

ENTRIES Entries and scratches must be done online at www.swimming.ca
Scratches will ONLY be accepted online
 Questions regarding entries can be sent to entries@olympianswimclub.com

COVID 19 RULES

- Meet will follow current Albert Public Health Restrictions at the time of the meet. These can be found here <https://www.alberta.ca/covid-19-public-health-actions>
- The City of Edmonton is adopting the [Government of Alberta’s Restriction Exemption Program](#) Entrance to the Kinsmen Sports Centre for any reason including spectating requires Proof of vaccination or a recent (within 72 hours) negative Covid Test. This test cannot be from AHS or Precision labs. More information at Edmonton.ca/COVID-19.
- All Swimmers 11 years and under must submit a negative Covid test, done within 72 hour of their race time to meet management prior to entering the pool area. This test cannot be from AHS or Precision labs. Details for submitting this documentation will be provided prior to the meet.

ENTRY FEES

- Timed Final events: \$12
- Prelim/Final events: \$15
- Timed Final Relay:\$20
- Deck Entries: \$25
- Entry fees are due by the start of the first session
- Entry fees are payable to Olympian Swim Club: 108-9100 Walterdale Hill NW, Edmonton, AB T6E 2V3.
- Entry fees are non-refundable after the scratch deadline except with a medical note.

ENTRY RULES

- A minimum of 250 and a maximum of 750 swimmers will be registered for the meet.
- No-time (NT) entries will not be accepted.
- Swimmer age is determined as of December 16, 2021
- This competition is open to all swimmers currently registered with Swimming Canada or a FINA affiliated club.
- Meet Entry Standards are the Swim Alberta Provincial Times Standards which can be found here https://swimalberta.ca/wp-content/uploads/Time_Standards/2021-2022-Regionals-Trials-Time-Standards.pdf, with the exception of the 1500m event, where there is no standard. The meet standard for the 1500 is outlined here:

Girls		Boys	
12	22:50.0	13	22:00.0
13-14	21:00.0	14-15	20:15.0
15 & Over	20:20.0	16 &Over	19:20.0

- Swimmers with only 1, 2 or 3 qualifying times are entitled to 4 bonus swims not at the meet standard (swimmers with one time get 5 swims, 2 times get 6 swims and 3 times

get 7 swims), Swimmers with 4 or more qualifying times may enter 7 events. The 1500m and 800m cannot be used as bonus swims.

- No more than three individual events per day may be entered for any swimmer.
- Unproven times will result in the swimmer's removal from the event.
- Proof of time reports may be requested by meet management.
- OSC swimmers will not be subject to Meet Entry Standards.
- Deck entries will be EXHIBITION only and accepted only if the swimmer is already entered in the meet and the entry does not create a new heat.
- The meet manager reserves the right to limit entries, double-lane and reschedule slower heats.
- International swimmers with a minimum of two qualifying times will be allowed seven individual events at the discretion of the Meet Manager.

OFFICIAL SPLITS

- Must be requested prior to the start of the session, coaches may be required to supply timers. Will only be considered for swimmers attempting a National level qualifying time
- All swimmers in the 1500m events will receive an official split at 800 metres
- All swimmers in the 800m events will receive an official split at 400 metres

CATEGORIES

Girls	Boys
12 & under	13 & under
13 to 14	14 to 15
15 and over	16 and over

FORMAT

- The meet will be conducted under published FINA and/or WPS 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.
- Swimming Canada warm-up procedures will be in effect.
- Swimming Canada Dive Rule in effect and starts will be conducted from starting platforms (blocks) as per FINA FR 2.3 and SW4.1
- 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.
- Preliminary events will be senior seeded and clubs will be divided into two pools by team, not by gender.
- **Finals:** A-final for all age groups.
B-finals for 13-14 and 15&O girls and 14-15 and 16&O boys and 15&O if there are more than 24 entries per age/gender group in the event.
A-final will swim first, followed by the B-final.
 - All girls finals will swim first, followed by the boys finals.
 - 400m events will have an A-final only.
 - Notice of the finals qualifiers will be posted on the OSC website as soon as possible following the morning session. www.olympianswimclub.com
 - **Distance:** 800m and 1500m Freestyle events are timed finals, senior seeded and fastest to slowest.
 - Maximum 80 entries per event.

