



Final Draft  
08 Oct 15

## 29<sup>th</sup> Annual Cascade Speed Meet

November 6-8, 2015  
Talisman Centre  
Sanction # PENDING

The Cascade Swim Club is pleased to invite you to the 2015 Cascade Speed Meet (Blue) to be held November 6-8, 2015 at the Talisman Centre, Calgary. Entries are to be submitted using HYTEK. The files are to be uploaded on line at [www.swimming.ca](http://www.swimming.ca), with an entry deadline of Friday October 23, 2015. Time of receipt of uploaded entries will be considered as the date and time on the notification email sent to the meet manager through the SNC site. All times are to be entered Short Course. In addition, the following must reach the Meet Manager on or before Friday, October 23, 2015:

- Cheque with entry fees made payable to Cascade Swim Club
- An excel spreadsheet with your entries for alternate swims for distance events or events with limited numbers.
- Word or PDF document of your entries.

If entries are sent by courier please ensure no signature required upon delivery. Entries are to be sent to:

Cascade Swim Club - Attention: Jasen Pratt  
2225 Macleod Trail South  
Calgary, Alberta, T2G 5B6

For more information, please contact:

Kelly Jubenvill, Meet Manager  
(403) 263-7946  
meetmanager.cascade@gmail.com

Jasen Pratt, Club Manager  
(403) 263-7946  
jasen@cascadeswimming.com

We look forward to seeing you at the meet!  
Sincerely,  
Cascade Meet Management Team

All updates to this package from any previous drafts as of 08 October 2015 have been highlighted in yellow.



## Facility

The Talisman Centre is the host site for the 2015 Cascade Speed Meet. This world-class facility has two-25m short course pools (both equipped with Omega electronic timing systems) and 4 lanes 25m for warm-down purposes.

## Entries

- To ensure a quality meet, the Meet Manager reserves the right to limit the number of swimmers and/or swims to try and adhere to our maximum session time guidelines as suggested by Swim Alberta.
- There is a maximum number of 7 swims for all swimmers and a max of 3 per day (not including relays).
- Please enter all events with a time. NT's will not be accepted.
- Please use the honour system when entering swimmers times.
- Cascade reserves the right to enter non-qualifying Cascade swimmers. Age Groups
  - Females: 10 & Under, 12 & Under, 14 & Under, 15 & Over
  - Males: 11 & Under, 13 & Under, 15 & Under, 16 & Over

*Preliminary pools (North & South) will be divided up by gender and age to optimize session lengths.*

## Qualifying Times

Swimmers need to have an Cascade Speed Meet Qualifying Time Standard in one event to qualify for the meet (see standards on the last page).

***If a swimmer qualifies In 1 event they are entitled to 4 free swims = 5 total swims (the 800 & 1500 Freestyle events as well as the 400 IM, 400 Free, 200 breaststroke and 200 butterfly are not to be used as bonus swims). Swimmers wishing to enter more than 5 events must have a qualifying time in each of their 7 events.***

## Meet Format

- Individual events with 8 or less swimmers will go straight to finals.
- There are only “A” finals. There are no “B” finals.

## 800/1500 Free Timed Finals

- Entries may be limited to ensure reasonable length of meet. **Alternate event at time of initial entry must be provided to [meetmanager.cascade@gmail.com](mailto:meetmanager.cascade@gmail.com) in case your swimmer is not able to race in this event due to limited entries.**
- Senior seeded and may be swum 2 swimmers per lane with the exception of the fastest heat in both the 800 & 1500.
- Event will be swum alternating girls 800 and boys 1500 fastest to slowest.
- Entries and proof of time must accompany your entry file.
- Proof of time should be emailed to [meetmanager.cascade@gmail.com](mailto:meetmanager.cascade@gmail.com)
- Positive check in is required by 8:00am on Friday
- 10&U girls must meet the 12&U girls meet standard
- 11&U boys must meet the 13&U boys meet standard
- The top 8 swimmers (all ages combined) in both the girls 800m freestyle and boys 1500m freestyle will gain entry into the 500m freestyle eliminator event.

## 100 Butterfly

- *The 100m butterfly which precedes the 800/1500m freestyle events will be swum fastest to slowest in the preliminaries.*

## 200 Breaststroke

- *The 200m breaststroke which precedes the 400m IM events will be swum fastest to slowest in the preliminaries.*

## 50 Butterfly

- *The 50m butterfly which precedes the 400m freestyle events will be swum fastest to slowest in the preliminaries.*

## Mixed Relays

- There are two 4 x 50 mixed gender relays: freestyle & medley
- Relays in this category will use the traditional age group age categories (12&U, 14&U, 15 –17, open)
- Each club can enter a maximum of 3 relay teams per event
- All other Swimming Canada relay event rules apply

## 400IM Timed Final

- Senior seeded with the top-8 swimmers overall (1 heat boys & 1 heat girls) swimming in the finals session at night.
- Preliminaries will be swum fastest to slowest and will possibly alternate between boys and girls depending on the final distribution of events by age and gender
- Entries will be limited and proof of time must accompany your entry file. **Alternate event at time of initial entry must be provided to**

[meetmanager.cascade@gmail.com](mailto:meetmanager.cascade@gmail.com) in case your swimmer is not able to race in this event due to limited entries.

- Proof of time should be emailed to [meetmanager.cascade@gmail.com](mailto:meetmanager.cascade@gmail.com)
- Positive check in is required by 9:30am Sunday
- 10&U girls must meet the 12&U meet standard
- 11&U boys must meet the 13&U meet standard

#### 400 Free Timed Final

- Fastest heat of each age category will swim in finals
- Preliminary session will be swum fastest to slowest and will possibly alternate between boys and girls depending on the final distribution of events by age and gender
- Entries may be limited. **Alternate event at time of initial entry must be provided to [meetmanager.cascade@gmail.com](mailto:meetmanager.cascade@gmail.com) in case your swimmer is not able to race in this event due to limited entries.**
- Proof of time must accompany your entry file by emailing them to [meetmanager.cascade@gmail.com](mailto:meetmanager.cascade@gmail.com)
- