

CASCADE AGE GROUP CHALLENGE 2021


December 17-19, 2021

Cascade Swim Club
Repsol Sports Centre
2225 Macleod Trail South, Calgary, AB, T2G 5B6
2x25 metre Competition Pool for prelims (1 pool for finals)



Sanction #

Contacts

Competition Coordinator: Teresa Stauff
Cascade Office: (403) 263-7946
Meet Manager: Cascade Meet Management Team
Officials Coordinator: board_officials2.cascade@gmail.com
Entry Questions & Changes: meetmanager.cascade@gmail.com
Social Media: #AGC2021 #cascadeswimming
 [@cascadeswimming](https://twitter.com/cascadeswimming)  [cascadeswimclubbyyc](https://www.instagram.com/cascadeswimclubbyyc)

***Finals session for all three days will be broadcast live on YouTube.**

Why Attend Cascade's Age Group Challenge

Please attend if you'd like to swim within your age group and work towards an Alberta Championship time. **Challenge your team to supporting our community in need by bringing donations for the Food Bank Hampers set up during the meet. For a lot of people in the region facing food security challenges this is has been a challenging moment in time.** All donations will be going to the Calgary Food Bank. They are in particular need of: soup cans, rice, canned fruit, canned fish, canned green vegetables, fruit juice, pasta sauce, canned tomatoes, peanut butter, canned meat & protein, pasta, diapers and baby formula.

Eligibility

Swimmers in most events may not be entered in any events for which they have a current Alberta Championship Standard time with the exception of the 11&U boys and 10&U girls for which there are no de-qualifying time standards. There are "senior" events where a swimmer who has a Championship qualifying time may enter. **We are limiting the number of swimmers who enter the meet for OPEN Championship events to no more than 200 and will reduce available events if those specific events start to take time away from the rest of the meet.** This is at the discretion of meet management. Please use the Honour System when entering athletes and respect the spirit of this rule that allows only "Provincial" and under times for any given event, including relay legs (i.e. a swimmer with a "Championship" time in the 50m butterfly should not swim butterfly on the 4x50 medley relay). In the event that a "Championship" swimmer is entered into an event in which they are not eligible the Cascade Meet Management Group reserves the right to enter him/her as exhibition, including relays.

Key Dates

DATE	Friday, December 17	Saturday, December 18	Sunday, December 19
Prelims Warm Up	7:30 AM	7:30 AM	7:30 AM
Prelims Start	8:30 AM	8:30 AM	8:30 AM
Finals Warm Up	4:00 PM	4:00 PM	2:30 PM
Finals Start	5:00 PM	5:00 PM	3:30 PM

ENTERING THE MEET

Entry Fees

Individual:	\$18.00 for all events
Relays:	\$18.00 per relay
Deck Entries:	\$30.00 for an individual event, \$30.00 for a relay event
Refunds:	No refunds for any scratched swimmers after December 3rd, 2021

Entry Rules

- Swimmers must be entered through the Swimming Canada entry system. Only swimmers already in the meet may enter events by deck entry. The competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club
- The meet is limited to approximately 700 swimmers with a minimum 250 required to run the event
- **No-time (NT) entries are not be accepted for any swims**
- Swimmer age is determined as of the first day of the meet - December 17, 2021
- All times are entered Short Course (teams may convert entries if they wish)
- Maximum number of entries is 8 individuals swims (3 event max/day)
- Maximum of 3 relays per team per age and gender
- Provide a list of Alternate swims by adding "bonus" swims on your entry file for any swimmer entered into the 400, 800, 1500 free and 400 IM in the event that the Meet Manager must limit entries based on times due to numbers of entrants
- **Clubs not providing this list with their entries may result in no alternate swims being provided**
- Para swimmers may enter without meeting the qualifying standard
- Cascade Swim Club reserves the right to enter swimmers who do not necessarily meet the published meet standards
- Please use Hytek or TeamUnify to add these alternate systems with your entry file
- **The Meet Manager reserves the right to limit entries, double-lane swims and re-schedule slower heats or further modify the format of the meet as needed to run an efficient event**

Entry Age Standards

FEMALES Individual & Relay Events: 10&U, 11-12, 13&Over, OPEN*

MALES Individual & Relay Events: 11&U, 12-13, 14&Over, OPEN*

*The OPEN age category is for swimmers who have a championship qualifying time in that event and who are not eligible to swim in the rest of the AGC events. There are entry limits in all OPEN events and there are no awards or prizes for swimmers in OPEN events.