- Swimmers may only swim one of the distance events, either 800m or 1500m
- Positive check in for 800's and 1500's will be due 30 minutes after the start of warm-up
- 400m Events (400 IM & 400 Free) will swim fastest to slowest in the preliminary session
- Positive check in for 400's will be due 30 minutes after the start of warm ups in their respective preliminary sessions.
- **Relays:** Each club can enter a limit of 2 scoring teams per age group per relay event. The meet management may allow additional relay teams to be added based on projected session timeouts **but only the top 2 relays from each team will be awarded scores.**
- All relays will be swum during the finals session. Individual names for relays must be submitted to the clerk by the end of the morning session of the day the relay is swum – name changes will be allowed up to ½ hour prior to the start of the first relay event regardless of which age or gender the relay is in.
- Individual **names for relays for the Thursday session must be submitted when entering in the meet.** Name changes will be allowed up to 30 minutes after the start of warm-up.

4x100 relays will be open with no distinct age groups.

4x50 relays will be seeded by age groups.

Relays will be swum slowest to fastest and alternating genders, except for the 4x200 free relay on Thursday - this relay will be swum fastest to slowest

- **Scratches:** Preliminary scratches are due 30 minutes after the start of the previous night finals.
 - For Friday – due at 4:30pm on Thursday.
 - For Saturday – due at 5:30pm on Friday.
 - For Sunday – due at 5:30pm on Saturday
 For finals, scratches are due 30 minutes following the conclusion of the preliminary session.
 - The Swim Alberta Scratch Rule will be in effect for this meet.

- **Para Swimming:**

All swimmers competing as Para swimmers must have a registered classification indicated in Swimming Canada's classification database. All Para swimmers will compete in senior seeded preliminary events with all other swimmers. Para swimmers must have achieved a minimum of 1 of the Swimming Canada Provincial time standards in their class. Swimmers must have their classification represented on SNC's classification list to be eligible for this competition.

Junior Provincial Time Standards:

<https://www.swimming.ca/content/uploads/2021/09/Junior-Para-Swimming-Provincial-Standards.pdf>

Senior Provincial Time Standards:

<https://www.swimming.ca/content/uploads/2021/09/Senior-Para-Swimming-Provincial-Standards.pdf>

There will be Open Male and Female Para finals for the following events:

- 100m Breaststroke
- 100m Freestyle
- 100m Backstroke
- 50m Freestyle

These finals will be scored using Swimming Canada's Para Swimming points calculator and they will be contested as indicated by the attached event schedule.

In events without Para finals, Para swimmers are eligible to qualify for finals based on their age group in competition with all other swimmers.

Para swimmers will be judged based on their adherence to IPC/WPS rules.

SAFE SPORT

All interactions between an athlete and an individual who is in a position of trust should normally and whenever possible, be in an environment or space that is both “open” and “observable” to others

AWARDS

- Individual Points: 50, 30, 20, 15, 14, 13, 12, 11
- Relay Points: 50, 30, 20, 15, 14, 13, 12, 11
- Awards will be presented following the conclusion of the final event on Sunday
- High Point Award: Top Aggregate girls in 12&U and 13-14. Top Aggregate boys in 13&U and 14-15. Top FINA point for Male 16&Over and Female 15&Over.
- Team Award: To the highest combined point scoring team.
- Draw Prizes will be awarded daily. All swimmers registered in the meet will be entered

COACHES

- A technical meeting will be held on deck at 7:15am on Friday, December 17th. All clubs must have a coach representative present at the meeting. Location will be announced.

ACCREDITATION

- Only accredited participants will be allowed on the pool deck. This includes swimmers, coaches, officials, chaperones and photographers.
- Teams must pick up their accreditations at the east end of the pool. The room will be open at 2:00pm Thursday, December 16th.

TEAMS

- Bleachers will be set up on the pool deck. It is expected that teams will keep their area clean and use the provided garbage cans and recycle bins. Team banners are welcome and permitted in designated areas.

OFFICIALS

- Assistance will be required for distance events. If you have a swimmer in this event you must provide one timer per swimmer. Help throughout the weekend will also be appreciated. Please contact Sarah Laurie at officials@olympianswimclub.com.

Hospitality

- OSC has prided itself on providing the best hospitality in Western Canada. We are determining if and how hospitality may be provided this year. Updates will be forthcoming.

