



## Wild Hair

**March 12, 2023**

HOSTED BY: RIPTIDES SWIM CLUB

FACILITY: ELEVATION PLACE #100-700 RAILWAY AVE, CANMORE, AB

### CONTACTS:

Meet Manager: **Misty Kendal** [mrskendal@gmail.com](mailto:mrskendal@gmail.com) (403) 688 0699

Officials Chair: **Erika Pataki**, [erika@riptides.ca](mailto:erika@riptides.ca)

Referee: **Teresa Stauff**

DATE & TIME: March 12, 2022 Warm-Up: 8:30am Start: 9:00am Estimated Finish: 12:30pm

**Entry Deadline February 27, 2023 at Noon**

### COMPETITION FOCUS

The Fundamentals Circuit is a series of early development competitions based on the Fundamentals stage outlined in Swimming Canada's Appropriate Athlete Development. The focus age for the Fundamentals Circuit is 11 & under however it is understood that there will be cases where swimmers age 12 & over are truly novice. New 12 & over swimmers may enter the fall competitions with the purpose to establish times and experience their first races. For competitions held December and onward, swimmers aged 12 & over should attend invitational competitions. Coaches should use discretion when entering 12 and over swimmers. Swimmers of any age who are registered with the Dolphin Swim Club are welcome to attend. In addition, swimmers with a disability who are currently classified with a Level 1 classification or who may seek classification as a para swimmer in the future may participate regardless of age.

### 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.

### 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.

## **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.

## **DIVING RULES**

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1. 2.

Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1. 3.

In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

## **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.

***Meet Management reserves the right to alter, revise, limit enrolment, or otherwise modify the program to ensure maximum number of swims in a session of reasonable length. Coaches will be notified of any changes prior to the meet.***

## **ELIGIBILITY**

The following swimmers are eligible to swim in the Fundamentals Circuit competitions.

- a) This competition is open to all swimmers currently registered with a Swimming Canada affiliated club that is participating in the Fundamentals Circuit.
- b) Swimmers who are registered as non-competitive can enter and compete in ONE sanctioned competition per swim season. Swimmers who wish to enter additional competitions must upgrade to a competitive registration.
- c) Swimmers may participate in events in which they have a Swim Alberta Festival time standard however swimmers are de-qualified from any event in which they have achieved a Provincial Trials time standard.
- d) Para swimmers who have achieved the para swimming provincial time standard are de-qualified from the Fundamentals Circuit.

**CLUBS INVITED: CBACW, CWC, GLEN, KSC, LASC, MAVS, OLDS, WAVES**

## **ENTRIES\***

Swimmers are limited to a maximum of four (4) individual swims.

- 25m events are intended for new swimmers. Once a swimmer has successfully completed 25m races of a stroke they may consider the 50m event.
- Swimmers are limited to a maximum of two 100m events per competition.
- Clubs may run 200m Choice (FR, IM, BK, BR) or 400m Free at home and email results to meet manager.

*\* The meet is expected to have a maximum of 220 swimmers and will run with a minimum of 80 swimmers.*

## **ENTRY PROCESS**

All entries must be submitted through the Swimming Canada online system.

Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system.

## **ENTRY FEES**

Entry fees for single session Fundamentals Circuit competitions (October to April) will be \$35.00 per participant.

**ENTRY TIMES**

There will be no deck entries.

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Entry times are required for all entries to facilitate timing of the meet. No Time (NT) entries will not be accepted. If a time is not available coaches must use their best estimate for each swimmer based on age, stroke and ability. If you are unsure how to estimate use the table below as a reference point.

Distance	7 & U	9 & U	10 & O
25 meter races	45.0	35.0	30.0
50 meter races	1:30.0	1:15.0	1:00.0
100 meter races	2:30.0	2:20.0	2:10.0

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**MEET FORMAT**

Meet Format: The competition will be Time Final.

Seeding: The competition will be swum as mixed gender, open, seeded fast to slow, with results split by age category for ranking.

Age Categories: 8 & under, 9, 10, 11 & Over

**RIBBONS**

Ribbons will be awarded for all Best Times and Great Swim.

**SCRATCHES**

The [Swim Alberta Scratch Rule](#) will be in effect for this competition. After the entry deadline, coaches are encouraged to send scratches to the meet manager before the start of the first session. Each session a scratch sheet, complete with the name of the club, the name of the swimmer and the event number(s), must be handed to the Clerk of Course no later than 30 minutes before the start of the meet.

Schedule of Events
25 fly
100 free
25 back
50 back
100 breast
25 free
50 free
100 back
25 breast
50 breast
100 IM
50 fly

MAXIMUM FOUR (4) INDIVIDUAL EVENTS PER SWIMMER

Clubs may swim 200 Choice/400 Free PRIOR TO MEET AND SUBMIT TIMES TO MEET MANAGER via EMAIL as per schedule above.

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