



NOSE CREEK SWIM ASSOCIATION

Wild Hair Junior Circuit Meet

Sanction Number: (TBA)



March 13th, 2010

Warmup: 1:30pm, Meet Start: 2:30 PM – 6:30PM

ENTRY DEADLINE: Saturday, February 27th, 2010

Location: Foothills Pool, Calgary, AB

Facility: 25 meter, 6 lane pool, manual timing

Eligibility: Swimmers are eligible to swim in Junior Circuit meets provided:

- **They are currently a registered competitive swimmer within a year round program designated to the Southern Region of Swim Alberta.**
- **That as of September 1 of the current swim season, they have NOT achieved an Alberta Age Group Trial qualifying time as published by Swim Alberta in either the 200 IM or 400 Free.**
- **Swimmers may not swim events for which they have achieved an Alberta “B” qualifying time or better for the age group they are competing in. Violation of this rule will result in a \$100.00 fine to the offending club payable to Amateur Swimming Southern Region.**

Entries: Swimmers are limited to a **maximum of four (4)** individual swims with a maximum of 2 swims for any combination of 100 and 200 events. Entries are to be submitted using Hytek along with a hard copy however grid sheets are acceptable for clubs with less than 20 swimmers. No entry cards are to be submitted by individual guest clubs. The 400 Free, will be swum at home as a Time Trial the week of the circuit meet. Time permitting it will be offered at the end of each meet also. Final times for 400 Free are to be submitted to the NCSA Meet Manager at the start of the meet.

Entry Fees: **Entry fees will be \$25.00 per participant of the meet.** Please make cheque payable to Nose Creek Swim Association and it may be submitted with entries or delivered to the meet manager before the meet starts.

Entry Times: Entry times are **required** for all entries to facilitate timing of the meet by the meet manager as well as a de-qualifying check.

Rules: The One Start rule will be used at all Junior Swim Circuit Meets. All other SNC rules will apply. One of the primary goals of the Junior Swim Circuit is to provide a positive learning experience for developing swimmers and officials.

Seeding: All events will be senior seeded in fastest to slowest order.

Scratches: To avoid being charged the Meet Entry Fee, scratches must be received by 6 PM Monday, March 8th, 2010. For scratches on the day of the meet, a scratch sheet, complete with **name of club, the name of the swimmer and the event numbers**, must be handed to the Clerk of Course no later than 15 minutes before the start of the meet. Meet Management would appreciate scratches 30 minutes before the start to facilitate running of the meet.

Ribbons: Ribbons will be awarded for all best times.

Scoring: There will be no scoring at Junior Swim Circuit Meets.

Warm-up: Warm-ups will start at **1:30 PM**.

Meet Start Time: It is anticipated that the meet will start at **2:30 PM**. Entry numbers may cause this to change. Coaches will be informed of any changes to warm-ups or start times via email two days prior to the meet.

Event Cancellation: Meet Management reserves the right to alter, revise, limit enrollment, or otherwise modify the meet program to allow for maximum swims in the time allotted. Every effort will be made to ensure that all entry swims are completed.

Deck Entries: Deck entries will be permitted under the following circumstances:

- No new heats will be created to accommodate a deck entry.
- Swimmers will not be allowed to exceed the maximum number of individual swims which is 4.
- Swimmers already entered in the meet will not be charged anything extra for a deck entry.
- Swimmers not already entered in the meet can be deck entered under the first two conditions and will be charged at a rate of \$10 per swim.

IMPORTANT: Please, no glass containers of any kind are allowed on deck. Foothills Pool is a peanut free zone.

Please send entries to:
Steven Brown
295 Hamptons Terrace NW
Calgary, AB
T3A 5R4

If sending by courier, please note "no signature required".

<mailto:steven.j.brown@hotmail.com>

Mobile: 403-383-4753.

Thank you,

We look forward to seeing you in October!



**SOUTHERN REGION of SWIM ALBERTA
2009/2010 JUNIOR SWIM CIRCUIT
Schedule of events**



Wild Hair – March 13, 2010

Girls	Event	Boys
1	100 Free	2
3	50 Breast	4
5	25 Back	6
7	25 Fly	8
9	100 Fly	10
11	50 Back	12
13	100 Breast	14
15	25 Free	16
17	25 Breast	18
19	4 x 50 mixed open Free Relay	
21	100 IM	22
23	200 IM	24
25	100 Back	26
27	50 Fly	28
29	50 Free	30
31	200 Free	32
33	200 Back	34
35	200 Breast	36

- 1. Maximum four (4) individual events per swimmer**
- 2. Maximum two (2) swims of any combination of 100 m and 200 m events**
- 3. Swim 400 free prior to meet and submit times to meet manager. May be swam at meet if time permits**