

PYJAMA DAY Junior Circuit Meet

April 10th, 2010

Canyon Meadows Pool

Sanction # **PENDING**

The Cascade Swim Club is pleased to invite you to the Junior Circuit meet to be held April 10th, 2010 at Canyon Meadows Pool, 89 Canova Rd. S.W., Calgary.

PLEASE NOTE: Viewing space is very limited at Canyon Meadows Pool; please inform your parents of this issue.

Individual swimmer entries are to be entered using **Hytek**. The files are to be uploaded on line at www.swimming.ca. Time of receipt of uploaded entries will be considered as the date and time on the notification email sent to the meet manager through the SNC site. All times are to be entered Short Course. The entry fee is $25.00 per swimmer. The **Olympic bonus** is in effect for swimmers participating in these meets.

In addition, the following must reach the Meet Manager on or before Friday April 2nd, 2010:

* Cheque with entry fees made payable to Cascade Swim Club; and
* Word document of your entries.

If entries are sent by courier please ensure no signature required upon delivery.

Entries are to be sent to:

Cascade Swim Club - Attention: Barry or Wendy Windsor

4620 Manilla Rd SE

Calgary, Alberta, T2G 4B7

For more information, please contact:

Barry or Wendy Windsor, Meet Managers or Jasen Pratt, Club Manager

(403) 269-6585 (403) 263-7946

[meetmanager@cascadeswimming.com](mailto:meetmanager@cascadeswimming.com) [jasen@cascadeswimming.com](mailto:jasen@cascadeswimming.com)

We look forward to seeing you at the meet!

Sincerely,

Barry and Wendy Windsor

Meet Managers, Cascade Swim Club

**Facility**

* Canyon Meadows Pool, a six lane pool located at 89 Canova Rd. S.W.

**De-qualifying times**

* Swimmers who, as of September 1 of the current swim season, have achieved an Alberta Age Group Trial qualifying time as published by Swim Alberta in either the 200 IM or 400 Free, are not eligible for this meet.
* 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. 400 Free, will be run at home as a Time Trial the week of the circuit meet (with the exception of the May meet), time permitting it will be offered at the end of each meet also. Entry times for 400 Free are submitted to the host club at the start of the meet.
* Events will be senior seeded in fastest to slowest order.
* The Meet Manager reserves the right to limit events due to time constraints. Every effort will be made to ensure that all entry swims are completed.

**Age Groups**

* Females: 10 & under, 11-12, 13-14, 15 & Over
* Males: 10 & under, 11-12, 13-14, 15 & Over

**Meet Format**

* All events are timed final events. There will be no scoring of this meet.

**Deck Entries**

* Deck entries will be accepted providing no extra heats are created.
* Deck entries must be approved by the meet manager and will cost $10.00.

**Submitting Entries**

* Please send a word document of your entries along with your Hytek entries. All times are to be entered Short Course.
* The event list will also be available as a downloadable file from the Cascade Website ([www.cascadeswimming.com](http://www.cascadeswimming.com)). This file will be set up with all of the events for the meet in Team Manager (Hy-tek) format.

**Entry Fees**

* There is a flat entry fee of $25.00 per swimmer.

**Scratches**

* A scratch sheet, complete with the name of the club, the name of the swimmer and the event number(s), must be handed to the Clerk of Course no later than 15 minutes before the start of the meet.

**Meet Rules**

**Start Time**

Warm-up: 12:00 Noon

Start Time: 12:45 PM

**Awards**

* Best time ribbons will be awarded.

**Program Changes**

* The Meet Manager reserves the right to alter, revise, or otherwise modify the program to ensure the maximum number of swims in sessions of reasonable length, following receipt of entries.
* Coaches will be advised of changes via e-mail or on our website.
* Results will be posted to [www.swimming.ca](http://www.swimming.ca) for downloading. Results can also be downloaded from the Cascade Swim Club website: [www.cascadeswimming.com](http://www.cascadeswimming.com).

**Officials**

* Visiting clubs are encouraged to volunteer to officiate. Please list any available officials and their qualifications and submit with entries.
* Calgary and area clubs sending swimmers to the meet will be expected to send officials equalling the number of swimmers attending.
* Cascade’s Officials Chair is Lenore Lyons who can be reached at [officials@cascadeswimming.com](mailto:officials@cascadeswimming.com).

**Event Order**

|  |  |  |
| --- | --- | --- |
| 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 | 20 |
| 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 100M AND 200M EVENTS**

**3. 400 FREE TO BE SWAM PRIOR TO MEET AND SUBMIT TIMES TO MEET MANAGER**

Clubs are asked to e-mail their cancellations and/or scratches to the meet managers, Barry or Wendy Windsor at [meetmanager@cascadeswimming.com](mailto:meetmanager@cascadeswimming.com).