



2010 Speedo Alberta Senior Provincial Championships Short Course  
Family Leisure Centre, Medicine Hat  
2000 Division Ave N  
January 29 - 31, 2010

Position	Name	Phone	E-mail
Host Club	Alberta Marlin Aquatic Club		
Meet Manager	Jane Zwicker	(403) 580-2622	<a href="mailto:meets@marlin.ab.ca">meets@marlin.ab.ca</a>
Advisory Referee	Lockie Lister	(403) 609-2092	<a href="mailto:listner@telusplanet.net">listner@telusplanet.net</a>
Officials Chair	Di Robson	(403) 529-0492	<a href="mailto:officials@marlin.ab.ca">officials@marlin.ab.ca</a>
Swim Alberta*	Kevin Dennis	(780) 415-1785	<a href="mailto:kevin@swimalberta.ca">kevin@swimalberta.ca</a>

**\*Swim Alberta Contact:**

- For questions or clarification regarding the technical content of the meet package.

**Sanction & Rules:**

- This meet is sanctioned by Swim Alberta, abiding by the rules and regulations of SNC and FINA as contained in the SNC rulebook, IPC Swimming rules and regulations as contained in the IPC Swimming rulebook, the policies and procedures of Swim Alberta, and the rules stipulated in this package.

**Categories:**

- Male and Female; Senior, Para-Swimming (Para-Swimmers must be 15 years of age or older)

**Qualifying Standard/Period:**

- The qualifying period is April 1, 2009 to the entry deadline.
- 15 & over swimmers must achieve a Senior B time standard.
- 14 & under swimmers must achieve a 15-16 A time standard in order to enter the competition.
- Swimmers must achieve their respective Senior B or 15-16 A time standard, within the qualifying period, either short course or long course.
- Exception: 14 year old swimmers turning 15 years of age after the start of the 2010 Alberta Senior Provincial Championships and before the start of the 2010 Alberta Provincial Age Group Championship must achieve a Senior B time standard in order to be eligible to compete. Note: these swimmers will not be eligible to compete in the 2010 Alberta Provincial Age Group Championship.
- Para Swimmers must meet the Alberta Provincial Standard for 15 & over Para Swimming.
- Swim Alberta time standards are available from [www.swimalberta.ca](http://www.swimalberta.ca).



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### Eligibility:

- The 2010 Speedo Alberta Senior Provincial Championships is an open competition, open to all swimmers currently registered with SNC or a FINA affiliated club.
- Swim Alberta and meet management may review and limit out of province entries.
- Para Swimmers must have a valid classification under the IPC Swimming Classification System and their name and classification must appear on either the IPC Swimming website ([www.ipc-swimming.org](http://www.ipc-swimming.org)), the Swimming Natation Canada website (<http://swimming.ca>) or the Swim Alberta website ([www.swimalberta.ca](http://www.swimalberta.ca)).

### Entry Deadline:

- The entry deadline will be fourteen (14) days prior to the first day of competition (January 15, 2010 by midnight).
- Swimmers qualifying for their first event after the entry deadline can enter the competition at the regular fee; these entries must be received before midnight on Monday January 25, 2010.
- Late entries of pre-qualified swimmers will be permitted at double the published entry fee, only when an extra preliminary heat is not created. These entries will be exhibition swims and seeded as No Time (NT).

### Entries:

- Entries must be made using Hy-Tek online at [swimming.ca](http://swimming.ca).
- Swimmers may enter any event offered.
  - Swimmers qualified in six or less events may swim a total of six swims in any event.
  - Swimmers qualified with seven 'A' times may swim in any seven events.
  - Swimmers qualified with eight 'A' times may swim in any eight events.

Time Standards	Free Swims	Total Swims	Time Standards	Free Swims	Total Swims
1	5	6	5	1	6
2	4	6	6	0	6
3	3	6	7 'A' Times	0	7
4	2	6	8 'A' Times	0	8

- Entry times must be in short course metres. Long course times may be converted by subtracting 2%. No-Time entries will not be accepted.
- Para Swimmers are restricted to events offered for Para Swimming (see Format).
- Entry times for Para Swimmers - short course times may be converted for classes S1-S6, S11, SB1-SB6, SB11, SM1-SM6 and SM11 by subtracting 2% and times for classes S7-S14, SB7-SB9, SB12-B14 and SM7-SM14 by adding 2%.
- Any club submitting entries for non-qualified athletes will be subject to a \$100.00 fine payable to Swim Alberta.

### Proof of Times:

- Meet management will post or distribute psyche sheets for all timed final events, including relays, by 8:00 a.m. Monday January 25, 2010. A Coach/Club may challenge the submitted entry times by emailing the meet manager. Coaches/Clubs challenging an entry will be required to submit \$50.00 to Swim Alberta. Should the challenge be false the \$50.00 will be retained, if the challenge is found to be valid the fee will be returned.
- Challenges to entry times will be accepted up to 48 hours prior to the start of the first session. The Meet Manager will contact the club that is being challenged and request a proof-of-time be submitted within 24 hours from the time of notification.
- Any club unable to prove the submitted entry time will be subject to a \$50.00 penalty payable to Swim Alberta. If an alternate proof of time is submitted the entry may be reseeded. If no proof is available, individual events will be removed and relays will be seeded as No-Time.
- Individual results for proof-of-time must be available on [swimming.ca](http://swimming.ca).