Entry Procedures - Deadline Friday, December 3rd, 2021

- All entries submitted online through the Swimming Canada entry system
- Time of receipt of uploaded entries is considered as the date and time on the notification email sent to meet manager through the Swimming Canada system
- Entry fees are payable to: Cascade Swim Club via e-transfer: accounting@cascadeswimming.com **no later than the start of the meet.**

NOTES

Officials & Visiting Team Photographers

- Visiting clubs are encouraged to officiate - Please email board.officials2.cascade@gmail.com
- Team photographers must request and receive permission from the Meet Manager prior to trying to access the deck and may be limited to specific days and sessions - Please email meetmanager.cascade@gmail.com

DURING THE MEET

General Meet Format & Rules

- The meet will be conducted under published FINA and/or WPS 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.
- Swimming Canada Warm Up Procedures are in effect
- Prelims and Finals are swam according to entry age categories
- No individual events go straight to finals regardless of the number of entries
- There are "A" finals for all age categories and "B" finals for events with 16 or more entrants
- Entry to competitions 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.
- **Swimming Canada Dive Rule in effect and starts will be conducted from the starting platforms (blocks) as per FINA FR 2.3 & SW 4.1**
- **SafeSport:** All interactions between an athlete and an individual who is in a position of trust should normally, and whenever possible, be in an environment or space that is both "open" and "observable" to others.

Deck Entries

- Deck Entries are accepted only if the entry does not create a new heat and the swimmer does not go over their event maximum for the session or the meet
- Only swimmers already in the meet may enter events by deck entry.
- Fees are \$30.00 for both individual and relay events
- They must be submitted no later than the Late Scratch Deadline of that session
- All Deck Entries must be approved by the Meet Manager and paid in full upon approval

Scratches

The Swim Alberta Scratch Rules will be in effect for this meet:

- Scratches for Friday's events are due by 3:00PM the day before
- Scratches for heats & finals events will follow the Swim AB "Heats & Finals" meets scratch rules

Relays

- All relays are swum during the Finals sessions up to a maximum of two heats per event **all other relays may be swum in the preliminary session depending on session length**
- There are a maximum of 3 relays per team per age and gender including mixed
- Name Change Deadlines for Relays (see Swim Alberta Scratch Rules)

Timed Final Events: Requiring Positive Check-In / Scratch Deadlines

- All heats are swum in preliminaries fastest to slowest as Senior Seeded Timed Finals with the exception of the 400 Free (* see below)

EVENT	POSITIVE CHECK-IN/ SCRATCH DEADLINE	SWAM
800 Free Girls	Friday Dec 17, 8:00 AM	The top 8 swimmers in the following categories are guaranteed a swim: - Girls 12&U, 13&O
1500 Free Boys	Friday Dec 17, 8:00 AM	The top 8 swimmers in the following categories are guaranteed a swim: - Boys 13&U, 14&O
400 Free	Saturday Dec 18, 8:00AM	* Top 3 heats are the top 8 swimmers in each category and senior seeded after these heats
400 IM	Sunday Dec 19, 8:00AM	Senior Seeded

AWARDS

Individual Events & Relays

- All events are awarded according to entry age categories
- Presentation and medals for 1st, 2nd, and 3rd place **except in OPEN Championship events**

Best Times

- There will be a best time prize table for swimmers achieving one or more best times throughout the Meet
- Draws for prizes for swimmers achieving best times will be during prelims on Sunday December 15
- All prizes must be picked up the the conclusion of the Competition
- **Swimmers in the meet in the OPEN Championship event category are not eligible**

Team Spirit Award - “A Season of Cheer!”

- Prize awarded for the best cheer/team spirit demonstrated during or before Finals warm ups throughout the Meet (for both Large and Small Teams)

EVENT ORDER

FRIDAY	SATURDAY	SUNDAY
7:30 AM Warmups - 8:30 AM Heats	7:30 AM Warmups - 8:30 AM Heats	7:30 AM Warmups - 8:30 AM Heats
200 Back	100 Fly	100 Free
100 Breast	50 Back	50 Breast
200 Free	200 IM	100 Back
800 / 1500 Free (timed final)	50 Free	50 Fly
	400 Free (timed final)	400 IM (timed final)
4:00 PM Warmups - 5:00 PM Finals	4:00 PM Warmups - 5:00 PM Finals	2:30 PM Warmups - 3:30 PM Finals
4 x 50 FR~	4 x 50 MR~	4 x 50 FR Mixed~
200 Back	100 Fly	100 Free
100 Breast	50 Back	50 Breast
200 Free	200 IM	100 Back
	50 Free	50 Fly
~Due to time constraints we may have to limit relays in the finals session to two heats with all remaining heats swum in the prelims		4 x 50 MR Mixed~

COMPETITION SAFETY PLAN TEMPLATE

COVID-19 Competition Safety Coordinator:

- Ella Wilson, Cascade Swim Club covid19.cascade@gmail.com

Type of Competition:

- Multi-Club Competition

Multi-Club Competitions

- The club requires proof of vaccination, negative test result or medical exemption for all individuals age 12 and older AND has full control over entry to the facility. **The Host clubs will permit swimmers age 11 and younger with proof of a negative test.**

Facility Access Requirements:

- Access to the building will be the facility south entrance. All participants will access through these doors showing their vaccine passport QR code or negative (-) COVID test result if they are 12 years of age or older. Swimmers 11&U will also need proof of negative test.

