

Cochrane Alpha and Omega Meet

August 13, 2021

HOSTED BY: Cochrane Piranhas Summer Swim Club

FACILITY: Spray Lakes Sawmills Family Sport Center, 800 Griffin Road E, Cochrane, AB, T4C 2B8
(Short Course, single sided 8 lane pool)

CONTACTS:

Meet Manager	Lisa Preston	Piranhas.meet.manager@gmail.com	403.922.4002
Officials Chair	Janet Cheverie/ Katie Smith	Jd.cheverie@gmail.com K8_msmith@yahoo.com	
Referee	Peter Lloyd	Lloydswims@gmail.com	

DATE & TIME:

August 13, 2021	Warm Ups 5:00 pm	Start Time 5:25 pm
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SAFE SPORT

All interactions between an athlete and an individual who is in a position of trust should normally, and whenever possible, be in an environment or space that is both “open” and “observable” to others.

RULES

The meet will be conducted under published FINA and/or WPS rules and regulations supplemented by published and approved Swimming Canada, Swim Alberta and ASSA rules and regulations. Swim Alberta policies and procedures, where appropriate will also apply.

DIVING RULES

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1. For swimmers in 4 X 25 m relays who will be starting at the turn (shallow) end, in-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

COMPETITION & DIVING READINESS STANDARDS

Entry to competitions limited to participants who have passed Swim Alberta’s Competition Swim Test. During competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved.

ELIGIBILITY

This competition is open to all swimmers currently registered as Summer with Swim Alberta and the ASSA who are also registered with the Cochrane Piranhas Summer Swim Club.

CLUBS INVITED: Cochrane Piranhas Summer Swim Club

ENTRIES

- Entry Fees: none
- Entry Deadline: Monday, August 9, 2021
- Maximum individual entries per swimmer: 4
- Deck Entries allowed: No

** The meet will be limited to a maximum of 70 swimmers and will be run with a minimum of 25 swimmers.*

ENTRY PROCEDURE

All entries must be submitted through the Swimming Canada online system.

Deck entries will be limited to swimmers who have registered for the competition through the RTR.

MEET FORMAT

- Meet Format: The competition will be Time Final.
- Seeding: The competition will be seeded slow to fast, by gender with results split by age category for ranking.
- Age Categories: 6 & U; 7 – 8; 9 – 10; 11 – 12; 13 – 14; 15 – 17; 18+
- Events: Swimmers will be entered into events according to the age brackets outlined in the ASSA Rules and Regulations, except for the 4X25 m relay, where 11U swimmers will be combined into teams to maintain COVID-19 Safety.

SCRATCHES

The [Swim Alberta Scratch Rule](#) will be in effect for this competition (Appendix A). Scratches should be submitted to the meet manager by 12:00 noon the day of the event.

MEET RESULTS

Results will not be posted at the pool. They will be published electronically.

SCORING

Individual events will be scored as 9-7-5-3-2-1 points for 1st-2nd-3rd-4th-5th-6th respectively.

AWARDS

No awards will be given for this competition.

EVENTS*

*If time does not allow all events to be run, the meet manager reserves the right to cancel events.

*The meet manager reserves the right to combine events to speed up the meet.

*The meet manager also reserves the right to insert breaks, if time allows, to increase recovery time for swimmers between events.

See following table for event details:

Females			Mixed	Males
Event #	Event	Age	Event #	Event #
1	200m Freestyle	9-11	-	2
3	200m Freestyle	12+	-	4
5	Short (25m) Butterfly	7-10	-	6
7	Short (50m) Butterfly	9-11	-	8
9	Short (50m) Butterfly	12+	-	10
11	Short (25m) Freestyle	8&U	-	12
13	Short (50m) Freestyle	9-11	-	14
15	Short (50m) Freestyle	12+	-	16
17	Short (25m) Breaststroke	7-10	-	18
19	Short (50m) Breaststroke	11	-	20
21	Short (50m) Breaststroke	12+	-	22
23	Long (50m) Freestyle	8&U	-	24
25	Long (100m) Freestyle	9-11	-	26
27	Long (100m) Freestyle	12+	-	28
29	25 m flutter board	11U	-	30
31	Long (50m) Breaststroke	7-10	-	32
33	Long (100m) Breaststroke	11	-	34
35	Long (100m) Breaststroke	12+	-	36
37	Short (25m) Backstroke	10&U	-	38
39	Short (50m) Backstroke	11	-	40
41	Short (50m) Backstroke	12+	-	42
43	Short (100m) IM	7-11	-	44
45	Short (100m) IM	12+	-	46
145	Free Relay (4x25)	11U	146	146
149	Free Relay (4x50)	12+	151	150

OFFICIALS:

Officials will be requested to sign up using the “Events” page on the Piranhas’ Swimtopia page. Officials will meet outside the pool (using the door nearest the starting blocks) at 5:00. In the event of inclement weather, the officials meeting will be held in the pool classroom. Please bring a bottle of water as hospitality will not be provided for this short meet. Please dress in black bottoms and a white top. We request that all officials complete the most recent version of the age appropriate version of the [Alberta COVID-19 Screening /Checklist](#) to determine if they are fit to participate, prior to departing for the pool.

