



## BLUE BEARS INVITATIONAL

January 15 – 17, 2010

Kinsmen Sports Centre

Hosted by

Edmonton Keyano Swim Club

**Sanction pending**

2 x 25 meter, SC, 8 lanes



### Session Information

Session #1 Distance	Friday January 15	Warm-up 4:00pm to 4:50pm	Start 5:00pm
Session #2 Prelims	Saturday January 16	Warm-up 8:00am to 8:50am	Start 9:00am
Session #3 Finals	Saturday January 16	Warm-up 4:00pm to 4:50pm	Start 5:00pm
Session #4 Prelims	Sunday January 17	Warm-up 8:00am to 8:50am	Start 9:00am
Session #5 Finals	Sunday January 17	Warm-up 3:00pm to 3:45pm	Start 3:45pm

**There will be a Coaches Meeting in North East corner of the pool at 3:45pm on Friday, January 15.**

### Contact Information

Meet Manager	Julianne Hafer Nova Robinson	Officials Chairperson	Brenna Maradyn	Meet Referee	Glennis Mossey
Phone		Phone		Phone	
Email	<a href="mailto:jdhafer@telus.net">jdhafer@telus.net</a> <a href="mailto:nearobinson@me.com">nearobinson@me.com</a>	Email	<a href="mailto:maradyn@shaw.ca">maradyn@shaw.ca</a>	Email	<a href="mailto:gmmossey@telusplanet.net">gmmossey@telusplanet.net</a>

Entry Information: All entries to be sent to [www.swimmeet.ca](http://www.swimmeet.ca)

Entry Deadline

**Friday December 18, 2009**

Entry Fees

Individual Entry \$8.00 per swimmer (11&O) for a maximum of 7 events  
Individual Entry \$6.75 per swimmer (10&U) for a maximum of 7 events

Relay Events \$10.00

Scratch Refunds

**Monday January 8, 2010**

Maximum Entry Limit

The first 400 Swimmers entered

## Meet Eligibility

- There are no qualifying times for entry.
- Swimmers may swim a **maximum of 7 events**.
- All events must be entered with a Seed Time; No Time entries will not be accepted.
  - Should a swimmer be entered in an event with a NT entry, they will be removed from the event and the club will not be informed. *Please check your entries carefully prior to sending them.*
- Meet Management reserves the right to remove swimmers from event if their times create sessions longer than initially intended. This refers specifically to swimmers entered in 400m & 800/1500 events. Teams will be advised in advance and have the opportunity to re-enter swimmers in alternate events. **Coaches, use good judgment when entering novice swimmers in longer events. Meet managers reserve the right to limit number of heats in distance events.**

## Meet Rules

- Swimmers must be Registered with SNC
- The meet will follow SNC Rules.
- SNC warm-up procedures will be in place for all warm-up sessions
- The Meet Manager reserves the right to limit entries
- Deck entries will be accepted at \$10.00 per event and only if the entry does not create a new heat.
- 10&Under events are timed finals.
- Preliminaries for 11&Overs will be swum Senior Seeded, slowest to fastest, with the last three (fastest) heats being circle seeded.
- Finals for the events will be determined by the following age groups, 11&12, 13&14 and 15& over
- Relays will be swum as Timed Finals during the Final Sessions with the exception of the 10 and under Relays (in Prelims)
- A maximum of 3 relays per team per event will be accepted. In age group relays, one (1) or two (2) swimmers may be from a younger age group.
- Relay Cards must be submitted to the Clerk of Course by the end of Saturday and Sunday's preliminary sessions.
- Meet Management reserves the right to Double Lane the 400, 800 and 1500 Freestyle
  - Top eight will swim one per lane
  - 800 and 1500 Freestyle will be swum as mixed gender and will be swum fastest to slowest. Positive check-in is required for the 800 and 1500 prior to the start of the session in which the event will be swum.
  - Swimmers may not enter both the 800 and the 1500 Free

## 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 night's finals or before 3:00pm prior to the first day of the meet (Friday January 15, 2010).
  - Time-Finals: The scratch deadline without penalty, including relays, shall be the start of the previous night's finals or before 3:00pm prior to the first day of the meet (Friday January 15, 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.

