



# Canmore Coho Swim Club 16<sup>th</sup> Annual Invitational Swim Meet July 22<sup>nd</sup> and 23<sup>rd</sup> 2011

Sanction # 2011025

Meet referees: Lockie Lister & Pat Van Tighem

## Invited teams

Calgary Tritons  
Calgary Swordfish  
Cochrane Piranhas  
Didsbury Aqua-jets  
Innisfail Dolphins  
Trochu Kippers  
Hanna Seals

Oyen Otters  
Okotoks Stingrays  
High River Otters  
Turner Valley Torpedoes  
**Hosts: Canmore Cohos**

## Meet contact

Tony Clevenger - Meet manager. Home: (403) 609 2115  
Email: [apclevenger@gmail.com](mailto:apclevenger@gmail.com)

## Meet Schedule:

### Friday July 22<sup>nd</sup>, 2011

Warm-ups: 6:30 PM  
Coaches Meeting: 6:35 PM  
Events: 7:00 to 9:30 PM

### Saturday July 23<sup>rd</sup>, 2011

Warm-ups: 7:20 AM to 8:20 AM; lanes will be assigned.  
Coaches meeting: 8:00 AM sharp.  
Events: 8:30 AM to 4:30 PM

*\*Expect the meet to finish by 4:30p on Saturday. Saturday lunch will be held on a rotating schedule and will start around noon. Lunch, drinks and snacks will be provided to officials and coaches.*

## Warm-ups

- The Friday night warm-ups will begin (no assigned lanes) starting at 6:30pm.
- Saturday morning lanes will be assigned for the warm-up. The start times for each club will be posted emailed to coaches prior to the meet and posted at pool on Friday night. Safety marshals will be on deck to monitor the warm-up at all times.

## Pool

The Canmore Recreation Centre pool is 4 lanes x 25 m and is located at 1900 – 8<sup>th</sup> Avenue, Canmore. There is limited indoor space at the Rec Centre and we cannot host all families inside. A large field on the sunny (south) side of the pool is available for those who wish to sit outside during the meet, and families will be encouraged to use this outdoor area between races. Please come prepared to spend the day outside. Bring a tent!

## Entries

- Access ASSA website; Swim meets; Prepare entries, then use team password to enter the site and prepare meet entries.
- NO HARD COPY OR DECK ENTRIES.
- Please submit your meet entries no later than **9:00pm Tuesday, July 19<sup>th</sup>, 2011**. For questions, phone Kevin Van Vliet (403) 678 9960.
- Please provide a contact name and phone number with your meet entry
- Swimmers may enter up to four (4) individual events plus two (2) relays.
- Swimmers may enter individual events in an older age class only if previous best times are consistent with other swimmers in that event class.
- All entries must have an official entry time. For swimmers without an official time we recommend coaches submit a seed time rather than submitting a “no time” entry. This will help seeding swimmers and expedite the meet.
- **Relay team entries** must be submitted by **9:00pm, Sunday, July 17<sup>th</sup>**. Please make sure these swimmers will be attending the meet.
- The meet manager reserves the right to scratch events in order to wind up the meet on time. Relays will be eliminated first.
- All scratches must be received at the Coaches meeting on Friday evening (Friday events) and Saturday morning (Saturday events) on the form provided. Emailed scratches can be sent at any time.
- Coach/Officials heat sheets will be created after your scratches. Please make every effort to scratch BEFORE the meet starts. EMAILED SCRATCHES are welcome at any time. The meet cannot start until the scratches are processed and the official heat sheets are printed.
- Events will be pre-seeded according to submitted entry times, with slower swimmers swimming first. Please keep scratches to a minimum as it adversely affects seeding. Scratches should be submitted to the Clerk of Course as per the attached “Scratch Sheet”.
- **Registration will be limited to the first 300 entries.**

## Fees

The meet fee is **\$16.00** per swimmer. Please pay by 8:00am on Saturday, July 23, 2011 to the meet manager. Make cheques payable to the Canmore Coho Swim Club. There are no refunds for scratches received **after 5:00 p.m., Tuesday, July 19<sup>th</sup>, 2011**.

## Meet Rules

- All participants must be registered with ASSA in order to swim.
- The Hy-Tek Meet Mgr program will be used to score the meet.
- Exhibition swimmers will be allowed to swim and will be seeded in the first heat of their chosen events. **Clearly mark all exhibition swimmers as such when registering or they will not be allowed to swim.**

- The meet will be run in accordance with ASSA rules using the FINA 'no false start' adopted by ASSA. (SW 4.5)
- The events will follow the order on the attached event list and are timed finals.
- Overhead starts will be used. Instruct swimmers to stay in the water until the next heat has started.
- Manual timing will be employed and results will be totalled using the Hy-tek computer program.
- Please notify the MEET REFEREES if you have a swimmer whom you think may break a provincial record. We will then ensure we have certified officials in the swimmers lane.

