

Peace River Wahoos 25th Annual Invitational Swim Meet

April 29-30, 2023

Sanction #

Times

Saturday, April 29, 2023

Session 1

Warm up 7:30 – 8:00am

Events 8:00 – 9:00am

Session 2

Warm up 9:00 - 9:55am

Events 10:05 – 5:00 pm

1 Hour Lunch – time TBD

Sunday, April 30, 2023

Session 3

Warm up 8:00 – 8:55 am

Events 9:05 – 2:00 pm

Warm Up Procedures

Session 1 warm-up

Open Lanes 1-6

Session 2 & 3 warm-up

Lanes Assigned 1-6

*** after 30 minutes of warm-up teams can open their assigned lane as a dive or pace lane at the coaches' discretion**

Facility/Parking

Peace Regional Pool

7201-98 St Peace River, AB

Referees

Patrick Kinshella

Swimming Eligibility/Limits

The meet is limited to 175 swimmers registered with SNC or with FINA affiliated clubs.

The club with the 175th swimmer will be allowed to enter the remainder of their team.

50 reserved entries. Minimum 100 entries.

Entries / Entry Deadlines

A Hy-Tek file is available for download from the Swimming Canada website (www.swimming.ca).

Entry times **ARE REQUIRED** for all individual events (NT's are not permitted). Please make your best educated guess if needed.

Entries **MUST** be received by:

Monday April 17, 2023 at 11:59 PM.

Entries are to be submitted via the Swimming Canada website (www.swimming.ca).

All events will be timed finals and open seeded.

The number of relay teams is required when submitting entries; however, relay swimmer's names can be decided 30 minutes prior to lunch.

Swimmers will be allowed to swim a maximum of 7 individual events plus 2 relays.

Events

Session 1

1	800 Freestyle
2	1500 Freestyle

Session 2

3	200 IM
4	25 Backstroke
5	200 Butterfly
6	50 Breaststroke
7	100 Butterfly
8	25 Freestyle
9	100 Freestyle
	Lunch (60 minutes)
	25 Kick *Exhibition
10	200 Freestyle
11	50 Backstroke
12	200 Breaststroke
13	4 x 50 Freestyle relay 12 & Under
14	4 x 100 Freestyle relay 13 & Over

Session 3

15	50 Freestyle
16	400 Freestyle
17	25 Butterfly
18	100 Breaststroke
19	200 Backstroke
20	25 Breaststroke
21	100 IM
22	50 Butterfly
23	100 Backstroke
24	4 x 50 Medley relay

All events will be run as mixed gender.

Contact Information

Jaimie Gaudreau – wahooswimming@gmail.com 780-561-0155 – entries contact

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Entry Fees / Late & Deck Entries

\$8.00 per individual swim, and \$12.00 per relay.

Late and/or deck entries will be received on a first come first served basis to fill empty lanes only at an entry fee of \$10.00 per swim, and \$15.00 per relay.

Please make cheques payable to:

Peace River Winter Swim Club
Box 6894, Peace River, AB T8S 1S6

Payment needs to be made in full not later than Saturday April 29, 2023 and can be given directly to the Meet Manager.

e-transfers can be sent to: prwahoosexec@gmail.com

NO REFUNDS will be given once fees are submitted.

Pool Rules

NO food on deck or drinks in glass bottles on deck.

NO outdoor shoes past the lobby doors. Coaches, officials and, athletes may wear indoor deck shoes.

Meet Rules

The meet will be conducted under published FINA rules and 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.

The meet will follow SNC rules.

SNC warm-up procedures will be in place for all warm-up sessions. The Swim Alberta Scratch Rule will be in effect for this competition.

Disqualifications are applicable to all swimmers age 9 and over. 25m races open to 10 & U swimmers only.

The number of swimmers in the 800 and 1500 Freestyle may be limited to one heat.

Diving Rules

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

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.

Coaches/Officials Meetings

Officials meeting: 8:20am

Coaches meeting: 8:50am

Meetings will be held in the activity room in the lobby.

Seeding / False Starts

All events will be timed finals and open seeded. The FINA 1 start rule will be in effect.

Please provide SCRATCHES until April 28, 2023 at 6:30 PM, to maximize the accuracy of the heat sheet.

Scoring and Awards

Individual events will be scored by age group and gender.

Awards will be presented for Girls and Boys ages:
8 & under; 9 & 10; 11 & 12; 13 & 14; 15 & Over

Relays will be scored by age-group.

Points will be awarded for both individual aggregate and team scoring:

Individual Events: 7,5,4,3,2,1

Relays: 14,10,8,6,4,2

*Event marked Exhibition will not count towards individual or team points.

Individual events: Ribbons for 1st through 6th

Relay Events: No Awards will be provided.

Aggregate Award: Medals for top 3 males and females in each age group based on point total.

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