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### Entry Fees:

- Entry fees must be paid prior to the start of the competition.
- An entry fee report will be sent after the entry deadline.
- Cheques for entry are payable to the Alberta Marlin Aquatic Club.
- Entry fees are \$8.00 per individual, \$10.00 per relay entry and include the Olympic Bonus.
- Entry fees are refundable prior to the entry deadline (January 15, 2010).

### Seeding & Scratches:

- Once entered in an event, a swimmer who is not an alternate for that event may withdraw or “scratch” from that event without penalty as follows:
  - Heats: The scratch deadline shall be the start of the previous nights finals or before 3:00pm prior to the first day of the meet (Thursday January 28, 2010).
  - Time-Finals: The scratch deadline without penalty, including relays, shall be the start of the previous nights finals or before 3:00pm prior to the first day of the meet (Thursday January 28, 2010) with the exception of the 800 & 1500 freestyle events, which require positive check-in.
  - Finals: The scratch deadline without penalty shall be 30 minutes after the conclusion of preliminary heats of the session immediately preceding the finals that day.
- Failure to scratch from a final or time-final constitutes a late scratch, and shall result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day.

### Format:

- The meet will be conducted short course in two 8-lane 25m pools.
- All preliminaries will swim regardless of number of entries.
- The 800 & 1500 freestyle events will be time final events. The fastest Olympic eligible heat will swim in finals. All remaining heats will be swum fastest to slowest, alternating gender, in the preliminary session and may be seeded with two swimmers per lane at the meet management’s discretion.
- The 400 freestyle & 400 individual medley will have an A and B final only.
- All remaining events will have A Finals, B Finals and C Finals regardless of the number of entries. The top 8 positions in the A final must be filled before positions in the B final and the 9-16 place positions in the B final must be filled before positions in the C final.
- Positive check-in is required for the 800 & 1500 freestyle prior to the start of the session in which the event will be swum.
- Events for Para Swimmers will be time-finals only and will be swum during the preliminaries session.
- Eligible events for Para Swimmers are:

50, 100, 200 & 400 freestyle	50, 100 butterfly
50, 100 backstroke	150 IM (Classes SM1-SM4)
50, 100 breaststroke	200 IM (Classes SM5-SM14)

### Relays:

- See SNC 2.3
- Relay events are time-finals and shall be swum in the finals session.
- Individual names for relays must be submitted 30 minutes prior to the start of the session.
- The deadline for name changes will be 30 minutes prior to the start of the relay event.

## 2010 Speedo Alberta Senior Provincial Championships Short Course

### Scoring & Awards:

- See SNC 4.1 for scoring rules.
- Individual events - medals will be awarded to the top three finishers in all individual events in the Senior category. Ribbons will be awarded to the remaining top eight finishers.
- Relay events - medals will be awarded to the first place team in all relay events. Ribbons will be presented to the second and third place teams.
- Events for Para Swimmers will have medals awarded for the top three finishers based on the SNC World Performance Charts for Para Swimming regardless of the classification for each eligible event. Individual classification winners will receive a Swim Alberta Para Swimming winner's certificate per event.
- Para Swimmers will not be included in the Senior Championship scoring.

### ACC Professional Development:

- This session will include Swim Alberta information, question period, and an educational component. The Congress will be held immediately following the session on Saturday.

### Time Trials:

- Swim Alberta and Meet Management must both approve a time trial, which will only be held in exceptional circumstances.

### Order of Events:

Friday Jan. 29	Saturday Jan. 30	Sunday Jan. 31
Prelim Warm-up: 8:00 am Prelim Start: 9:00 am	Prelim Warm-up: 8:00 am Prelim Start: 9:00 am	Prelim Warm-up: 8:00 am Prelim Start: 9:00 am
100 Back	200 IM*	100 Fly
200 Fly	50 Free	200 Free
100 Free	200 Back	50 Back
400 IM	50 Fly	200 Breast
50 Breast	100 Breast	100 IM
800 Free	400 Free	1500 Free
Finals Warm-up: 4:30 pm Finals Start: 5:30 pm	Finals Warm-up: 4:30 pm Finals Start: 5:30 pm	Finals Warm-up: 3:30 pm Finals Start: 4:30 pm
800 Free (Women's Final only)	200 IM	1500 Free (Men's Final only)
100 Back	50 Free	100 Fly
200 Fly	200 Back	200 Free
100 Free	50 Fly	50 Back
400 IM	100 Breast	200 Breast
50 Breast	400 Free	100 IM
4 x 200 Free Relay	4 x 100 Free Relay	4 x 100 Medley Relay

\*150 IM will swim immediately following the 200 IM

## 2010 Speedo Alberta Senior Provincial Championships Short Course

### Medicine Hat Hotels

5 minutes to pool, not as many restaurants

Best Western            403-527-3700

Travelodge            800-442-8729

Ramada                403-526-5955

Callaghan Inn        403-527-8844

10 minutes to pool, more restaurants

Comfort Inn           403-504-1700

Coast                  403-581-4656

Med Hat Lodge       403-529-2222

Holiday Inn Ex       877-863-4780

Days Inn              403-580-3297

Super 8                403-528-8888