### Scoring and awards

Team scoring will be calculated using the aggregate points system. Individual and team aggregate points will be allocated as follows:

Place	1	2	3	4	5	6
Points	7	5	4	3	2	1

- Ribbons for first to sixth place in individual events.
- Gold, Silver and Bronze medals for individual aggregate point totals in each age category.
- All awards will be placed in club envelopes, which will be given to coaches or taken to the next region meet (Regionals).

### Ties

Ties will be broken as follows: 1) Most first and / or second place finishes; 2) Result of races against each other; 3) Lowest aggregate time of same events competed by tied swimmers.

### Appeals

Speak first with the Meet Referee, as this often makes a written appeal unnecessary. A \$50.00 deposit must accompany any written appeal.

### Officials

Our Head Referees will be **Lockie Lister and Pat Van Tighem**.

Participating clubs will be expected to provide officials to assist with the operation of the meet.

Please contact meet manager, Tony Clevenger (contact info below), if someone in your club wishes to volunteer for specific officiating positions in advance of the meet (e.g., starter, chief timer, stoke and turn).

### Accommodation, campgrounds and restaurants

Canmore is a resort town with numerous restaurants, motels, hotels, inns and bed & breakfasts. Overnight camping and parking of recreational vehicles is not permitted at the Canmore Rec Centre but there are a number of private and provincial campgrounds in and around Canmore.

## Event Schedule

Friday Evening Events (July 22, 2011)				
(Warm-ups at 6:30 PM - first event at 7:00 PM)				
GIRLS #	AGES	LENGTH	EVENT	BOYS #
5	12 & under	400	Freestyle	6
7	13-14	400	Freestyle	8
9	15-17	400	Freestyle	10
11	18 & over	400	Freestyle	12
113	9-10	50	Fly	114
115	11-12	100	Fly	116
117	13-14	100	Fly	118
119	15-17	100	Fly	120
121	18 & over	100	Fly	122
103	10 & under	200	Freestyle	104
105	11-12	200	Freestyle	106
107	13-14	200	Freestyle	108
109	15-17	200	Freestyle	110
111	18 & over	200	Freestyle	112
169	14 & under	800	Freestyle	170
171	15-17	800	Freestyle	172
173	18 & over	800	Freestyle	174
1	17 & under	1500	Freestyle	2
3	18 & over	1500	Freestyle	4

Saturday Morning Events (July 23, 2011)				
(Warm-ups at 7:30 AM - first event at 8:30 AM)				
GIRLS #	AGES	LENGTH	EVENT	BOYS #
59	6 & under	50	Freestyle	60
61	8 & under	50	Freestyle	62
63	9-10	100	Freestyle	64
65	11-12	100	Freestyle	66
67	13-14	100	Freestyle	68
69	15-17	100	Freestyle	70
71	18 & over	100	Freestyle	72
43	6 & under	25	Breaststroke	44
45	8 & under	25	Breaststroke	46
47	9-10	25	Breaststroke	48
49	11-12	50	Breaststroke	50
51	13-14	50	Breaststroke	52
53	15-17	50	Breaststroke	54
55	18 & over	50	Breaststroke	56

75	6 & under	100	Ind. Medley	76
77	8 & under	100	Ind. Medley	78
79	9-10	100	Ind. Medley	80
81	11-12	100	Ind. Medley	82
83	13-14	200	Ind. Medley	84
85	15-17	200	Ind. Medley	86
87	18 & over	200	Ind. Medley	88

Saturday Afternoon Events (July 23, 2011)				
GIRLS #	AGES	LENGTH	EVENT	BOYS #
123	6 & under	25	Backstroke	124
125	8 & under	25	Backstroke	126
127	9-10	25	Backstroke	128
129	11-12	50	Backstroke	130
131	13-14	50	Backstroke	132
133	15-17	50	Backstroke	134
135	18 & over	50	Backstroke	136
89	6 & under	25	Flutter-board	90
15	8 & under	25	Butterfly	16
17	9-10	25	Butterfly	18
19	11-12	50	Butterfly	20
21	13-14	50	Butterfly	22
23	15-17	50	Butterfly	24
25	18 & over	50	Butterfly	26
GIRLS #	AGES	LENGTH	EVENT	BOYS #
153	6 & under	25	Freestyle	154
155	8 & under	25	Freestyle	156
157	9-10	50	Freestyle	158
159	11-12	50	Freestyle	160
161	13-14	50	Freestyle	162
163	15-17	50	Freestyle	164
165	18 & over	50	Freestyle	166
187	8 & under	4 x 25	Free relay	188
189	10 & under	4 x 25	Free relay	190
191	12 & under	4 x 50	Free relay	192
193	14 & under	4 x 50	Free relay	194
195	17 & under	4 x 50	Free relay	196
197	Open	4 x 50	Free relay	198
175	8 & under	4 x 25	Medley relay	176
177	10 & under	4 x 25	Medley relay	178
179	12 & under	4 x 50	Medley relay	180
181	14 & under	4 x 50	Medley relay	182
183	17 & under	4 x 50	Medley relay	184
185	Open	4 x 50	Medley relay	186

