

CASCADE SWIMMING INTERNATIONAL 2019


June 7-9, 2019

Cascade Swim Club
Repsol Sports 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: meetmanager.cascade@gmail.com
Officials Coordinator: Ella Wilson board.officials2.cascade@gmail.com
Entry Questions & Changes: meetmanager.cascade@gmail.com
Social Media: #CSI #CSI2019
 [@cascadeswimming](https://twitter.com/cascadeswimming)  [cascadeswimclubbyyc](https://www.instagram.com/cascadeswimclubbyyc)

Why Attend Cascade Swimming International [CSI]

Attending Cascade Swimming International provides an opportunity to compete with select International swimmers from the United States, Ecuador, Germany as well as swimmers from across Canada. The meet will also showcase some of Canada's top swimmers who will be competing at the World Championships and World Junior Championships later this summer. If a top Age Group meet in Western Canada is part of your goal to achieve and improve long course times prior to Southern and Northern Alberta Long Course Provincials, Summer Championships and Junior Nationals, CSI is a great opportunity for a swimmer to see where they stand within their respective age category swimming in a unique format, racing against their peers in single age finals. 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 5 events in total (4 bonus swims not at the meet standard i.e. 1 QT + 4 Bonus = 5 swims). Any swimmer wishing to swim more than 5 swims must qualify in all events. If 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 24, 2019
Scratch Deadline: Friday, May 24, 2019
Fees Due: Friday, June 7, 2019

Schedule

DATE	Friday, June 7	Saturday, June 8	Sunday, June 9
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	2:00 PM
Finals Start	5:00 PM	5:00 PM	3:00 PM

ENTERING THE MEET

Entry Fees

Individual: \$14.00 Per Event

Relays: \$20.00 per relay

Refunds: No refunds for any scratched swimmers after May 24, 2019

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 7, 2019
- All times are entered Long Course (teams may convert entries if they wish)
- **Please note the entry file is written as "LO" or "Long Course Only" - teams must edit this preference on their own to send converted times**
- Maximum of 2 relays per team per age and gender
- Swimmers with only 1 qualifying time may swim up to 5 events in total (4 bonus swims not at the meet standard i.e. 1 QT + 4 Bonus = 5 swims)
- **The following events are eligible to be swum as "Bonus Swims": All 50's, All 100's, 200 Free, 200 Back**
- **The following events are not eligible as "Bonus Swims": 200 Breast, 200 Fly, 200 IM, 400 IM, 400 Free, 800 Free and 1500 Free**
- **Any swimmer wishing to swim more than 5 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: 12&U, 13, 14, 15&O
	Relay Events: 11-12, 13-14, 15&O
MALES	Individual Events: 13&U, 14, 15, 16&O
	Relay Events: 11-12, 13-14, 15&O

Entry Procedures - Deadline Friday, May 24, 2019

- 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
- **Swimming Canada Dive Rule in effect and starts will be conducted from the starting platforms (blocks) as per FINA FR 2.3 & SW 4.1.**
- **Preliminary events are seeded and swam within the following age categories:**
 - Girls 14&U, 15&O
 - Boys 14&U, 15&O
- **Final events are swam in the following age categories below:**
- **Girls 12&U, 13, 14, Open (except in the 400 Free & 400 IM)**
- **Boys 13&U, 14, 15, Open (except in the 400 Free & 400 IM)**
- **The 400 Free & 400IM are swum in the finals in the following age categories:**
- **Girls 14&U & 15&O**
- **Boys 14&U & 15&O**
- There are “A” finals in all age categories for Girls & Boys
- There are “B” finals in “Open” age category events for Girls and Boys where 24 or more swimmers have been entered in the preliminary event - exceptions are 400m Free & 400m IM
- No individual events go straight to finals regardless of the number of entries

Deck Entries

- **Eligibility: Only swimmers already entered in the meet**
- Deck Entries are EXHIBITION only and accepted only if the entry does not create a new heat
- Fees are \$25.00 for an individual event & \$30.00 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 6
For Saturday	due at 5:30 PM on Friday, June 7
For Sunday	due at 5:30 PM on Saturday, June 8
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 (800&1500 Free)

