**6th Annual**

**Optimist Prairie Cup**

**AGE GROUP Swim Meet**



**January 19-21, 2018**

**LAWSON AQUATIC CENTRE**

**REGINA, SASKATCHEWAN**





SANCTION # 21496

**Regina Optimist Dolphins Swim Club**

**6th Annual Optimist Prairie Cup**

**Age Group Meet**

**January 19-21, 2018**

**Sanction # 21496**

**Meet Manager**  **Co-Meet Manager** **Entries and Results**

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**Officials Coordinators**

Shenda Stewart and Michelle Krenbrink

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**Facility**:

Lawson Aquatic Centre, 1717 Elphinstone St. Regina, SK.

Short Course Competition**:** One-25 meter, Deep Tank 8-lane competition pool; One-25 meter, Middle Tank 8-lane warm-up/cool-down pool.

Non-turbulent lane markers are used. The new Quantum Electronic timing system will be used for this meet. In the event it is not installed on time, Dolphin watches will be utilized and/or manual watches will be used. Coaches will be updated.

HY-TEK Meet Management Software is used.

All spectators and swimmers must bring indoor shoes to wear on the pool deck. Outdoor footwear is not permitted on the pool deck at this facility. Athlete and spectator seating is on the pool deck.

**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 presenting a foreign FINA affiliated federation.

PARA swimmers who are registered with Swimming Canada (SNC) or FINA affiliate are eligible to compete and will be seeded according to their entry time.

Swimmers must be a minimum of seven years of age as of the first day of competition.

Age group placement will be determined by using age of the swimmer on Friday, January 19, 2018.

**RULES:**

 Current SNC rules apply during this meet except as specifically modified in this meet package.

 IPC rules will be followed for Para swimmers competing in the meet

**Entries**:

\*\*\***Each swimmer will be limited to a maximum of seven (7) individual events, plus Relays\*\*\***

All swimmers entry times must have been achieved during the qualifying period of **September 1st, 2016 to January 19th, 2018**.

12 & under girls and 13 & under boys must have achieved a Saskatchewan AA time in at least one of the events entered.

All entry times should be in short course meters.

Converted times are accepted. Training times are not.

No-Time (NT) entries will be accepted.

Meet Management reserves the right to limit entries in all individual events to ensure timelines are met.

All entries are to be submitted online through the Swim Canada Online system at: [www.swimming.ca/Meetlist.aspx](http://www.swimming.ca/Meetlist.aspx) by **11:59 p.m. EST, January 6th, 2018.** Please direct all inquiries regarding meet entries to**: Matt Spence, contact information listed above.**

SNC registration numbers **MUST** be submitted for each swimmer. No exceptions.

**Relay Entries:**

Each relay swimmer must swim in at least one individual event in the Meet.

All relays will be swum as timed finals.

Relays are being swum in an **Open-Age Category**; Clubs may enter as many relay teams as they wish.

The fastest 8 in the 4X50 Free relay will advance to the 4x100 Free relay.

Female and Male relays will compete separately.

**Clubs are encouraged to submit relay names in their Hy-Tek Entry File.**

Relay names/name changes including name order must be submitted to the Clerk of Course no later than 30 minutes before the start of the session in which the relay will be swum.

Relay cards are available at the Clerk of Course table.

**Entry Fees and Payment:**

$10.00 per individual swimmer entered in the meet.

$10.00 per event.

$15.00 per Relay team.

Cheques are made payable to**:** **Regina Optimist Dolphins Swim Club.**

The cheque amount must be consistent with the entry file at closing.

**Please do not mail entry fees.** Submit entry fee cheques to Meet Management prior to the start of warm ups on Friday January 19, 2018.

No swimmer / team will be allowed to start warm-up until entry fees have been paid.

**Note: Entry fees will not be refunded after 11:59 p.m. EST, January 6, 2018.**

**Deck Entries:**

Deck entries maybe permitted if empty lanes are available and at the discretion of Meet Management and Clerk of Course.

Deck entries must be submitted to Clerk of Course no later than forty-five (45) minutes prior to the start of the session in which the event is to be held.

Deck entries will require a payment of $15.00 for individual and relay events.

Payment is required prior to entry into the event.

Deck entries are classified as exhibition swims.

**Seeding:**

Individual and relay events will be senior seeded and swum slowest to fastest, except 800 Free, which will be senior-seeded, fastest to slowest.

