



OSC J.P. Fiset Invitational

December 14 – 17, 2023



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

DATES Entry Deadline: Monday, December 4, 2023
 Scratch Deadline: Thursday, December 7, 2023
 Fees Due: Thursday, December 14, 2023 – by the start of session

CONTACTS Meet Manager: Kim Taylor-Archer, meetmanager@olympianswimclub.com
 Club Contact: Shane Downey, Shane@olympianswimclub.com
 Officials' Chair: Sue Cabigon, officials@olympianswimclub.com
 Entries: Greg Buchanan, entries@olympianswimclub.com
 Advisory Referee: Sue Buhler, suebuhler1968@gmail.com

FACILITY Two 8 lane 25m race pools (prelims in two pools, finals in one pool).
 Three lane 50m pool warm up/cool down space (prelim sessions).
 Free parking, but parking is limited, please consider car-pooling to daytime sessions.
 No buses or motorhomes are allowed in the parking lot.
 There are coin operated lockers and lockable with personal locks.
 There are vending machines on site: stay tuned for food options.

SANCTION Sanctioned by Swim Alberta. #39734

SCHEDULE

Warm Up / Start Time	PRELIMS		FINALS	
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

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

ENTRY FEES

- Individual events: \$16
- 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 should be emailed to finance@olympianswimclub.com.
- Entry fees are non-refundable after the scratch deadline except with a medical note.

ENTRY RULES

- A minimum of 300 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 14, 2023.
- The competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club.
- Meet Entry Standards are the Swim Alberta Provincial Times Standards which are attached, with the exception of the 1500m event where there is no standard. The meet standard for the 1500 is outlined below.

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 a 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.
- Olympian Swim Club 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 re-schedule 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 30 minutes prior to the start of the session, coaches may be required to supply timers.

CATEGORIES

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

RULES

- The meet will be conducted under published World Aquatics and/or World Para Swimming 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.
- 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.

DIVING RULES

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

FINALS

- A-final for all age groups.
- B-finals for 13-14 and 15&O girls and 14-15 and 16&O boys if there 24 or more entries per age/gender group entered 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.

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 800s and 1500s will be due 10 minutes after the start of warm-up.
- 400m events (400 I.M & 400 Free) will swim fastest to slowest in the preliminary session. The heats will alternate girl/boy.
- Positive check in for 400s will be due 10 minutes after the start of warmups 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 one hour before 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 for the Thursday relays will be allowed up to 30 minutes after the start of warm-up.
- The deadline for name changes is 30 minutes prior to the first relay event based on session timeouts.
- 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. Please see the bottom of page 5 for a detailed explanation of the order of events on Thursday.

***NEW** Relay cards will be used for Thursday relays only. Coaches will receive relay cards to fill in the swimmer names in order. 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.

SCRATCHES

The [Swim Alberta Scratch Rule](#) will be in effect for this competition with the following exceptions:

- Scratches prior to the start of competition should be emailed to entries@olympianswimclub.com
- Preliminary scratches are due to the clerk of course 30 minutes after the start of the previous night's finals.
- For finals, scratches are due 15 minutes following the conclusion of the preliminary session.

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. Gold, Silver, and Bronze medals will be awarded to Para swimmers finishing in first, second, and third place respectively.

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.

REQUIREMENT FOR TIME TRIAL SANCTIONS

A Time Trial sanction is intended for a record attempt and is limited to one (1) event with one (1) swimmer or one (1) relay team. No entry fees are permitted for Time Trials.

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.

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.

AWARDS

- High Point Awards:
 - Top Aggregate girls in 12&U and 13-14. Top Aggregate boys in 13&U and 14-15.
 - Top World Aquatics Points Award for Male and Female 15&O.
 - Team award for the highest combined point scoring team.

OTHER AWARDS

Bell heat winners will be awarded in prelims.

COACHES

A technical meeting will be held on deck at 7:15 a.m. on Friday, December 15. All clubs must have a coach representative present at the meeting. The location will be announced.

ACCREDITATION

- Only accredited participants will be allowed on the pool deck. This includes swimmers, coaches, officials, and photographers.
- Teams must pick up their accreditations at the east end of the pool. The Meet Manager room will open at 1:00 p.m., Thursday, December 14.

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 officials@olympianswimclub.com.

HOSPITALITY

OSC prides itself on providing the best hospitality in Western Canada. Meals will be provided for coaches and volunteers before the morning and evening sessions and following the morning session.

SESSIONS:

Thursday, December 14	Friday, December 15	Saturday, December 16	Sunday, December 17
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 I.M.	400 Free	200IM
	4 x 100m Medley Relay	4 x 100m Free Relay	4 x 50 Medley Relay

***ORDER OF EVENTS – THURSDAY NIGHT:** 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.

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.



