



Invitational 2024

Friday, January 19 to Sunday, January 21, 2024

Sanction Number: Pending

**Distance Events
Friday Night**

Teddy-Bear Awards!

**2x25m Competition
Pools**

Meet Managers

Heather Bagshaw

Cheryl Bucharski

Advisory Referee

Jennifer Flowers

Meet Entries

Chris Nelson

entries@eksc.com

DATES: Entry Deadline: Tuesday, Jan 2, 2024, before 11:59pm
Adjustment Deadline: Monday, January 15, 2024, before 11:59pm (entries refundable until here)
Fees Due: Friday, January 19, 2024 – (start of first session)

TECHNICAL

MEETING: Coaches' Technical meeting will be held on Friday at 3:15pm by the clerk of course.

HOSTED BY: Edmonton Keyano Swim Club

FACILITY: Kinsmen Sport Centre, 9100 Walterdale Hill NW, Edmonton, Alberta, T6E 2V3
Two, 8 Lane, 25-metre pools with Omega Electronic Timing System with 6x25m cool down space.

SANCTION: This meet is sanctioned by Swim Alberta.

RULES: The meet will be conducted under published World Aquatics (WA) and/or IPC rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta 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.

DIVING: Starts will be conducted from Starting Platforms as per WA FR 2.3 and SW 4.1. Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1.

COMPETITION

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

SAFESPORT: 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.

ELIGIBILITY: This competition is open to all swimmers currently registered with Swimming Canada or a WA-affiliated club.

ENTRY

PROCESS: All entries must be submitted through the Swimming Canada online system.

Deck Entries may be permitted by Meet Management so long as entries include accurate Swimming Canada registration information. Deck Entries must include proof that the swimmer is fully registered with Swimming Canada. Deck Entries will be accepted as exhibition swims, only if the entry does not create a new heat.

MEET LIMIT: Maximum of 700 swimmers will be accepted (minimum 50 swimmers required to run a session).

ENTRY LIMIT: Swimmers are limited to 7 individual events.

Swimmers must meet the entry standard in order to enter the 200 Breast, 200 Fly, 400 IM, 400 Free, 800 Free or 1500 Free.

No-time (NT) entries will not be accepted. Please provide an estimated entry time if needed.

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.

ENTRY STANDARDS:

Girls		Event	Boys	
10 & Under	11 & Over		10 & Under	11 & Over
8:00.00	6:08.00	400 Free	8:00.00	6:04.00
-	12:16.00	800 Free	-	12:08.00
-	23:00.00	1500 Free	-	22:45.00
-	3:47.30	200 Breast	-	3:35.80
-	3:28.80	200 Fly	-	3:20.40
-	6:54.10	400 IM	-	6:48.10
<p>* Standards are for SCM. LCM conversions are allowed at -1.5%. * EKSC reserves the right to enter swimmers slower than the Entry Standards. * All other events should meet a minimum :55 / 50m standard.</p>				

ENTRY FEES: Individual Events \$12.00
 Distance Events (8/1500) \$16.00
 Entry Fees are non-refundable after the scratch deadline.
 Deck Entries will be charged double per entry.
 Cheques payable to Edmonton Keyano Swim Club.

SCRATCH RULES: The Swim Alberta Scratch rules will be in effect for this competition.

SCRATCHES: For Friday: Due Thursday at 5pm
 For Saturday & Sunday: Due 30 minutes before the conclusion of the last event of the previous night.
 Late scratches (same session) are due 30 minutes after the start of warm-ups. Heat sheets will not be re-seeded, but this courtesy will aid the referees in running a smooth session.

MEET FORMAT: This is an open invitational competition.

WARM-UP: Dive lanes (2 lanes per competition pool) will be opened with 20min remaining in warm-ups.

POSITIVE CHECK-IN: For swimmers in 11&over Distance Events (800Fr/1500Fr): the deadline for positive check in is 15min following the start of warm-ups for the session in which the event is scheduled. There is no penalty for swimmers who do not check-in. Failure to check-in will be deemed a scratch.

Accurate positive check-in ensures full-lane racing in all heats of the distance events.

NO SHOWS, STEP DOWNS: There is no penalty for no shows, however, all effort should be made to scratch swimmers prior to the scratch deadlines for seeding purposes.

TIMED FINALS: All events are Timed Finals.

- The 800 Free and 1500 Free will run as an 11&over age group, and will be senior seeded, fastest to slowest alternating female and male. The fastest 8 will swim one per lane.
- The 400 Free will run 10&under on Sunday, senior seeded & fastest to slowest, and all other 400 Free will run as an 11&over on Saturday, senior seeded & fastest to slowest.
- The 200 Breast, 200 Fly and 400 IM will run as an 11&over age group, and will be senior seeded, slowest to fastest.
- All other events will be seeded by age group, 10&under, 11-12, 13-14, 15&over for both genders, running youngest to oldest, alternating gender where applicable.

DISTANCE: Distance events are the 11&over 800 Free, and 11&over 1500 Free.
Meet management reserves the right to double lane heats of 800 Free and 1500 Free.
10&under 400 Free will not be double-laned.
Swimmers may not enter both the 800 Free and 1500 Free.

SESSION

MANAGEMENT: Meet management reserves the right to limit entries or heats due to time constraints. Sessions may be divided in whole or in part into 2 pools depending on the number of entries. Updates will be communicated to coaches in the technical bulletin.

AWARDS: Awards for bell heat winners throughout every session.

EVENT LIST

Friday

Distance Night	
Warm-up	3:30pm
Start	4:30pm
800 Free (11&over)	
1500 Free (11&over)	

Saturday

Timed Finals	
Warm-up	9:00am
Start	10:00am
100 Freestyle	
50 Backstroke	
200 IM	
50 Butterfly	
200 Backstroke	
100 Breaststroke	
200 Butterfly (11&over)	
400 Freestyle (11&over)	

Sunday

Timed Finals	
Warm-up	9:00am
Start	10:00am
400 Freestyle (10&under)	
100 Backstroke	
50 Freestyle	
100 Butterfly	
200 Freestyle	
50 Breaststroke	
200 Breaststroke (11&over)	
400 IM (11&over)	