

REGINA OPTIMIST DOLPHINS SWIM CLUB

PRESENTS



5th Annual Optimist Prairie Cup
January 13-15, 2017

LAWSON AQUATIC CENTRE
REGINA, SASKATCHEWAN





Regina Optimist Dolphins Swim Club
5th Annual Prairie Cup
January 13-15, 2017
Sanction #: 19989

Meet Manager and Entries Person:

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Co-Meet Manager

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Officials Coordinator:

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Facility: Lawson Aquatic Centre (1717 Elphinstone St. Regina, SK)

Short Course: One - 25 meter, 8-lane competition pool, One – 25 meter, 8 lane warm-up/cool down pool
 Long Course: One - 50 meter, 8-lane competition pool, One – 18 meter, 5 lane warm-up/cool down pool
 Non-turbulent lane markers, Omega Electronic timing and plungers
 HY-TEK Meet Management Software

Please bring indoor shoes (spectators included) to wear on the pool deck, as no outdoor footwear is permitted on the pool deck at this facility. All athlete and spectator seating is on the pool deck.

Eligibility:

Open to all swimmers registered as “Competitive Swimmers” with Swimming Canada (SNC) or FINA affiliates. PARA swimmers who are registered with a FINA or IPC affiliate are eligible to compete and will be seeded according to their entry time.

Age group placement will be determined by using the age of the swimmer on Friday January 13, 2017.

As per Swim Saskatchewan Policy, swimmers must be a minimum of 7 years of age.

Seeding for Age Group and Developmental Meet

All events, individual and relay will be Senior Seeded Fastest to slowest.

Males and females will compete separately.

Competition: Short Course and Long Course (see schedule of events)Age Group Meet (100 series Events):

AGE GROUP MEET ENTRIES ARE THE 100 SERIES EVENTS IN THE HY-TEK FILE

All swimmers entry times must have been achieved during qualifying period of **September 1st, 2015 to January 13th, 2017.**

All swimmers must have achieved at least one ManSask (“AA”) time in their respective age category: age as of the first day of the meet.

“A” Finals will swim in separate age groups: **Female: 12 & under, 13 & 14 and 15 & Over**
Male: 13 & under, 14 & 15 and 16 & Over

“B” Finals will be offered in events that have 24 or more entries at the Entry Deadline date for the following
 Age Categories: Female 13&14 and 15&Over
 Male 14 & 15 and 16 & Over

Events that offer a “B” Final will be swum “B” Final **first** and then the “A” Final.

There will be a requirement for a positive check in for finals

*****Each swimmer will be limited to a maximum of seven (7) individual events*****

Competition: Short Course and Long Course (see schedule of events)**Developmental Meet (200 series Events):*****DEVELOPMENTAL MEET ENTRIES ARE THE 200 SERIES EVENTS IN THE HY-TEK FILE.***

There are no qualifying times for the Developmental Meet.

Swimmers must be a minimum seven years of age as of the first day of competition.

Swimmers may enter a maximum of **six (6) individual events**.

Swimmers who have a ManSask ("AA") time cannot enter the Developmental Meet.

All Events are timed finals and run as an Open Age Category with results broken out into age categories as listed in results section

Relay will be run as Open Age Category

Start:

The FINA Start shall be used for all events as per SNCR Rule SW4.

Except for Backstroke events, swimmers will remain in the water at the completion of their swim to allow the next heat to get under way. Swimmers will stay to the side of their respective lane against the lane rope.

Scratches (both Age Group Meet and Developmental Meet)

Email scratches will be accepted until January 12, 2017 at 7 pm.

Scratches are to be emailed to: rods@reginadolphins.com with the Subject line: Scratches Prairie Cup

Emailed scratches WILL NOT be accepted after January 12, 2017 at 7 pm. After this all scratches must be submitted on official scratch cards.

Scratch Deadlines for Age Group Meet

800 & 1500 Free: Scratches are due no later than Thursday, January 12, 2017 by 7 pm by email at: rods@reginadolphins.com. Scratches received after 7 pm are considered late scratches and penalty is applied.

Friday: 200IM and 50 Free: Scratches are due no later than 30 minutes prior to the start of the session in which the event is being held.

Saturday Preliminary Sessions and Sunday session: Scratches are due no later than 30 minutes prior to the start of the session in which event is being held.

Saturday finals: Scratches are due no later than 30 minutes following the completion of the preliminary session.

Scratch Deadline for Developmental Meet

Scratches are due no later than 30 minutes prior to the start of the session in which event is being held.

Scratch Penalties for Age Group Meet

Late scratches, No-Shows, Step-Downs and Unexcused incomplete swims, will be penalized **\$25.00 for preliminaries and finals**. Fines incurred in preliminaries may be paid up to the end of the preliminary session. The swimmers in question may swim other events in that preliminary session prior to paying the penalty. Should the swimmers in question qualify for finals, the fine must be paid prior to the scratch deadline.

NOTE: Scratch Penalties do not apply to the Developmental meet.

Protests: As per SNC Rule CGR 9.2.3.1

Coaches Meetings: Friday January 13, 2017 at 5pm in the Meet Management Office

Entries:

All entry times should be in long course meters or short course meters.
 Converted times will not be accepted.
 Entry times are encouraged however No-Time (NT) entries will be accepted.
 Meet management reserves the right to limit entries in individual events.
 Meet management will limit entries for the 400, 800 and 1500 meter free to ensure timelines are met.

