

RED DEER CATALINA VALENTINE INVITATIONAL

FEBRUARY 11-12, 2023

Dates

Entry Deadline : Monday Jan 30,2023

Scratch Deadline: Wednesday, February 8, 2023

Fees Due: Saturday Feb 11 by start of first session

Facility

The Roland Michener Centre, Red Deer, Alberta, is at the corner of 51A St. & 38A Ave. This facility has an indoor. Six-lane, 25-metre pool and a five by ten-metre dive tank adjacent to the 25-metre pool. The dive tank is available for continuing warm-up and cool-down during the Meet.

Contacts

Meet Manager: Chad Erickson: 403-392-5547 meetmanager@reddeercatalina.ca

Meet Referee: Lisa Winters: (780)-996-2374 puremassage2013@gmail.com

Head Coach: Tristan Cote:

Clerk of Course: Lyle Thomas 403-350-9777 clerkofcourse@reddeercatalina.ca

Catalina Office: registrar.catalina@gmail.com

Entry Rules

- This competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club.
- Each swimmer is allowed a maximum of three (3) events per session
- Each swimmer is allowed a maximum of 9 TOTAL events
- A minimum of 40 and maximum of 250 swimmers will be registered for this meet.
- To ensure 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.
- **NT (no time) entries will not be accepted;** please use a coach estimated time if necessary.
- Swimmer age is determined as of Saturday, February 11, 2023
- Entries must be uploaded onto www.Swimming.ca as per procedures for that site.
- Deck entries will be EXHIBITION only and accepted only if the swimmer is already entered in the meet and the entry does not create a new heat.
- Entry fees are \$10.00 per individual event
- Entry Fees are non-refundable after the scratch deadline.

- A cheque for entries payable to the **RED DEER CATALINA SWIM CLUB** must be received by the meet manager prior to entries being considered received and complete.
 - Send Cheques to:
Red Deer Catalina Swim Club
#2, 4810 - 50 Avenue, Red Deer, Alberta, T4N 4A3

Official Splits

- Must be requested prior to the start of the session, coaches may be required to supply timers.

Scratches

- Scratch deadline Wednesday, February 8, 2023
- Entry fees are non-refundable after the scratch deadline except with a medical note
- The Swim Alberta Scratch Rule will be in effect for this meet.

Qualifying Times

- No qualifying times

Age Groups

- Male and Female: 10&Under, 11-12, 13-14, 15 & Over

Awards

- Individual: 1st – 6th place ribbons will be awarded for each event by age group and gender. Awards may not be available at the completion of the meet and, if not, will be shipped to clubs.

Meet Format/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.
- Swimming Canada warm-up protocol will be in effect.
- 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.
- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
- All events are TIMED FINALS
- Events will be swum slowest to fastest with separate gender and mixed ages (with exception to the 400 IM, 400m freestyle, 800m freestyle & 1500m freestyle).
- Coaches must submit estimated entry times in lieu of no-time (NT) entries.

- The 400IM, 400m freestyle, 800m freestyle & 1500m freestyle will be swum with the fastest to slowest. The 400 IM, 400m freestyle, 800m freestyle & 1500m freestyle MAY be swum mixed genders.
- The Meet Manager reserves the option to cancel and/or alter events as necessary to meet time constraints.

Modesty Wear

All swimmers are permitted to race with modesty wear at all competitions sanctioned by Swim Alberta. It is not required to declare the use of modesty wear to the Referee.

- *Modesty wear is considered additional body coverage using a fabric that is a permeable open mesh textile and would not reasonably be seen to be creating a technical advantage, meaning it does not aid buoyancy, strength, speed, or endurance.*

Safe Sport

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

Results

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

Officials

Volunteers from visiting clubs may be needed. Please list any available officials with their qualifications and submit to officials@reddeercatalina.ca .

Host Hotel

Best Western Inn and Suites
6839 66 Street
Red Deer, AB
T4P 3T5
Phone: 403-346-3555

Ask for the Red Deer Catalina Swim Club Rate (\$110.00/night)

Session Order of Events and Start Time

Girls Event #	Session #1 Timed Finals Saturday, February 11th,2023 Warm-up: 7:00 - 8:00 AM Start: 8:05 AM	Boys Event #
1	400m IM	2
3	50m Fly	4
5	200m Backstroke	6
7	50m Breaststroke	8
9	100m Freestyle	10

Girls Event #	Session #2 Timed Finals Saturday, February 11, 2023 Warm-up: 1:00 - 2:00 PM Start: 2:05 PM	Boys Event #
11	400m Freestyle	12
13	100m Backstroke	14
15	200m Fly	16
17	50m Freestyle	18
19	200m Breaststroke	20

Girls Event #	Session #3 Timed Finals Sunday, February 12, 2023 Warm-up: 7:00 - 8:00 AM Start: 8:05 AM	Boys Event #
27	200m IM	28
29	100m Fly	30
31	50m Backstroke	32
33	100m Breaststroke	34
35	200m Freestyle	36

Girls Event #	Session #4 Timed Finals Sunday, February 12, 2023 Start: 30 minutes after end of session #3	Boys Event #
37	800m Freestyle	38
39	1500m Freestyle	40