High Prairie Dolphins 2024 Invitational

Friday & Saturday, July 26th - 27th, 2024

Meet Information and Meet Package

<p style="text-align:center">High Prairie Dolphins</p>

HOSTED BY: High Prairie Dolphins

FACILITY: **High Prairie Aquatic Center**
5002 56 Ave, High Prairie, AB T0G 1E0
5 Lanes

CONTACTS: **Meet Manager: Jason Cottingham**

Contact E-mail: jasonbcottingham@gmail.com
Meet Phone #: 780-523-7238

Meet Referee: Janice Luken

DATES: **Meet Dates: Friday, July 26th & Saturday, July 27th, 2024**

Entry Deadline: Tuesday, July 23rd, 2024 at 11:00pm

MEET TYPE: Summer

CLUBS INVITED: **Beaverlodge Barracudas**

Fairview Olympians

Grande Prairie Aquarians

Grimshaw Gators

High Level Stingrays

High Prairie Dolphins

Peace River Porpoises

Slave Lake Sharks

Spirit River Seawolves

Smoky River Manatees

Valleyview Vipers

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.

Request for verification form (if required)

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 the 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.

REQUIREMENT 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:

1. 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):

1. 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*

Friday July 26th (1500m)

Coaches meeting 7:15 pm

Warm-Up: 7:30 pm

Race Start: 7:45 pm

Saturday July 27th, 2024

Coach Meeting: 7:15 am

Warm-Up: 7:30 am

Racing Start: 8:30 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.

EGILITBILITY

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 Registration System.

DECK ENTRIES

Deck Entries will not be accepted at this meet

ENTRIES

- Entry Fees: $20.00 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

- Deck entries will not be accepted.

- Events and Age Groups: The ASSA standard events and age groups as per the ASSA Rules and Regulations will be used.

- Seeding:

    o Events will be swum 'slowest to fastest', by age group, following SW 3.1.2 seeding rules
    o The events at this swim meet will be 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 Clerk of Course 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 Clerk of Course a minimum of 30 minutes prior to the first relay event, based on session timeouts, regardless of the age or gender of the relay.

AWARDS

- Scoring (individual and relay events):

  o 5-Lanes = 9,7,5,3,1 (5 lanes)

- Ribbons:

  o Individual events - Swimmers placing in the top 8 in their event shall receive a ribbon.

  o Relay events – Swimmers placing in the top 5 as members of the relay team shall receive a ribbon.

OPTIONAL AWARDS

  o 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:
      o 6&U, 7&8, 9&10, 11&12, 13& 14, 15-17, 18+, Para

EVENTS

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

List the events to be offered at the competition.

Friday Evening Events	Saturday Morning Events	Saturday Afternoon Events

High Prairie Dolphins

☒ 1500m Free	☒ 400 Free	☒ 200 Free
	☒ 25 Fly (10 & Under)	☒50 Fly (10 & Under)
	☒ 50 Fly	☒ 100 Fly
	☒ 50 Back (10 & Under)	☒ 25 Back (10 & Under)
	☒ 100 Back	☒ 50 Back
	☒ 25 Breast (10 & Under)	☒ 50 Breast (10 & Under)
	☒ 50 Breast	☒ 100 Breast
	☒ 50 Free (8 & Under)	☒ 25 Free (8 & Under)
	☒ 100 Free	☒ 50 Free
	☒ 100 IM	☒ 200 IM
	☒ 25 Flutter (6 & Under or 8 & Under)*	☒800 Free
		☒ 100 Free Relay (10 & Under)
		☒ 200 Free Relay
		☒ 100 Medley Relay (10 & Under)
		☒ 200 Medley Relay

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

RV Parking

High Prairie Dolphins

Please do not park an RV in the High Prairie Aquatic Center parking lot.

Local Campgrounds

Elks Rodeo Campground

Lions Campground

 Local Hotels

Peavine Inn

High Prairie Inn

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 a minimum of 30 minutes prior to the first relay event based on session timeouts, regardless of which event (age or gender) the team is entered in.