SESSIONS:

Thursday, December 16	Friday, December 17	Saturday, December 18	Sunday, December 19
800m Free	200m Free	200m Back	200m Fly
1500m Free	50m Fly	100m Free	50m Back
4x50 Free Relay (12&U F/13&U M)	100m Back	200m Breaststroke	100m Breaststroke
4x200 Free Relay (13&O F/14&O M)	50m Breaststroke	100m Fly	50m Free
	400m IM	400 Free	200 IM
	4 x 100m Medley Relay	4 x 100m Free Relay	4 x 50 Medley Relay

* Order of events for Thursday night will be the 2 fastest heats of 800 and 1500 (1 girls heat/1 boys heat). Then the relay events followed by the rest of the distance heats which will be alternated by gender.



Provincial Trials Time Standards

Female			Male				
12 & U	13-14	15 & O	EVENT	13 & U	14-15	16 & O	
33.0	31.0	30.6	50 Free	SC	31.1	28.5	27.2
33.7	31.6	31.2		LC	31.7	29.1	27.8
1:12.9	1:07.5	1:05.9	100 Free	SC	1:08.5	1:02.4	59.2
1:14.3	1:08.9	1:07.3		LC	1:09.9	1:03.6	1:00.4
2:40.1	2:27.0	2:22.9	200 Free	SC	2:30.7	2:17.7	2:10.3
2:43.3	2:30.0	2:25.9		LC	2:33.7	2:20.4	2:13.0
5:42.8	5:15.6	5:05.3	400 Free	SC	5:24.2	4:58.7	4:44.9
5:49.7	5:21.9	5:11.5		LC	5:30.7	5:04.7	4:50.7
11:40.7	10:45.0	10:24.0	800 Free	SC	11:17.4	10:24.0	9:55.2
11:54.7	10:57.9	10:36.8		LC	11:30.9	10:36.5	10:07.3
38.4	35.5	34.9	50 Back	SC	36.4	33.2	31.2
39.1	36.3	35.7		LC	37.1	33.9	31.9
1:22.9	1:16.5	1:14.5	100 Back	SC	1:18.5	1:11.2	1:07.1
1:24.6	1:18.0	1:16.0		LC	1:20.0	1:12.6	1:08.5
2:59.3	2:45.6	2:41.3	200 Back	SC	2:50.7	2:34.3	2:28.0
3:02.9	2:48.9	2:44.6		LC	2:54.1	2:37.4	2:31.0
43.6	40.5	38.8	50 Breast	SC	41.1	37.3	34.5
44.5	41.4	39.6		LC	41.9	38.1	35.2
1:35.2	1:28.4	1:25.1	100 Breast	SC	1:29.7	1:21.9	1:15.5
1:37.1	1:30.2	1:26.8		LC	1:31.4	1:23.5	1:17.1
3:27.3	3:12.5	3:05.8	200 Breast	SC	3:15.8	3:00.3	2:46.9
3:31.5	3:16.4	3:09.6		LC	3:19.7	3:03.9	2:50.3
36.9	34.1	32.6	50 Fly	SC	34.7	31.4	29.2
37.6	34.8	33.3		LC	35.4	32.0	29.8
1:26.2	1:17.7	1:12.2	100 Fly	SC	1:19.9	1:10.9	1:05.1
1:27.9	1:19.3	1:13.7		LC	1:21.5	1:12.3	1:06.5
3:08.8	2:50.3	2:38.2	200 Fly	SC	3:00.4	2:40.1	2:27.0
3:12.5	2:53.7	2:41.5		LC	3:04.0	2:43.3	2:30.0
3:01.6	2:47.7	2:43.4	200 IM	SC	2:50.6	2:35.6	2:29.4
3:05.2	2:51.0	2:46.7		LC	2:54.0	2:38.7	2:32.4
6:25.8	5:56.3	5:47.2	400 IM	SC	6:06.5	5:34.2	5:20.9
6:33.5	6:03.4	5:54.3		LC	6:13.8	5:40.9	5:27.4

All time standards are set to the tenth. Swimmers must equal or better the standard to qualify.
For example: 1:50.9 = 1:50.90 (1:50.90 qualifies, 1:50.91 does not qualify)

2021-2022

COMPETITION SAFETY PLAN (OSC JP Fiset - Dec. 16-19, 2021)

COVID-19 COMPETITION SAFETY COORDINATOR:

Natasha Gunderson

TYPE OF COMPETITION:

Multi-Club Competition

MULTI-CLUB COMPETITIONS:

The club requires proof of vaccination, negative test result or medical exemption for all individuals age 12 and older AND has full control over entry to the facility.

Swimmers age 11 and younger must provide proof of a negative test.

- Proof of 1st vaccination will be accepted if vaccinations are available to this age group and 2 weeks have passed since 1st vaccination.

