



Name of Meet: UCSC Spring Start Up 2023  
Hosted by: University of Calgary Swim Club  
Date of Meet: Sat Apr 29 - Sun Apr 30, 2023  
Entry Deadline: Monday April 17 @ 5:00 pm  
Sanctioned by: Swim Alberta  
[www.calgaryswimming.com](http://www.calgaryswimming.com)

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**Facility and Location:**

University of Calgary Aquatic Centre, Calgary, AB

1 – 50-meter 8 lane pool. Time permitting, the meet may be run in six lanes for racing, with lane 7 remaining empty and lane 8 being used for warm-up/cool-down.

Electronic timing will be used.

**Meet Manager:**

Peter Lloyd – [lloydswims@gmail.com](mailto:lloydswims@gmail.com)

Officials Coordinator – [officials@calgaryswimming.com](mailto:officials@calgaryswimming.com)

**Session Times:**

Saturday April 29, 2023

Warm-up: 2:00 pm - 2:50 pm

Start: 3:00 pm

Sunday April 30, 2023

Warm-up: 2:00 pm - 2:50 pm

Start: 3:00 pm

**Meet Rules:**

The meet will be conducted under published World Aquatics (WA) 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. All swimmers must be registered members of Swimming Canada or a World Aquatics affiliated club. SNC warm-up procedures will be in effect.

**Diving Rules:**

Starts will be conducted from Starting Platforms (blocks) as per WA 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.

**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.



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**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.*

**Meet Format:**

All Events will be senior-seeded, and results will be split by age group. Events will be run slowest-to-fastest.

**Eligibility:**

This meet is a Level 2 multi-club Open Invitational competition. The meet is open to all swimmers currently registered with Swim Canada or a WA-affiliated club.

**Qualifying Times:**

There are no qualifying times for this meet.

**Entries:**

Swimmers are limited to 5 events, with 3 events maximum per day.  
Swimmers are limited to one (1) 200-meter event per day.

All entries must be submitted through the Swimming Canada online system. Teams can reserve spots for their swimmers in this meet by emailing [dave@calgaryswimming.com](mailto:dave@calgaryswimming.com) or [lloydswims@gmail.com](mailto:lloydswims@gmail.com). Additional spots will be assigned on a first come, first-serve basis for entries received through the Swimming Canada system. Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system.

Deck entries will be permitted under the following circumstances:

1. No new heats will be created to accommodate a deck entry.
2. Approval of the meet manager.
3. Swimmers will be charged double the regular entry fee, payable upon entry being confirmed.

Entry times are required for all entries to facilitate timing of the meet by the meet manager. An entry of NT will not be accepted.

*Meet Management reserves the right to limit enrollment of swimmers to the first 250 swimmers, to alter, revise, limit enrollment, or otherwise modify the program. Minimum number of swimmers in the competition is 150. Reserved spots is 200. Coaches will be advised of any changes prior to the start of the meet.*



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**Entry Fee:**

\$12 per individual event.

**Entry Deadline:**

Entries and entry fees are due on or before Monday, April 17<sup>th</sup> at 5:00 pm. E-transfer of entry fees may be sent to: [accounting@calgaryswimming.com](mailto:accounting@calgaryswimming.com). Alternatively, cheques can be made payable to University of Calgary Swim Club and sent to:

Peter Lloyd c/o University of Calgary Swim Club  
KNA 253, 2500 University Drive NW, Calgary, Alberta T2N 1N4

**Scratches:**

The [Swim Alberta scratch rule](#) will be in effect for this competition. ***No refunds will be issued for scratches received after the entry deadline.***

For optimization of timeouts only, scratches can also be sent to the Meet Manager up until 5 pm on April 27<sup>th</sup>, 2023 by emailing the Meet Manager.

**Results:**

Results will be listed in the following age groups: 10 & Under / 11-12 / 13-14 / 15 & Over.

Official results will be posted on the Swimming Canada website – [www.swimming.ca](http://www.swimming.ca) within 48 hours of the completion of the meet. Unofficial results may be shared via Meet Mobile and posted on the University of Calgary Swim Club website: [www.calgaryswimming.com](http://www.calgaryswimming.com).

**Awards:**

There will be no awards at this competition.

**Psych Sheets:**

Psych sheets will be available prior to the meet and will be posted on the University of Calgary Swim Club website: [www.calgaryswimming.com](http://www.calgaryswimming.com)

**Heat Sheets:**

Heat sheets will be made available via Meet Mobile prior to each session.

**Coaches Meeting:**

If required, a coaches meeting may be held on April 29<sup>th</sup> at 2:15 pm at the South End of the pool. Otherwise, notices pertaining to the meet will be placed in each clubs' hanging folders in the official/hospitality room.



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**Time Trials:**

Each registered swimmer member is permitted to compete in one individual or relay event. No entry fees are permitted for Time Trials.

**For more information please contact:**

Peter Lloyd  
Meet Manager  
Email: [lloydswims@gmail.com](mailto:lloydswims@gmail.com)

**Schedule of Events:**

<b>Session 1 – Saturday April 29</b>		
<b>Girls Event</b>		<b>Boys Event</b>
1	100 Butterfly	2
3	100 Backstroke	4
5	200 Breaststroke	6
7	50 Freestyle	8
9	50 Breaststroke	10
11	200 IM	12
13	200 Freestyle	14

<b>Session 2 – Sunday April 30</b>		
<b>Girls Event</b>		<b>Boys Event</b>
15	50 Butterfly	16
17	200 Backstroke	18
19	100 Breaststroke	20
21	100 Freestyle	22
23	200 Butterfly	24
25	50 Backstroke	26