Eligibility

Swimmers will be eligible to swim in Fundamental Swim Circuit meets:

* That as of September 1, 2018, Fundamental Swim Circuit meets are developmental level meets based on the Fundamentals stage of the Long Term Athlete Development model. Swimmers are de-qualified from any event in which they have achieved a Provincial Standard.
* The focus age for the Fundamental Swim Circuit is 11 & Under. However, we do understand that there will be some cases where 12 and overs swimmers are truly novice. New 12 and over swimmers may enter the fall meets with the purpose to establish times and experience their first competition. In December and onward, the 12 & over, focus should move to invitational level meets. Please use coach discretion when entering 12 and over swimmers.
* They are currently a registered with Swimming Canada and competitive swimmer with a year round program.
* Swimmers who are registered as non-competitive can enter and compete in ONE sanctioned competition per swim season. If they wish to enter any additional competitions they must be upgraded by the registrar, an invoice created, and paid prior to them swimming at the meet. If a swimmer competes a second (or more times) without being upgraded then the club is invoiced $100.00 per swimmer per meet.

**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.

ENTRIES

Entry Fees:

Entry fees will be $35.00 per participant of the meet. Please make cheque payable to ***Nose Creek Swim Association*** and it may be submitted with entries or delivered to the meet manager before the meet starts. Entry Fees are non-refundable after the scratch deadline.

Entry Deadline:

Monday, March 25, 2019 9:59PM MT standard

Scratch Deadline:

Saturday, March 30, 2019 11:59PM

No refunds for any scratched swimmers after March 30, 2019.

After the entry deadline, Coaches are encouraged to send scratches to the meet manager before the start of the first session.

Deck Entries:

Deck entries will be permitted under the following circumstances:

* No new heats will be created to accommodate a deck entry.
* Swimmers will not be allowed to exceed the maximum number of individual swims.
* Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system.
* Swimmers already entered in the meet will not be charged anything extra for a deck entry.
* Swimmers not already entered in the meet can be deck entered under the first three conditions and will be charged at a rate of $10 per swim.

Procedures:

* Entries are to be submitted using Hy-tek through Swimming Canada.
* Swimmers are limited to a maximum of four (4) individual swims.
* Swimmers are limited to a maximum of 2 x 100m events each meet.
* 25m events are for new swimmers. The 25m events are not timed events and not officiated. Swimmers are awarded “Great Swim” ribbons. Coaches can provide feedback to their swimmer on start, stroke, finish legalities. After a swimmer has completed a few 25m events of that stroke, we recommend that they move up to the 50m events.
* Clubs may run 200m Choice (FR, IM, BK, BR) or 400m Free at home and email results to meet manager.

Entry Times:

Entry times are required for all entries to facilitate timing of the meet. No Times (NT) will not be accepted. Coaches PLEASE best estimate a time for each swimmer based on age, stroke and ability. If you are unsure how to estimate use the table below as a reference point.

|  |  |  |  |
| --- | --- | --- | --- |
| Distance | 7 & U | 9 & U | 10 & O |
| 25 meter races | 45.0 | 35.0 | 30.0 |
| 50 meter races | 1:30.0 | 1:15 | 1:00.0 |
| 100 meter races | 2:30.0 | 2:20.0 | 2:10.0 |

MEET INFORMATION

Age Groups:

8 & under, 9, 10, 11 & over

Diving Rules:

In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

Seeding/Format:

Events will be swum as open mixed gender, fast to slow.

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.

Scratches

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

Late scratches:

Submit to the Clerk of Course 30 minutes prior to the start of each session.

No re-seeding will occur. Meet Management may collapse heats to within an event to optimize meet proceedings.

Time Trials

Each registered swimmer member is permitted to compete in one individual or relay event.

**PLEASE NOTE: MEET MANAGEMENT RESERVES THE RIGHT TO ALTER, REVISE, LIMIT ENROLMENT, OR OTHERWISE MODIFY THE PROGRAM TO ENSURE MAXIMUM NUMBER OF SWIMS IN A SESSION OF REASONABLE LENGTH, FOLLOWING RECEIPT OF ENTRIES. COACHES WILL BE NOTIFIED OF ANY CHANGES PRIOR TO THE MEET.**

ADDITIONAL INFORMATION

Facility:

Foothills pool is a Nuts free Zone and No glass containers of any kind are allowed on deck.

Officials:

Visiting clubs are encouraged to volunteer to officiate. Calgary and area clubs sending swimmers will be expected to send officials to: [ncsa.officials@ncsaswim.ca](mailto:ncsa.officials@ncsaswim.ca)

Meet Manager:

Sean de Carl / Kyoko Taylor

Email: [meet.manager@ncsaswim.ca](mailto:meet.manager@ncsaswim.ca)

Please send entries and cheque payment to:

Attention: Kyoko Taylor

44 Covehaven Terrace NE,

Calgary, AB T3K 6H5

|  |
| --- |
| **SESSION ONE**  **Warm up 11:00 -11:40 AM Start 11:45 AM**  **All age groups, Mixed Gender**  **Results as 8&U, 9, 10, 11&O** |
| **100 IM** |
| **25 Backstroke** |
| **25 Breaststroke** |
| **50 Freestyle** |
| **100 Backstroke** |
| **50 Butterfly** |
| **50 Breaststroke** |
| **25 Butterfly** |
| **25 Freestyle** |
| **50 Backstroke** |
| **100 Breast** |
| **100 Freestyle** |

* Clubs may run 200m Choice (FR, IM, BK, BR) or 400m Free at home and email results to meet manager.