

CASCADE SWIMMING INTERNATIONAL

50TH ANNIVERSARY CELEBRATION

June 2 - 4, 2017

Cascade Swim Club

Talisman Centre

2225 Macleod Trail South, Calgary, AB, T2G 5B6

1x50 metre Competition Pool



Sanction #

Contacts

Competition Coordinator: Jackie Snodgrass

Cascade Office: (403) 263-7946

Meet Manager: Kelly Jubenvill

Officials Coordinator: board.officials2.cascade@gmail.com

Entry Questions & Changes: meetmanager.cascade@gmail.com

Social Media: #CSI150 #Cascade50



[@cascadeswimming](https://twitter.com/cascadeswimming)



[cascadeswimclubbyyc](https://www.instagram.com/cascadeswimclubbyyc)

Why Attend Cascade Swimming International [CSI]

Join us in celebrating the Cascade Swim Club's 50th year of swimming. Please attend Cascade Swimming International if you'd like to compete with select international swimmers from Japan, Germany, the US and across Canada. And if a top Age Group meet in Western Canada is a part of your goal to achieve and improve times prior to Southern and Northern Alberta Long Course Provincials and Summer Championships. The standards are between those of the Alberta Provincial and Championship standards.

Eligibility

Entry standards are included in the meet package. Swimmers with only 1 qualifying time may swim up to 4 events in total (3 bonus swims not at the meet standard i.e. 1 QT + 3 Bonus = 4 swims). Any swimmer wishing to swim more than 4 swims must qualify in all events. In the event a swimmer is entered in an event in which they are not eligible the Cascade Meet Management Team reserves the right to enter him/her as exhibition, including relays. This competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club.

Key Dates

Entry Deadline: Friday, May 19, 2017

Scratch Deadline: Friday, May 19, 2017

Fees Due: Friday, May 19, 2017

Schedule

DATE	Friday, June 2	Saturday, June 3	Sunday, June 4
Prelims Warm Up	8:00 AM	8:00 AM	8:00 AM
Prelims Start	9:00 AM	9:00 AM	9:00 AM
Finals Warm Up	4:00 PM	4:00 PM	2:30 PM
Finals Start	5:00 PM	5:00 PM	3:30 PM

ENTERING THE MEET

Entry Fees

Individual:	\$8.50 Timed Final \$11.00 Heats & Finals Event - per entry for prelims and finals events
Relays:	\$12.00 per relay
Refunds:	No refunds for any scratched swimmers after May 19, 2017

Entry Rules

- The meet is limited to approximately 600 swimmers
- **No-time (NT) entries are not be accepted for any swims including bonus swims**
- Swimmer age is determined as of the first day of the meet - June 2, 2017
- All times are entered Long Course (teams may convert entries if they wish)
- Maximum of 2 relays per team per age and gender
- Swimmers with only 1 qualifying time may swim up to 4 events in total (3 bonus swims not at the meet standard i.e. 1 QT + 3 Bonus = 4 swims)
- **The following events are eligible to be swum as “Bonus Swims”: All 50s, All 100’s, 200 Free, 200 Back**
- **Any swimmer wishing to swim more than 4 swims must qualify in all events**
- Para swimmers may enter without meeting the qualifying standard
- International teams may, at the Meet Manager’s discretion, be allowed to enter the meet not having met the required meet standard in all events
- Cascade Swim Club reserves the right to enter swimmers who do not necessarily meet the published meet standards.
- Please provide a list of alternate swims for the events
- Clubs not providing this list with their entries may result in no alternate swims being provided
- Please use Hytek or TeamUnify to add these alternate systems with your entry file
- The Meet Manager reserves the right to limit entries, double-lane and re-schedule slower heats

Entry Age Standards

FEMALES	Individual Events: 11, 12, 13, 14, Open Relay Events: 11-12, 13-14, 15&O
MALES	Individual Events: 12, 13, 14, 15, Open Relay Events: 11-12, 13-14, 15&O

Entry Procedures - Deadline Friday, May 19, 2017

- All entries submitted using Hytek on-line at www.swimming.ca
- Time of receipt of uploaded entries is considered as the date and time on the notification email sent to meet manager through the SNC file
- Entry fees are payable to: Cascade Swim Club
- Cheque for entry fees received by the deadline date above

