

# FALL INVITATIONAL 2019

November 8-10, 2019

Repsol Sports Center North Competition Pool  
2225 Macleod Trail SW, Calgary, T2G 5B6 Alberta  
25meter, 8 lane pool,  
Omega/ARES timing system



## Eligibility

This competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club. Swimmers require at least 3 events to enter this swim meet.

## Schedule

Sessions		Date	Warm up	Start
Session 1 (Timed Final)	All age group	November 8, 2019	2:30 PM	3:30 PM
Session 2 (preliminaries)	All age group	November 9, 2019	7:30 AM	8:30 AM
Session 3 (final)	All age group	November 9, 2019	4:00 PM	4:45 PM
Session 4 (preliminaries)	All age group	November 10, 2019	8:00 AM	9:00 AM
Session 5 (final)	All age group	November 10, 2019	3:30 PM	4:15 PM

## ENTRIES

- Entry Fees: All Individual events \$10.00/event, Relays \$15.00  
Entry Fees are non-refundable after the scratch deadline
- Entry Deadline: Wednesday, October 9, 2019 11:59PM
- Deck Entries: All Deck Entries will be charged double the regular entry fee. All Deck Entries are exhibition swims, and will not be scored.
- Refunds: No refunds for any scratched swimmers after October 28, 2019
- Expected Entries:
- Maximum of 350 Swimmers and Minimum 275 swimmers
  - Nose Creek Swim Association reserved 125 swimmers

## Entry Procedures:

- All entries to be submitted using Hy-tek through the Swimming Canada online system.
- All entries must contain the **swimmer's name, Swimming Canada swimmer ID and date of birth**. If entering from outside of Canada, please email Hy-tek file directly to the meet manager
- Please enter all events with a time. NT's will not be accepted.
- Swimmers are limited to a maximum of seven individual events, maximum three per preliminary session and one event on Session 1
- Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system and will be accepted as long as no new heats are created and at Meet Management's discretion.

### Time Trial:

- Each registered swimmer member is permitted to compete in one individual or relay event. No entry fees are permitted for Time Trials.

### Age Groups:

#### Individual events

50m, 100m, 200m, 400m distance events (preliminaries to be senior seeded); Finals to be swum in the following age groups:

- Girls & Boys: 10&under, 11-12, 13-14, 15 &over

#### Relay events

- Girls & Boys: 12 & under; 13 & over

### Qualifying Times:

There is no time standard for 50m and 100m distance events.

Swimmers are able to enter 200 freestyle, 200IM and 400 freestyle if they are able to swim faster than event qualified time.

200 Free	4:00.00
400 Free	8:00.00
200IM	4:15.00

## MEET INFORMATION

### Rules:

- The meet will be conducted under published FINA and/or WPS rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply.
- Swimming Canada warm-up procedures will be in effect.

### Safe Sport:

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

### Competition and Diving Readiness Standards

- Entry to competition is 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.

### Diving Rules:

- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

### Meet Format – Timed Final and Preliminary Events

- All preliminaries events will be swum Senior seeded.
- Session 1 will be seeded fastest to slowest.
- 400 freestyle – Open to 11& Over. Event may be limited to top 24 each gender swimmers, based on session time out.

### Meet Format – Finals Sessions

- “A” finals only for 10&under - 50m and 100m stroke events

- “A” & “B” finals in 50m and 100m stroke events for 11-12; 13-14; 15 & over age groups.
- “B” Finals - only if 18 swimmers entered in event

#### Scratches:

- **The Swim Alberta Scratch Rule will be in effect for this competition.**
- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the preliminary session can be seeded.
- To make the meet run more efficiently any last minute scratches would be appreciated until Thursday, November 7, 2019 by 3:00PM. Please notify by e-mail.
- Late scratches for timed final events and preliminaries: Submit to the Clerk of Course 30 minutes prior to the start of each session. No re-seeding will occur. Meet Management may collapse heats to within an event to optimize meet proceedings.

#### Scratch Deadline and Penalties for Finals:

- Scratches are to be submitted to the clerk of course 30 minutes after conclusion of the preliminary session. The conclusion of the preliminary session will be the completion of the final race of the session.
- The Late Scratch Deadline shall be 30 minutes prior to the start of the Finals session. However, there shall be no re-seeding to include scratches made after the initial scratch deadline.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining events, including relays, scheduled for that day.

#### Deck Entries:

- Deck Entries will be “Exhibition” only and accepted only if the entry does not create a new heat.
- They must be submitted no later than the Late Scratch Deadline of that session.

#### Relays:

- Provide swimmers name and name changes to the Clerk of Course 60 minutes prior to the start of the first relay events.
- **Limited to three teams per age group and gender**
- Clubs may be limited to the number of relay teams per relay event based on session time out

#### Awards:

- Awards will be given in the following age groups:
  - Girls and Boys: 10&under, 11-12, 13-14; 15 & over
- Ribbons for 1st - 8th places in individual events.
- Ribbons for 1<sup>st</sup> - 3<sup>rd</sup> places in relay events.

**PLEASE NOTE: MEET MANAGEMENT RESERVES THE RIGHT TO ALTER, REVISE, LIMIT ENROLMENT, OR OTHERWISE MODIFY THE PROGRAM TO ENSURE MAXIMUM NUMBER OF SWIMS IN A SESSION OF REASONABLE LENGTH, FOLLOWING RECEIPT OF ENTRIES. COACHES WILL BE NOTIFIED OF ANY CHANGES PRIOR TO THE MEET.**

## ADDITIONAL INFORMATION

Officials: Visiting clubs are encouraged to volunteer to officiate. Calgary and area clubs sending swimmers will be expected to send officials to: [ncsa.officials@ncsaswim.ca](mailto:ncsa.officials@ncsaswim.ca)

Meet Manager: Kyoko Taylor  
Cell Phone: 403-650-6104  
[meet.manager@ncsaswim.ca](mailto:meet.manager@ncsaswim.ca)

Entry Contact: Chantal Aussant-Huhn

Cell Phone: 403-804-7285  
[meet.manager@ncsaswim.ca](mailto:meet.manager@ncsaswim.ca)

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<b>Day 1 – ALL AGES</b> Friday November 8, 2019		
Girls	<u>Session 1</u> <b>Timed Final</b> Warm-up 2:30 pm Start 3:30 pm	Boys
1	200 Free	2
3	200 IM	4
5	400 Free	6

- **400 Free open to Girls and Boys 11&Over**
- **Athletes can only swim ONE event in Session 1**

<b>Day 2 – ALL AGES</b> Saturday November 9, 2019					
Girls	<u>Session 2</u> <b>preliminaries</b> Warm-up 7:30 am Start 8:30am	Boys	Girls	<u>Session 3</u> <b>finals</b> Warm-up 4:00 pm Start 4:45pm	Boys
7	100 Back	8	15	200 Free Relay	16
9	50 Fly	10	7	100 Back	8
11	100 Free	12	9	50 Fly	10
13	50 Breast	14	11	100 Free	12
			13	50 Breast	14

<b>Day 3 – ALL AGES</b> Sunday November 10, 2019					
Girls	<u>Session 4</u> <b>preliminaries</b> Warm-up 8:00 am Start 9:00am	Boys	Girls	<u>Session 5</u> <b>finals</b> Warm-up 3:30 pm Start 4:15pm	Boys
17	50 Back	18	17	50 Back	18
19	100 IM	20	19	100 IM	20
21	100 Breast	22	21	100 Breast	22
23	50 Free	24	23	50 Free	24
25	100 Fly	26	25	100 Fly	26