

ROCKY MOUNTAIN CUP 2019



October 26-27, 2019

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

Contacts

Competition Coordinator:

Cascade Office: (403) 263-7946

Meet Manager: Chris Gaine

Officials Coordinator: board.officials2.cascade@gmail.com

Entry Questions & Changes: meetmanager.cascade@gmail.com

Webcast: [LiveStream Link*](#)

Social Media  @cascadeswimming #RockyMountainCup #cascadeswimming

 @cascadeswimclubbyyc

****Finals for both days will be webcast.***

Why Attend the Rocky Mountain Cup

The Rocky Mountain Cup brings some of the fastest swimmers in the entire country together into a early-season whirlwind of a swimming event. We are excited this year to have a number of Canadian Olympic team members, finalists and even medalists at the event. Both Annamay Pierse and Kylie Masse broke their world's records the same year they competed here at the Rocky Mountain Cup. The event is an early season qualifier for University teams looking to get an early start on the conference and CIS championship qualifying times and offers teams an ever more rare opportunity for a high calibre short course swimming. Club teams get the opportunity to put up their best Western, Junior National and National qualifiers against some of the top Canadian teams such as the UBC Thunderbirds, UBC Dolphins, University of Alberta, Edmonton Keyano, The UofC Dinos, the University of Calgary Swim Club and of course your host, the Cascade Swim Club, and many more!

Eligibility

The entry standards are the equivalent of converted Western Canadian Championship Standard. Entries will be accepted until the meet is full and does not run over its mandated duration for heats. There is a maximum number of 7 swims per athlete (plus 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	
Saturday, October 26	7:30 AM	8:30 AM	3:00 PM	4:00 PM
Sunday, October 27	7:30 AM	8:30 AM	1:00 PM	2:00 PM

ENTERING THE MEET

Entry Fees

Individual:	\$14.00 for all events
Relays:	\$14.00 per relay
Deck Entries:	\$25.00 for all individual events & relays
Refunds:	No refunds for any scratched swimmers after Wednesday, October 16, 2019

Entry Rules

- The meet will be limited to the mandated duration of heats
- **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 26, 2019
- All times are to be entered **Short Course** (teams may convert entries if they wish)
- Maximum number of 7 swims for all swimmers (not including relays)
- Maximum of 1 guaranteed relay per team per event
- Teams will be able to enter "B" relays in the event that another team cannot field a relay - awarded fastest to slowest
- Mixed Relays (freestyle & medley) include two (2) swimmers of each gender - configuration is at the discretion of each team but must follow the regular medley relay order of strokes
- Para swimmers may enter without meeting the qualifying standard - please contact the Meet Manager
- Cascade Swim Club reserves the right to enter swimmers who do not necessarily meet the published meet standards.
- Please use Hytek or TeamUnify to add these alternate systems with your entry file
- The meet has a maximum swimmer entry of 200 swimmers and a minimum swimmer entry of 100

Program Changes

- The Meet Manager reserves the right to alter, revise, or otherwise modify the program to ensure the maximum number of swims in sessions of reasonable length, following receipt of entries
- Coaches will be advised of changes via **e-mail**, the **tech bulletin** or on our **website**
- Results will be posted to www.swimming.ca for downloading
- Results can also be downloaded from the Cascade Swim Club website: www.cascadeswimming.com

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

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.

Entry Age Categories

FEMALES Open

MALES Open

Entry Procedures - Deadline Friday, October 11, 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
- All events are swim preliminaries and finals with the exception of timed final events (800 & 1500)
- 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
- 400m events will be circle seeded for the fastest two heats

Deck Entries

- Deck Entries will be accepted to fill empty lanes on a fastest to slowest basis
- All Deck Entry requests must be in prior to 8:00 am - the start of the preliminary session
- Deck Entered swimmers can make the final
- Swimmers must already be entered in the meet
- Deck entries are \$25 per entry

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 Saturday	due no later than 3 pm Friday, October 25
For Sunday	due at 3:30 PM on Saturday, October 26
Finals Scratches	due 30 minutes following the posting of results (timestamped on the wall) of the corresponding preliminary event
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 1 relay 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>

