



PUGSLEY'S PLUNGE

January 17-19, 2020

Hosted by: The Calgary Patriots Swim Club

Repsol Sport Centre
2225 Macleod Trail S, Calgary, Alberta
Calgary, AB, T2G 5B6
25 meters Short Course Format / 4 x 25 meter cool-down lanes
Electronic Timing System will be utilized
8 lanes, double-ended

Advisory Referee: Iris Jackson – iris.jackson@albertacoach.ca

Meet Managers: Sean Brosseau & Karin Gerritsen – meet_management@calgarypatriots.com

Officials Coordinators: Michelle Russel & Sherri Les – officials@calgarypatriots.com

ELIGIBILITY

- All Swimmers must be registered with Swim Alberta or with the corresponding administrator for out-of-province athletes.
- Entries will be limited to a maximum of 500 swimmers. The minimum number of swimmers required to host the meet will be 250. Meet management reserves the right to alter minimum and maximum entries as required.
- In case of over subscription, preference will be given to clubs competing on all days.

FORMAT (See session report for complete details)

- Friday's session will consist of timed finals for all age groups. The 400IM & 800m Freestyle are limited to 11&O swimmers and will be restricted by the amount of heats it creates but we will guarantee swims in certain age group. Positive check-in for the 400 IM & 800 Free will be required. Events will be swum **fastest to slowest**. 800 Free will also be alternating gender, i.e. Fastest girls, Fastest boys, next Fastest girls, next Fastest boys, etc.
- Relays will be timed finals to conclude the Sunday session and will be traditional age groups (10&U, 11-12, 13-14 and 15&O) and seeded by gender and **fastest to slowest**.
- Relay cards with complete swimmer names are due to the Clerk of Course at least 60 minutes prior to the start of the Sunday session, unless previously submitted to meet management prior to the meet.

- Saturday's sessions will be run as heats and finals (where applicable) and timed finals. Timed finals will be swum as **fastest to slowest**
- Saturday finals will include selected events from the Saturday AM session and will be divided into 10&U; 11; 12; 13; 14 Girls; 14&15 Boys, 15&O girls and 16&O Boys age groups.
- Morning sessions will be divided to best utilize the double-ended pool space.
- Sunday's session will include all age groups and will be swum as timed finals, **fastest to slowest**.

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.

MEET 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.
- SNC Warm up procedures will be in effect at this meet.
- The Swim Alberta scratch rule will be in effect for this competition.
- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.2.
- **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.

ENTRY LIMIT

- Swimmers are limited to a maximum of seven individual events, max three per session.
- Deck entries will be accepted up to 50 minutes prior to the start of each session provided that extra heats are not created and are limited to swimmers who have registered for the competition through the Swimming Canada online system.
- ***All Deck Entries are exhibition swims, and will not be scored. Deck entries will cost \$25.00 for individual events and \$30.00 for relays and be paid at the time of request for a deck entry.***
- Meet management reserves the right to modify the meet program to allow for the maximum number of swims within the time allotted as per Swim Alberta's session guidelines.

ENTRIES

- Entry fees will be \$11.00 for timed final events, \$12.50 for events with heats and finals, relays \$20.00
- **All entries must be made using Hy-Tek and submitted through the Swimming Canada online system (www.swimming.ca) before entry deadline.**
- Cheques should be made payable to **Calgary Patriots Swim Club**.

ENTRY DEADLINE

- Entries **due by 5:00 PM on Thursday, December 19, 2019**. The meet has filled before this date in past years so please send entries early to avoid disappointment.
- Cheques should be made payable to **Calgary Patriots Swim Club**. Entry fees are to be sent to:

2225 Macleod Trail South, Calgary, Alberta T2G 5B6
Email: **meet_management@calgarypatriots.com**

SCRATCH DEADLINE

- Scratch deadline: **5:00 p.m. on Friday, January 10, 2020.** No refund for scratches received after this date.
- Day of scratches will be accepted up to 60 minutes prior to the start of each session.

AWARDS

- Medals will be awarded to the top 3 swimmers in 13&U age categories; Ribbons will be awarded for 1st to 3rd place in 14 Girls; 14&15 Boys, 15&O Girls and 16&O Boys age categories for individual events.

OFFICIALS

- Participating clubs are asked to volunteer one officiating shift per swimmer entered. Volunteer shifts can be sent to: **officials@calgarypatriots.com.**

RESULTS

- Official results will be posted on the Swim Canada web site.

Session 1: Friday January 17, 2020******All Age Groups********Warm-up: 3:00 pm Start: 4:00 pm**

Girls	Event	Boys
1	200 IM	2
3	400 IM (11&O)	4
5	800 Free (11&O)	6

Session 2: Saturday January 18, 2020 – Preliminary Session******All Age Groups********Warm-up: 8:00 am Start: 9:00 am**

Girls	Event	Boys
7	200m Freestyle (Timed Final)	8
9	100m IM	10
11	50m Backstroke	12
13	100m Breaststroke	14
15	50m Butterfly	16
17	100m Freestyle	18
19	200m Backstroke (Timed Final)	20

Session 3: Saturday January 18, 2020 – Finals Session******All Age Groups********Warm-up: 4:30 pm Start: 5:30 pm**

Girls	Event	Boys
9	100 IM	10
11	50m Backstroke	12
13	100m Breaststroke	14
15	50m Butterfly	16
17	100m Freestyle	18

Session 4: Sunday January 19, 2020******All Age Groups********Warm-up: 8:00 am Start: 9:00 am**

Girls	Event	Boys
21	100m Backstroke	22
23	200m Butterfly	24
25	50m Freestyle	26
27	200m Breaststroke	28
29	100m Butterfly	30
31	50m Breaststroke	32
33	4 x 50m Freestyle Relay	34