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

**Sandman Group Lethbridge Spring Invitational**

**May 4 & 5, 2019**

Location: Max Bell Aquatic Centre at the University of Lethbridge

8 lane 50m competition pool

Omega timing, wedge blocks with backstroke starting device

Meet Manager: Lacey de Kock

lacey.dekock@gmail.com

Advisory Referee: Teresa Stauft

tlstauft@shaw.ca

Coaches Contact: Peter Schori

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

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 9 & under, 10-11, 12-13, 14 & over. 11 and under will swim morning sessions, 12 and over swim afternoon sessions.

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

Entries: The first 300 confirmed swimmers will be accepted. 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 - 7 heats per gender

Top 16 for 11 & under, 12-13 (4 heats)

Top 24 for 14 & over (3 heats)

800 Free will be limited to 8 per gender aged 13 & under and 16 per gender aged 14 & over

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.

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.

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.

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

Due 30 minutes prior to the start of the session. There will be no penalties for scratches, however no refunds will be credited. There will be no reseeding as a result of scratches.

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: $10.00

Please make cheques payable to LASC.

Entry Deadline: Entries due by April 12, 2019. No refunds will be issued after entry deadline.

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 $20.00 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.

Awards: Ribbons will be awarded for 1-8 place in the 9 & under, 10-11 & 12-13 age groups.

Official Splits: Must be requested prior to the start of the session. Coaches 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.

Warm-ups: Will be run in accordance with all Swim Canada & Swim Alberta standards. Dive lanes will be designated by meet management at their discretion.

Officials: Volunteer officials from visiting teams are appreciated.

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

Coaches Information: There will not be a formal coaches meeting. Information including heat sheets, scratch forms, and deck entry forms will be available in the office of the clerk, just off the pool deck.

Concession: The UofL Student Union building has a number of food options (not all are open on the weekends). Food will be provided for officials and coaches.

**Session 1 – Saturday**

**11 & Under**

**Warm-up 8:30-9:20 am Racing 9:30-1:30**

|  |  |  |
| --- | --- | --- |
| 1 | 200 Free | 2 |
| 3 | 50 Breast | 4 |
| 5 | 100 Back | 6 |
| 7 | 400 IM | 8 |
|  | 20 min Warmup/cool down |  |
| 9 | 50 Free | 10 |
| 11 | 200 Breast | 12 |
| 13 | 100 Fly | 14 |

**Session 2 – Saturday**

**12 & Over**

**Warm-up 2:30-3:20 pm Racing 3:30-7:30**

|  |  |  |
| --- | --- | --- |
| 15 | 200 Free | 16 |
| 17 | 50 Breast | 18 |
| 19 | 100 Back | 20 |
| 21 | 400 IM | 22 |
|  | 20 min Warmup/cool down |  |
| 23 | 50 Free | 24 |
| 25 | 200 Breast | 26 |
| 27 | 100 Fly | 28 |
| 29 | 800 Free | 30 |

**Session 3 – Sunday**

**11 & Under**

**Warm-up 7:30-8:20 am Racing 8:30-12:30**

|  |  |  |
| --- | --- | --- |
| 31 | 200 IM | 32 |
| 33 | 50 Back | 34 |
| 35 | 100 Breast | 36 |
| 37 | 400 Free | 38 |
|  | 20 min Warmup/cool down |  |
| 39 | 50 Fly | 40 |
| 41 | 200 Back | 42 |
| 43 | 100 Free | 44 |
| 45 | 200 Fly | 46 |

**Session 4 – Sunday**

**12 & Over**

**Warm-up 1:00-1:50 pm Racing 2:00-6:00**

|  |  |  |
| --- | --- | --- |
| 47 | 200 IM | 48 |
| 49 | 50 Back | 50 |
| 51 | 100 Breast | 52 |
| 53 | 400 Free | 54 |
|  | 20 min Warmup/cool down |  |
| 55 | 50 Fly | 56 |
| 57 | 200 Back | 58 |
| 59 | 100 Free | 60 |
| 61 | 200 Fly | 62 |