



2010 SPEEDO Alberta Age Group & Senior Championships Long Course
Kinsmen Sports Centre
9100 Walterdale Hill NW, Edmonton
July 2-5, 2010

Position	Name	Phone	E-mail
Host Club	Olympian Swim Club		
Meet Manager	Kevin Kindrachuk Susan Kamminga		kindkmk@shaw.ca president@olympianswimclub.com
Advisory Referee	Eric Wood		
Officials Chair	Kari Marchand		officials@olympianswimclub.com
Swim Alberta*	Kevin Dennis	(780) 415-1785	kevin@swimalberta.ca

***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.

Qualifying Period:

- The qualifying period is from September 1, 2009 to the entry deadline.

Eligibility:

- 2010 SPEEDO Alberta Age Group & Senior Championships is an OPEN event; open to swimmers currently registered with SNC or FINA affiliated clubs.
- Swim Alberta and meet management may review and limit out of province entries.

Entry Deadline:

- The entry deadline will be fourteen (14) days prior to the first day of competition (June 18, 2010).
- Swimmers qualifying for their first event after the entry deadline can enter the competition at the regular entry fee.
- 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 and seeded as No Time (NT).



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Entries

- Entries must be made using Hy-Tek online at swimming.ca.
- No-Time entries will not be accepted with the exception of events listed under the distance rule. Estimated times may be submitted if a time is not available except for the distance events.
- **DISTANCE RULE:** All swimmers qualified for the meet are eligible to enter the distance events. Swimmers who have a provable entry time for one of the distance events (800 freestyle or 1500 freestyle) may enter the opposite distance event with an estimated time. If a time is not available in either distance event a No-Time entry must be submitted. Estimated times will not supersede any proven time in the fastest heat.
- Swimmers may enter any event offered in their category.
 - Swimmers qualified in six or less events may swim a total of six swims in any event.
 - Swimmers qualified with seven A time standards may swim in any seven events.
 - Swimmers qualified with eight A time standards 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 long course metres. Short course times may be converted by adding 2%. For Para Swimmers please note the specific entry time conversion rules under the Para Swimming section on page 7 of this package.

Proof of Times: Timed Final Events

- Meet management will request proof of time for all entries in the final / fastest heat for relays, distance swims and the 10 & Under 400 freestyle. Clubs will have 48 hours to provide proof of time. Clubs unable to prove their entry time will be seeded with an actual proved time or entered as No Time and seeded last.
- Proof of time for individual and relay results must be available on swimming.ca.

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 Olympian Swim 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 (June 18, 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 (July 1, 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 (July 1, 2010) with the exception of the 800 & 1500 freestyle events, which require positive check-in.

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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. For medical scratches please contact meet management.

Format:

- The meet will be conducted in an 10-lane 50m pool. Warm-up & cool down facilities will be in the adjacent training pool.
- The 2010 SPEEDO Alberta Age Group Championships and the 2010 Alberta Senior Championships are separate meets running concurrently and will be scored separately.
- There will be a combined preliminary session; senior seeded by gender, including swimmers with a disability, followed by the Age Group Finals then the Senior Finals.
- All preliminaries will swim regardless of number of entries.
- Positive check-in is required for the 800 & 1500 freestyle prior to the start of the session in which the event will be swum.
- The 800 & 1500 freestyle may be seeded two swimmers per lane at Swim Alberta's and meet managements discretion.
- Any preliminary session which times out longer than 4.5 hours may be double-ended at the meet managements discretion.

Time Trials:

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

Swim Alberta Host Hotels



Coast Edmonton Plaza

10155 105 st NW

Edmonton, AB

Phone: 780-423-4811

Fax: 780-423-3204

Reservations: 800-663-1144

- Swim Alberta Rate: \$99.00 Single / Quad plus applicable taxes
- When booking ask for the Swim Alberta room rate. (internet code SWAB45)



Coast Edmonton House

10205 100 ave NW

Edmonton, AB

Phone: 780-420-2000

Fax: 780-420-4364

Reservations: 800-663-1144

- Swim Alberta Rate: \$109.00 Single / Quad plus applicable taxes
- When booking ask for the Swim Alberta room rate. (internet code SWAB45)

Age Group Championship

Categories:

- Male and Female; 10 & Under; 11-12; 12 & Under; 13-14

Qualifying Standard

- Swimmers aged 14 and under must achieve their distinct age A time standard, within the qualifying period, either short course or long course.
- Swim Alberta time standards are available from www.swimalberta.ca.

