**FREEZE OR FRY! This is the meet at the end of the school year that clubs can bring their ENTIRE team to! It is also an ideal all-weather outdoor long-course opportunity. We have some changes this year so please review diligently.**

**Facility -- 4501 - 47A Avenue, Red Deer, Alberta**

The Red Deer Recreation Centre is the host site for the Red Deer Catalina “Freeze or Fry” Swimming Invitational. This facility has an outdoor six-lane, 50-metre pool and an indoor five-lane 25-metre pool adjacent to the 50-metre pool.

**Contacts**

Meet Manager: **Arlene Morton (403) 430-0335** [**entries@reddeercatalina.ca**](mailto:entries@reddeercatalina.ca)

Meet Referee: **Remi Engi (403) 358-4110** [**rsengi@telusplanet.ne**t](mailto:rsengi@telusplanet.net)

Head Coach: **Mandi Smith (403) 350-8627** [**coach\_mandi@hotmail.com**](mailto:coach_mandi@hotmail.com)

Catalina Office: **Barb Peter (403)347-7946** [**rdcatalina@telus.net**](mailto:rdcatalina@telus.net)

**Meet Eligibility:**

* All swimmers must be registered with Swim Alberta/or Swimming Natation Canada

**Entries**

The meet entry deadline is **May 27th 2016**. To insure the highest quality meet, the meet manager reserves the right to limit the number of swimmers and/or the number of individual swims in each session to adhere to Swim Alberta session length guidelines. The meet is anticipated to accommodate 330 swimmers with a maximum number of entries limited to 350

* There are a **maximum number of seven (7) swims** per individual swimmer. Maximum two (2) events per session.
* **NT (no time) entries will not be accepted**; please use a coach estimated time if necessary.
* Deck entries will be accepted at double the standard entry fee ($13.50) provided that no additional heats are created; all deck entries are exhibition swims and are therefore ineligible for scoring.
* An approved **Hytek event file** for this meet is posted on www.Swimming.ca .
* Entries must be uploaded onto www.Swimming.ca as per procedures for that site.
* Entry fees are $6.75 per individual event.
* Send cheques for entries to;

Red Deer Catalina Swim Club

#2, 4810 - 50 Avenue, Red Deer, Alberta, T4N 4A3

**Scratch Deadline**

There will be no refunds for swimmers scratched after **May 28th 2016**. To make the meet run more efficiently any last minute courtesy scratches would be appreciated until **Wednesday, June 8, 2016**

**Qualifying Times**

There are no Qualifying times. Alberta Provincial “B” times are suggested for 400, 800 and 1500 meter events.

**Age Groups**

Male and Female: 12-13, 14-15, 16&Over, 11 & Under [except events listed below]

* 9 & Under [for 50 fly, 50 back, 50 breast, 50 free, 100 back, 100 breast, 100 free, 200 free only]
* 10-11 [for 50 fly, 50 back, 50 breast, 50 free, 100 back, 100 breast, 100 free, 200 free only]

**Meet Format**

* All events will be swum as **timed final.**
* The 800-1500 meter events may be swum mixed gender and / or ages (senior seeded). Meet management reserves the option of running these events with two swimmers per lane.
* Meet management reserves the option of running the 400 freestyle event with two swimmers per lane.

**Rules**

* SNC and FINA rules will apply.
* SNC warm-up protocol will be in effect

**Positive Check-in**

* Positive Check-in is required for all 400, 800 and 1500 metre events.
* For the 400 Free and 400 I.M., **positive check-in** at the Clerk of Course is required a minimum of 30 minutes **before** the start of the sessionin order to swim the event.
* For the 800 Free and 1500 Free, **positive check-in** is required at the Clerk of Course a minimum of 30 minutes **before** the start of Session #1 in order to swim the event.
* Swimmers failing to check in will be scratched from the event.

**Meet Scratches**

* The scratch deadline for timed final events shall be thirty (30) minutes **before** the start of the session.
* Failure by a swimmer to scratch from an event, constitutes a late scratch, and shall result in the offending swimmer being scratched from all remaining events, scheduled for that day.
* Scratch cards will be available at the Clerk or Course.

**Awards & Scoring**

Individual: Medals will be awarded for 1st, 2nd, and 3rd

Ribbons will be awarded for 4th-6th..

Scoring: Scoring will be 1st through 12th place, (40-25-15-12-11-10-9-7-6-5-4-3), for individual events.

**Program Changes**

The Meet Manager reserves the option to alter, revise, or otherwise modify the program, following receipt of entries to ensure the maximum number of swims in sessions of reasonable length. Coaches or designated club contacts will be advised of changes via Email or from the Catalina web site: [www.RedDeerCatalina.ca](http://www.RedDeerCatalina.ca).

**Inclement Weather**

This is an outdoor swim meet. In the event of lightning there may be delays or interruptions to the meet and possible cancellation of some or all events. No refunds will be given for events cancelled due to inclement weather.

**Results**

Results will be posted to [www.Swimming.ca](http://www.Swimming.ca) for downloading.

**Officials**

Visiting clubs are encouraged to volunteer to officiate. Please list any available officials with their qualifications and submit to Officials Managers at officials@reddeercatalina.ca

**Billeting**

There will be no billeting offered for this meet.

**Hydration Station:**

This year we will have a Hydration station, so please bring your own water bottle, however please ensure no glass.

**Preferred Hotel**

When staying in Red Deer, stay at the [Red Deer Lodge](http://www.reddeerlodge.ca/contactus.asp) and ask for the Red Deer Catalina rate. There is a block of rooms set aside at Microtel Inn and Suites Red Deer with a preferred rate. We encourage you to book early as there is a large convention in Red Deer and it may be difficult to obtain rooms.

**Session Events and Start Times**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Friday**  **Session #1**  **Time Finals**  **Warm-up: 13:00**  **Start: 14:00** |  | **Saturday**  **Session #3**  **Time Finals**  **Warm-up: 12:15**  **Start: 13:15** |  | **Sunday**  **Session #5**  **Prelims**  **Warm-up: 7:30**  **Start: 8:30** |
| *400 Individual Medley*  *800 Freestyle*  *1500 Freestyle* |  | *50 Backstroke*  *200 Breaststroke*  *100 Freestyle* |  | *50 Breaststroke*  *200 Backstroke*  *100 Butterfly* |
| **Warm up and cool down during sessions is available in the indoor 25m Pool, beginning 15 minutes before the start of each session.** | | | | |
| **Saturday**  **Session #2**  **Time Finals**  **Warm-up: 7:30**  **Start: 8:30** |  | **Session #4**  **Time Finals**  **Warm-up: 16:20**  **Start: 17:15** |  | **Sunday**  **Session #6**  **Finals**  **Warm-up: 12:00**  **Start: 13:00** |
| *50 Butterfly*  *200 Freestyle*  *100 Backstroke* |  | *200 Individual Medley*  *100 Breaststroke* |  | *50 Freestyle*  *400 Freestyle*  *200 Butterfly* |

***9 & under events are 50 metres of each stroke, 100m Back, 100m Breast, 100m Freestyle and 200m freestyle only. All remaining events are available for 9 & under swimmers in the 11 & under Category.***