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
- There is positive check-in for the 800&1500m freestyle events
- **All 800m freestyle events will receive an official split at the 400 as part of the event**
- **All 1500m freestyle events will receive an official split at the 800 as part of the event**
- There **may** be positive check-in for the 400m freestyle and 400IM events

800M Freestyle & 1500M Freestyle

EVENT	POSITIVE CHECK IN DEADLINE	AWARDED
800 Free Girls	Saturday, June 8 9:00 AM	12&U, 13-14, 15&O
1500 Free Boys	Sunday, June 9 9:00 AM	13&U, 14-15, 16&O

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 7
- Boys Marquee 50 swam as the first event at Finals on Sunday, June 8

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

EVENT ORDER

FRIDAY		SATURDAY		SUNDAY	
8:00 AM Warmups - 9:00 AM Heats		8:00 AM Warmups - 9:00 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		2:00 PM Warmups - 3:00 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		Boys 100 Breast		Boys 1500 Free (Fastest Heat)	
Girls 400 Free		Girls 800 Free (Fastest Heat)		Girls 100 Fly	
Boys 4x100 Free Relay		Boys 400 Free		Boys 4x50 Medley Relay	
Girls 4x100 Free Relay		Girls 4x50 Free Relay		Girls 4x50 Medley Relay	
		Boys 4x50 Free Relay			

Entry Standards									
Event	Girls				Boys				
	12&U	13	14	15&O	13&U	14	15	16&O	
50 Free	:32.50	:30.60	:30.40	:29.90	:30.30	:29.20	:28.00	:26.70	
100 Free	1:11.40	1:09.10	1:06.80	1:06.60	1:06.60	1:03.90	1:01.10	:58.10	
200 Free	2:34.30	2:30.90	2:27.50	2:23.00	2:26.40	2:20.60	2:14.80	2:08.20	
400 Free	5:34.90	5:30.30	5:25.70	5:03.10	5:13.90	5:02.50	4:51.80	4:40.00	
800 Free	11:24.50	11:02.50	10:42.50	10:20.70					
1500 Free					20:53.60	19:30.00	19:02.20	18:23.40	
50 Back	:37.20	:36.20	:35.20	:34.70	:35.60	:34.00	:32.40	:30.80	
100 Back	1:21.30	1:18.40	1:15.40	1:13.80	1:16.00	1:12.80	1:09.50	1:06.50	
200 Back	2:55.30	2:49.30	2:43.30	2:40.00	2:45.20	2:38.50	2:31.80	2:26.70	
50 Breast	:42.80	:41.45	:40.10	:38.40	:40.10	:38.40	:36.60	:33.90	
100 Breast	1:33.60	1:31.00	1:28.40	:12.49	1:27.40	1:23.80	1:20.10	1:14.10	
200 Breast	3:23.10	3:17.20	3:11.20	3:02.20	3:07.30	3:00.50	2:56.40	2:42.60	
50 Fly	:36.30	:35.00	:33.60	:32.10	:33.90	:32.40	:30.80	:28.80	
100 Fly	1:24.20	1:20.30	1:16.40	1:11.20	1:17.50	1:13.60	1:09.60	1:03.40	
200 Fly	3:04.80	2:76.00	2:47.20	2:35.70	2:54.35	2:45.40	2:36.50	2:24.00	
200 IM	2:57.40	2:51.50	2:45.60	2:42.00	2:46.70	2:39.90	2:33.10	2:26.90	
400 IM	6:17.60	5:52.70	5:47.80	5:40.20	5:57.00	5:43.00	5:28.90	5:15.40	
Standards listed are LCM									
CSI: 2019									
Swimmers with 1 QT can swim up to 4 Bonus events (5 in total) swimmers wishing to swim more than 5 events must qualify in all events. Meet Management reserves the right to change the number of allowable events as well as limit the number of entries per event. Cascade swimmers do not necessarily have to meet the listed standards in order to compete in any event at the CSI.									