DURING THE MEET - Timed Finals

800M & 1500M Freestyle

EVENT	POSITIVE CHECK IN DEADLINE	SWAM SR SEEDED
800 Free Girls	Saturday, October 26 7:45 AM	<ul style="list-style-type: none">- swum as a senior seeded timed final event- fastest to slowest- top overall 8 Swimmers swim in Finals
1500 Free Boys	Sunday, October 27 7:45 AM	

DURING THE MEET - Awards

- There is a team Championship award for the combined (men's & women's) team points winner

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

www.cascadeswimming.com

EVENT ORDER

SATURDAY PRELIMS 7:30 AM Warmups 8:30 AM Heats			Meet Record	SUNDAY PRELIMS 7:30 AM Warmups 8:30 AM Heats			Meet Record
800 Free	Female	8:37.47 E. O'Croinin EKSC 2018		1500 Free	Male	15:16.57 Penhale CASC 2011	
100 Free	Male	47.79 M. Thormeyer UBCT 2018		100 Free	Female	55.21 Smith RDCSC 2015	
200 Free	Female	1:57.84 Morningstar UofC 2009		200 Free	Male	1:45.53 M. Thormeyer UBCT 2018	
50 Breast	Male	27.81 Block UCSC 2016		50 Breast	Female	31.00 Pierse UBC 2008 	
100 Breast	Female	1:06.63 Pierse UBC 2008		100 Breast	Male	1:00.75 Block UCSC 2016	
400 IM	Male	4:23.99 Penhale CASC 2011		400 IM	Female	4:45.74 Mann EKSC 2015	
100 Fly	Female	58.65 Thomas UBCD 2012		100 Fly	Male	52.58 Sefl CZE 2012	
100 Back	Male	52.89 M. Thormeyer UBCT 2018		100 Back	Female	58.66 Masse UT 2016	
50 Back	Female	27.04 Masse UT 2016		50 Back	Male	25.11 Aspinall UBCT 2012	
200 Fly	Male	2:00.94 Nitski UT 2016		200 Fly	Female	2:12.83 Thomas UBCF 2012	
200 IM	Female	2:14.70 Overholt UBCSC 2017		200 IM	Male	1:59.55 Finlay Knox MAVS 2018	
400 Free	Male	3:49.72 A. Pratt UBCT 2018		400 Free	Female	4:11.80 Ludlow UofC 2016	
50 Free	Female	25.60 Smith RDCSC 2015		50 Free	Male	22.28 Kisil UBCT 2016	
200 Breast	Male	2:14.01 Kostiuk UA 2013		200 Breast	Female	2:24.71 Pierse UBCD 2016	
100 IM	Male	54.89 Finlay Knox MAVS 2018		100 IM	Female	1:02.19 Seltenreich-Hodgson UBCT 2017	
200 Back	Female	2:07.97 Masse UT 2016		200 Back	Male	1:58.14 Hawes UBCT 2008	
50 Fly	Male	24.40 S. Calkins UofC 2018		50 Fly	Female	26.28 Thomas UBCD 2012	
FINALS 3:00 PM Warmup 4:00 PM Finals		 indicates Canadian national record		FINALS 1:00 PM Warmup 2:00 PM Finals		 indicates Canadian national record	
4x50 FR Mixed		1:35.26 University of Toronto 2016		4x50 MR Mixed		1:45.04 University of Toronto 2016	
800 Free	Female	8:37.47 E. O'Croinin EKSC 2018		1500 Free	Male	15:16.57 Penhale CASC 2011	
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50 Fly	Male	24.40 S. Calkins UofC 2018		50 Fly	Female	26.28 Thomas UBCD 2012	
4x50 FR Female		1:44.10 University of Toronto 2016		4x50 FR Male		1:30.65 University of BC Thunderbirds 2016	
4x50 MR Male		1:40.23 University of Toronto 2016		4x50 MR Female		1:53.60 University of BC Thunderbirds 2016	