DURING THE MEET

General Meet Format & Rules

- The current SwimAB/Swimming Canada/FINA rules shall govern the meet, except where specifically modified in this meet package
- Swimming Canada Warm Up Procedures are in effect
- **Preliminary events are seeded and swam within the following age categories:**
 - Girls 11-12, 13-14, 15&O (Open)
 - Boys 12-13, 14-15, 16&O (Open)
- **Final events are swam in single age categories**
- There are “A” finals only for all events in age categories below “Open”
- There are “B” finals in “Open” age category events only where 24 or more swimmers have swam the preliminary event - exceptions are 400m Free & 400m IM
- No individual events go straight to finals regardless of the number of entries

Deck Entries

- Deck Entries are EXHIBITION only and accepted only if the entry does not create a new heat
- Fees are \$22.00 for an individual event & \$24.00 for a relay event
- They must be submitted no later than the Late Scratch Deadline of that session

Scratches

The swim Alberta Scratch Rules will be in effect for this meet:

Preliminary Scratches	due 30 minutes after the start of the previous nights finals:
For Friday	due no later than 3 pm Thursday, June 1
For Saturday	due at 5:30 PM on Friday, June 2
For Sunday	due at 5:30 PM on Saturday, June 3
Finals Scratches	due 30 minutes following the conclusion of the preliminary session's last event (excluding timed finals)
Late Scratches	due 30 minutes prior to the start of each session No re-seeding will occur, without the approval of the referee

Relays

- All relays are swum during the Finals sessions
- There are a maximum of 2 relays per team per age and gender including mixed

Individual Names Due	provided to the Clerk of Course <u>by the end of the preliminary session</u> on the same day as the relays are being swum at finals
Name Changes Due	provided to the Clerk of Course <u>30 minutes prior to the start of the first relay event</u> , regardless of which age or gender event the team is entered in

DURING THE MEET - DISTANCE EVENTS

General

- All heats are swam in preliminaries as senior seeded Timed Finals with the exception of:
- A single fastest heat of all ages combined is swam at Finals

800M Freestyle & 1500M Freestyle

EVENT	POSITIVE CHECK IN DEADLINE	AWARDED
800 Free Girls	Saturday, June 3 8:30 AM	11, 12, 13, 14, Open
1500 Free Boys	Sunday, June 4 8:30 AM	12, 13, 14, 15, Open

DURING THE MEET - SPECIAL EVENT “MARQUEE 50”

- The Marquee 50m freestyle event is a long standing exhibition event at the meet and will be once again run in the same 7x50m format as in previous years
- Girls Marquee 50 swam as the first event at Finals on Saturday, June 3
- Boys Marquee 50 swam as the first event at Finals on Sunday, June 4

AWARDS

Individual Events & Relays

- Individual Events - Presentation and medals for 1st, 2nd, and 3rd place
- Relays - Presentation for 1st
- All athletes are expected in team colours for award presentations immediately following their races
- In the event they cannot attend a designate should be provided
- Team Scoring is for boys, girls and combined scoring 50-30-20 (Gold, Silver, Bronze) for individual events with relay events scoring double (100-60-40)

NOTES

Officials & Visiting Team Photographers

- Visiting clubs are encouraged to officiate - Please email board.officials2.cascade@gmail.com
- Team photographers must request and receive permission from the Meet Manager prior to trying to access the deck and may be limited to specific days and sessions - Please email meetmanager.cascade@gmail.com

Sunday BBQ

- Sunday, June 4 between Prelims and Finals Athletes, coaches and officials are invited to the south patio of Talisman Centre for a BBQ