The 800 Free may be swum with 2 swimmers per lane at the discretion of meet management.

Female and Male swimmers will compete separately.

Heats maybe combined as necessary.

**Finals:**

There will be an A Final only in the 100 Free/200 Back/200 IM events and will be swum in the following age groups:

Female: 12 & under, 13 & 14 and 15 & Over

 Male: 13 & under, 14 & 15 and 16 & Over

**Start:**

The FINA Start shall be used for all events as per SNC Rule SW4.

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.

**Scratches:**

Email scratches will be accepted until **Thursday January 18, 2018 at 7pm, CST.**

 Email scratches to: rods@reginadolphins.com, Subject line: **Scratches Prairie Cup AGE GROUP**.

Emailed scratches ARE NOT accepted after January 18, 2018 at 7p.m., after which all scratches must be submitted on official scratch cards.

**Entry fees will not be refunded for scratches received after entry deadline date.**

**Scratch Deadlines:**

Clubs are requested to report any scratches as per Scratch deadlines listed.

Friday January 19th Timed Finals Session:

**50 BK and 50 FLY**: Scratches are requested no later than 30 minutes prior to the start of the session.

**800 Free:** Scratches are due no later than 7p.m. CST, January 18, 2018.

Email scratches to: rods@reginadolphins.com, subject line: **Scratches Prairie Cup AGE GROUP**.

Scratches received after 7p.m. are considered late scratches.

Saturday January 20th AM Preliminary Session:

**100 FR, 200 BK, 200 IM, 4X50 FR Relay** (Top 8 teams advance to the 4x100 FR Relay):

Scratches are requested no later than 30 minutes prior to the start of the session.

Saturday January 20th PM Finals Session:

**100 FR, 200 BK, 200 IM, 4X100 FR Relay** (Top 8 teams from 4X50FR): Scratches are requested no later than 30 minutes following completion of the preliminary session.

Sunday January 21st AM Timed Finals Session:

**200 FLY, 100 BR, 400 FR**: Scratches are requested no later than 30 minutes prior to the start of the session.

**Scratch Penalties:**

There will be no penalties charged for late scratches except loss of entry fee.

For all preliminary events and Time Final events -unexcused scratches, no shows and step-downs simply create empty lanes, as there shall be no reseeding

For Saturday Final events - unexcused scratches, no shows and step-downs (as determined by the Referee) will result in the offending swimmer being scratched from all their remaining final events and relays, scheduled for that session.  A relay team that includes a swimmer that has an unexcused late scratch, no show, step down etc. would also be prohibited from swimming.  No monetary penalty fee is to be assessed.

Alternate swimmers: All Final events, if a swimmer has not reported to the blocks when their race is called, the Referee shall replace the swimmer with an alternate who has reported to the Clerk of Course and is present and ready to swim.  Alternate shall then become one of the finalists. Alternates MUST report to the Clerk of Course prior to the event being called and be ready to swim, if necessary.

**Protests:**

As per SNC Rule CGR 9.2.

**Coaches Meetings:**

Friday, January 19, 2018 at 4:15PM in the Meet Management Office

**Meet Safety Rules:**

Swimming Canada Warm-up Competition Safety Procedures will be in effect at this meet. See last two pages for full description.

Safety Marshals will be stationed around the competition pool deck.

There will be no warm-up lane assignments; as lanes are usually crowded, co-operation and courtesy of all coaches and athletes is expected.

Warm-up times and length may be changed by Meet Managers based on timeline restrictions.

During warm-ups, no swimmer shall enter the pool by using a dive. NO DIVING ALLOWED - EXCEPTION: During the last 25 minutes of the warm up, Lanes 1, 2, 7 & 8 will be designated as diving lanes. During this period only ONE WAY SWIMMING will be allowed in these lanes.

NOTE: Coaches are responsible to inform their swimmers and ensure their discipline and adherence to the MEET SAFETY RULES.

**Scoring and Awards:**

No scoring.

There will be Personal Best Draw prizes (including PB from NT).

Place ribbons awarded for 1st through to 8th in individual events only.

**Meet Results:**

Live results @ <http://www.reginadolphins.com>

Results will be posted on the Swimming Canada web site.

