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|  | **LA SWIM CLUB**  **4401 University Drive**  **Lethbridge, AB T1K 3M4**  **403-329-2677** |

**Pronghorn Classic**

**March 3-4, 2018**

Location: Max Bell Aquatic Centre at the University of Lethbridge

8 lane 50m competition pool

Omega timing, wedge blocks with backstroke starting device

Meet Manager: Kent Spady

kspady7@gmail.com

Advisory Referee: Doug Bird

dougbird@shaw.ca

Coaches Contact: Peter Schori

[peter.schori@uleth.ca](mailto:peter.schori@uleth.ca)

Meet Format: 50m (LCM) course

Prelims/Finals + Timed Finals

11 & under, 12-13, 14 & over age groups for individual and relay events.

Prelims will be senior seeded by gender

A finals in 11 & U and 12-13 age groups, A/B finals in 14 & O age group

Minimum 16 swimmers competing in preliminary events for B finals

400m events – Timed finals, maximum 7 heats per gender, including top 24 aged 13 & under. Top 8 entries (combined ages) will race in finals.

800 Free – Timed finals, maximum 3 heats per gender, including top 8 aged 13 & under. Top 8 entries (combined ages) will race in finals, girls on Saturday, boys on Sunday

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Entries: The first 300 confirmed swimmers will be accepted. This will be on a first come/first served basis. Swimmers are limited to three (3) individual events per day & six (6) individual events total. Meet management reserves the right to limit the number of entries per event, to maintain reasonable session length. No-Time (NT) entries will not be accepted.

Rules: The meet will be conducted under published FINA and/or IPC 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.

Eligibility: This competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club. There are no qualifying standards for this event.

Scratches: The Swim Alberta scratch rule will be in in effect for this competition.

Due 30 minutes prior to the start of the session. There will be no penalties for scratches, however no refunds will be credited. There will be no reseeding as a result of scratches. No shows for finals will disqualify the swimmer from future final events in that session.

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

Entry Fees: Heats & Finals: $12:00

Timed Finals: $10.00

Relays: $15.00

Please make cheques payable to LASC.

Entry Deadline: Entries due by February 12, 2018. No refunds will be issued after entry deadline.

Deck Entries: Will be permitted solely at the discretion of meet management. Additional heats will not be created and no re-seeding will occur. Fees of $25.00 per heat/final entry or $20.00 per timed final entry must be paid prior to entry. No entries will be permitted later than 30 minutes prior to the start of the session.

Awards: Medals for top 3 finishers in finals. For timed final events, ribbons will be

awarded for top 8 finishers.

Official Splits: Must be requested prior to the start of the session. Coaches may be required to supply timers.

Warm-ups: Will be run in accordance with all Swim Canada & Swim Alberta standards. Dive lanes will be designated by meet management at their discretion.

Officials: Volunteer officials from visiting teams are appreciated.

Please Contact Deb Hauver

deborahhauver@gmail.com

**Saturday**

**Heats - Warm-up 8:00-8:50 Racing 9:00-1:30**

Heats

|  |  |  |
| --- | --- | --- |
|  | 100 Free |  |
|  | 50 Breast |  |
|  | 200 Fly |  |
|  | 100 Back |  |
|  | 400 Free (men) |  |
|  | 200 Breast |  |
|  | 50 Fly |  |
|  | 200 IM |  |
|  | 800 Free (women) |  |

**Finals – Warm-up 4:30-5:20 Racing 5:30-8:00**

|  |  |  |
| --- | --- | --- |
|  | 4x50 Free Relay |  |
|  | 800 Free (women top 8) |  |
|  | 100 Free |  |
|  | 50 Breast |  |
|  | 200 Fly |  |
|  | 20 min Warmup |  |
|  | 100 Back |  |
|  | 400 Free |  |
|  | 200 Breast |  |
|  | 50 Fly |  |
|  | 200 IM |  |

**Sunday**

**Heats - Warm-up 8:00-8:50 Racing 9:00-2:00**

Heats

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| --- | --- | --- |
|  | 400 Free (women) |  |
|  | 50 Free |  |
|  | 20 min Warmup/cool down |  |
|  | 200 Back |  |
|  | 100 Breast |  |
|  | 200 Free |  |
|  | 20 min warmup/cooldown |  |
|  | 100 Fly |  |
|  | 400 IM |  |
|  | 50 Back |  |
|  | 800 Free (men) |  |

**Finals – Warm-up 4:00-4:50 Racing 5:00-7:30**

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| --- | --- | --- |
|  | 4x50 medley relay |  |
|  | 800 Free (men top 8) |  |
|  | 400 Free (women top 8) |  |
|  | 50 Free |  |
|  | 200 Back |  |
|  | 100 Breast |  |
|  | 20 min warmup/cooldown |  |
|  | 200 Free |  |
|  | 100 Fly |  |
|  | 400 IM (top 8) |  |
|  | 50 Back |  |

**Host Hotels**:

**Sandman​ ​Hotel​ ​Lethbridge​**

421 Mayor Magrath Drive South

Lethbridge, AB

T1J 3L8

403.328.1111

The Sandman Hotel Lethbridge offers our guests a combination of hospitality and convenience. 139 rooms, including the junior corporate and king suites. All of rooms are equipped with hair dryers, irons, ironing board and Free WiFi. Corporate Lounge on the 2nd floor. Large swimming pool and hot tub. Plenty of free parking in front and back. Close to all sports venues.

$119.00 2 Queen beds or King room – includes breakfast up to 4 people at Denny’s!

**Sandman​ ​Signature​ ​Lethbridge​ ​Lodge**

320 Scenic Drive South

Lethbridge, AB

403.328.1123

The Sandman Signature Lethbridge Lodge offers our guests 194 newly renovated rooms 2017/2018. The rooms include bathrobes, safe, microwave, fridge and free WiFi. The pool and hot tub are nestled in the beautiful Atrium. Fitness room has all up to date exercise equipment. Restaurant and Lounge located in the Lobby and Atrium area. Close to all the main sports venues.

2 Queen beds - $154.00 – includes up to 4 hot breakfast King Suite - $164.00 – includes up to 4 hot breakfasts.