-in. The fastest heat of the women's 800 and the men's 1500 will swim in finals, 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 meet management's discretion.

Format   Time Final Events
                Positive check-in is required by the deadlines listed below.

1500 Freestyle	Thursday July 2	Conclusion of Finals
400 Freestyle (10 & under girls / 11 & under boys)	Friday July 3	Conclusion of Finals
800 Freestyle	Saturday July 4	Conclusion of Finals

Relays   Relays will follow rules under CSWAG 1.1.7 and SNC 2.3 in the Swimming Canada rulebook. Relay events are time final and will be swum in the finals session.
                'Relay Only' swimmers are permitted as per SNC 2.3. Entries must be done using Hy-Tek and the meet manager notified when entries are submitted.
                Individual names must be submitted to the Clerk of Course 30 minutes prior to the start of the session in which the relay event is scheduled.
                Name changes must be provided to the clerk of course 30 minutes prior to the start of the first relay event, regardless of which age or gender the team is entered in.

Relay Ages

	4 x 50 Free & Medley	4 x 100 Free & Medley	4 x 200 Free
Girls	10 & under 12 & under 14 & under	12 & under 14 & under	14 & under
Boys	11 & under 13 & under 15 & under	13 & under 15 & under	15 & under

Awards   **Swimmer of the Meet**
                Sponsored by: Team Aquatic Supplies

                The Swimmer of the Meet will be presented to the swimmer who earns the highest individual point total towards their team score, for each meet qualifying age. The Swimmer of the Meet will receive a $25.00 gift certificate redeemable at Team Aquatic Supplies.

Awards   Individual Events
Medals will be awarded to the top three finishers; ribbons awarded fourth to tenth place.
- Females awards to the 10&U, 12&U, 14&U age categories except for the 200 back, 200 breast, 200 fly, 400 IM, 800 free and 1500 free which are 12&U and 14&U only.
- Males awards to the 11&U, 13&U, 15&U age categories except for the 200 back, 200 breast, 200 fly, 400 IM, 800 free and 1500 free which are 13&U and 15&U only.

Discrete age winners will receive a Speedo Age Group Championships winner certificate.

Relay Events
Medals will be awarded to the first place team, ribbons to second and third places.

Team Awards
Team banners will be awarded to the top small, medium and large club based on points earned during the competition. Club sizes are based on competitive swimmer registrations as of the first day of competition. Para events will not be scored, para swimmers who rank in the top 16 are eligible to score towards team awards.
- Small Club Award: under 50 registered competitive swimmers
- Medium Club Award: 50-99 registered competitive swimmers
- Large Club Award: 100 or more registered competitive swimmers

Scoring
Individual Events   Places 1-20   50-30-20-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
Relay Events   Places 1-10   50-30-20-17-16-15-14-13-12-11

Categories   Senior Male; Senior Female

Qualifying   Swimmers must qualify in at least one event during the qualifying period.
Females 15 and over / Males 16 and over must meet the Senior B time during the qualifying period. Females 14 and under / Males 15 and under must achieve the 15-16 or 16-17 A time standard if they wish to race events in the senior competition, the total number of individual events may not exceed seven.

Out of Province swimmers may enter any event in which they have their distinct age Alberta 'A' time standard, and are limited to one (1) bonus swim, to a maximum of seven (7) events.

Format   Individual 50 meter, 100 meter and 200 meter events will have A Finals, B Finals and C Finals and will be run in that order. Individual 400 meter events will have A Finals and B Finals and will be run in that order. All positions in the A final will be filled before the B final and all positions in the B final will be filled before the C final.

The 800 and 1500 freestyle events will be time final and require positive check-in. Positive check-in deadlines are listed below.
The fastest heat of the women's 800 and the men's 1500 will swim in finals, 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 meet management's discretion.

1500 Freestyle	Friday July 3	8:30 AM
800 Freestyle	Sunday July 5	8:30 AM

Relays   Relays will follow rules under SNC 2.3 in the Swimming Canada rulebook.
Relay events are time finals and will be swum in the finals session.

'Relay Only' swimmers are permitted as per SNC 2.3. Entries must be done using Hy-Tek and the meet manager notified when entries are submitted. Relay entries must only include swimmers who are qualified and entered in the senior meet with the exception of the 'relay only' swimmer rule (SNC 2.3)

Individual names must be submitted to the Clerk of Course 30 minutes prior to the start of the session in which the relay event is scheduled.
Name changes must be provided to the clerk of course 30 minutes prior to the start of the first relay event, regardless of which age or gender the team is entered in.

Awards   **Alberta Open Series Awards**
Sponsored by: Team Aquatic Supplies

The Alberta Open Series consists of the Alberta Open 1, Alberta Open 2 and the Alberta Senior Championships. There will be twelve series awards available, six per gender, based on the stroke categories listed below. Award winners will receive a $200 gift certificate from Team Aquatic Supplies.

Sprint Free	Distance Free	Backstroke	Breaststroke	Butterfly	Medley
50 Free	400 Free	100 Back	100 Breast	100 Fly	200 IM
100 Free	800 (w) /1500 Free (m)	200 Back	200 Breast	200 Fly	400 IM
200 Free					

Ranking for each event will be the total combined time from the preliminaries and the 'A' final. The women's 800 freestyle and men's 1500 freestyle will be ranked based on final time. Awards will be based on the total number points earned during the series for each category. In the event of a tie, the highest single FINA point scoring swim, long course, from that category will be used to declare the winner.

