

CASCADE SPEED MEET 2019



October 25-27, 2019

Repsol Sports Centre
2225 Macleod Trail South, Calgary, AB, T2G 5B6
2x25 metre Competition Pools
Sanction #

Contacts

Competition Coordinator: Jackie Snodgrass
Cascade Office: (403) 263-7946
Meet Manager: Andrew Moore
Officials Coordinator: board.officials2.cascade@gmail.com
Entry Questions & Changes: meetmanager.cascade@gmail.com
Webcast: [LiveStream Link*](#)
Social Media: #speedmeet18 #cascadeswimming

Please note that any corrections made to the meet package have been highlighted in yellow



@cascadeswimming



@cascadeswimclubbyyc

***Finals session for all three days will be broadcast live.**

Why Attend the Cascade Speed Meet

Please attend the Cascade Speed Meet if you'd like an opportunity for your swimmers to race against their peers in events categorizing by their age groups.

Eligibility

The 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. 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, October 11, 2019
Scratch Deadline: Friday, October 11, 2019
Fees Due: Friday, October 11, 2019

Schedule

DATE	PRELIMS WARM UP & START		FINALS WARM UP & START	
Friday, October 25	7:30 AM	8:30 AM	4:00 PM	5:00 PM
Saturday, October 26	7:30 AM	8:30 AM	4:00 PM	5:00 PM
Sunday, October 27	7:30 AM	8:30AM	2:45 PM	3:45 PM

ENTERING THE MEET

Entry Fees

Individual:	\$14.00 for all events
Relays:	\$14.00 per relay
Deck Entries:	\$25.00 for an individual event, \$25.00 for a relay event
Refunds:	No refunds for any scratched swimmers after

Entry Rules

- The meet will be limited to a maximum of 550 swimmers and will be run with a minimum of 300; After our session limits have been met, entries will be closed; meet management reserves the right to alter minimum and maximums as needed
- **No-time (NT) entries will not be accepted for any swims including bonus swims**
- Swimmer age is determined as of the first day of the meet - October 25, 2019
- All times are to be entered Short Course (teams may convert entries if they wish)
- Maximum number of 7 swims for all swimmers and a max of 3 per day (not including relays)
- Swimmers with only 1 qualifying time may swim up to 5 events in total
- **The following events *are not eligible* to be swum as “Bonus Swims”:**
400m, 800m, freestyle, 200m butterfly, 200m breaststroke, 400m IM
- **For the 400m, 800m freestyle, and 400m IM timed finals entries will be limited**
 - proof of time must accompany your entry file
 - alternate events at time of initial entry must be provided
 - 10&U girls must meet the 11-12 girls meet standard
 - 11&U boys must meet the 12-13 boys meet standard
- **Any swimmer wishing to swim more than 5 swims must qualify in all events**
- Maximum of 2 relays per team per age and gender
- Mixed Relays (freestyle & medley) uses traditional age categories: 11-12, 13-14, 15-17, Open
- Para swimmers may enter without meeting the qualifying standard
- 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 Categories

FEMALES	11-12, 13-14, 15&Over (10&U swimmers can compete in the 12&U category and have their own entry standards)
MALES	12-13, 14-15, 16&Over (11&U swimmers can compete in the 12&U category and have their own entry standards)

Entry Procedures - Deadline Friday, October 11th, 2019

- All entries to be submitted using Hytek on-line at www.swimming.ca
- Time of receipt of uploaded entries will be 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
- In addition the following must be sent to meetmanager.cascade@gmail.com by the date above:
 - Cheque
 - An Excel spreadsheet with your entries for alternate swims for Timed Final events
 - Copy of your entries in WORD or PDF

DURING THE MEET - General

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 will be in effect
- Preliminary events will be seeded within age categories
- All events are swim preliminaries and finals with the exception of timed final events
- There are only "A" finals for all events (there are no "B" finals)
- Starts will be conducted from the starting platforms (Blocks) as per FINA FR 2.3 & SW 4.1

Competition & Diving Readiness Standards

- Entry to competitions 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.
- **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** The current SwimAB/Swimming Canada/FINA rules shall govern the meet, except where specifically modified in this meet package

Deck Entries

- Deck Entries will be EXHIBITION only and accepted only if the entry does not create a new heat
- Fees are \$25.00 for an individual event, \$25.00 for a relay event
- They must be submitted no later than the Late Scratch Deadline of that session

Safe Sport

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

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, October 24
For Saturday	due at 5:00 PM on Friday, October 25

DURING THE MEET - Events with low entry numbers

200M Breaststroke, 200M Butterfly & Others

- The 200m breaststroke & 200m butterfly will be swum as 13&U/14&O for the girls and 14&U/15&O for the boys. In the event we have a low entry in other events (which can occur in the younger ages in events such as the 200m stroke events Cascade Meet Management reserves the right to combine those various age categories for preliminaries and potentially finals).
- Any changes will be communicated to the clubs prior to the start of the meet.