Results will be reported in the following age groups for individual events:

 Female: 12 & under, 13 & 14 and 15 & Over

 Male: 13 & under, 14 & 15 and 16 & Over

Results will be reported as Open for relay events

**Officials:**

Visiting Clubs are welcomed and encouraged to participate in officiating at our Meets. All levels of qualifications are needed. Please have your volunteer officials contact the RODS Officials Coordinators:

**Shenda Stewart** or **Michelle Krenbrink** at the contact information listed above.

**General Information**:

Any additional changes to the Meet format will be provided to coaches at the Coaches Meeting.

Tables and chairs are provided for coaches on the south side of the pool; all teams are required to sit in the designated swimmers area on the south side of the pool.

Clubs will be responsible for their personal valuables and for the conduct of their swimmers. Please have your Club’s area, on deck and in the stands cleaned up before you leave each day.

Swimmers caught vandalizing pool property or using offensive language will be disqualified from the meet and any expenses incurred as a result of the vandalism will be billed to their Club.

**Deck changing will not be allowed as per Swim Saskatchewan policy.**

It is the responsibility of each swimmer entered into the Meet to ensure their personal belongings are stored in a secure manner. The Lawson Aquatic Centre and the Regina Optimist Dolphins Swim Club will not accept responsibility for any lost or stolen items.

Visiting teams are responsible for the conduct of their swimmers. Inappropriate behavior at the pool or at a billets residence, if appropriate, may result in disciplinary action by Meet Management.

The Regina Optimist Dolphins Swim Club reserves the right to sell merchandise and equipment on the pool deck.

Glass containers and breakables are not allowed on the pool deck.

Sunflower seeds with shells are not allowed on the pool deck.

Electric fans are not allowed in the Lawson Aquatic Centre.

**SCHEDULE OF EVENTS**

**Friday, January 19th, 2018 – Timed Finals**

Warm ups 4:30pm; Race Start 5:30pm

|  |  |  |
| --- | --- | --- |
| **Female Event #** | **Event Description** | **Male Event #** |
| 1 | 50 Back | 2 |
| 3 | 50 Fly | 4 |
| 5 | 800 Free | 6 |
|  |  |  |

**Saturday, January 20th, 2018 – Preliminaries/Time Final**

Warm ups 7:30am; Race Start 8:30am

|  |  |  |
| --- | --- | --- |
| **Female Event #** | **Event Description** | **Male Event #** |
| 7 | 100 Free  | 8 |
| 9 | 200 Back | 10 |
| 11 | 200 IM | 12 |
| 13 | 4x 50 Free Relay (TF) | 14 |
|  |  |  |

**Saturday, January 20th, 2018 - Finals**

Warm ups 4:30pm; Race Start 5:30pm

|  |  |  |
| --- | --- | --- |
| **Female Event #** | **Event Description** | **Male Event #** |
| 7 | 100 Free | 8 |
| 9 | 200 Back | 10 |
| 11 | 200 IM | 12 |
| 13 | 4x 100 Free Relay\* | 14 |
|  |  |  |

**Sunday, January 21st, 2018 – Timed Finals**

Warm ups 7:30am; Race Start 8:30am

|  |  |  |
| --- | --- | --- |
| **Female Event #** | **Event Description** | **Male Event #** |
| 15 | 200 Fly | 16 |
| 17 | 100 Breast | 18 |
| 19 | 400 Free | 20 |
|  |  |  |

\***Entries in the 4x100 Free relay are the Top 8 finalists from the 4 x 50 Free relay.**

**Program times may be changed at the discretion of Meet Management. All participating clubs will be notified of any changes to the Program.**

**Coaches will be notified of any changes to the specifications of this Meet Package prior to Meet start, unless such changes can be dealt with at commencement of the Meet without disadvantage to the swimmer.**

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**COMPETITION WARM-UP SAFETY PROCEDURES**

September 26, 2016

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

**GENERAL WARM-UP:**

* Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
* Running on the pool deck and running entries into the pool are prohibited.
* Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
* Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
* Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management’s discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
* Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

**EQUIPMENT:**

* Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
* Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management’s discretion and recommended only for higher level or senior competitions.
* At meet management’s discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions

**COMPETITION WARM-UP SAFETY PROCEDURES**

September 26, 2016

**VIOLATIONS:**

***It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst into an empty pool at the start of a warm-up is not the same as diving headfirst into a crowded lane. Judgement and context is required.***

* Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
* In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

**SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

* Be visible by safety vest
* Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pool when pre-competition warm-ups are scheduled.
* Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgement, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

**PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach’s discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”**