EVENT ORDER

FRIDAY		SATURDAY		SUNDAY	
7:30 AM Warmups - 8:30 AM Heats		7:30 AM Warmups - 8:30 AM Heats		8:00 AM Warmups - 9:00 AM Heats	
Girls	200 IM	Boys	200 IM	Boys	200 Fly
Boys	100 Back	Girls	200 Fly	Girls	100 Back
Girls	50 Free	Boys	50 Free	Boys	200 Breast
Boys	400 IM	Girls	50 Back	Girls	400 IM
Girls	200 back	Boys	200 Back	Boys	100 Free
Boys	200 Free	Girls	100 Free	Girls	200 Free
Girls	50 Fly	Boys	50 Fly	Boys	50 Back
Boys	50 Breast	Girls	200 Breast	Girls	50 Breast
Girls	100 Breast	Boys	100 Breast	Girls	100 Fly
Boys	100 Fly	Boys	400 Free	Boys	1500 Free
Girls	400 Free	Girls	800 Free		
4:00 PM Warmups - 5:00 PM Finals		4:00 PM Warmups - 5:00 PM Finals		2:30 PM Warmups - 3:30 PM Finals	
Girls 200 IM		Girls Marquee 50		Boys Marquee 50	
Boys 100 Back		Boys 200 IM		Boys 200 Fly	
Girls 50 Free		Girls 200 Fly		Girls 100 Back	
Boys 400 IM		Boys 50 Free		Boys 200 Breast	
Girls 200 back		Girls 50 Back		Girls 400 IM	
Boys 200 Free		Boys 200 Back		Boys 100 Free	
Girls 50 Fly		Girls 100 Free		Girls 200 Free	
Boys 50 Breast		Boys 50 Fly		Boys 50 Back	
Girls 100 Breast		Girls 200 Breast		Girls 50 Breast	
Boys 100 Fly		Girls 800 Free		Boys 1500 Free	
Girls 400 Free		Boys 400 Free		Girls 100 Fly	
Boys 4x100 Free Relay		Girls 4x50 Free Relay		Boys 4x50 Medley Relay	
Girls 4x100 Free Relay		Boys 4x50 Free Relay		Girls 4x50 Medley Relay	

ENTRY STANDARDS

Entry Standards										
Event	Girls					Boys				
	11	12	13	14	15&O	12	13	14	15	16&O
50 Free	:33.45	:32.30	:31.15	:30.00	:29.00	:31.30	:30.00	:28.70	:27.40	:25.80
100 Free	1:14.25	1:11.30	1:08.35	1:05.40	1:02.90	1:10.35	1:06.90	1:03.45	1:00.00	:56.30
200 Free	2:40.25	2:34.30	2:28.35	2:22.40	2:16.50	2:32.05	2:25.10	2:18.15	2:11.20	2:04.10
400 Free	5:41.30	5:27.00	5:12.70	4:58.40	4:46.90	5:24.50	5:10.10	4:55.70	4:41.20	4:25.30
800 Free	11:49.40	11:32.90	11:00.40	10:27.90	10:03.80					
1500 Free						22:02.50	21:02.00	20:01.50	19:00.90	18:13.20
50 Back	:38.80	:37.30	:35.80	:34.30	:33.20	:37.10	:35.40	:33.70	:32.00	:30.20
100 Back	1:24.95	1:21.60	1:18.25	1:14.90	1:11.80	1:21.00	1:17.00	1:13.00	1:09.00	1:05.40
200 Back	2:58.45	2:52.30	2:46.15	2:40.00	2:35.10	2:51.75	2:44.30	2:36.85	2:29.40	2:22.40
50 Breast	:43.50	:41.80	:40.10	:38.40	:37.40	:41.35	:39.40	:37.45	:35.50	:33.30
100 Breast	1:36.65	1:32.70	1:28.75	1:24.80	1:22.30	1:30.05	1:27.70	1:25.35	1:23.00	1:16.90
200 Breast	3:24.20	3:16.80	3:09.40	3:02.00	2:57.00	3:36.70	3:08.60	2:50.50	2:52.40	2:44.10
50 Fly	:36.90	:35.60	:34.30	:33.00	:31.40	:35.20	:33.50	:31.80	:30.10	:27.90
100 Fly	1:30.50	1:25.50	1:20.50	1:15.50	1:11.80	1:22.95	1:18.40	1:13.85	1:09.30	1:03.20
200 Fly	3:21.00	3:11.20	3:01.40	2:51.60	2:38.50	3:02.80	3:02.10	3:01.40	2:40.50	2:29.30
200 IM	2:58.75	2:51.70	2:44.65	2:37.60	2:31.50	2:53.10	2:45.30	2:37.50	2:29.70	2:21.30
400 IM	6:10.70	6:02.70	5:54.65	5:46.20	5:29.70	6:10.70	5:57.20	5:54.65	5:22.50	5:05.90

Standards listed are LCM

CSI: Canada 150

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

www.cascadeswimming.com