Appendix A

SWIM ALBERTA SCRATCH RULE - TIME FINAL MEETS:

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet. The meet information package should clearly state the deadline for receiving scratches by the meet manager after the entry deadline. Any scratches that are not received by the published deadline will need to be submitted to the Clerk of Course.

Scratches for the session’s events are to be submitted to the Clerk of Course 30 minutes prior to the start of each session.

There shall be no penalty for swimmers who ‘no show’ or submit a ‘late scratch’ for their event.

Appendix B – Competition Safety Plan

COVID-19 COMPETITION SAFETY COORDINATORS

Kate Johnson, mrskatejohnson@gmail.com, (403)200-7484

Tara Thibodeau, tarathibodeau@mac.com, (403)978-5867

AGE OF PARTICIPANTS

This competition is open to all eligible, registered ASSA swimmers. Swimmers and events will be separated into eleven and under (11U) and twelve and over (12+) categories, with further event limitations to adhere with most of the ASSA event/age standards. (Exception: 11U swimmers will all participate in 4 x 25 m relay races instead of 4 X 50 m relays).

Participating 11U swimmers will be separated from 12+ swimmers by one empty lane during warm-ups and in any combined events. The 11U athletes will be staged separately from the 12+ group. Sufficient area is available inside the facility to allow swimmers to be spaced out in their respective staging areas.

MAXIMUM COMPETITION NUMBERS

Maximum Facility Occupancy – 250

Total Participants – Meet participants are expected to be no more than 96. The pool will limit admissions to the public in the leisure/therapy pools and hot tub to be less than 250.

Swimmers – Minimum 25 – maximum 70

Coaches – 3 to be spaced from each other on the other side of the pool. Three chairs with a table will be provided. (see diagram).

Officials and Volunteers - 1 shift of a maximum of 21 officials, 2 chaperones and 3-4 marshallsers.

Facility Staff – 6-8

WARM UP REQUIREMENTS

Warm up will begin at 5:00 pm (20 minutes total). Dive-starts begin at 5:15, with one way swimming only. Coaches are responsible for clearing the swim lanes prior to dive starts beginning. Warm up procedures will be posted on the pool deck. Lane assignments for warm-ups are outlined below.

Lane	Swimming Groups
1	Developmental & Red
2	U11 Yellows
3	U11 Silvers
4	Buffer lane – no swimmers
5	12+ Silver and 12+ Yellow
6	Gold
7	Gold/Platinum
8	Platinum

ENTRANCE/EXITS

Swimmers are asked to come to the meet ready to swim and to leave and shower at home to limit the use of the changerooms. Swimmers who are 12+ will initially enter the pool deck from the change rooms. Swimmers who are 11U will enter the pool from the gate at the end of the spectator/11U staging area. (see attached diagrams).

At the close of the meet swimmers may exit through the pool classroom, the spectator area, or the changerooms.

CHANGING ROOMS/SHOWERS

While changerooms will be available to swimmers, it is highly recommended that swimmers come ready to swim and prepared to shower at home. This will decrease potential exposures to members of the public during the meet.

TRAFFIC FLOW

Once on the pool deck the swimmers will follow a single direction of traffic as seen on the included diagram (Appendix C). All swimmers will travel in a single clockwise direction around the pool. The U11 swimmers will enter the pool deck from the bleachers through the gate at the northeast end of the spectator area. The 12+ swimmers will walk from their staging area on the opposite side of the pool to the marshalling area at the northeast end of the bleachers. The 12+ swimmers will be asked to wait at the corner of the spectating area nearest the pool classroom doors until the 11U swimmers have been cleared from the marshalling area. An adult chaperone will be stationed with each set of swimmers to indicate to the swimmers when they need to leave for marshalling.

Swimmers will move to the start area of the pool deck only when marshalled for their race. They will then stand behind the timer on the right-hand side when facing the pool. When their race is called, they will get on the blocks or into the water. When the race is completed, the swimmers are asked to exit from the water immediately and to the right of the block (left of the timer). Following their race, they will gather their belongings, walk between the timers' chairs and the starting blocks, and proceed around the pool to their designated seating area. The 11U swimmers will exit the pool area through the pool classroom, turning immediately RIGHT and re-entering the bleachers/staging area. The first row of bleachers in the spectator area will be unavailable as seating to allow these 11U swimmers to be maximally spaced as they return to their staging area.

For 25m races, coaches or a volunteer from the same age group will be asked to gather the 11U swimmer's belongings from the start end and return them to the swimmers at the turn end or in the spectator area.