Age of Participants:

- All ages of swimmers are welcome as long as they meet the competition entry requirements as well as the facility access requirements.
- All participants (coaches, swimmers & officials) must complete the online screening questionnaire & tracing the night before their day of attendance at the meet. The link for screening is [here](#). Participants can do their screening up starting 24 hours before their 1st session and up until 8PM the night before. A summary of screenings will be sent to a coach contact on each team.

Maximum Competition Numbers:

Maximum Facility Occupancy* = 1,500

Total Participants = 860

Swimmers = 700

Coaches = 50

Officials & Volunteers = 90

Facility Staff = 20

* The maximum competition numbers may not exceed the occupancy requirements of the facility, which may be limited to a portion or percentage of the fire code capacity.

Warm-Up Requirements / Schedule / Lane Assignments:

- 11&U Swimmers will have a separate warm-up area (lanes) and there will be lane assignments per club based on their training group (management of training groups is up to the club).

A designated area will be set for each club as follows:

- 12 & older groups of swimmers
- 11 & younger swimmers; however, 12&older swimmers who swim exclusively with 11&younger swimmers shall be included in the 11&younger designated area as they occupy the same cohort.
- Specific cohorts (training groups) are expected to be seated together
- Coaches shall also be designated to a specific cohort, which should be primarily comprised of swimmers for whom they are a regular coach in training.
- Due to having 11 and under swimmers present at the meet, we need to keep in mind the key considerations for this age group include limiting numbers per group, fixed groups and ensuring the same staff interact with the group.

Entrance / Exit:

- All individuals will use the normal SOUTH Repsol Sports Centre building entrances as per their current guidelines. Participants should remain 2m apart at all times when entering and leaving the building. Participants are required to be masked at all times (ie entering and leaving the building) unless they are engaged in “in the pool activity” (ie swimming).

Changerooms / Showers:

- All change rooms and showers are open for use.

Traffic Flow:

- There are currently no traffic flow guidelines in place as per Alberta government policy and Repsol Sports Centre policy. Everyone should remain at 2m distance between each other when conditions permit.

Response for Sick Individuals:

- The meet will follow the current Repsol Sports Centre COVID-19 Rapid Response Plan if there is still one in place at the time of competition.

Disinfection Procedures:

- There will be no special disinfection procedures in place as per current AHS guidelines for sport and competition. All participants are encouraged to consider bringing their own hand sanitizer and using as appropriate while at the event.

Masks:

- All coaches, officials and other supporting staff will wear masks at all times. Swimmers are expected to wear masks at all times, except when swimming. The referee will use an electronic whistle. Spectators in the stands for our event must be masked as well. These are per municipal, provincial and facility guidelines in place currently.

Timing:

- Electronic timing will be used. There will be 1 plunger per lane. Plunging will be completed by the IT. All plunging will take place on the right side of the starting block when the official is facing the pool. In the event of a timing pad failure teams should note that a “1 plunger” backup time would not be recognized for either a provincial or national record. If you would like to ensure there is a second plunger used you will need to inform the session referee prior to the beginning of the session in order that we can arrange to have someone there. These requests should be reserved for swimmers attempting to break either a provincial or Canadian record.

Shared Equipment:

- Equipment such as starting blocks, backstroke ledges and plungers will be shared amongst participants and while not mandatory it is recommended that participants bring hand sanitizer to their own comfort level.

Location of Officials:

- All officials are recommended to maintain distancing from the other officials, coaches and swimmers.

Location of Coaches:

- All coaches are recommended to maintain distancing from the other officials, coaches and swimmers.

