

FMSC Time Trial Swim Meet

March 24, 2023

Syncrude Aquatic Centre
Suncor Community Leisure Centre
MacDonald Island Park
1 CA Knight Way

Meet Type: Level 1 – Timed Finals
Sanction Type: Single Club Competition
8/10 Lane, 25 Meter Competition Pools
Electronic Timing System



CONTACTS

Meet Manager: Amanda Black
meetmanager@fmswim.com

Official Coordinator: Robin Elson
officials@fmswim.com

Referee: Steve Huffman

Fort McMurray Swim Club: PO Box 5654
Fort McMurray, AB T9H 3G6
www.fortmcmurrayswimming.com

ELIGIBILITY

All swimmers currently registered with the Fort McMurray Swim Club and registered with Swim Alberta are eligible. We require a minimum of 40 swimmers up to a maximum of 200 swimmers for this meet. Any swimmer not registered can still swim as an exhibition swimmer.

KEY DATES

Entry Deadline: Wednesday, March 15, 2023, 5:00 PM
Scratch Deadline: Thursday March 23, 2023, 5:00 PM

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.

SCHEDULE

Date	Timed Finals		
	Warm-Up	Start Time	End Time (Approximate)
Friday March 24, 2023	4:00 PM	5:00 PM	8:00 PM

ENTRIES

Entry Procedures – Deadline Wednesday March 15, 2023, 5:00 p.m.

- Swimmers must commit via team unify by Wednesday, March 15, 2023
- Coaches will set events and limit them to a maximum of 2 individual swims.

Entry Rules

- Meet will be conducted under published FINA and/or IPC rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations
- Swimmer age is determined as of the first day of the swim meet (April 1, 2023)
- This competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club
- If not currently registered with Swim Alberta can swim as an exhibition swimmer.
- No meet entry time standards are applicable

Entry Fees

- This is a house meet therefore no entry fees are required for FMSC swimmers as it has been included in the FMSC registration fees

Age Groups

- Swimmer age is determined as of the first day of the swim meet
- Individual event age groups will be:
 - Female: 10 & under, 11-12, 13-14, 15 & over
 - Male: 11 & under, 12-13, 14-15, 16 & over

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MEET INFORMATION

Warm-up

- Warm-ups will start at the scheduled time and will last 45 minutes.

Hospitality

- Water will be available during the meet for all coaches, volunteers and officials

Meet Format/Seeding

- This meet will be timed finals for all age groups and be run slowest to fastest

Meet Rules

- Meet will be conducted under published FINA and/or IPC rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations
- 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

Competition & Diving Readiness

- Starts will be conducted from starting platforms (blocks) as per FINA FR 2.2 and SW 4.1
- Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW
- 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 Progressions skill level they have achieved
- Backstroke ledges will be used at this swim meet

Safe Sport

- All interactions between and 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 all

Scratches

- The Swim Alberta scratch rule will be in effect for this competition

Relays

- There will be no relays for this meet

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Heat Sheets

- Coaches will receive heat sheets prior to the start of the event.
- Meet mobile will be updated throughout the meet

Awards

- No awards will be given

Results

- Results will be posted to www.swimming.ca within 24 hours of completion of the meet
- If this is not possible, all coaches will be informed via email

Coaches Meeting

- There will not be a coaches meeting for this meet

Taping

- Athletes requiring taping are required to provide a note indicating such from a medical doctor
- Final approval for taping must be provided by the session referee before the start of the meet

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.

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EVENTS

Friday March 24, 2023

Session 1 Warm-up Start: 4:00 AM Racing: 5:00 AM

50m Fly	Mixed
100m Fly	Mixed
200m Fly	Mixed
50m Back	Mixed
100m Back	Mixed
200m Back	Mixed
50m Breast	Mixed
100m Breast	Mixed
200m Breast	Mixed
50m Free	Mixed
100m Free	Mixed
200m Free	Mixed
100m IM	Mixed
200m IM	Mixed

Note: events may be removed if not enough swimmers registered

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