Entries

- Swimmers winning an individual event at the 2010 Team Aquatic Supplies Alberta Age Group Trials may enter that event in the 2010 SPEEDO Alberta Age Group Championship, regardless of whether they meet the A standard in that event. They may enter remaining events up to the maximum of six. Winners who age up between the competitions will be allowed to compete in their new age group.
- All qualifying swimmers, including the corresponding event winner from the 2010 Team Aquatic Supplies Alberta Age Group Trials, will be eligible to swim the 800 & 1500 freestyle events.

Format

- All individual events will have 10 & under, 11-12, and 13-14 age groups, with the exception of 200 fly, 400 IM, 800 free & 1500 free which will have 12 & under and 13-14 age groups.
- 10 & under events will have A Finals only, with the exception of the 400 freestyle which will be time-final and swum in the preliminary session.
- Swimmers aged 10 & under who wish to enter a 12 & under event must meet the minimum of the 11-year old A time for the specific event.
- 11-12, 12&U, and 13-14 events will have A and B Finals regardless of the number of entries, with the exception of the 400 freestyle & 400 IM which will have an A Final only, and the 800 & 1500 freestyle which will be time-final.
- In the 800 & 1500 freestyle, the fastest Olympic eligible heat of 14 & under will swim in the finals session, with awards being separated into 12 & under and 13-14. 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.
- Warm-up times for finals will be confirmed once the preliminary session has been seeded. Warm-up for Age Group finals will begin a minimum of one hour after the conclusion of preliminaries and will not start before 3:00 pm.
- Finals will be swum oldest to youngest with the A final before the B final where applicable.

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Relays:

- See SWAG 1.1.7 and 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 session.
- Relay teams must include a minimum of two qualified swimmers within the event age group.

Relay Age Groups

4 x 50 Free & Medley	4 x 100 Free & Medley	4 x 200 Free
10 & Under	12 & Under	12 & Under
11-12	13-14	13-14
13-14		

Scoring:

- Individual Events Places 1-8 50-30-20-15-14-13-12-11
- Individual Events Places 9-16 9-7-6-5-4-3-2-1
- Relay Events Places 1-8 50-30-20-15-14-13-12-11
- Para-Swimmers will not be included in the scoring.

Awards

- Individual events - medals will be awarded to the top three finishers in all individual events for 10 & under, 11 & 12, 12 & under, 13 & 14. Ribbons will be awarded to the remaining top ten finishers. Discrete age winners at the 2010 SPEEDO Alberta Age Group Championships Long Course will also be presented a Provincial Championship Certificate.
- Relay events - medals will be presented to the first place team in all relay events. Ribbons will be presented to the second and third place teams.
- Team Awards - the following are awards determined from points earned at this competition and presented at the Swim Alberta Annual Celebration Banquet:
 - Team Aquatic Supplies Team Title Group 1 Banner
 - Clubs eligible are those with 76 and more registered competitive swimmers
 - Presented to the team with the highest combined points from SC and LC Age Group Provincials.
 - SPEEDO Team Title Group 2 Banner
 - Clubs eligible are those with 75 and less registered competitive swimmers
 - Presented to the team with the highest combined points from SC and LC Age Group Provincials.

Senior Championship

Categories:

- Male and Female; Senior

Qualifying Standard

- Swimmers aged 15 and older must achieve the 15 & over B time standard, within the qualifying period, either short course or long course.
- Swimmers aged 14 and younger who wish to enter an individual event in the Senior meet must have achieved the event specific 15-16 A time standard.
- Swimmers aged 14 and younger who enter events in the senior category must not exceed the entry limit of eight individual events.
- Swim Alberta time standards are available from www.swimalberta.ca.

Format

- Warm-up and cool down for finals will be in the training pool adjacent to the competition pool, the start time for finals will be confirmed by meet management once the preliminary session has been seeded.
- Events will have A, B and C finals, regardless of the number of entries, with the exceptions of the 400 free & 400 IM which will have A finals and B finals only and the 800 & 1500 freestyle which are timed final events.
- Order of finals will be A - B - C where applicable.
- In the 800 & 1500 freestyle the fastest Olympic eligible heat will swim in the finals session. 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.

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 session.
- Relay entries must only include swimmers who are qualified and entered in the senior meet with the exception of the 'relay swimmer only' rule, See SNC 2.3.

