



## **Cochrane Comets**

# **Test Your Mettle Distance & IM Challenge**

**November 23-24, 2019**

Spray Lakes Sawmill Family Sports Center  
Jayman Built Aquatic Center, 800 Griffin Road East, Cochrane AB T4C 2B8  
25 meters, Short Course Format  
8 lanes, single ended  
Swiss Timing Electronic Timing System  
HY-TEK Meet Management Software

### **1. ELIGIBILITY**

All swimmers currently registered with Swimming Canada or a FINA affiliated club are eligible to compete. Swimmers' age will be determined as of the first day of the meet.

### **2. FORMAT**

All sessions: 10&U, 11-12, 13-14, 15&O  
Session 1: Saturday AM Timed Final & Prelims  
Session 2: Saturday PM Finals  
Session 3: Sunday AM Timed Final & Prelims  
Session 4: Sunday PM Finals

### **3. SEEDING**

All events will be seeded fastest to slowest.

### **4. MEET RULES**

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. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply.

### **5. DIVING RULES**

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1. In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

## 6. COMPETITION AND DIVING READINESS STANDARDS

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 they have achieved.

## 7. ENTRY LIMIT

Entries will be limited to the first 250 swimmers. Swimmers are limited to a maximum of seven individual events (max 3 per session). Minimum entries required to host the meet: 50 (Comets Entries).  
Meet management reserves the right to alter the program to adhere to the 4 hour session time limitation as required by Swim Alberta.

## 8. SCRATCHES

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

## 9. ENTRIES

Entry fees will be \$12.00 for all individual events 400m and under and \$14.00 for 800/1500FR events.

**Entries must be submitted through the Swimming Canada website.**

**Final fee reports will be sent after scratch deadline and will be payable at the meet. Cheques are to be made to: Cochrane Comets Swim Club**

## 10. DECK ENTRIES

Deck entries will be accepted provided that extra heats are not created and must be approved by the Meet Manager. Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system. ***All Deck Entries are exhibition swims and will not be scored. All deck entries must be paid at the time of request. (\$18 for individual events)***

## 11. ENTRY DEADLINE

Entries **due by 5:00 PM on Friday November 8, 2019**  
**Scratch deadline: 5:00 PM on Friday November 15, 2019**

No refund for scratches given after this date.

Email: [meetmanager@cochranecomets.ca](mailto:meetmanager@cochranecomets.ca)

**Entry fees may also be sent to:**

COCHRANE COMETS SWIM CLUB  
PO Box 1361, Cochrane AB T4C 1B3

## 12. SCORING AND AWARDS

Ribbons will be awarded for 1st to 6th place. Events will be scored by the Standard Hy-Tek scoring systems.

### 13. OFFICIALS

Participating clubs are asked to volunteer one officiating shift per swimmer entered. Volunteer shifts can be sent to Lisa Kroeker at:  
**officials@cochranecomets.ca**

### 14. RESULTS

Results will be submitted in HY-TEK format to all attending clubs and be posted on the Swimming Canada website.

### 15. SAFE SPORT

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others

### 16. COACHES MEETING – 7:15AM SATURDAY

A mandatory coaches meeting at 7:15am on Saturday in the Hospitality Room.

<b>SESSION #1</b>  <b>Saturday AM</b> <b>PRELIMS &amp; TF</b> <b>November 23</b>  <b>All Age Groups</b> <b>Warm-up: 7:00am</b> <b>Start: 8:00am</b>	<b>Girls</b>	<b>EVENT</b>	<b>Boys</b>
	1	800Free (TF)	2
	3	400 IM	4
	5	100 Free	6
	7	200 Breast	8
	9	100 Fly	10

<b>SESSION #2</b>  <b>Saturday PM</b> <b>FINALS</b> <b>November 23</b>  <b>All Age Groups</b> <b>Warm-up: 2:15pm</b> <b>Start: 3:00pm</b>	<b>Girls</b>	<b>EVENT</b>	<b>Boys</b>
	3	400 IM	4
	5	100 Free	6
	7	200 Breast	8
	9	100 Fly	10

<b>SESSION #3</b>  <b>Sunday AM</b> <b>PRELIMS &amp; TF</b> <b>November 24</b>  <b>All Age Groups</b> <b>Warm-up: 7:30am</b> <b>Start: 8:30am</b>	<b>Girls</b>	<b>EVENT</b>	<b>Boys</b>
	11	1500Free (TF)	12
	13	100 Back	14
	15	200 Fly	16
	17	100 Breast	18
	19	400 Free	20

<b>SESSION #4</b>  <b>Sunday PM</b> <b>FINALS</b> <b>November 24</b>  <b>All Age Groups</b> <b>Warm-up: 3:15pm</b> <b>Start: 4:00pm</b>	<b>Girls</b>	<b>EVENT</b>	<b>Boys</b>
	13	100 Back	14
	15	200 Fly	16
	17	100 Breast	18
	19	400 Free	20