# General Information

Eligibility

* This is an open invitational meet.
* This competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club.
* No qualifying or de-qualifying times.

Host

Calgary Winter Club Sea Lions

Contacts

Meet Manager: Teresa Killam teresa.killam@me.com

Officials Coordinator: Sylve Whitfield garsykaw@gmail.com

Key Dates

Entry Deadline: **Monday, February 17, 2020**

Refund Deadline: **Monday, February 24, 2020**

Fees Due: **Saturday, February 29, 2020 (prior to Session 1 start)**

Session 1**: Saturday, February 29, 2020** Warmup: 1:00 PM/Start: 2:00 PM

Session 2: **Sunday, March 1, 2020** Warmup: 1:00 PM/Start: 2:00 PM

Location

Calgary Winter Club

4611 – 14th Street NW, Calgary, AB T2K 1J7

Facility Access

* The Calgary Winter Club is a private club and we ask that swimmers, parents and guardians use swim meet dedicated areas only.
* Lockers are for members of the Winter Club only – athletes are asked to bring belongings on deck with them.
* Access details will be forwarded to participating teams.

Parking

* Due to the large number of meet participants and regular programs, **parking is unavailable** on the Winter Club premises.
* Swimmers may be dropped off at the front entrance and vehicles parked nearby in the surrounding community.
* Parking passes are available for coaches.

# Entry Information

Fees

Individual: $9.00 per individual event (timed final event)

Relays: $15.00 per relay team

Deck Entry: $15.00 for individual or relay event

Refunds: no refunds after Refund Deadline

* Entry fees are payable to: Calgary Winter Club
* Fees Due: **Saturday, February 29, 2020 (prior to Session 1 start)**

Entry Rules

* The meet is limited to 220 attending swimmers. The minimum number is 150.
* Each team may be limited to a maximum of 50 swimmers.
* Entries are limited to a maximum of 6 individual swims (maximum 4 events per day including relays).
* The number of reserved entries is 90.
* Entry times are required for all entries. No-time (NT) entries will not be accepted.
* Coaches are asked to identify the number of relay teams they plan to enter.
* Heats will be seeded from slowest to fastest by gender.
* The meet manager reserves the right to limit entries and reschedule heats as required.

Age Categories

Female: 10 & under, 11-12, 13-14, 15 & over

Male: 11 & under, 12-13, 14-15, 16 & over

Entry Procedure

* All entries must be submitted through the Swimming Canada online system
* Entry Deadline: **Monday, February 17, 2020**

# Competition Information

Meet 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.
* Swimming Canada competition warm-up safety procedures will be in effect at this meet.
* All Events are timed finals.
* 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 principles apply to the meet: 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.
* Starts will be conducted from starting platforms (blocks) as per FINA FR 2.3 and SW 4.1.

Deck Entries

* Deck entries will be EXHIBITION only and accepted only if the entry does not create a new heat.
* Fees for Deck Entry: $15.00 for individual or relay event

Scratches

* The Swim Alberta scratch rule will be in in effect for this competition.
* Refund Deadline: **Monday, February 24, 2020**

Relays

* Coaches are asked to provide the following:
	+ Number of relay teams: submitted prior to Entry Deadline
	+ Individual names: submit to the Clerk of Course 30 minutes prior to the start of each session

Awards

* Individual events:
	+ Medals will be awarded for 1st, 2nd and 3rd place for each age group
	+ Ribbons will be awarded for 4th, 5th and 6th place for each age group
* Relays:
	+ Medals will be awarded for 1st, 2nd and 3rd place for each age group

Officiating

* We will require officials and volunteers for both sessions and visiting clubs are encouraged to participate. Please contact our coordinator directly:
	+ Officials Coordinator: Sylve Whitfield garsykaw@gmail.com

# Meet Program

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| **Session 1** Saturday AfternoonWarmup: 1:00 PM / Start: 2:00 PM |
| FemaleOpen - all age groups |  | MaleOpen - all age groups |
| 1 | 100 IM | 2 |
| 3 | 200 Free | 4 |
| 5 | 50 Fly | 6 |
| 7 | 100 Back | 8 |
| 9 | 100 Free | 10 |
| 11 | 50 Breast | 12 |
| 13 | 4 x 50 Free Relay | 14 |
| 15 | 400 IM | 16 |
|  |  |  |
| **Session 2** Sunday AfternoonWarmup: 1:00 PM / Start: 2:00 PM |
| FemaleOpen - all age groups |  | MaleOpen - all age groups |
| 17 | 200 IM | 18 |
| 19 | 50 Free | 20 |
| 21 | 200 Back  | 22 |
| 23 | 50 Back | 24 |
| 25 | 100 Fly | 26 |
| 27 | 100 Breast | 28 |
| 29 | 4 x 50 Medley Relay | 30 |
| 31 | 800 Free | 32 |
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