

# Whitecourt Blue Dolphin

June 8, 2024

Meet Information and Meet Package



# Whitecourt Swim Meet

Whitecourt/ Alberta

June 8, 2024

**HOSTED BY** Whitecourt Blue Dolphins

**FACILITY** Allan & Jean Millar Centre  
58 Sunset Blvd, Whitecourt, AB  
6 Lane pool

**CONTACTS** Meet Managers: Keesa Elicksen and Leah Disney  
Contact E-mail: leahdisney@hotmail.com, kelicksen@hotmail.com  
Meet Phone #: 780-778-1034

Referee #1 : Jennifer Flowers  
780-700-1789

Referee #2: Scott Flowers  
780-913-6943

**DATES** Meet Date: June 8, 2024  
Entry Deadline: June 5, 2024 at 12:00 PM

**MEET TYPE** Summer

**CLUBS INVITED** Westlock Gators  
St. Albert Sailfish  
Devon Dolphins  
Spruce Grove Barracudas  
Stony Plain Sharks  
Whitecourt Dolphins  
Drayton Valley Neptunes  
North Edmonton Swim Club

## SAFE SPORT

Alberta Summer Swimming and Swim Alberta provides a fun, healthy, inclusive and safe environment. Swimming enriches the lives of everyone involved by ensuring that the training and competitive environment is one where athletes, coaches, officials, volunteers and staff know they are safe, and are treated with respect and dignity. Swim

Alberta believes that all members have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

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.

## **RULES**

The meet will be conducted under published World Aquatics and/or WPS rules and regulations supplemented by published and approved Swimming Canada, Swim Alberta and ASSA 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.

## **COMPETITION AND DIVING READINESS STANDARDS**

Entry to competition is limited to participants who have passed the Swim Alberta’s Competition Swim Test. During competitions, swimmers should dive at the Dive Readiness Progression skill level they have achieved.

The submission of the Competition Readiness – Club Verification Form, stating that all swimmers entered in the competition have completed Swim Alberta’s Competition Swim Test, is required prior to entries being accepted.

## **SWIMWEAR AT COMPETITIONS**

All swimmers are permitted to race with swimwear of their choosing at all competitions sanctioned by Swim Alberta. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

## **REQUIREMENTS FOR TIME TRIAL SANCTIONS**

A Time Trial sanction is limited to one (1) event with one (1) swimmer or one (1) relay team. No entry fees are permitted for Time Trials.

## **DIVING RULES**

The following rule applies to the start end of the pool:



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Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3, FR 2.7 and SW 4.1.

The following rule applies to the turn end of the pool (for the 4 x 25m relay):

In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

### SCRATCHES

Swim Alberta scratch rule will be in effect for this competition.

### SCHEDULE\*

Coach Meeting: 6:45 am

Warm-Up: 7:00 am

Officials Meeting: 7:15 am

Racing Start: 8:00 am

*\* Lunch and afternoon racing start time will be based on entries and session timeouts; the expected times will be communicated prior to the start of the competition.*

### Eligibility

This competition is open to all swimmers currently registered as Summer with Swim Alberta and the ASSA.

### ENTRY PROCEDURE

All entries must be submitted through the [Swimming Canada online system](#).

### DECK ENTRIES

Swimmer Deck Entries may be permitted by Meet Management. Deck Entries must include proof that the swimmer is fully registered with Swimming Canada. The swimmer's ID must be included in the Deck Entry request. Deck entries will not be accepted if the entry would result in a new heat.

### ENTRIES

- This competition is open to all swimmers currently registered as Summer with Swim Alberta and the ASSA
- Entry Fees: \$3.00 per swimmer\*  
*\*Entry fees will include the Summer Swim Club Sanctioning fee of \$3.00 per swimmer, per competition. Note: ASSA has approved guidelines for the maximum entry amount.*
- Maximum individual entries per swimmer: 4
- Maximum relay entries per swimmer: 2



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- Events and Age Groups: The ASSA standard events and age groups as per the ASSA Rules and Regulations will be used.
- Seeding:
  - Events will be swum 'slowest to fastest', by age group, following SW 3.1.2 seeding rules
  - Events will be run as mixed gender.
- Scratches should be submitted to the meet manager prior as per the Swim Alberta Scratch Rule.
- Scratches are to be supplied to the Administration Desk on the supplied scratch sheet in the coach's package
- Relay names are to be submitted with the online entries. Relay name changes are to be submitted to the Administration Desk by the start of the session of the first relay event, based on session timeouts, regardless of the age or gender of the relay.

### AWARDS

- Scoring (individual and relay events):
  - 6 lanes (7,5,4,3,2,1)
- Ribbons:
  - Individual events - Swimmers placing in the top "6" in their event shall receive a ribbon.
  - Relay events – Swimmers placing in the top "6" as members of the relay team shall receive a ribbon.
- Aggregate Awards: Medals will be presented to the top three male and top three female in each age group based on the total points earned in their individual swims:
  - 6&U, 7&8, 9&10, 11&12, 13& 14, 15-17, 18&O

### EVENTS

- Para swimmers will be seeded based on time, age and gender. There are no para specific events.
- Mixed gender relays (2 males and 2 females) may be scheduled with the other Boys/Girls relays if offered.

Events to be offered at the competition:

Saturday Morning Events	Saturday Afternoon Events
<input checked="" type="checkbox"/> 25 Fly (10 & Under)	<input checked="" type="checkbox"/> 200 Free
<input checked="" type="checkbox"/> 50 Fly	<input checked="" type="checkbox"/> 25 Back (10 & Under)



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<input checked="" type="checkbox"/> 50 Back (10 & Under)	<input checked="" type="checkbox"/> 50 Back
<input checked="" type="checkbox"/> 100 Back	<input checked="" type="checkbox"/> 50 Breast (10 & Under)
<input checked="" type="checkbox"/> 25 Breast (10 & Under)	<input checked="" type="checkbox"/> 100 Breast
<input checked="" type="checkbox"/> 50 Breast	<input checked="" type="checkbox"/> 25 Free (8 & Under)
<input checked="" type="checkbox"/> 50 Free (8 & Under)	<input checked="" type="checkbox"/> 50 Free
<input checked="" type="checkbox"/> 100 Free	<input checked="" type="checkbox"/> 100 Free Relay (10 & Under)
<input checked="" type="checkbox"/> 100 IM	<input checked="" type="checkbox"/> 200 Free Relay
<input checked="" type="checkbox"/> 25 Flutter (6 & Under or 8 & Under)*	<input checked="" type="checkbox"/> 100 Medley Relay (10 & Under)
<input checked="" type="checkbox"/> 25 Sprint Free*	<input checked="" type="checkbox"/> 200 Medley Relay

\*Events that are 'fun' events do not score and are not counted towards the maximum number of individual entries

## APPENDIX A

### SWIM ALBERTA SCRATCH RULE

#### **Time Final Meets including Swim Alberta Winter & Summer Festivals and all Summer Swimming Competitions:**

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet. The meet information package should clearly state the deadline for receiving scratches by the meet manager after the entry deadline. Any scratches that are not received by the published deadline will need to be submitted to the Clerk of Course.

Scratches for the session's events are to be submitted to the Clerk of Course 30 minutes prior to the start of each session.

There shall be no penalty for swimmers who 'no show' or submit a 'late scratch' for their event.

#### **Deadlines for Relays:**

The deadline for relay name submissions shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin.

The deadline for name changes shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin. The deadline will be the start of the session of the first relay event based on session timeouts, regardless of which event (age or gender) the team is entered in.