**Red Deer Catalina Swim Club 2018 Freeze or Fry**

Saturday June 9, 2018 Session 1: Warm-up 7:30 / Start 8:30

Saturday June 9, 2018 Session 2: Warm-up 12:15 / Start 13:15

Saturday June 9, 2018 Session 3: Warm-up 16:15 / Start 17:15

Sunday June 10, 2018 Session 4: Warm-up 7:30 / Start 8:30

Sunday June 10, 2018 Session 5: Warm-up 12:00 / Start 13:00

**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: **Ian Bettenson (403) 396-8198** [**imbettenson@shaw.ca**](mailto:stephanus@telus.net)

Meet Referee: **Travis Broen (403) 318-3633** [**tbroen@finning.com**](mailto:tbroen@finning.com)

Head Coach: **Scott Wilson (250) 813-1533** [**rdcoachscott@gmail.com**](mailto:rdcoachscott@gmail.com)

**Meet Eligibility:**

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

**Alberta Summer Games:**

This meet will also serve as the **Zone 4 Trials for the Alberta Summer Games**. Swimmers wishing to qualify must enter the **100 Free, 100 Back, 100 Breast, and 50 Fly**.

**Summer Games Selection Criteria**

**Category 1 -4**

Selection Events: 100 Free, 100 Back, 100 Breast and 50 Fly. Only these individual

events will be used to select the zone team. Swimmers must swim all four events.

Aggregate Scoring

First Place = 5 points

Second Place = 3 points

Third Place = 1 point

**• First Round Selection**

* The top three swimmers based on aggregate score will be selected.
* Should there be a tie for the third and/or alternate position(s), follow the
* second round selection.

**• Second Round Selection**

* In the event of a tie, the swimmer with the greatest number of highest
* rankings will be selected (e.g. more first place rankings than second place
* rankings, etc.).
* Should rankings not break the tie the swimmer with the highest ranking in
* 100 freestyle shall be selected.
* Should the 100 freestyle not break the tie, the highest single FINA point
* swim shall break the tie.

**Category 5**

Swimmers will be ranked by gender using the SNC Para-Swimmer charts. The total of

the top three performances will be used to determine rank. Special Olympic athletes will

be ranked using the S14 (cognitive disability) chart.

Note: this is the same as the fill policy. These results must be submitted after the event

for all alternates.

**SECONDARY SELECTION CRITERIA**

NOTE: The secondary selection criteria must be published with your meet package.

The secondary selection procedure is an option for zones that have empty selection spots

available on their team after the zone trials. To be eligible for secondary selection

swimmers must register as an athlete on the Alberta Games website prior to the zone

trials.

Athlete performance times for competitions held between April 29 and June 5, 2018 will

be ranked according to the following criteria.

**Step 1:** Short course and long course 50 freestyle times will be ranked using

current FINA points. The top one or two swimmers not already selected

to the zone will be offered selection.

**Step 2:** Short course and long course times will be ranked using current FINA

points from the following events. The highest FINA point swim from

athletes not already selected will determine selection.

**Entries**

The meet entry deadline is **May 19th 2018**. 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 are a **maximum number of seven (7) swims** per individual swimmer.
* **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 **Hytek event file** for this meet is posted on [www.Swimming.ca](http://www.Swimming.ca).
* Entries must be uploaded onto [www.Swimming.ca](http://www.Swimming.ca) as per procedures for that site.
* Entry fees are $9.00 per individual event.
* Send cheques for entries to;

**Red Deer Catalina Swim Club**

**#2, 4810 - 50 Avenue**

**Red Deer, Alberta, T4N 4A3**

**Scratch Deadline**

There will be no refunds for swimmers scratched after **May 26th, 2018**. To make the meet run more efficiently any last minute courtesy scratches would be appreciated until **Wednesday, June 2, 2018.**

**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.

**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: Medals will be awarded for 1st, 2nd, and 3rd place finish in each event and age category.

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](http://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](http://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

**Session Events and Start Times**

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| **Saturday**  **Session #1**  **Time Finals**  **Warm-up: 7:30**  **Start: 8:30** |  | **Saturday**  **Session #2**  **Time Finals**  **Warm-up: 12:15**  **Start: 13:15** |  | **Saturday**  **Session #3**  **Time Finals**  **Warm-up: 16:20**  **Start: 17:15** |
| *50 Fly*  *200 Free*  *100 Back* |  | *100 Free*  *200 Breast*  *50 Back* |  | *100 Breast*  *200 IM* |
| **Sunday**  **Session #4**  **Time Finals**  **Warm-up: 7:30**  **Start: 8:30** |  | **Sunday**  **Session #5**  **Time Finals**  **Warm-up: 12:00**  **Start: 13:00** |
| *50 Breast*  *200 Back*  *100 Fly* |  | *50 Free*  *400 Free*  *200 Fly* |

**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.**