Points will be awarded to the top 6 swimmers per event as listed below.
        Alberta Open 1   6-5-4-3-2-1
        Alberta Open 2   10-8-6-4-2-1
        Senior Championships   14-11-8-5-2-1

<u>Team Awards</u>
The team with the highest combined team score from the Alberta Open 1, Alberta Open 2 and the Senior Championships long course will be awarded the Alberta Open Champion banner.

<u>Scoring</u>
Individual Events   Places 1-20   50-30-20-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
Relay Events   Places 1-10   50-30-20-17-16-15-14-13-12-11

Para Swimming

Categories	Female; 14 & under (Age Group), 15 & over (Senior) Male; 15 & under (Age Group), 16 & over (Senior)
Qualifying	Para Swimmers must meet the Provincial Para Swimming time standard. Time standards are available on www.swimalberta.ca.
Entries	Para Swimmers may enter any seven (7) events however only the para swimming events listed will be ranked for awards. Entry times for para swimmers must be in long course meters. Short course times may be converted; for classes S1-6, S11, SB1-6, SB11, SM1-6, SM11 by subtracting 2% and times for classes S7-10, S12-14, SB7-10, SB 12-14, SM7-10 and SM12-14 by adding 2%.

Para Events

50 Free	S1-S14	50 Back	S1-S5	50 Fly	S1-S7
100 Free	S1-S14	100 Back	S6-S14	100 Fly	S8-S14
200 Free	S1-S7 & S14	50 Breast	SB1-SB5	150 IM	SM1-SM4
400 Free	S8-S13	100 Breast	SB6-SB14	200 IM	SM5-SM14

Format	Para events will be time final in the preliminary session. Para swimmers are eligible to swim any final in which they qualify however only their preliminary performance will be used for para awards.
Awards	**Para Swim of the Meet** **Sponsored by: Team Aquatic Supplies** The Para Swim of the Meet will receive a $25 gift certificate from Team Aquatic Supplies. The award will go to the male or female swimmer, in both the Age Group and Senior category, who has the highest-ranking swim based on Swimming Canada para points in any designated para event.

Para Events
The top three age group Para swimmers will be awarded medals for each para event, regardless of classification. Rank will be determined using the Swimming Canada points calculator for Para swimming.
Individual classification winners will receive a Swim Alberta Para swimming winners certificate per event.

Appendix A

Alberta provincial meets will use the Swim Alberta Scratch Rule.
http://www.swimalberta.ca/images/stories/documents/swim_alberta_scratch_rule.pdf

SWIM ALBERTA SCRATCH RULE

Heats & Final Meets and Provincial Competitions
Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet. The meet information package should clearly state the deadline for receiving scratches by the meet manger after the entry deadline. Any scratches that are not received by the published deadline will need to be submitted to the Clerk of Course according to the information detailed below:

Scratch Deadline and Penalties for Preliminaries:
- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the preliminary session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session. No re-seeding will occur, without the approval of the referee.
- There will be no penalty for scratching from preliminary events. No-shows, step-downs, and unexcused incomplete swims will have no penalty assessed.

Scratch Deadline for Time Final Events (including relays):
- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session in which a Time Final Event is scheduled. No re-seeding will occur, without the approval of the referee.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining events, including relays, scheduled for that day.

Scratch Deadline for Time Final Events utilizing Positive Check-in
- The deadline for Positive Check-in shall be clearly communicated in the meet package and communicated to coaches at the technical meeting.
- Failure to check-in by the deadline will be deemed a scratch and the swimmer will be removed from the event. There is no penalty for swimmers who fail to check-in.
- Once checked–in a swimmer is not entitled to scratch from the event. No-shows, step-downs and unexcused incomplete swims will result in the swimmer being scratched from all remaining events, including relays, scheduled for that day.

Scratch Deadline and Penalties for Finals:
- Scratches are to be submitted to the clerk of course 30 minutes after conclusion of the preliminary session. The conclusion of the preliminary session will be the completion of the final race of the session or when the 800/1500 are the last events of the session, the scratch deadline shall be 30 minutes after the completion of the last race immediately preceding the start of the 800/1500.
- The Late Scratch Deadline shall be 30 minutes prior to the start of the finals session. However, there shall be no re-seeding to include scratches made after the initial scratch deadline.

- The Late Scratch Deadline only applies if the coach of the late scratch swimmer notifies the referee and the coach of the alternate. The alternate is under no obligation to swim. Should the alternate decline to swim the coach of the late scratch swimmer must contact the coach of the 2nd alternate.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining events, including relays, scheduled for that day.
- Although alternates are not required to swim, all swimmers not intending to swim finals should scratch by the scratch deadline. This will ensure that those swimmers, who would be intent on swimming in a final and qualify, would be provided the opportunity.

Name Change Deadlines for Relays
Individual names for relays must be submitted to the Clerk of Course 30 minutes prior to the start of the session in which the relay event is scheduled.

Any changes in relays names must be provided to the Clerk of Course 30 minutes prior to the start of the first relay event, regardless of which age or gender event the team is entered in.