In House Time Trial #1

October 22, 2016

7 am – 10 am

Michener Centre Red Deer

This In House Time Trial is the first in a series of three time trials to expose younger swimmers to basic competition.

**Referee:** Wade Brown **Meet Manager:** Stephan Nieuwoudt

**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. Swim Alberta policies and procedures, where appropriate will also apply.

There are no time standards.

There are no limits on numbers of events swum.

All events will be swum as open category.

Age groups for results will be as follows:

11 and under, 12-13, 14-15, 16+

Standard Swimming Canada Warm up rules will be in effect.

**Eligibility:** It is a closed meet, only for Red Deer Catalina Swimmers that is currently registered with Swimming Canada.

**Scratches:** The Swim Alberta scratch rule will be in effect for this competition.

**Entry Process:** All entries must be submitted through the Swimming Canada online system.

**Entry Fees:** There are no entry fees.

**Event Order:**

1. Girls 50 Fly
2. Boys 50 Fly
3. Girls 50 Back
4. Boys 50 Back
5. Girls 100 Free
6. Boys 100 Free
7. Girls 50 Breast
8. Boys 50 Breast
9. Girls 50 Free
10. Boys 50 Free