



2010 CASCADE AGE GROUP CHALLENGE

December 10th to 12th, 2010

University of Calgary Pool

Sanction # **9441**

The Cascade Swim Club is pleased to invite you to the 2010 CASCADE AGE GROUP CHALLENGE to be held December 10th to 12th, 2010 at the University of Calgary Pool, Calgary.

Entries are to be submitted using Hy-Tek. The files are to be uploaded on line at www.swimming.ca, with an entry deadline of Friday November 26th, 2010. 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. In addition, the following must reach the Meet Managers on or before Friday November 26th, 2010:

- Cheque with entry fees made payable to Cascade Swim Club
- **An excel spreadsheet with your entries for alternate swims for distance events or events with limited numbers.**
- Word or PDF 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

2225 Macleod Trail South

Calgary, Alberta, T2G 5B6

For more information, please contact:

Barry or Wendy Windsor, Meet Managers

(403) 290-0484

meetmanager@cascadeswimming.com

or

Jasen Pratt, Club Manager

(403) 263-7946

jasen@cascadeswimming.com

We look forward to seeing you at the meet!

Sincerely,

Barry and Wendy Windsor

Meet Managers

Facility

- The University of Calgary Pool is the host site for the 2010 Cascade Age Group Challenge. This facility has two-25m short course pools one of which will be used for competition and one for continuous warmup and warmdown.

Entries

- To ensure a quality meet, the Meet Manager reserves the right to limit the number of swimmers and/or swims to adhere to the four-hour session time limitation as required by Swim Alberta.
- There is a maximum number of 8 individual swims for all swimmers.
- **Please enter all events with a time. NT's will not be accepted.**
- Please use the honour system when entering swimmers times.

De-qualifying Times

- **Swimmers may not be entered in any events for which they have a current Provincial "A" time for their age and gender as of Friday November 26th, 2010.**
- **Coaches are asked to use the honour system when entering their athletes respecting the spirit of this rule that allows only "B" and under times for any given event, including relays.**

Age Groups

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

Meet Format

- No individual events will go straight to finals with the exception of those events identified in this meet package as timed final events. Prelims will be swum according to entry time, not by age, and will be divided into the age groups for finals.
- The 400 Free timed finals may be double-laned based on the number of entries, at the discretion of the Meet Manager.
- There will be A&B finals for 11-12 and 13 & Over age categories except for timed final events.
- All 10&under events will have an A final only.

800/1500 Free

- These events are timed finals, and will be swum between heats and finals on Friday (1500) and Sunday (800).
- The top 8 12 & under (M&F) and the top 8 13 & Over (M&F) entries for the 800 & 1500 received by the scratch deadline will be guaranteed a swim.
- The 800 & 1500 events will be swum two swimmers per lane for all heats, unless there are an odd number of heats, in which case the fastest heat will swim alone.

Heats will be swum fastest to slowest.

Relays

- Relays are all timed finals with no limit on the number of teams.
- Relays will be swum at the end of finals.
- Coaches are asked to use the honour system when entering their relays. Individuals with an "A" time in the 50m event of the stroke to be swum in a relay should not swim that portion of the relay, for example, a swimmer with an "A" time in the 50m butterfly should not be entered for the butterfly leg of the 4 x 50 medley relay.

Deck Entries

- Deck entries will be accepted providing no extra heats are created.
- All deck entries are exhibition swims and therefore will not be eligible for finals or scoring.
- Deck entries must be approved by the meet manager and will cost \$15.00 for individual events and \$20.00 for relays.

Submitting Entries

- Please send a word or .pdf document of your entries along with your Hytek entries. All times are to be entered Short Course.
- Swimmers age will be determined as of the first day of the meet, December 10th, 2010.
- The event list will also be available as a downloadable file from the Cascade Website (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

- Individual: \$50.00 flat fee per swimmer entered, regardless of events entered.
- Deck Entries are \$15.00 for an individual event and \$20.00 for a relay event.
There will be no refunds for scratched swimmers after the final scratch deadline of Friday December 3rd, 2010.

Meet Rules

- **The current SNC and FINA rules shall govern the meet,** except where specifically modified in this meet package.

