



23rd Annual Cascade Slingshot Speed Meet (Blue)
November 7-8, 2009
Talisman Centre
Sanction # **PENDING**

The Cascade Swim Club is pleased to invite you to the 2009 Slingshot Speed Meet (Blue) to be held November 7-8, 2009 at the Talisman Centre, Calgary.

Entries are to be submitted using Hy-Tek. The files are to be uploaded on line at www.swimming.ca, with an entry deadline of Friday October 23, 2009. Time of receipt of uploaded entries will be considered as the date and time on the notification email sent to the meet manager through the SNC site. All times are to be entered Short Course.

In addition, the following must reach the Meet Manager on or before Friday, October 23, 2009:

- Cheque with entry fees made payable to Cascade Swim Club
- An excel spreadsheet with your entries for alternate swims for distance events or events with limited numbers.
- Word or PDF document of your entries.

If entries are sent by courier please ensure no signature required upon delivery.

Entries are to be sent to:

Cascade Swim Club - Attention: Barry Windsor
2225 Macleod Trail South
Calgary, Alberta, T2G 5B6

For more information, please contact:

Barry or Wendy Windsor, Meet Managers or Jasen Pratt, Club Manager
(403) 269-6585 (403) 263-7946

meetmanager@cascadeswimming.com

jasen@cascadeswimming.com

We look forward to seeing you at the meet!

Sincerely,
Barry and Wendy Windsor
Meet Managers

Facility

- The Talisman Centre is the host site for the 2009 Slingshot Speed Meet (Blue). This world-class facility has two-25m short course pools (both equipped with omega electronic timing systems) and 4 lanes 25m for warm-down purposes.

Entries

- To ensure a quality meet, the Meet Manager reserves the right to limit the number of swimmers to 350 and/or swims to adhere to the four-hour session time limitation as required by Swim Alberta.
- There is a maximum number of 5 swims for all swimmers.
- Please enter all events with a time. NT's will not be accepted.
- Please use the honour system when entering swimmers times.
- Cascade reserves the right to enter non-qualifying Cascade swimmers.

Qualifying times

- 10 & U: Alberta Provincial 10 & under "A" Qualifying times
- 11&12: Alberta Provincial 11 yr old "A" Qualifying times
- 13&14: Alberta Provincial 13 yr old "A" Qualifying times
- 15 & Over: Alberta Provincial 15 – 16 "A" Qualifying times
 - If a swimmer qualifies:
 - in 1 event they are entitled to 4 free swims = 5 total swims

Age Groups

- Females: 10 & under, 11-12, 13-14, 15 & Over
- Males: 10 & under, 11-12, 13-14, 15 & Over

Meet Format

- No individual events will go straight to finals with the exception of timed final events.
- 14&U swimmers may be senior seeded together for preliminaries and will be separated into age groups for finals on Saturday and Sunday.
- There are only "A" finals. There are no "B" finals.

800/1500 Free

- This event will be swum senior seeded.
- We will accept 40 entries for the 1500 freestyle event. The fastest twelve (12) 12&U swimmers, the fastest twelve (12) 13-14 year-old swimmers, and the fastest sixteen (16) 15&O.
- We will accept 72 entries for the 800 freestyle event. The fastest sixteen (16) 12&U swimmers, the fastest sixteen (16) 13-14 year-old swimmers, the fastest twenty-four (24) 15&O swimmers as well as the sixteen (16) next fastest (of all ages) will be entered into the meet.
- Scratch deadline/positive check-in for the 800 & 1500 will be during the warm-up for heats on Saturday for the 800 and at the end of the finals session Saturday for the 1500 being swum on Sunday afternoon.
- The top heat will swim 1 swimmer per lane. The remaining heats will be swum two per lane fastest to slowest.

400 IM

- This event is a timed-final being swum in the morning.
- This event will be swum senior-seeded and separated by age-groups for scoring.
- We will accept 40 entries for the 400 IM event. The fastest twelve (12) 12&U swimmers, the fastest twelve (12) 13-14 year-old swimmers, and the fastest sixteen (16) 15&O swimmers.

400 Free

- This event is a timed-final being swum in the morning.
- This event will be swum senior-seeded and separated by age-groups for scoring.
- We will accept 48 entries for the 400 FR event. The fastest twelve (12) 12&U swimmers, the fastest twelve (12) 13-14 year-old swimmers, the fastest sixteen (16) 15&O swimmers as well as the eight (8) next fastest (of all ages) will be entered into the meet.

Results in the 400's and up will be separated into age groups for awards.

Please provide alternate events should your swimmer fail to qualify for the above events.

