



67th Annual
FREEZE or FRY
June 8th & 9th, 2019

Red Deer Catalina Swim Club 2019 Freeze or Fry

Saturday June 8, 2019	Session 1:	Warm-up 8:00 / Start 9:00
Saturday June 8, 2019	Session 2:	Warm-up 14:00 / Start 15:00
Sunday June 9, 2019	Session 3:	Warm-up 8:00 / Start 9:00
Sunday June 9, 2019	Session 4:	Warm-up 12:30 / Start 13:30

Facility – Red Deer Recreation Centre - 4501 - 47A Avenue, Red Deer, Alberta

This facility has an outdoor six-lane, 50-metre pool and an indoor five-lane 25-metre pool adjacent to the 50-metre pool.

Contacts

Meet Manager:	Cory Lorencz	(403) 877-0745	meetmanager@reddeercatalina.ca
Meet Referees:	Travis Broen Lisa Winters	(403) 318-3633	tbroen@finning.com
Head Coach:	Lucien Zucchi	(306) 807-0106	zucchi32@gmail.com

Meet Eligibility:

- All swimmers must be registered with Swim Alberta and/or Swimming Canada.
- This competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club.

Entries

The meet entry deadline is **May 18th 2019**. To insure the highest quality meet, the meet manager reserves the right to limit the number of swimmers and/or the number of individual swims in each session to adhere to Swim Alberta session length guidelines. The meet is anticipated to accommodate 330 swimmers with a maximum number of entries limited to 350

- There is **NO** maximum number of events a swimmer can enter.
- **NT (no time) entries will not be accepted**; please use a coach estimated time if necessary.
- Deck entries will be accepted at double the standard entry fee (\$18) provided that no additional heats are created; all deck entries are exhibition swims and are therefore ineligible for scoring.
- An approved **Hytex event file** for this meet is posted on www.Swimming.ca.
- Entries must be uploaded onto www.Swimming.ca as per procedures for that site.
- Entry fees are \$9.00 per individual event and \$11.00 per swimmer for relays.

- Send cheques for entries to;
Red Deer Catalina Swim Club
#2, 4810 - 50 Avenue
Red Deer, Alberta, T4N 4A3



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Scratch Deadline

There will be no refunds for swimmers scratched after **Wednesday May 29th, 2019**. To make the meet run more efficiently any last minute courtesy scratches would be appreciated until **Wednesday, June 5th, 2019**.

Qualifying Times

There are no Qualifying times.

Age Groups

Male and Female: 11 & Under (except events listed below), 12-13, 14-15, 16&Over.

- 9 & Under (50 fly, 50 back, 50 breast, 50 free, 100 back, 100 breast, 100 free, 200 free only)

Meet Format

- All events are timed final and will be seeded slowest to fastest.

Rules

- The meet will be conducted under published FINA and/or IPC 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.
- SNC warm-up protocol will be in effect. Sprint lanes will be available the last 20 minutes of warm-up.

Diving Rules

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

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.

Positive Check-in

- Positive Check-in is required for the 400 Free at the Clerk of Course a minimum of 30 minutes before the start of the session in order to swim the event.
- Swimmers failing to check in will be scratched from the event.

Meet Scratches

- The Swim Alberta scratch rule will be in effect for this competition.
- Scratch cards will be available at the Clerk of Course table.

Awards & Scoring

Individual: Ribbons will be presented to the top 6 swimmers in each event in each age category.



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Scoring: Scoring will be 1st through 12th place, (40-25-15-12-11-10-9-7-6-5-4-3), for individual events.

Program Changes

The Meet Manager reserves the option to alter, revise, or otherwise modify the program, following receipt of entries to ensure the maximum number of swims in sessions of reasonable length. Coaches or designated club contacts will be advised of changes via Email or from the Catalina web site:

www.RedDeerCatalina.ca.

Psych Sheets

To be published Wednesday prior to the meet. Changes will not be permitted once the psych sheet is published.

Inclement Weather

This is an outdoor swim meet. In the event of lightning there may be delays or interruptions to the meet and possible cancellation of some or all events. No refunds will be given for events cancelled due to inclement weather.

Results

Results will be posted to www.Swimming.ca for downloading.

Officials

Visiting clubs are encouraged to volunteer to officiate. Please list any available officials with their qualifications and submit to Officials Managers at officials@reddeercatalina.ca



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Session Events and Start Times

Saturday Session #1 Time Finals Warm-up: 8:00 Start: 9:00	Saturday Session #2 Time Finals Warm-up: 14:00 Start: 15:00
<i>100 Breast 200 Free 50 Fly 100 Back</i>	<i>100 Free 200 Breast 50 Back 200 IM 4x100 Mixed Free Relay</i>
Sunday Session #4 Time Finals Warm-up: 8:00 Start: 9:00	Sunday Session #5 Time Finals Warm-up: 12:30 Start: 13:30
<i>50 Breast 200 Back 100 Fly</i>	<i>50 Free 400 Free 200 Fly</i>

9 & under events are 50 metres of each stroke, 100m Back, 100m Breast, 100m Freestyle and 200m freestyle only. All remaining events available for 9 & under swimmers are in the 11 & under Category.

Warm up and cool down during sessions is available in the indoor 25m Pool, beginning 15 minutes before the start of each session.