PREVENTION OF SPREAD OF ILLNESS AND RESPONSE FOR SICK INDIVIDUALS

Participants who are not feeling well **MUST NOT** participate. All swimmers must complete the most recent version of the [Alberta COVID-19 Screening /Checklist](#) for their age group to determine if they are fit to swim, prior to departing for the pool. We wish for every participant to enjoy themselves and be healthy.

In the case of an emergency please notify the nearest lifeguard immediately.

Participant who become sick during the event (non-emergency) will be asked to put on a mask and have their coach identify the COVID-19 Coordinator. Alongside the facility staff the COVID-19 Coordinator will assess the nature of the illness and the name of the participant will be recorded for contact tracing purposes. The participant will be required to leave the facility after assessment.

DISINFECTION PROCEDURES

Blocks will be sanitized after the completion of every event and between 11&U swimming heats.

MASKS

All swimmers, coaches, officials, volunteers and spectators are required to follow provincial and municipal regulations in relation to masks and face coverings. The Town of Cochrane currently does NOT have a mandatory mask bylaw in effect in indoor spaces. However, please be aware that changes to these regulations may occur and masks may become mandatory within the facility. The Piranhas Summer Swim Club will send an update should any significant changes occur.

TIMING

We will be using the Quantum timing system with one single timer. Quantum plungers will be available at both ends of the pool. No electronic touch pads will be used to facilitate dive progressions.

SHARED EQUIPMENT

We will have the meet listed on Meet Mobile and we will provide coaches, chaperones and officials with heat sheets. Heat sheets will be made available to families electronically to avoid paper sharing. If flutter boards are reused between heats of the 25m flutter-board event, they will be disinfected with pool water between swimmers.

LOCATIONS OF OFFICIALS

Timers/ITs will be directly behind the block for the start of the race and then will come forward as swimmers are finishing in the case of timer only positions. The timers who are also acting as inspector of turns will be required to come to the pool edge at the start of the race. Splits will be taken electronically using the quantum plunger and will not be recorded on paper. Stroke judges will be expected to stay close to the pool edge to provide maximal spacing from U11 swimmers on the north side and the south side for coaches. The electronics tables will be as far back from the edge of the pool deck as possible.

LOCATION OF COACHES

Senior coaches will be provided a chair each and a table at the south side of the pool, near the water slides. Athletes and coaches are not permitted between the table and the edge of the pool during the meet. Swimmers are permitted to stop briefly to discuss their race with their coach as they return to their staging area.

SPECTATORS

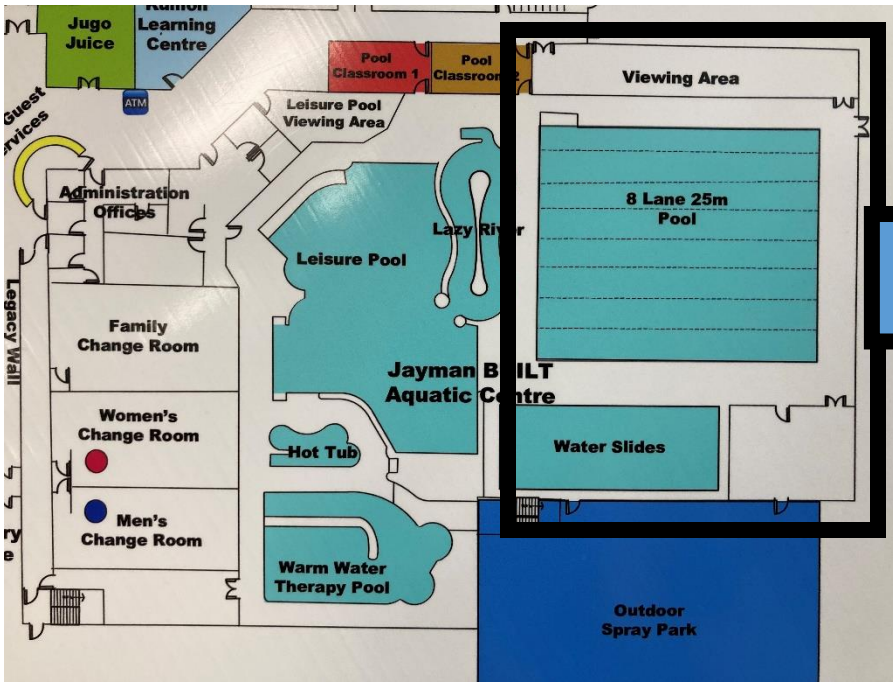
Spectators will be allowed into the facility based on guidelines set by the facility and municipality, but may be limited by the facility. To allow for physical spacing for our 11U swimmers, available seating in the stands will be limited. We ask that spectators limit their time in the stands to when their swimmers are competing. If a 12+ athlete wishes to observe a race, they must maintain a distance of 2m from the edge of the pool.

HOSPITALITY

Due to the short nature of this meet, hospitality will not be provided. Please bring your own water bottle to the pool deck as we will not have cups available.

Appendix C: Pool Layout

Please see the following two diagrams.



Please see enlarged inset that follows

