



OSC J.P. Fiset Invitational

December 14 – 17, 2023



Kinsmen Sports Centre, 9100 Walterdale Hill
Edmonton, Alberta, Canada.

Technical Bulletin

REGISTRATION:

Each team will be provided a package of bag tags for distribution to their swimmers, to be picked up by coaches at the Meet Manager’s office, just off the pool deck. Swimmers are required to use these tags to access the facility for every session.

FACILITY ACCESS:

Access to the change rooms and the pool deck will be through the athlete/competitor door: **Entrance 3**, to the left of the main entrance area. Please do not use the main doors.

COACHES MEETING:

The coaches meeting will take place on Fri. Dec. 15 on deck in the Meet Manager’s office. The time will be announced.

GENERAL POOL & WARMUP INFO:

- The facility has two 8 lane 25m competition pools.
- On Wednesdays, the Kinsmen pool lanes are booked. Public swim is your best option at Kinsmen. The University of Alberta has two 25m pools and is 10 minutes away from Kinsmen. MacEwan University is north of downtown and has a 25m pool.
- If needed, one lane will be designated for Para Swimmers during warm up in the warm-up pool.
- One backstroke start lane will be available during each session in which there is a backstroke event.

WARMUP INFO (Competition Pool):

Warm Up / Start Time	PRELIMS		FINALS	
	Warm Up	Racing	Warm Up	Racing
Thursday, December 14			3:00pm	4:00pm
Friday, December 15	7:30am	8:30am	4:00pm	5:00pm
Saturday, December 16	7:30am	8:30am	4:00pm	5:00pm
Sunday, December 17	7:30am	8:30am	3:00pm	4:00pm

Scratches: As per the Swim Alberta Scratch Rule

Preliminary scratches are due to the Clerk of Course 30 minutes after the start of the previous night's finals.
Finals scratches are due 15 minutes following the conclusion of the preliminary session.

400 Freestyle Preliminaries

- 400m events (400 I.M. & 400 Free) will be swum fastest to slowest in the preliminary session, alternating gender (girl/boy).
- Positive check in for the 400s will be due **10 minutes** after the start of warmups in their respective preliminary sessions.

Distance Events

- 800m and 1500m freestyle events are timed finals, senior seeded, and swum fastest to slowest.
- Swimmers may only swim one of the distance events either 800m or 1500m.
- Positive check in for 800s and 1500s will be due 10 minutes after the start of warm up.

Order of Events – THURSDAY

Girls will be swimming in the east pool (under the main scoreboard) while boys will be swimming in the west pool (near the diving tank). The order will remain the same for each pool. The fastest heat for 800 free starts, followed by the fastest heat for 1500. The relays will be next. After the relays are done, the second fastest heat for 800 swims, followed by the second fastest heat for 1500. This pattern is followed until all the remaining distance heats are done in both the east/girls pool and in the west/boys pool. Friday, Saturday, and Sunday, the pools will be divided by clubs.

EAST POOL - GIRLS (under the main scoreboard)

800 free fastest heat

1500 free fastest heat

4X50 free relay – 12 & U (all heats)

4X200 free relay – 14 & over (all heats)

***Alternate remaining heats of distance events:** 1 heat of 800 (fastest to slowest), then 1 heat of 1500 (fastest to slowest) until all heats of distance events are done.

WEST POOL - BOYS (near the diving tank)

800 free fastest heat

1500 fastest heat

4X50 free relay – 13 & U (all heats)

4X200 free relay – 14 & over (all heats)

***Alternate remaining heats of distance events:** 1 heat of 800 (fastest to slowest), then 1 heat of 1500 (fastest to slowest) until all heats of distance events are done.

Relays – Name Changes

- Individual names for relays must be submitted to the Clerk of Course by the **end of the morning session** the day the relay will be swum.
- Name changes will be allowed up to **one hour before the start** of the first event regardless of which age or gender the relay is in.
- Names for the Thursday session relays **must be submitted** when entering in the meet.
- Name changes for the Thursday relays will be allowed up to **30 minutes after** the start of warmup.

THURSDAY RELAYS: Relay cards will be used for Thursday relays only. Coaches will receive relay cards to fill in the swimmer names in order. Please print legibly. Relay names/cards are to be submitted directly to the lane timer with correct swimmer names and order. Relay swimmer names will be reflected when the results are posted. More instructions will be included in the coaches' registration packages. This is ONLY for Thursday relays.

Other Important Notes

- Heat sheets will be provided to coaches and officials, but there will NOT be any heat sheets available for sale.
- Meet information will be on Meet Mobile. However, the heat sheets are the official source of information.
- Hospitality will be offered in the Kinette room for officials, coaches, and volunteers. Times of meals will be announced during the sessions.
- Please remind your team to use the garbage bags and recycling receptacles provided. The facility requests that bleachers are cleared of all garbage by the end of the session. It would be greatly appreciated if you could help us in this area.