***Regina Y’s Men’s Marlins and***

***Yorkton Storm Speed Swim Club***

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***Present***

***Fall Break Out 2018***

***October 13th and 14th***

***Lawson Aquatic Centre***

***Regina Saskatchewan***

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**Regina Y’s Men’s Marlins and Yorkton Storm Speed Swim Club**

Fall Break Out 2018

October 13th and 14th, 2018

Sanction # 31964

[Swimming Canada Warm-up Competition Safety Procedures will be in effect at this meet.](https://www.swimming.ca/en/resources/officiating/rules-and-forms/competition-warm-up-safety-procedures/)

**Current Swimming Canada Rules will apply except as specifically modified in this meet package -** [**Rules**](https://swimming.ca/content/uploads/2018/05/2017-Rulebook-05-03-18-12pt-1.pdf)

**World Para Swimming Rules and Regulations will apply for Para swimmers –** [**Rules**](https://www.paralympic.org/sites/default/files/document/180313084120174_2018_03_WPS%2BRules%2Band%2BRegulations%2B2018.pdf)

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| **Host Clubs** | Regina Y’s Men’s Marlins Swim Club (RYMM) and Yorkton Storm Swim Club (YSSC) |
| **Dates**: | October 13 and 14, 2018 |
| **Meet Manager:** | Amy Sanville & **Co-Meet Manager** Amanda Sikora  306-552-7238 & 306-570-8257  [ams722@hotmail.com](mailto:timnagy@sasktel.net); [amysanville@gmail.com](mailto:amysanville@gmail.com) |
| **Location:** | Lawson Aquatic Centre  1717 Elphinstone Street  REGINA SK  306-777-7529 |
| **Facility:** | * 25-meter, 8 lane pool. * This competition will be held in the deep tank, which has a minimum depth of 1.35 meters as per Rule FR 2.3 and therefore Starts will be Dive Entries conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 * Middle tank maybe available for warm up/cool down – to be determined at a later date * Non-turbulent lane markers * Aries Timing system and hand held stop watches * HY-TEK Meet Management Software |
| **Course**: | Short Course |
| **TF or H&F**: | Time Finals |
| **Times:** | **Session 1: Development & Novice Graduation Session - October 13, 2018**  **Warm up:** 10:00 am **Start:** 11:00 am  **Session 2: Age Group Session – October 13, 2018**  **Warm up:** 4:00 pm **Start:** 5:00 pm  **Session 3: Combined Development & Age Group – October 14, 2018**  **Warm up:** 8:00 am **Start:** 9:00 am  Program times may change at the discretion of Meet Management. All participating clubs will be notified of any changes to the program. Coaches will be notified prior to the meet of any changes to the specifications of this meet package, unless such  changes can be dealt with at the commencement of the meet without disadvantage to the swimmer. |
| **Eligibility:** | Entries will only be accepted for swimmers who are currently registered in the Swimming Canada registration database and have a Swimming Canada 9-digit registration ID number, unless the swimmer is registered with and representing a foreign FINA affiliated federation.  PARA swimmers who are registered with Swimming Canada (SNC) or FINA affiliates are eligible to compete and will be seeded according to their entry time.  Age group placement will be determined by using the age of the swimmer on October 13, 2018.  Swimmers must be at least 7 years of age as of the 1st day of the competition.  In order to compete in Development or Age Group Sessions, athletes must have previously achieved the Novice Graduation standards at a sanctioned competition.  The Novice Graduation Standards are 200 Freestyle = 4:15.00, and 100 IM = 2:15.00  The Novice Graduation events (100 series events) are for those athletes in their first few years of competitive swimming and trying to achieve the Novice Graduation standards in either one or both of the 200 free and 100 IM events. Coaches are only to enter swimmers in these events if they have timed them in practice or have held an unsanctioned in-house Novice Competition and feel that they are close to achieving a Novice Graduation Standard. |
| **Entry Deadline** | **Entries must be uploaded to the** [**Swimming Canada entries site**](http://www.swimming.ca/en/events-results/live-upcoming-meets/) **no later than**  **9:59 pm Tuesday, October 2, 2018.** |
| **Entry Fees:** | $10 per individual event  $18 per relay  **Cheque made payable to: Regina Y’s Men’s Marlins Swim Club.**  **Please bring payment to the meet. Meet fees must be paid before swimmers enter**  **the pool for warm ups.** |
| **Entries:** | Novice Graduation Swimmers can enter either one or both events in the 100 series event numbers.  The maximum number of individual events is 6 for Development and Age Group swimmers plus relays |

