**Strathcona County Swim Club**

*Neil Lepps 2023*

**Date:** Saturday & Sunday (Mar 18th & 19th)

**Location:** Millennium Place, 2000 Premier Way, Sherwood Park, Alberta (10 x 25m facility)

**Meet Manager:** Lesley Bowman, meetmanager@silverrays.ca

**Entries:** Doug Loree, entries@silverrrays.ca

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| **Session** | **Warm-Up** | **Racing** |
| Saturday 11&U AM | 7:00 – 8:00am  | 8:00am – 12:00pm |
| Saturday 12&O PM | 12:30 – 1:30pm | 1:30 – 5:30 |
| Sunday 12&O PM | 7:00 – 8:00am | 8:00am -12:00pm |
| Sunday 11&U AM | 12:30 – 1:30pm | 1:30 – 5:00pm |

**Session times may be altered depending on swimmer events and session time outs. Entries for certain events may be capped due to session duration. This will be based on club allotment not speed of swimmer. A pre-competition technical bulletin will be sent out prior to the meet.**

**Entry Information**

Entry Deadline: Monday, February 27th 2023

Scratch Deadline: Monday, March 13th 2023

Minimum # entries: 100

Maximum # entries: 350

Reserved # entries: 85

Swimmers may enter up to three (3) events per session. Maximum six (6) races for each swimmer.

**Entry fees**

$15 for individual events

**Seeding**

Events will be seeded from SLOWEST TO FASTEST by gender.

**Age Categories**

9&U, 10-11, 12-13, 14&O

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| **Event List** |
| **Sat AM (11&U)** | **Sat PM (12&O)** | **Sun AM (12&O)** | **Sun PM (11&U)** |
| 50m Freestyle100m Butterfly50m Breaststroke100m Backstroke200m Freestyle | 50m Freestyle100m Butterfly50m Breaststroke100m Backstroke200m Freestyle | 50m Backstroke100m Breaststroke50m Butterfly100m Freestyle200m IM | 50m Backstroke100m Breaststroke50m Butterfly100m Freestyle100m IM |

*Neil Lepps 2023 (cont.’d)*

**IMPORTANT CONSIDERATIONS**

All 11&U entries are reserved for Northern Alberta swim clubs (ie. Your club competes at North Festival)

Both 12&O sessions will be “NO SPECTATORS” sessions – swimmers, coaches & volunteers only.****

**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. **Backstroke ledges will not be used at this meet.**

**Diving Rules**

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

We require a [Club Verification of Competition Readiness](https://swimalberta.ca/wp-content/uploads/2019/01/Competition-Readiness-Club-Verfication-Jan-2019.pdf) from all clubs prior to swimmers entering the water. Please sign and return the form to the meet manager by Friday, March 17, 2023 to meetmanager@silverrays.ca

**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.

**Eligibility**

This is a Level 2 **Closed** Invitational meet. Competition is open to swim clubs who are invited and according to allotments created by the meet manager. Swimmers must be currently registered with Swimming Canada or a FINA affiliated club. **NO TIME entries will not be accepted.** You will not be able to upload swim files if a NO TIME is in the data.

**Scratches**

The Swim Alberta scratch rule will be in effect for this competition. Scratches made after the deadline will not be refunded.

**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. Deck entries will be charged double the entry fee. All deck entries are exhibition swims and will not be scored.

**Warm up/Cool down** lanes will be available until 4:30 each day.

**Team Fees**

Team fees can be paid at the Meet Manager’s office.

Cheques can be made out to: Strathcona County Swim Club.

Etransfers can be sent to treasurer@sherwoodparkswimclub.com. No password required.

**Awards**

Ribbons will be awarded to the top 10 swimmers of each age category in each event.

Individual heat winners will be able to put their name in for a draw prize.

**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.