Relays

- 10 & Under 4 x 50 Freestyle relays will run in heats as time finals.
- All other 4 x 50 Freestyle relays will run on Saturday night at the end of finals.
- 10 & Under 4 x 50 Medley relays will run in heats as time finals.
- All other 4 x 50 Medley relays will run on Sunday night at the end of finals.
- There are unlimited relay entries per team.

Deck Entries

- Deck entries will be accepted providing no extra heats are created.
- All deck entries are exhibition swims and therefore will not be eligible for finals or scoring.
- Deck entries must be approved by the meet manager and will cost \$18.00 for individual events and \$24.00 for relays.
- For swimmers who are already entered in the “GOLD” meet the deck entry fee will be \$5.00 per event (not including relays).

Submitting Entries

- Please send a word or pdf document of your entries along with your Hytek entries. All times are to be entered Short Course.
- Swimmers age will be determined as of the first day of the meet, November 6, 2009.
- The event list will also be available as a downloadable file from the Cascade Website (www.cascadeswimming.com). This file will be set up with all of the events for the meet in Team Manager (Hy-tek) format.

Entry Fees

- Individual: \$9.00 for h/f finals events and \$7.00 for timed final events
- Relays: \$12.00
- Deck Entries: \$18.00 Individual, \$24.00 relays, \$5.00 for swimmers entered in the “GOLD” meet

There will be no refunds for scratched swimmers after the final scratch deadline of October 30, 2009.

Meet Rules

- The current SNC and FINA rules shall govern the meet. Please note: Swimming Canada's new ruling on swimsuits will be in effect.
- The scratch deadline for finals each night will be 30 minutes following the posting of results of the corresponding preliminary event. Failure to scratch from finals by the scratch deadline will result in the swimmer being pulled from the remainder of the Finals for that day if they fail to start the race. In all other aspects No Shows and Scratches from finals will follow the SNC FINA rulebook
- The scratch deadline for timed finals will be 15 minutes after the start of warm-ups on each day.

Start Times

Saturday, November 7th

Warm-up Preliminaries:	8:00AM
Start Preliminaries:	9:00AM
Warm-up Finals:	4:30PM
Start Finals:	5:30PM

Sunday, November 8th

Warm-up Preliminaries:	8:00AM
Start Preliminaries:	9:00AM
Warm-up Finals:	4:30PM
Start Finals:	5:30PM

Please note: The pool will be cleared 5 minutes prior to the start of every session.

Awards

- Medals will be awarded for 1st, 2nd and 3rd, ribbons 4th – 8th. First place medals only for relays.

Program Changes

- The Meet Manager reserves the right to alter, revise, or otherwise modify the program to ensure the maximum number of swims in sessions of reasonable length, following receipt of entries.
- Coaches will be advised of changes via e-mail or on our website.
- Results will be posted to www.swimming.ca for downloading. Results can also be downloaded from the Cascade Swim Club website: www.cascadeswimming.com.

Officials

- Visiting clubs are encouraged to volunteer to officiate. Please list any available officials and their qualifications and submit with entries.
- Calgary and area clubs sending swimmers to the meet will be expected to send officials equalling the number of swimmers attending.
- Cascade's Officials Chair is Lenore Lyons who can be reached at officials@cascadeswimming.com.

Billeting

- There will be no billeting offered for this meet.

Event Order

Day 1

Event No.	Description	Gender
1.	400 Free	Female
2.	400 Free	Male
3.	200 IM	Female
4.	200 IM	Male
5.	100 Back	Female
6.	100 Back	Male
7.	200 Fly	Female
8.	200 Fly	Male
9.	100 Free	Female
10.	100 Free	Male
11.	200 Breast	Female
12.	200 Breast	Male
13.	800 Free	Female
14.	4 x 50 FR	Female
15.	4 x 50 FR	Male

Day 2

Event No.	Description	Male/Female
16.	400IM	Female
17.	400IM	Male
18.	200 Free	Female
19.	200 Free	Male
20.	100 Breast	Female
21.	100 Breast	Male
22.	100 Fly	Female
23.	100 Fly	Male
24.	50 Free	Female
25.	50 Free	Male
26.	200 Back	Female
27.	200 Back	Male
28.	1500 Free	Male
29.	4 x 50 MR	Female
30.	4 x 50 MR	Male

CLUBS ARE ASKED TO E-MAIL THEIR CANCELLATIONS AND/OR SCRATCHES TO THE MEET MANAGERS, BARRY AND WENDY WINDSOR at meetmanager@cascadeswimming.com.