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| **Relays**: | Names must be provided for relay events. All relay events are mixed and can be any ratio of gender. Changes to teams can be made up to 30 minutes prior to the start of the session in which the relay is being held. It is encouraged to mix Novice Graduation swimmers with Developmental swimmers in Session 1 relay events.  Relays will be swum in the following age categories: 12 & Under, 13 & Over. |
| **Deck Entries:** | **NOTE: Deck entries for novice Graduation swimmers who swim qualifying times in session 1 will not be accepted for session 3 events as per the direction of Swim Saskatchewan.**  Deck entries may be allowed at the discretion of the Meet Manager and the Clerk of Course. Deck entries must be submitted to the Clerk of Course no later than 45 minutes prior to the start of the session in which the event is to be swum. Deck entries will require a payment of $18.00/individual swim. Payment will be required prior to entry into the event. Deck entries cannot create an extra heat.  Deck entries will be classified as exhibition swims as per SNC rule CSW 3.6.5 |
| **Competition:** | All events will be swum as timed finals.  All events will be Senior Seeded according to entry times and will swim slowest to  fastest  Males and Females will compete separately, except for relays and Novice Graduation Events. The Novice Graduation events (100 series Event #’s) will be swum Mixed  Gender, No age group definition and no rankings  Heats may be combined as necessary.  Except for Backstroke events, swimmers will remain in the water at the completion of their swim to allow the next heat to get under way. Swimmers will stay to the side of their respective lane against the lane rope. |

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| **Scratches:** | Scratches from heats simply create empty lanes, as there shall be no re-seeding. Scratches from heats may be made at any time without penalty except for loss of entry fee. Clubs are requested to report any scratches no later than **30 minutes** prior to the start of that day’s events.  **Coaches are** encouraged to provide scratches to the Clerk of Courses as soon as possible. |
| **Awards:** | * Ribbons will be awarded to the top 8 swimmers in each event (age/gender). * The top 3 swimmers in each age group/gender will be recognized based on the aggregate score of all individual events. * Every swimmer who achieves a personal best (including no times) will receive a ticket to enter a prize draw. Prizes will be drawn on Sunday. * There will be no awards for Relays. These are fun events only. |
| **Scoring** | * (8 lane) 10-8-6-5-4-3-2-1 for Top 3 aggregate point awards only. |
| **Results:** | Results for all swimmers will be posted on the Swimming Canada web site.  Female results for Developmental and Age group swimmers will be reported in the following age categories: 10 & Under, 11 & 12, 13 & 14, and 15 & Over.  Male results for Developmental and Age Group swimmers will be reported in the following age categories: 11 & Under, 12 & 13, 14 & 15, and 16 & Over.  If possible, results will be published to Meet Mobile however, these results are not official. |
| **Warm Ups** | Swimming Canada Warm-up Competition Safety Procedures will be in effect at this meet.  Diving starts shall not be made during the warm-up period when two-way swimming is in progress, except during the final 30 minutes of the warm-up period. During this period of time, swimmers will be allowed to dive and swim in one direction in lanes 1 and 8 respectively. Additional lanes maybe opened for dive starts if required. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1  Safety marshals will be on the pool deck during the warm-up period.    Kick boards and pull buoys will be allowed during the warm up period. Hand paddles and flippers will not be allowed.  Tubing or cord assisted sprinting will not be allowed. |
| **Coaches Meetings:** | Coaches meetings will occur on Saturday, October 13th at 10:15 am in the office.  Meetings may also be called Saturday, October 13th at 4:15 pm and Sunday, October 14th at 8:15 am, if necessary. |
| **General**  **Information:** | Any changes to the meet format will be provided to the coaches at the Coaches  meeting.  Team spaces will not be assigned. Tables and chairs will be set up along the west side of the pool deck for coaches. The space that each team uses will be the responsibility of that team. Teams are expected to keep the areas that they use clean and tidy.  The Lawson Aquatic Centre, RYMM and YSSC will not accept responsibility for any lost or stolen items. It is the responsibility of each swimmer entered into the swim meet to ensure that their personal belongings are stored in a secure manner.  Visiting teams are responsible for the conduct of their swimmers. Inappropriate behaviour at the pool may result in disciplinary action by the meet management.  RYMM and YSSC reserve the right to sell merchandise on the pool deck.  Glass containers and breakables are not allowed on the pool deck.  Sunflower seeds are also not allowed on the pool deck.  Swimmers will follow rules set by the Lawson Aquatic Centre with regard to consumption of food and beverages on pool deck.  **No deck changing will be allowed. Swimmers must go to the change room to change in and out of bathing suits. Swimmers who change on deck are breaking the rule and may be removed from the competition.** |

