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

**LASC Spring Challenge**

**May 9th & 10th**

Location: Max Bell Aquatic Centre at the University of Lethbridge

8 lane 50m competition pool

Omega timing, wedge blocks with backstroke starting device

Meet Managers: Kent Spady Crystal Lothian

[Kspady7@gmail.com](mailto:Kspady7@gmail.com) [thelothians@gmail.com](mailto:thelothians@gmail.com)

Advisory Referee Iris Jackson

Coaches Contact: Peter Schori

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

Officials Coordinator: Deb Hauver

[deborahhauver@gmail.com](mailto:deborahhauver@gmail.com)

Meet Format: 50m (LCM) course

This is an Open Invitational meet. All events will be timed finals and seeded slowest to fastest.

Age groups for scoring will be as follows:

Female: 10 & under, 11-12, 13-14, 15 & over

Male: 11 & under, 12-13, 14-15, 16 & over

20 - minutes warm-up breaks will be inserted, if possible, after the 400 IM and the 400 Free.

Depending on session timeouts, the start times of the afternoon sessions may be adjusted.

Entries: The first 300 confirmed swimmers will be accepted and the minimum is 250 swimmers. LASC/Uof L reserved entries is 80 swimmers.

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.

400 Free & 400 IM will be limited to - 8 heats per gender

Top 16 for Female 10 & under, 11-12, 13-14 (6 heats)

Top 16 for Female 15 & over (2 heats)

Top 16 for Male 11 & under, 12-13, 14-15 (6 heats)

Top 16 for Male 16 & over (2 heats)

Entry Deadline: Entries due by the end of day on May 1st, 2020. There will be no refunds issued after entry deadline.

Entry Process: All meet entries from Canadian teams must be submitted through the Swimming Canada Website. USA teams please submit Hy-Tek file by e-mail to meet manager.

Entry Fees: Timed Finals: $12.00

Relays: $16.00. Please make cheques payable to LASC.

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

Diving Rules: Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

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.

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.

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.

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

Coaches are requested to submit any known scratches to meet management prior to the start of the meet

Individual scratches are due 30 minutes prior to the start of the session.

Relay team scratches must be made 30 minutes prior to the start of the session in which the relay is swum. Individual names changes must be finalized 30 minutes before the first relay event is scheduled to begin.

Deck Entries: Will be permitted solely at the discretion of meet management. Additional heats will not be created, no re-seeding will occur and swims will be considered exhibition. Fees $24.00 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.

Time Trials: Each registered swimmer member is permitted to compete in one individual or relay event. No entry fees are required for Time Trials.

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

Records: At the current time, records will not be considered official in this facility. Please contact Meet Manager for more information.

Relays: No deck entries for relays will be permitted.

Final name change deadline will be 30 minutes before the start of the relays. The exact time will be confirmed & announced during the session.

Awards: Ribbons for top 8 in all age groups in individual events, top 3 in relays

Warm-ups: Will be run in accordance with all Swim Canada & Swim Alberta standards. Dive lanes will be designated by the referee at their discretion. If time allows, there will be breaks during the session to allow for warmup/cool down.

Hospitality: Food will be provided for officials & coaches. The university operates a small food court near the pool for your convenience. There are many other nearby options which meet management can provide, if requested.

Please bring a personal refillable water bottle.

Officials: Volunteer officials from visiting teams are appreciated.

Please Contact Deb Hauver at [deborahhauver@gmail.com](mailto:deborahhauver@gmail.com)

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| **Saturday, May 9th, 2020** | |
| **Session 1**  **Warm-up 8:00-8:50 am Racing 9:00-1:00**  200 Backstroke  50 Breaststroke  100 freestyle  400 IM  4 x 50 Mixed Medley Relay | **Session 2**  **Warm-up 2:30-3:20 pm Racing 3:30-7:30**  50 Freestyle  100 Fly  200 IM  100 backstroke |
| **Sunday , May 10th, 2020** | |
| **Session 3**  **Warm-up 7:30-8:20 am Racing 8:30-12:30**  200 fly  100 Breaststroke  400 Freestyle  50 backstroke  4 x 100 Mixed Freestyle Relay | **Session 4**  **Warm-up 2:00-2:50 pm Racing 3:00-6:00**  200 Freestyle  50 Fly  200 Breaststroke |