Scratch Rules

- The initial scratch deadline for finals each night will be 30 minutes following the posting of results of the corresponding preliminary event. The late scratch deadline will be 30 minutes prior to the start of the Finals session each evening. Any team scratching after the initial scratch deadline and before the late scratch deadline will be responsible for contacting the alternate and advising them that they will be swimming in finals.
- Failure to scratch from finals by the late scratch deadline will result in the swimmer

being pulled from the remainder of the Finals for that day if they fail to start the race.

- The scratch deadline for timed finals will be 30 minutes after the start of warm-ups on each day.

Start Times

Friday, December 10 th	Saturday, December 11 th	Sunday, December 12 th
Heats: Warm-up: 1:00 PM to 1:40PM Start: 1:45PM	Heats: Warm-up: 7:30AM to 8:10AM Start: 8:15AM	Heats: Warm-up: 7:30AM to 8:10AM Start: 8:15AM
Finals: Will start immediately upon completion of 1500m Freestyle timed finals.	Finals: Warm-up: 2:30PM to 3:10PM Start: 3:15PM	Finals: Will start immediately upon completion of 400m Freestyle timed finals.

Please note: The pool will be cleared 5 minutes prior to the start of every session.

Awards and Prizes

- For individual events, medals will be awarded for 1st, 2nd and 3rd, ribbons 4th – 8th.
- For relays, first place will receive medals, and ribbons for 2nd and 3rd.
- Medals will be awarded on deck each day for heats and finals events. Best efforts will be made to award all timed final event medals will be awarded during the evening final sessions. **Coaches – please ensure your swimmers make themselves available for the awards presentation ceremony.**
- There will be draw prizes for the swimmers; for each swim in prelims that a swimmer achieves a best time, they will receive a ticket which they can then enter into the prize draw. Prizes will be drawn and awarded during finals on Sunday evening.

Program Changes

- Due to pool limitations, 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, including limiting number entries in certain events.
- Coaches will be advised of changes via e-mail or on our website.
- Results will be posted to www.swimming.ca for downloading. Results can also be downloaded from the Cascade Swim Club website: 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 for this meet is Anna Marinelli who can be reached at officials2@cascadeswimming.com.

Billeting

- There will be no billeting offered for this meet.

2010
Cascade Age Group Challenge Meet Information

Event Order

2010 Cascade Age Group Challenge

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	Friday, December 10th, 2010				Saturday, December 11th, 2010				Sunday, December 12th, 2010		
	Heats, Timed Finals and Finals				Heats, Timed Finals and Finals				Heats, Timed Finals and Finals		
Girls	Event		Boys	Girls	Event		Boys	Girls	Event		Boys
1	200 Free	Prelims	2	17	100 Breast	Prelims	18	31	100 Fly	Prelims	32
3	50 Fly	Prelims	4	19	200 Fly	TF	20	33	200 Back	Prelims	34
5	50 Back	Prelims	6	21	100 Back	Prelims	22	35	200 Breast	TF	36
7	50 Breast	Prelims	8	23	100 Free	Prelims	24		400 Free	TF	
9	50 Free	Prelims	10	25	200 IM	Prelims	26		100 Fly	Finals	
11	400IM	TF	12	27	800 Free	TF	28		200 Back	Finals	
13	1500 Free	TF	14		200 Free	Finals					
	50 Fly	Finals			100 Breast	Finals					
	50 Back	Finals			100 Back	Finals					
	50 Breast	Finals			100 Free	Finals					
	50 Free	Finals			200 IM	Finals					
15	4x50 F.R.	TF	16	29	4x50 M.R.	TF	30				

**TF Timed
Finals**

CLUBS ARE ASKED TO EMAIL THEIR CANCELLATIONS AND/OR SCRATCHES TO THE MEET MANAGERS, BARRY & WENDY WINDSOR AT MEETMANAGER@CASCADESWIMMING.COM. IN THE EVENT THAT ENTRIES EXCEED OUR AVAILABLE POOL TIME AT THE UNIVERSITY OF CALGARY ENTRIES MAY BE LIMITED IN CERTAIN EVENTS TO FIT WITHIN OUR ALLOTTED TIME. PLEASE NOTE THAT THE 200 FREE PRELIMS ARE BEING SWUM FRIDAY NIGHT WITH FINALS IN THAT EVENT SATURDAY NIGHT.