For Sunday	due at 5:00 PM on Saturday, October 26
Finals Scratches	due 30 minutes following the conclusion of the preliminary session's last event - prior to any timed final
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 will be swum during the Finals sessions
- There are a maximum of 2 relays per team per age and gender including mixed, ie A & B relay per team

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 (excluding timed finals events) i.e. 800 Free
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 - Timed Finals

400M Freestyle

- Swum fastest to slowest seeded by age category
- All heats will be swum in preliminaries as Timed Finals with the exception of the fastest heat in each age category which will be swum at finals

400M IM & 800M Freestyle

EVENT	POSITIVE CHECK IN DEADLINE	SWAM SR SEEDED	AWARDED BY AGE
400 IM Girls & Boys	Sunday, October 27, 9:30 AM	- swum as a senior seeded timed final event	Girls 11-12, 13-14, 15&Over Boys 12-13, 14-15, 16&Over
800 Free Girls & Boys	Friday, October 25, 8:00 AM	- fastest to slowest - top overall 8 Swimmers (all ages combined) swim in a senior seeded Final at night	11-12, 13-14, 15&Over

NOTES

Officials & Visiting Team Photographers

- Visiting clubs are encouraged to officiate - Please email board.officials2.cascade@gmail.com

DURING THE MEET - Swum Fastest to Slowest

- 100m butterfly which precedes the 800m freestyle events
- 200m breaststroke which precedes the 400m IM events
- 50m butterfly which precedes the 400m freestyle

EVENT ORDER

FRIDAY PRELIMS	SATURDAY PRELIMS		SUNDAY PRELIMS	
7:30 AM Warmups - 8:30 AM Heats	7:30 AM Warmups - 8:30 AM Heats		7:30 AM Warmups - 8:30 AM Heats	
NORTH	SOUTH	NORTH	SOUTH	NORTH
200 Back	200 IM		100 Free	
100 Breast	50 Free		50 Breast	
200 Free	200 Breast		200 Fly	
100 Fly	50 Back		100 Back	
800 Free	400 Free		50 Fly	
			400 IM	

DURING THE MEET - Awards

FRIDAY FINALS	SATURDAY FINALS	SUNDAY FINALS
4:00 PM Warmups - 5:00 PM Finals	4:00 PM Warmups - 5:00 PM Finals	2:45 PM Warmups - 3:45 PM Finals
4x50 Free Relay	4x50 Medley Relay	100 Free
800 Free Girls Top 8 Seeds Overhall	200 IM	50 Breast
200 Back	50 Free	200 Fly
100 Breast	200 Breast	100 Back
200 Free	50 Back	50 Fly
100 Fly	400 Free Top 8 Seeds each category	400 IM Top 8 Seeds each gender
800 Free Boys Top 8 Seeds Overall	Mixed 4x50 Freestyle Relay	
Mixed 4x50 Medley Relay		

QUALIFYING ENTRY STANDARDS

Day 1	10&U	11&U	11 to 12	12 to 13	13 to 14	14 to 15	15&O	16&O
200 Back	02:54.5	02:45.0	02:54.5	02:45.0	02:38.9	02:28.3	02:34.2	02:22.0
100 Breast	01:46.1	01:41.3	01:32.8	01:27.4	01:25.5	01:18.8	01:21.3	01:12.0
200 Free	02:53.8	02:44.6	02:34.8	02:25.4	02:21.4	02:11.6	02:16.0	02:03.8
50 Back	00:41.6	00:40.0	00:37.6	00:35.6	00:34.6	00:32.1	00:33.9	00:30.4
100 Fly	01:41.5	01:36.3	01:23.6	01:17.7	01:14.8	01:08.1	01:08.9	01:01.9
800 Free	11:16.6	10:51.7	11:16.6	10:51.7	10:17.9	09:54.9	09:52.7	09:25.5

Please note that the 10&U girls have their own standard but swim in the 12&U girls category

Please note that the 11&U boys have their own standard but swim in the 13&U boys category

Day 2	10&U	11&U	11 to 12	12 to 13	13 to 14	14 to 15	15&O	16&O
200 IM	02:55.3	02:46.1	02:55.3	02:46.1	02:41.3	02:29.7	02:36.3	02:22.2
50 Free	00:36.1	00:33.9	00:32.3	00:30.5	00:30.2	00:27.6	00:29.5	00:26.2
200 Breast	03:21.3	03:10.6	03:21.3	03:10.6	03:05.4	02:53.6	02:59.7	02:38.3
400 Free	05:31.4	05:12.2	05:31.4	05:12.2	05:02.3	04:45.4	04:50.7	04:30.9

Day 3	10&U	11&U	11 to 12	12 to 13	13 to 14	14 to 15	15&O	16&O
100 Free	01:21.0	01:16.8	01:10.5	01:06.0	01:04.9	00:59.7	01:02.6	00:56.9
50 Breast	00:47.0	00:45.0	00:42.8	00:40.5	00:39.6	00:36.2	00:37.5	00:33.3
200 Fly	03:02.5	02:54.8	03:02.5	02:54.8	02:43.8	02:34.0	02:31.1	02:20.1
100 Back	01:31.9	01:27.5	1:20.44	01:15.7	01:13.5	01:08.1	01:11.1	01:04.5
50 Fly	00:41.0	00:39.2	00:36.1	00:34.0	00:33.1	00:30.5	00:31.4	00:28.3
400 IM	06:12.8	5:55.10	06:12.8	05:55.1	05:42.1	05:21.2	05:31.5	05:04.9

GIRLS STANDARDS

BOYS STANDARDS

Please note that due to multiple age categories in some events - not all entry standards are in your hotel entry file. Coaches should the entry standards listed on this page as the meet entry standard for their swimmer's events.

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

www.cascadeswimming.com