FACILITY ACCESS REQUIREMENTS:

One of the following is required prior to entry:

- 1) Proof of vaccination
- 2) Proof of negative PCR test, or
- 3) Proof of medical exemption

Masks must be worn at all times unless athletes are in the water or performing physical activity.

AGE OF PARTICIPANTS:

10-30yrs

MAXIMUM COMPETITION NUMBERS:

Maximum Facility Occupancy* = 700 in Competition Pool; 1000 on deck

Total Participants = 895

Swimmers = 750

Coaches = 65

Officials & Volunteers = 80

Facility Staff = 3 lifeguards during meet; 5-6 lifeguards during warm up (20-30 staff in the facility)

** The maximum competition numbers may not exceed the occupancy requirements of the facility, which may be limited to a portion or percentage of the fire code capacity.*

WARM-UP REQUIREMENTS / SCHEDULE / LANE ASSIGNMENTS:

Warm Ups will occur in both East and West Competition Pools (16 lanes)

Lanes will be designated based on the number of entries

11&U will Warm Up in Lanes separate from those 12yrs and older

Clubs will not be permitted to share lanes.

Warm Up Times

Thurs, Dec. 15, 2021 - 3:00 - 3:50pm

Fri, Dec. 16, 2021 Prelims - 7:30 - 8:20am

Fri, Dec. 16, 2021 Finals - 4:00 - 4:50pm

Sat, Dec. 17, 2021 Prelims - 7:30 - 8:20am

Sat, Dec. 17, 2021 Finals - 4:00 - 4:50pm

Sun, Dec. 18, 2021 Prelims - 7:30 - 8:20am

Sun, Dec. 18, 2021 Finals - 3:00 - 3:50pm

ENTRANCE / EXIT:

Athlete Entry & Exit - **Door 3**

Spectator Entry & Exit - **Entrance**

Note: Spectators are asked not to enter the pool deck unless they are assisting athletes.

CHANGEROOMS / SHOWERS:

Change rooms and showers are available for use.

Masks must be worn when not in the shower.

TRAFFIC FLOW:

WU (Dives) - Swimmers are to move to the right side of the lane when finished swimming across, will exit the pool at the north side and return to the blocks by walking east around the pool or to the swimmer viewing area by walking east around the pool and then back on the other side of the gated area.

Competition - Swimmers are to remain in their lane on the left (east) side of their lane and face the Ref (avoid being face to face with the next athlete). Once the next athlete has started their race the swimmer can then climb out, don their mask, and walk around the gated pool back to the swimmer viewing area.

RESPONSE FOR SICK INDIVIDUALS:

Mask immediately and remove from the Competition area to isolate away from others.

Athletes' parents/guardian should be contacted to pick them up immediately.

Official, Volunteer or Coach should inform another Official, Volunteer or Coach so they can be replaced and then leave the facility immediately.

Should sanitization be required, the on duty lifeguard will need to be contacted to assist.

DISINFECTION PROCEDURE:

Facility will take care of disinfection Procedures.

Please sanitize your hands often. Hand sanitizer will be available.

MASKS:

Masks must be worn by swimmers in all common areas while not physically in the pool.

- Entry & Exit
- Changerooms & Bathrooms
- **While waiting for a race (including in marshaling area)**

Masks must be worn by officials, volunteers, coaches and spectators **at all times.**

TIMING:

Electronic touch pads to be used.

One (1) Timer and one (1) Timer/Turn Judge required per lane.

SHARED EQUIPMENT:

DQ slips to be used

Timing sheets to be used

Plungers

Electronics Board

Hand sanitizer will be provided to use before and after handling items others have touched.

LOCATION OF OFFICIALS:

Timers/Turn Judges - behind blocks

Turn Judges - standing at north and south end of pool (move back when athletes exit pool)

Stroke Judges - east and west side of pool

LOCATION OF COACHES:

Coaches will stand/sit in an area that is distanced from athletes of other cohorts but accessible to their own athletes.

SPECTATORS:

Spectators are permitted if they have provided one of the following upon entry:

- 1) Proof of vaccination
- 2) Proof of negative PCR test
- 3) Proof of medical exemption

FACILITY SPECIFIC REQUIREMENTS:

If required to enter areas other than pool deck and main viewing area, wristbands can be provided to officials, volunteers and coaches as proof of vaccination, negative PCR test or medical exemption.

ADDITIONAL REQUIREMENTS:

None.



