



2023 CHENA December Mini Meet & Development Meet

Sunday December 17th
Harry Jerome Pool

Development Meet 12:00pm-3:30pm.
Mini Meet Estimated 3:30-6:00pm.

Entry Deadline: Tuesday, December 12th @ 5:00pm

Scratch Deadline: Friday, December 15th @ 5:00pm

George.Hill.2@outlook.com

About the Meet

There are two sessions to this Meet. One session is the Development Meet, an entry level pre-LMR meet for those 8 and up. The other is a Mini Meet; a light and friendly, entry level meet intended to introduce 11 and under swimmers to their first competitive experience. There will be a warm-up for each session and a break between the sessions (time permitting).

» [Volunteer Sign-Up Sheet Here.](#)

Development Meet Entries

Swimmers can enter:

- » 3 individual events & 1 relay event (#107).
- » One 200m event maximum for #101-102.
- » One race only across events #110-112.
- » If entering 25 Fly, you can exceed the 3-event maximum and enter 4 individual events.
- » \$15 per Athlete + \$3 per Individual Event
- » Swimmers should be generally capable of swimming 100 IM in 3:00 or less. If not, they should attend the Mini Meet Session.
- » No need to submit names for relays.

Mini Meet Entries

Swimmers will typically swim either the three 50m events or the three 25m events.

- » Maximum of 3 individual events
- » Flat Fee \$15 per Athlete
- » 11 years & under

If you are considering 100 IM, please limit the number of entries you submit and include a time estimate. Generally, if a swimmer is ready for 100 IM they should attend the development meet rather than the mini-meet.

Coaches, please have one cheque made out to Chena Swim Club or e-Transfers sent to etransfer@chenaswimclub.ca. Please submit entries to George Hill at George.Hill.2@outlook.com

Notice for Parents: The Head Coach for your club will submit one payment for all athletes in your club on your behalf. Please talk to your Head Coach for further information about paying meet fees.

Development Meet (Session 1)

EVENT LIST

#101 - 200m (#101=IM, #102=Free)

#103 - 100m Individual Medley

#104 - 50m Freestyle

#105 - 50m Butterfly

#106 - 25m Butterfly

-----**10 MIN BREAK**-----

#107 - 5x50m Santa Clause Relay

-----**5 MIN BREAK**-----

#108 - 50m Backstroke

#109 - 50m Breaststroke

#110 - 100m (110=Free, 111=Breast, 112=Back)

Mini Meet (Session 2)

EVENT LIST

#1 - 100m Individual Medley

#2 - 25m Freestyle Kick

#3 - 50m Freestyle Kick

#4 - 25m Freestyle

#5 - 50m Freestyle

#6 - 25m Dolphin Kick

#7 - 50m Backstroke

Fun Free Time in Pool*



The Santa Clause Relay:

Each team will have 5 swimmers: 4 “Reindeer” and 1 “Santa”. The 4 reindeer will swim 25m Free to the far end of the pool and collect one “gift”. Then, they need to return to the start by swimming the second 25m with the gift. Once they climb out of the pool they must toss the gift into their team’s Santa Sack. The last Reindeer must place the gift in the sack before Santa Clause can jump into the water.

The 5th and last swimmer will be Santa Clause. They will wear a Santa Hat on their head and carry their team’s sack 25m to the other end of the pool, “delivering the gifts”. Once all the gifts are out of the bag, they can take their Santa hat off and finish the last 25m of the race.

The “gifts” will be common swimming equipment such as kickboards, fins, pull-buoys, etc. No need to bring your own equipment, Chena will provide it. Also, there is no need to provide names for the relays as the relay is only about having fun!

Fun Free Time (Mini Meet Only)

At the end of the mini meet, we usually hope to have some fun free time in the pool where the kids can play with the float toys. Sometimes we are permitted to use the water slide. We are still waiting for a definitive schedule and so our ability to have this fun time and potentially use the water slide will depend on our timeline.

Warm up lanes will be assigned to clubs based on the number of swimmers participating and will be emailed to coaches. The schedule listed is an estimate. Breaks may be eliminated if the meet is running behind schedule.