Scoring:

- Individual Events Places 1-8 50-30-20-15-14-13-12-11
- Individual Events Places 9-16 9-7-6-5-4-3-2-1
- Relay Events Places 1-8 50-30-20-15-14-13-12-11
- Para-Swimmers will not be included in the scoring.

Awards

- Individual events - medals will be awarded to the top three finishers in all individual events. Ribbons will be awarded to the remaining top ten finishers.
- Relay events - medals will be presented to the first place team in all relay events. Ribbons will be presented to the second and third place teams.

Para-Swimming

Categories:

- Male and Female; 14 & Under, and 15 & over

Eligibility

- Para-Swimmers must have a valid classification under the IPC Swimming Classification System and their name and classification must appear on the IPC Swimming website www.ipc-swimming.org, the Swimming / Natation Canada website <http://swimming.ca> or the Swim Alberta website www.swimalberta.ca.

Qualifying Standard

- Para-Swimmers must meet the Alberta Provincial Standard for Para-Swimming.
- Swim Alberta time standards are available from www.swimalberta.ca.

Entries

- Entry times for Para-Swimmers must be in long course metres. 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%.

Eligible Events

50 Freestyle	50 Backstroke	50 Butterfly
100 Freestyle	100 Backstroke	100 Butterfly
200 Freestyle	50 Breaststroke	150 IM (Classes SM1-SM4)
400 Freestyle	100 Breaststroke	200 IM (Classes SM5-SM14)

Format

- Events will be time-finals only and swum during the preliminary sessions. Any athlete achieving a time that qualifies for a final swim will be eligible to compete in the final.

Awards

- Para-Swimmers will have medals awarded for the top three finishers based on the SNC World Performance Charts for Swimmers with a disability regardless of the classification for each eligible event. Individual classification winners will receive a Swim Alberta Para-Swimming winner's certificate per event.

Scoring:

- Para-Swimmers will not be included in the scoring.

2010 SPEEDO Alberta Age Group & Senior Championships Long Course

Event Order

Friday July 2	Saturday July 3	Sunday July 4	Monday July 5
Preliminaries			
Warm-up 7:30 Start 8:30			
1500 Free - 14 Under 100 Free 200 IM * 50 Back 1500 Free - 15 Over	400 Free - 14 Under 200 Fly 100 Back 50 Breast 400 Free - 15 Over	400 IM - 14 Under 100 Breast 200 Free 50 Fly 400 IM - 15 Over	800 Free - 14 Under 200 Back 50 Free 200 Breast 100 Fly 800 Free - 15 Over
Age Group Finals			
Warm-up TBC Start TBC			
100 Free 13-14 11-12 10 & U 200 IM 13-14 11-12 10 & U 50 Back 13-14 11-12 10 & U 1500 Free** 14 & U 4 x 200 FR 13-14 12 & U	4 x 50 FR 13-14 11-12 10 & U 200 Fly 13-14 12 & U 100 Back 13-14 11-12 10 & U 50 Breast 13-14 11-12 10 & U 400 Free 13-14 11-12 10 & U 4 x 50 MR 13-14 11-12	200 Free 13-14 11-12 10 & U 100 Breast 13-14 11-12 10 & U 400 IM 13-14 12 & U 50 Fly 13-14 11-12 10 & U 4 x 100 FR 13-14 12 & U	4 x 50 MR 10 & U 200 Back 13-14 11-12 10 & U 50 Free 13-14 11-12 10 & U 200 Breast 13-14 11-12 10 & U 100 Fly 13-14 11-12 10 & U 800 Free*** 14 & U 4 x 100 MR 13-14 12 & U
Senior Finals			
Warm-up TBC Start TBC			
100 Free 200 IM 50 Back 1500 Free** 4 x 200 FR	4 x 50 FR 200 Fly 100 Back 50 Breast 400 Free 4 x 50 MR	200 Free 100 Breast 400 IM 50 Fly 4 x 100 FR	200 Back 50 Free 200 Breast 100 Fly 800 Free*** 4 x 100 MR

* 150 IM will immediately follow the 200 IM for Para Swimmers if applicable.

** The fastest 10 males will swim in the finals session

*** The fastest 10 females will swim in the finals session

Note: Warm-up times for Age Group and Senior Finals to be confirmed (TBC) once the preliminary session has been seeded. Warm-up for Age Group finals will begin a minimum of one hour after the conclusion of preliminaries and will not start before 3:00 pm.