



North Edmonton Swim Club (NESC) Canada Day Long Weekend Meet

June 29, 2024

Meet Information and Meet Package

NESC Canada Day Long Weekend Meet



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Hinton, Alberta

June 29, 2024

HOSTED BY North Edmonton Swim Club

FACILITY Dr. Duncan Murray Recreation Centre, 805 Switzer Dr., Hinton, Alberta, T7V 1V1
25m (short course), six lane pool. Dolphin timers will be used.

CONTACTS Meet Manager: Keesa Elicksen
Contact E-mail: kelicksen@hotmail.com
Meet Phone #: 780-977-4460

Referee #1: Lonnie Stewardson

DATES Meet Date: June 29, 2024
Entry Deadline: Wednesday, June 26, 2024 at 11:59 PM

MEET TYPE Summer

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

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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 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.

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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

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

The meet manager reserves the right to limit individual swims and relays, if necessary, to adhere to available facility time.

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 Registration System.

Deck Entries

Swimmer Deck Entries may be permitted by Meet Management. Additional heats will not be considered. Deck entries must include proof that the swimmer is fully registered with Swimming Canada.

ENTRIES

- This competition is open to all swimmers currently registered as Summer with Swim Alberta and the ASSA
- Entry Fees: \$3.00 per swimmer, as per the Summer Swim Club Sanctioning fee.



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**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
 - Note: 'fun' events (8 &U 25m kickboard, and 9&over 25m sprint) will not count towards an athletes individual entries. These should be entered into HyTek as 'bonus' events.
- Maximum relay entries per swimmer: 2
- Deck entries will be limited to swimmers who have registered for the competition through the Swimming Canada online system.
- 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.
 - Age groups will be combined for seeding purposes.
- 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. No penalty shall be applied to swimmers who 'no show' or submit a 'late scratch' for their event.
- Relay names are to be submitted with the online entries. Relay name changes are to be submitted to the Administration Desk at 12:00 PM (noon) on June 29, 2024.

AWARDS

NESC would like to thank **Proveo Canada** as our Award Sponsor, and **Maria Gaudin** as this year's 'Legacy to the Future' award donor, and donor of the 25m freestyle trophies.

The meet program will be run on Hy-Tek Meet Manager. Results will be posted as quickly as possible. Live results through Meet Mobile will be available. Scoring (individual and relay events) shall be by placing, and award the following points to the first six finishers by age and gender in each event: 7, 5, 4, 3, 2, 1.

- **Ribbons:** Ribbons will be awarded Individual events - Swimmers placing in the top 6 in their event shall receive a ribbon. Members of relay teams who place in the top 6 in their event shall receive a ribbon.
- **Aggregate Awards:** Medals will be presented to the top three male and top three female swimmers in each age group based on the total points earned in their individual swims. Medal categories are as follows: 6&U, 7&8, 9&10, 11&12, 13& 14, 15-17, 18&O, Para.



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- **Kickboard Awards:** ‘Legacy to the Future’ medals shall be awarded to the top three swimmers in their event. Legacy medals were donated from private collections by individuals who are past participants with the Alberta Summer Swim Association (ASSA). This award recognizes legacy achievements, and shares a piece of their success and love for the sport with our upcoming athletes at the start of their swim journey.
- **25 meter freestyle awards:** The fastest swimmer in the 25 meter freestyle event, by gender and age category (6 and under to 17 and over) will receive a small prize basket. Prize baskets will vary based on donated items.
- **25 meter freestyle trophy:** The fastest male and female swimmer in the 25 meter sprint at the meet (across all participants, regardless of age) will receive a small trophy donated from the collection of Maria Gaudin.
- **I Beat My Time Prizes:** Swimmers who beat their entry time, as listed in the meet program, will receive a silicone bracelet.

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) will be offered, and scheduled with the male and female relays.

Saturday Morning Events	Saturday Afternoon Events
<input type="checkbox"/> 200 Free	<input type="checkbox"/> 50 Fly (10 & Under)
<input type="checkbox"/> 25 Fly (10 & Under)	<input type="checkbox"/> 100 Fly
<input type="checkbox"/> 50 Fly	<input type="checkbox"/> 25 Back (10 & Under)
<input type="checkbox"/> 50 Back (10 & Under)	<input type="checkbox"/> 50 Back
<input type="checkbox"/> 100 Back	<input type="checkbox"/> 50 Breast (10 & Under)
<input type="checkbox"/> 25 Breast (10 & Under)	<input type="checkbox"/> 100 Breast
<input type="checkbox"/> 50 Breast	<input type="checkbox"/> 25 Free (8 & Under)
<input type="checkbox"/> 50 Free (8 & Under)	<input type="checkbox"/> 50 Free
<input type="checkbox"/> 100 Free	<input type="checkbox"/> 200 IM
<input type="checkbox"/> 100 IM	<input type="checkbox"/> 100 Free Relay (10 & Under)
<input type="checkbox"/> 25 Flutter (6 & Under or 8 & Under)*	<input type="checkbox"/> 200 Free Relay
<input type="checkbox"/> 25 Free (8 & Over)*	<input type="checkbox"/> 100 Medley Relay (10 & Under)
	<input 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 Administration Desk.

Scratches for the session's events are to be submitted to the Administration Desk 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.

Lunch Fundraiser

Subway: Subway lunches for athletes and spectators can be pre-ordered and will be delivered to the pool for the break in events for lunch. Orders can be placed until June 22, 2024. This is a fundraiser to support the hospitality for volunteers and coaches while enjoying a great meal. Club presidents will be notified by email when the order form opens.