



May 3-5, 2019

## Northern Lights Invitational

Hosted by: Grande Prairie Piranhas Swim Club  
The Eastlink Centre, Grande Prairie  
50 m, 10 lane pool Sanction #:

		Warm-up/ Start Times			Warm Up/Start Times	
Friday, May 3, 2019				S1	5:00pm	6:00pm
Saturday, May 4, 2019	S2	8:00am	9:00am	S3	TBD	TBD
Sunday, May 5, 2019	S4	8:00am	9:00am			

### Entry Information:

Entry Deadline: 5:00 pm - Monday, April 22nd, 2019

Scratch Deadline: 5:00 pm - Monday, April 29th, 2019

Entry Fee: Individual Timed Final Events \$8.50  
Individual Prelims Finals Events \$11.00  
Timed Final Relay Events \$12.00

**Send Entry Fee Payment To: Grande Prairie Piranhas**  
Due before warm-up on May 3<sup>rd</sup>, 2019 to Meet Manager.

1. All swimmers must be registered members of Swimming Canada or a FINA affiliated club.
2. Swimmers may enter eight (8) Individual Events.
3. All entries must be submitted through the Swimming Canada online system before the entry deadline.
4. Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system.
5. Enter relays as teams but not names of swimmers. Relay team swimmer names are due at the beginning of session 1 on Friday for all relays for the entire meet.
6. Deck Entries must include SNC registration ID number, will be EXHIBITION swims, have an entry fee of \$10 per swim, cannot create a new heat and must be submitted before the warm up of the previous session, or before 3:00pm on the day prior to the start of the meet, in order that the session can be seeded.
7. The Swim Alberta Scratch Rule will be in effect for this competition.
8. No refunds for scratched events after the Scratch Deadline except with medical verification.

### Meet Management:

Meet Manager: Joanne Chiasson meetmanager@gppiranhass.com

Meet Referee: Amanda Frayn  
thefrayngang@gmail.com

### Meet Information:

1. Coaches meeting will be held 15 minutes before start of warm up on Friday, May 4 the timing room. Additional meetings will be announced as needed.
2. The meet will be conducted under published FINA and/or WPS rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations. Swim Alberta policies and procedures also apply.

3. SNC meet warm-up procedures will be in place. Meet Manager reserves the right to split warm up into 2 groups.
4. There is no limit on relay entries.
5. The Meet Manager reserves the right to limit entries in all events if necessary to accommodate session times.
6. All individual timed finals will be seeded by gender.
7. All 100 events are heats and finals, all other events are timed finals for all age groups.
8. Top 10 times to swim 800 and 1500. Meet Manager to restrict number of heats to 1 unless time allows.
9. All relay events will be swam as Timed Finals in the following age groups: 10 & under, 11-14, and 15 & over.
10. Swimmers age will be determined as of the first day of the meet, May 3<sup>rd</sup>, 2019.
11. Electronic Timing will be used.
12. Diving Rules
  1. Starts will be conducted from Starting Platforms (blocks) as per FINA FR2.3. and SW4.1.
  2. In-water starts will be conducted as per Canadian Facility Rule CFR2.3.1. and CSW4.1.2.
13. All events will be seeded slowest to fastest.
14. Competition and Diving Readiness Standards - Effective March 1, 2019.  
Entry to competition is limited to participants who have passed Swim Alberta's Competition Swim Test. During competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved.

### Scoring & Awards:

1. Results will be compiled based on age groups as 8 & under, 9&10, 11&12, 13&14, and 15 & over.
2. Individual Scoring: 20,17,16,15,14,13,12,11,9,7.
3. Relays Scoring: 40,34,32,30,28,26,24,22,18,14.
4. Medals will be presented for 1<sup>st</sup> to 3<sup>rd</sup> in each individual event by age group as 8 & under, 9&10, 11&12, 13&14, 15 & over.
5. Ribbons will be awarded for 4<sup>th</sup> to 8<sup>th</sup> place in individual events and 1<sup>st</sup> to 3<sup>rd</sup> in relay events.
6. Age group High Point will be awarded to the top 3 swimmers in each age group - male & female and presented at the conclusion of the meet.



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SESSION 1			SESSION 2			SESSION 3			SESSION 4		
GIRLS		BOYS	GIRLS		BOYS	GIRLS		BOYS	GIRLS		BOYS
1	100 FREE*	2	9	100 BREAST*	10	23	100 FLY*	24	35	100 BACK*	36
3	50 BREAST	4	11	50 FREE	12	25	50 BACK	26	37	50 FLY	38
5	200 FREE	6	13	200 IM	14	27	400 IM	28	39	400 FREE	40
7	200 FLY	8	15	200 BACK	16	29	200 BREAST	30			
POTENTIAL SMALL BREAK TO ORGANIZE FINALS - PLEASE WATCH FOR LIST OF FINAL SWIMMERS											
1	100 FREE FINALS**	2	9	100 BREAST FINALS**	10	23	100 FLY FINALS**	24	35	100 BACK FINALS**	36
			17	4X50 MEDLEY	18	31	800 Free	32	41	4X50 FREE	42
			19	10U	20	33	1500 Free	34	43	10U	44
			21	4X50 11-14	22				45	4X50 11-14	46
				4X50 15 OVER						4X50 15 OVER	

\*Prelims

\*\*Finals