## Scoring

Individual Events: 5, 3, 1  
Team: No team scoring

## Awards

Individual Events	Ribbons for 1 <sup>st</sup> through 8 <sup>th</sup>
Relay Events	Ribbons for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
New 'A' Qualifiers	All swimmers achieving a NEW "A" time standard will have their name placed in a drum for a prize draw at the end of the meet. There will be a prize drawn for both Male and Female categories.
Most Improved award	14 & under boys and girls award. One award will be awarded for each of the following events: 800 & 1500 free, 400 free and 400IM based on the most improved swims from entry times.
Aggregate Award	An aggregate award for male and female age groups: 10&U, 11&12, 13&14 and 15&O based on point total. Note: top 3 placing only with scoring 5, 3, 1

Results will be posted on [www.swimmeet.ca](http://www.swimmeet.ca)

## Event Information

### Session #1 Friday Distance Freestyle

<b>Female</b>	<b>Age Group</b>	<b>Event</b>	<b>Male</b>
1	10 and under	400 Free	2
3	11 and Over Mixed	800 Free*	3
4	11 and Over Mixed	1500 Free*	4

Top 8 swimmers will be swum one per lane, the remaining heats will be swum two per lane if necessary.  
Swimmers may not enter both the 800 and the 1500 Free

The 800 and 1500 will be seeded fastest to slowest and run in that order alternating 800 then 1500. A time line will be made available for teams so swimmers know when they swim.

### Session #2 Saturday Prelims

<b>Female</b>	<b>Age Group</b>	<b>Event</b>	<b>Male</b>
5	10 and Under	100 Fly TF	6
7	11 and Over	200 Fly Prelim	8
9	10 and Under	50 Free TF	10
11	11 and Over	100 Free Prelim	12
13	10 and Under	50 Breast TF	14
15	11 and Over	100 Breast Prelim	16
17	10 and Under	100 Back TF	18
19	11 and Over	200 Back Prelim	20
21	10 and Under	200 IM TF	22
23	11 and Over	200 IM Prelim	24
<b>25</b>	<b>10 and Under</b>	<b>200 Free Relay TF</b>	<b>26</b>
27	11 and Over	400 Free TF	28

### Session #3 Saturday Finals

<b>Female</b>	<b>Age Group</b>	<b>Event</b>	<b>Male</b>
<b>27</b>	<b>11 &amp; 12</b>	<b>200 Free Relay TF</b>	<b>28</b>
<b>29</b>	<b>13 &amp; 14</b>	<b>200 Free Relay TF</b>	<b>30</b>
<b>31</b>	<b>15 &amp; Over</b>	<b>200 Free Relay TF</b>	<b>32</b>
7	11 & 12 13 & 14 15 & Over	200 Fly Final	8
11	11 & 12 13 & 14 15 & Over	100 Free Final	12
15	11 & 12 13 & 14 15 & Over	100 Breast Final	16
19	11 & 12 13 & 14 15 & Over	200 Back Final	20
23	11 & 12 13 & 14 15 & Over	200 IM Final	24
27	Open	400 Free Final*	28

\*One heat only based on top 8 times from all age groups.

### Session #4 Sunday Prelims

<b>Female</b>	<b>Age Group</b>	<b>Event</b>	<b>Male</b>
39	10 and Under	100 Free TF	40
41	11 and Over	200 Free Prelim	42
43	10 and Under	100 Breast TF	44
45	11 and Over	200 Breast Prelim	46
47	10 and Under	50 Back TF	48
49	11 and Over	100 Back Prelim	50
51	10 and Under	50 Fly TF	52
53	11 and Over	100 Fly Prelim	54
55	11 and Over	50 Free Prelim	56
<b>57</b>	<b>10 and Under</b>	<b>200 Medley Relay TF</b>	<b>58</b>
59	11 and Over	400 IM TF	60

### Session #5 Sunday Finals

<b>Female</b>	<b>Age Group</b>	<b>Event</b>	<b>Male</b>
<b>33</b>	<b>11 &amp; 12</b>	<b>200 Medley Relay TF</b>	<b>34</b>
<b>35</b>	<b>13 &amp; 14</b>	<b>200 Medley Relay TF</b>	<b>36</b>
<b>37</b>	<b>15 &amp; Over</b>	<b>200 Medley Relay TF</b>	<b>38</b>
41	11 & 12 13 & 14 15 & Over	200 Free Final	42
45	11 & 12 13 & 14 15 & Over	200 Breast Final	46
49	11 & 12 13 & 14 15 & Over	100 Back Final	50
53	11 & 12 13 & 14 15 & Over	100 Fly Final	54
55	11 & 12 13 & 14 15 & Over	50 Free Final	56
59	Open	400 IM*	60

\*One heat only based on top 8 times from all age groups.

### Accommodations

For Coaches requiring accommodations, the Coast Edmonton Plaza Hotel is offering a Swim Alberta rate of \$99.00 (Single to Quad) per night + taxes.