



2009 CASCADE AGE GROUP CHALLENGE

December 11th to 13th, 2009

Talisman Centre

Sanction # **PENDING**

The Cascade Swim Club is pleased to invite you to the 2009 CASCADE AGE GROUP CHALLENGE to be held December 11th to 13th, 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 November 28th, 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 Managers on or before Friday, November 28th, 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 or Wendy 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 Cascade Age Group Challenge. 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 and/or swims to adhere to the four-hour session time limitation as required by Swim Alberta.
- There is a maximum number of 8 individual 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.

De-qualifying Times

- **Swimmers may not be entered in any events for which they have a current Provincial "A" time for their age and gender as of Friday November 28th, 2009.**
- **Coaches are asked to use the honour system when entering their athletes respecting the spirit of this rule that allows only "B" and under times for any given event, including relays.**

Age Groups

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

Meet Format

- No individual events will go straight to finals with the exception of timed final events.
- The 400 Free prelims may be double-laned based on the number of entries, at the discretion of the Meet Manager.
- There will be A&B finals for 11-12 and 13 & Over age categories with the exception of the 400 Free and 400 I.M. which will have an A final only.
- All 10&under events will have an A final only.

800/1500 Free

- These events will be swum between heats and finals on Friday.

- The top 16 12 & under (M&F) and the top 16 13 & Over (M&F) entries for the 800 & 1500 received by the scratch deadline will be guaranteed a swim.
- The 800 & 1500 events will be swum two swimmers per lane for all heats, unless there are an odd number of heats, in which case the fastest heat will swim alone. Heats will alternate between 800s and 1500s, swum fastest to slowest, with the 800s commencing first.

Relays

- Relays are all timed finals with no limit on the number of teams.
- Relays will be swum at the end of finals.
- Coaches are asked to use the honour system when entering their relays. Individuals with an "A" time in the 50m event of the stroke to be swum in a relay should not swim that portion of the relay, for example, a swimmer with an "A" time in the 50m butterfly should not be entered for the butterfly leg of the 4 x 50 medley relay.

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 \$15.00 for individual events and \$20.00 for 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, December 11th, 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: \$50.00 flat fee per swimmer entered, regardless of events entered.
- Relays: No additional fee.
- Deck Entries are \$15.00 for an individual event and \$20.00 for a relay event.
There will be no refunds for scratched swimmers after the final scratch deadline of Friday December 4th, 2009.

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Meet Rules

- **The current SNC and FINA rules shall govern the meet, except where specifically modified in this meet package.** Please note Swimming Canada's new ruling on swimsuits; this will be in effect at this meet.

Scratch Rules

- The initial scratch deadline for finals each night will be 30 minutes following the posting of results of the corresponding preliminary event. The late scratch deadline will be 30 minutes prior to the start of the Finals session each evening. Any team scratching after the initial scratch deadline and before the late scratch deadline will be responsible for contacting the alternate and advising them that they will be swimming in finals.
- Failure to scratch from finals by the late 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.
- The scratch deadline for timed finals will be 30 minutes after the start of warm-ups on each day.

Start Times

Friday, December 11 th	Saturday, December 12 th	Sunday, December 13 th
Heats: Warm-up: 1:00 PM to 1:40PM Start: 1:45PM	Heats: Warm-up: 7:00AM to 7:40AM Start: 7:45AM	Heats: Warm-up: 7:30AM to 8:10AM Start: 8:15AM
Finals: Will start immediately upon completion of 1500m Freestyle heats.	Finals: Warm-up: 4:00PM to 4:40PM Start: 4:45PM	Finals: Warm-up: 4:00PM to 4:40PM Start: 4:45PM

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

Awards and Prizes

- For individual events, medals will be awarded for 1st, 2nd and 3rd, ribbons 4th – 8th.
- For relays, first place will receive medals, and ribbons for 2nd and 3rd.
- Medals will be awarded on deck each day. Timed final event medals will be awarded during the evening final sessions. **Coaches – please ensure your swimmers make themselves available for the awards presentation ceremony.**
- There will be draw prizes for the swimmers; for each swim in prelims that a

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swimmer achieves a best time, they will receive a ticket which they can then enter into the prize draw. Prizes will be drawn and awarded during finals on Sunday evening.

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 for this meet is John Hedley who can be reached at officials2@cascadeswimming.com.

Billeting

- There will be no billeting offered for this meet.

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Event Order

Friday December 11 th			Saturday December 12 th			Sunday December 13 th		
Heats and Finals			Heats and Finals			Heats and Finals		
Girls		Boys	Girls		Boys	Girls		Boys
1	10&U 50 fly	2	29	10&U 200Free	30	71	10&U 400Free	72
3	11-12 50 Fly	4	31	11-12 200 Free	32	73	11-12 400 Free	74
5	13& Over 50 Fly	6	33	13& Over 200 Free	34	75	13& Over 400 Free	76
7	10&U 50 back	8	35	10&U 100 Breast	36	77	10&U 200 Breast	78
9	11-12 50 back	10	37	11-12 100 Breast	38	79	11-12 200 Breast	80
11	13& Over 50 back	12	39	13 & Over 100 Breast	40	81	13& Over 200 Breast	82
13	10&U 50 breast	14	41	10&U 200 Fly	42	83	10&U 100 Fly	84
15	11-12 50 breast	16	43	11-12 200 Fly	44	85	11-12 100 Fly	86
17	13& Over 50 breast	18	45	13& Over 200 Fly	46	87	13& Over 100 Fly	88
19	10&U 50 free	20	47	10&U 100 Back	48	89	10&U 200 Back	90
21	11-12 50 free	22	49	11-12 100 Back	50	91	11-12 200 Back	92
23	13& Over 50 free	24	51	13& Over 100 Back	52	93	13& Over200 Back	94
25	800 Free	26	53	10&U 100 Free	54	95	10&U 200 I.M.	96
27	1500 Free	28	55	11-12 100 Free	56	97	11-12 200 I.M.	98
			57	13& Over 100 Free	58	99	13& Over200 I.M.	100
			59	10&U 400 I.M.	60	101	10 & U 4 x 50 Free Relay	102
			61	11-12 400 I.M.	62	103	11-12 4 x 50 Free Relay	104
			63	13& Over 400 I.M.	64	105	13& Over 4 x 50 Free Relay	106
			65	10 & U 4 x 50 Medley Relay	66			
			67	11-12 4 x 50 Medley Relay	68			
			69	13& Over 4 x 50 Medley Relay	70			

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

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