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	31.1	28.5	27.2
33.7	31.6	31.2		LC	31.7	29.1
1:12.9	1:07.5	1:05.9	100 Free	1:08.5	1:02.4	59.2
1:14.3	1:08.9	1:07.3		LC	1:09.9	1:03.6
2:40.1	2:27.0	2:22.9	200 Free	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
5:42.8	5:15.6	5:05.3	400 Free	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
11:40.7	10:45.0	10:24.0	800 Free	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
38.4	35.5	34.9	50 Back	36.4	33.2	31.2
39.1	36.3	35.7		LC	37.1	33.9
1:22.9	1:16.5	1:14.5	100 Back	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
2:59.3	2:45.6	2:41.3	200 Back	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
43.6	40.5	38.8	50 Breast	41.1	37.3	34.5
44.5	41.4	39.6		LC	41.9	38.1
1:35.2	1:28.4	1:25.1	100 Breast	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
3:27.3	3:12.5	3:05.8	200 Breast	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
36.9	34.1	32.6	50 Fly	34.7	31.4	29.2
37.6	34.8	33.3		LC	35.4	32.0
1:26.2	1:17.7	1:12.2	100 Fly	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
3:08.8	2:50.3	2:38.2	200 Fly	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
3:01.6	2:47.7	2:43.4	200 IM	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
6:25.8	5:56.3	5:47.2	400 IM	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

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



Excellence, Integrity, Innovation, Collaboration

SWIM ALBERTA SCRATCH RULE

Background and Link to Swimming Rules

The Swimming Rules of Swimming Canada state that the following needs to be considered:

3.6 SCRATCHES, SUBSTITUTIONS, & DECK ENTRIES (applies to local Provincial Meets)

CSW 3.6.1 Once entered in an event, a swimmer who is not an alternate, may only withdraw or “scratch” from that event without penalty according to rules set down by the Provincial Section or written in the Meet Information package.

CSW 3.6.2 HEATS & FINALS: Scratch Deadlines shall be clearly stated in the Meet Information.

TIME-FINAL EVENTS: For individual events or relays that are Time Finals, the Scratch Deadlines shall be clearly stated in the Meet Information.

CSW 3.6.3 PENALTIES: Penalties for failure by a swimmer to scratch from Preliminaries, Finals, or Time Final events shall be clearly stated in the Meet Information.

CSW 3.6.4 ‘NAME CHANGE’ DEADLINES: ‘Name Change’ deadlines for relays should be stated in the meet information and announced at the Coaches Technical Meeting.

To assist the clubs in Alberta the recommended scratch rules are listed below and shall be the rules applied for all Provincial Competitions. If a swim club wishes to institute a different scratch rule/deadline the rules must be clearly communicated in the Meet information package.

Swim Alberta does not allow the use of monetary fines in scratch rules.

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.

Govern, lead and support competitive swimming.
www.swimalberta.ca

Approved by the AOCC: June 26, 2018

Swim Alberta Scratch Rule

Page 1 of 3



Excellence, Integrity, Innovation, Collaboration

Heats & Final Meets including Swim Alberta Short Course & Long Course Provincials and Swim Alberta Spring & Summer Championships

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 according to the information detailed below:

Scratch Deadline and Penalties for Preliminaries:

- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the preliminary session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session. No re-seeding will occur, without the approval of the referee.
- There will be no penalty for scratching from preliminary events. No-shows, step-downs, and unexcused incomplete swims will have no penalty assessed.

Scratch Deadline for Time Final Events (including relays):

- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session in which a Time Final Event is scheduled. No re-seeding will occur, without the approval of the referee.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining finals, including relays, scheduled for that session.

Scratch Deadline for Time Final Events utilizing Positive Check-in

- The deadline for Positive Check-in shall be clearly communicated in the meet package and communicated to coaches at the technical meeting.
- Failure to check-in by the deadline will be deemed a scratch and the swimmer will be removed from the event. There is no penalty for swimmers who fail to check-in.
- Once checked-in a swimmer is not entitled to scratch from the event. No-shows, step-downs and unexcused incomplete swims will result in the swimmer being scratched from all remaining finals, including relays, scheduled for that session and any other session in which the event in question is swum.

Govern, lead and support competitive swimming.

www.swimalberta.ca

Approved by the AOCC: June 26, 2018

Page 2 of 3

Swim Alberta Scratch Rule



Excellence, Integrity, Innovation, Collaboration

Scratch Deadline and Penalties for Finals:

- Scratches are to be submitted to the clerk of course 30 minutes after conclusion of the preliminary session. The conclusion of the preliminary session will be the completion of the final race of the session or when the 800/1500 are the last events of the session, the scratch deadline shall be 30 minutes after the completion of the last race immediately preceding the start of the 800/1500.
- The Late Scratch Deadline shall be 30 minutes prior to the start of the finals session. However, there shall be no re-seeding to include scratches made after the initial scratch deadline.
- The Late Scratch Deadline only applies if the coach of the late scratch swimmer notifies the referee and the coach of the alternate. The alternate is under no obligation to swim. Should the alternate decline to swim the coach of the late scratch swimmer must contact the coach of the 2nd alternate.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining events, including relays, scheduled for that day.
- Although alternates are not required to swim, all swimmers not intending to swim finals should scratch by the scratch deadline. This will ensure that those swimmers, who would be intent on swimming in a final and qualify, would be provided the opportunity.

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.