Spectators:

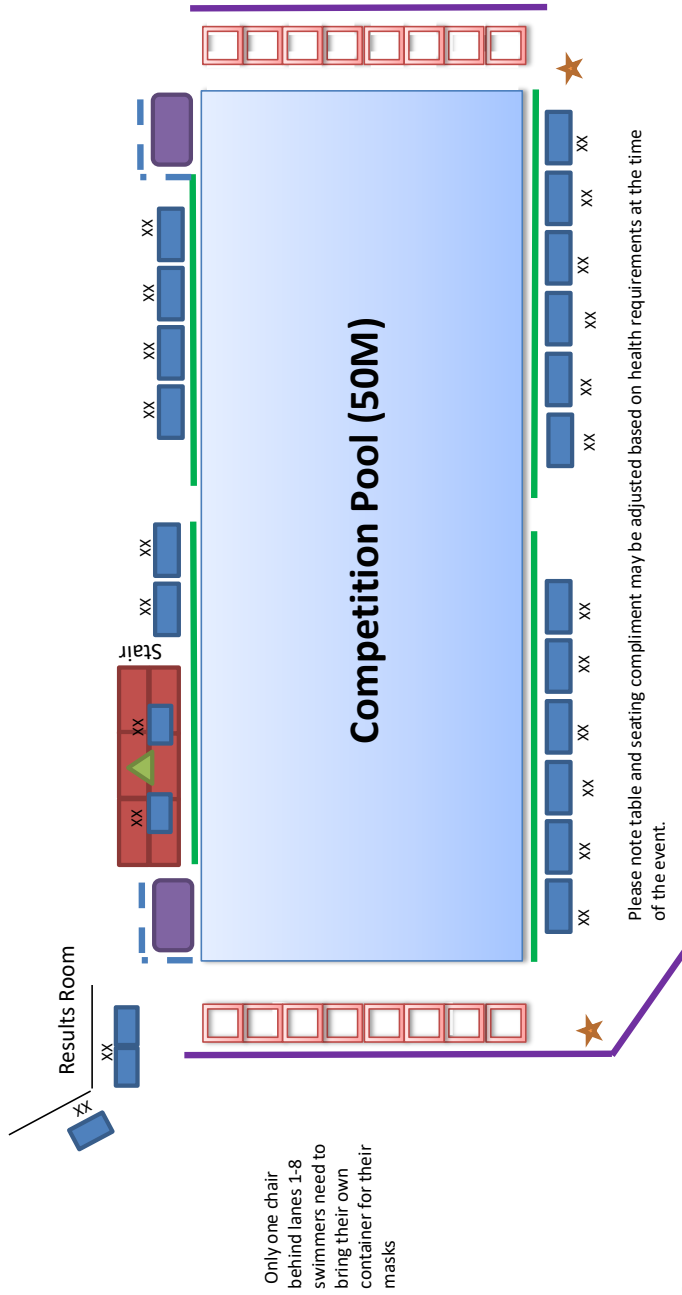
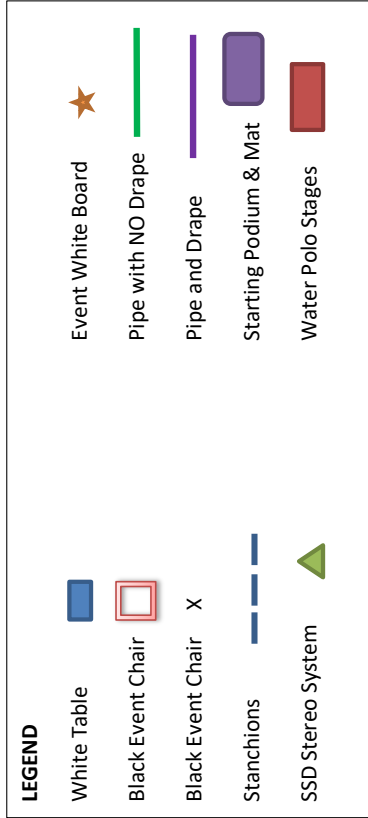
- There are no limitations on spectators but they are recommended to maintain distancing from each other as best they can and take advantage of the ample room available to watch. It is required that Spectators remain masked while in the building. **Spectators will require to show their proof of vaccination upon entering the building - extra time should be allocated for that procedure for each and every one of the meet sessions.**

Facility Specific Requirements:

- As per above All individuals accessing the field of play, including swimmers, coaches, officials, volunteers and support staff, must answer 'no' to all questions on the online screening questionnaire prior to attending their first session of the day. If an individual answers 'yes' to any of the questions, they will not be permitted to enter the facility.

Additional Requirements:

- Hospitality will not be provided. All individuals should bring their own water bottle either filled or to be filled on site at one of the available public fountains.



Only one chair behind lanes 1-8 swimmers need to bring their own container for their masks

Symbols indicating black event chairs are for officials.

Please note table and seating compliment may be adjusted based on health requirements at the time of the event.

Cement Bleachers – Swimmer Seating (please maintain as much distancing as possible)

XX beside the symbol for white tables alongside the length of the pool indicates seating area for coaches.