**Novice Graduation events are the 100-series #’s**. Swimmers can enter both 100 level events offered in Session 1 as well as the 2 relay events in Session 1.

**Developmental events are the 200-series event #’s**. These are for swimmers that have previously reached the Novice Graduation Standard.

**Age Group events are the 300-series event #’s**

**Session #1 – Development Session & Novice Graduation (Mixed) - Saturday: October 13th, 2018**

**Warm up 10:00 am Start 11:00 am**

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| **Mixed Event #** | **Female Event #** | **Event Description** | **Male Event #** |
|  | 200 | 50 Free (Development) | 201 |
|  | 202 | 50 Fly (Development) | 203 |
| 100 |  | 200 Free (Novice Graduation) |  |
|  | 204 | 100 IM (Development) | 205 |
| 102 |  | 100 IM (Novice Graduation) |  |
| 1 |  | 4 x 25 IM Mixed Relay (12 & U) |  |
| 2 |  | 4 x 25 IM Mixed Relay (13 & O) |  |
| 3 |  | 4 x 25 Free Mixed Relay (12 & U) |  |
| 4 |  | 4 x 25 Free Mixed Relay (13 & O) |  |

**Session #2 – Age Group Session - Saturday: October 13th, 2018**

**Warm up 4:00 pm Start: 5:00 pm**

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| **Mixed Event #** | **Female Event #** | **Event Description** | **Male Event #** |
|  | 300 | 100 Free | 301 |
|  | 302 | 100 Fly | 303 |
|  | 304 | 200 IM | 305 |
| 306 |  | 4 x 25 IM Mixed Relay (12 & U) |  |
| 307 |  | 4 x 25 IM Mixed Relay (13 & O) |  |
| 308 |  | 4 x 25 Free Mixed Relay (12 & U) |  |
| 309 |  | 4 x 25 Free Mixed Relay (13 & O) |  |

**Session #3 Developmental and Age Group Session - Sunday: October 14th, 2018**

**Warm up 8:00 am Start 9:00 am**

**Development & Age Group**

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| **Female Event #** | **Event Description** | **Male Event #** |
| 206 | 50 Back (Development) | 207 |
| 310 | 100 Back (Age Group) | 311 |
| 208 | 50 Breast (Development) | 209 |
| 312 | 100 Breast (Age Group) | 313 |
| 210 | 200 Free (Development) | 211 |
| 314 | 200 Free (Age Group) | 315 |

***OFFICIALS FORM***

***2018 Fall Break Out***

***Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

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| ***Name of Official*** | ***Qualifications*** | ***Session Availability*** |
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