**Facility**

The Roland Michener Centre, Red Deer, Alberta, is at the corner of 51A St. & 38A Ave. This facility has an indoor. Six-lane, 25-metre pool and a five by ten-metre dive tank adjacent to the 25-metre pool.  The dive tank is available for continuing warm-up and cool-down during the Meet.

**Contacts**

Meet Manager: **Amanda Halford (403) 358-4438 rdcatalinameet@gmail.com**

 **Sigurd DeBruijn**

Meet Referee: **Todd McTaggart (403)396-5330 sodatags@gmail.com**

Head Coach: **Lucien Zucchi (306) 807-0106 zucchi32@gmail.com**

Catalina Office:

**Meet Eligibility**

* All swimmers must be registered with Swim Alberta and/or Swimming Natation Canada.
* This competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club.

**Entries**

The meet entry deadline **\_\_\_\_\_Friday, January 24, 2020**.  To ensure the highest quality meet, the meet manager reserves the right to limit the number of swimmers and/or the number of individual swims in each session to adhere to Swim Alberta session length guidelines.

* Maximum three (3) events per session.
* Maximum of 9 events, minimum of 2 events per swimmer for the meet.
* The meet will be capped at 250 swimmers.
* Number of entries capped at 2000.
* Reserved entries equals 360 for RDCSC
* Minimum entries for the meet is 500 entries
* **NT (no time) entries will not be accepted**; please use a coach estimated time if necessary.
* An approved **Hytek event file** for this meet is posted on www.Swimming.ca .
* Entries must be uploaded onto www.Swimming.ca as per procedures for that site.
* Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system.
* Entry fees are $9.00 per individual event
* A cheque for entries payable to the **RED DEER CATALINA SWIM** **CLUB** must be received by the meet manager prior to entries being considered received and complete.
* Send Cheques to:

**Red Deer Catalina Swim Club**

**#2, 4810 - 50 Avenue, Red Deer, Alberta, T4N 4A3**

**Scratch Deadline**

There will be no refunds for swimmers scratched after **Friday January 31, 2020**. To make the meet run more efficiently any last minute courtesy scratches would be appreciated before **Wednesday, January 29, 2020.**

**Qualifying Times**

* No qualifying times

**Age Groups**

* Male and Female: 10&Under, 11-12, 13-14, 15&Over

**Meet Format**

* All events are TIMED FINALS
* Events will be swum separate gender and mixed ages (with exception to the 400m freestyle, 800m freestyle & 1500m freestyle).
* Coaches must submit estimated entry times in lieu of no-time (NT) entries.
* Meet Management reserves the right to limit enrollment to the first 250 swimmers, alter, revise, or otherwise modify the program. Coaches will be informed of changes prior to the start of the meet.
* The 400m freestyle, 800m freestyle & 1500m freestyle will be swum with the fastest seeded swimmers swimming first, followed by remaining heats of slower swimmers. The 400m freestyle, 800m freestyle & 1500m freestyle will be swum with 2 swimmers per lane and mixed ages and genders.
* The Meet Manager reserves the option to cancel and/or alter events as necessary to meet time constraints.

**Rules**

* The meet will be conducted under published FINA and/or IPC 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.
* SNC warm-up protocol will be in effect. Sprint lanes will be available the last 20 minutes of warm-up.

**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 level they have achieved.

**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.

**Diving Rules**
One of the below diving rules must be included, for competitions using multiple pools or starting ends more than one clause may be included to distinguish between starting ends.

* Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.
* Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and

CSW 4.1.1.

* In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

**Meet Scratches**

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

**Awards & Scoring**

Individual: 1st – 6th place ribbons will be awarded for each event by age group and gender.

Scoring: Scoring will be 1st through 6th place, (7-5-4-3-2-1), for individual events and double for relay events.

**Program Changes**

The meet manager reserves the option to alter, revise, or otherwise modify the program, following receipt of entries to ensure the maximum number of swims in sessions of reasonable length.  Coaches or designated club contacts will be advised of changes via Email or from the Catalina web site: [www.RedDeerCatalina.ca](http://www.reddeercatalina.ca).

**Results**

Results will be posted to www.Swimming.ca for downloading.

**Officials**

Visiting clubs are encouraged to volunteer to officiate. Please list any available officials with their qualifications and submit to officials@reddeercatalina.ca .

**Session Order of Events and Start Time**

|  |  |  |
| --- | --- | --- |
| **Girls****Event #** | **Session #1****Timed Finals****Saturday, February 8th, 2020****Warm-up: 7:15 - 8:00 AM****Start: 8:15 AM** | **Boys Event #** |
| 1 | 400m IM | 2 |
| 3 | 50m Fly | 4 |
| 5 | 200m Backstroke | 6 |
| 7 | 50m Breaststroke | 8 |
| 9 | 100m Freestyle | 10 |

|  |  |  |
| --- | --- | --- |
| **Girls****Event #** | **Session #2****Timed Finals****Saturday, February 8, 2020****Warm-up: 1:00 - 1:45 PM****Start: 2:00 PM** | **Boys****Event #** |
| 11 | 400m Freestyle | 12 |
| 13 | 100m Backstroke | 14 |
| 15 | 200m Fly | 16 |
| 17 | 50m Freestyle | 18 |
| 19 | 200m Breaststroke | 20 |

|  |  |  |
| --- | --- | --- |
| **Girls****Event #** | **Session #3****Timed Finals****Sunday, February 9, 2020****Warm-up: 7:15 - 8:00 AM****Start: 8:15 AM** | **Boys****Event #** |
| 27 | 200m IM | 28 |
| 29 | 100m Fly | 30 |
| 31 | 50m Backstroke | 32 |
| 33 | 100m Breaststroke | 34 |
| 35 | 200m Freestyle | 36 |

|  |  |  |
| --- | --- | --- |
| **Girls****Event #** | **Session #4****Timed Finals****Sunday, February 9, 2020****Start: 30 minutes after end of session #3** | **Boys****Event #** |
| 37 | 800m Freestyle | 38 |
| 39 | 1500m Freestyle | 40 |