All entries are to be submitted via the Swim Canada entries site. www.swimming.ca/Meetlist.aspx
 by **11:59 pm EST December 22nd, 2016**

SNC registration numbers **MUST** be submitted for each swimmer.
 Meet Management will not be responsible for obtaining missing registration numbers.
 Entries submitted without a registration number will not be accepted.
 Classification numbers for PARA swimmers must accompany entries.

Relay Entries:

Clubs may enter as many relay teams as they wish, as relays are being swum in Open Age Category.
 Female and Male relays will compete separately
 Relays names/name changes including name order must be submitted to the Clerk of Course no later than 30 minutes before the start of the session in which the relay will be swum.
 Relay cards will be available at the Clerk of Course table.

Entry Fees:

\$65 for each individual swimmer entered in the Age Group Meet.
 \$50 for each individual swimmer entered in the Developmental Meet.
 Cheque made payable to the **Regina Optimist Dolphins Swim Club**.
Please do not mail entry fees. Bring entry fee cheque to the meet and give to Meet Management.

Deck Entries:

Deck entries will be allowed at the discretion of the Meet Manager and the Clerk of Course.
 Deck entries must be submitted to the Clerk of Course no later than forty-five (45) minutes prior to the start of the session in which the event is to be held.
 Deck entries will require a payment of \$20.00/individual swim.
 Payment will be required prior to entry into the event.
 Deck entries will be classified as exhibition swims as per SNC rule CSW 3.6.5.

Scoring and Awards: there will be no scoring or awards for either the Age Group meet or Developmental meet.

Official Splits:

As per SNC Swimming Rule CSW 13.3.1.1 - Meet Management requires that a coach wishing to rely on a time achieved by a swimmer for an interval shorter than the total distance of the event, must advise the Referee and Meet Management prior to the commencement of the event.
Official Split requests must be submitted to the Meet Manager a minimum of 30 minutes prior to the start of the session that the event is being held.
 The Official Split Request Form is available through Meet Management or by downloading from the SNC site at: <http://www.swimsask.ca/management.htm>
 Such official split shall then be reported as a separate event in the meet results.

Results:

Live results @ <http://www.reginadolphins.com>
 Results will be posted on the Swimming Canada web site.
 Results will be reported in the following age groups for the Age Group Meet:
 Female: 12 & under, 13 & 14 and 15 & Over
 Male: 13 & under, 14 & 15 and 16 & Over

And for the following age groups for the Developmental meet for both Females and Males:
 10 & Under, 11 & 12, 13 & 14, 15 & Over

SCHEDULE OF EVENTS**Friday January 13th, 2017**

Warm up 4:30pm Start 5:30pm

Age Group Session 1 LONG Course

Female Event #	Event Description	Male Event #
101	50 FR	102
103	200 IM*	104
105	1500	106
107	800	108

* Prelims and final event

Saturday, January 14th, 2017

Warm up 8:00am Start 9:00am

Age Group Session 2 Short Course

Female Event #	Event Description	Male Event #
109	100 FR*	110
111	200 BR	112
113	100 BK*	114
115	200 FL	116
117	100 BR*	118
119	200 BK	120
121	100 FL*	122
123	200 FR	124

*Prelims and final event

Saturday, January 14th, 2017

Warm up 1:00pm*** Start 1:30pm

Developmental Session 3 Short Course

*** Warm up will be confirmed 6 days before a competition

Female Event #	Event Description	Male Event #
201	100 IM	202
203	25 FL	204
205	100 FR	206
207	25 BR	208
209	100 BK	210
211	200 FR	212
213	4 x 50 FR	214

Saturday, January 14th, 2017

Warm up 5:00pm Start 6:00pm

Age Group Final Session 4 LONG Course

Female Event #	Event Description	Male Event #
103	200 IM	104
109	100 FR	110
113	100 BK	114
117	100 BR	118
121	100 FL	122

Sunday, January 15th, 2017
 Warm up 8:00m Start 9:00am
Age Group & Developmental Session 5 LONG Course

Female Event #	Event Description	Male Event #
125	400 IM	126
127	50 FL	128
227	50 FL	228
129	50 BK	130
229	50 BK	230
131	50 BR	132
231	50 BR	232
133	400 FR	134
233	400 FR	234

Program times may be changed at the discretion of Meet Management.

All participating clubs will be notified of any changes to the program.

Coaches will be notified prior to the meet of any changes to the specifications of this meet package, unless such changes can be dealt with at the commencement of the meet without disadvantage to the swimmer.

General Information:

Any changes to the meet format will be provided to the coaches at the coaches' meeting.

Teams are expected to keep the areas that they use clean and tidy.

The Lawson Aquatic Centre and the Regina Optimist Dolphins Swim Club will not accept responsibility for any lost or stolen items. It is the responsibility of each swimmer entered into the swim meet to ensure that their personal belongings are stored in a secure manner.

Visiting teams are responsible for the conduct of their swimmers. Inappropriate behavior at the pool or at a billets residence, if appropriate, may result in disciplinary action by Meet Management.

The Regina Optimist Dolphins Swim Club reserves the right to sell merchandise on the pool deck.

Glass containers and breakables are not allowed on the pool deck. Sunflower seeds are also not allowed on the pool deck.

Deck changing will not be allowed as per Swim Saskatchewan policy.

Meet Safety Rules:

Swimming Canada Competition Warm-Up Safety Procedures will be in effect at this meet.



COMPETITION WARM-UP SAFETY PROCEDURES

September 26, 2016

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions



COMPETITION WARM-UP SAFETY PROCEDURES

September 26, 2016

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst into an empty pool at the start of a warm-up is not the same as diving headfirst into a crowded lane. Judgement and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pool when pre-competition warm-ups are scheduled.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgement, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”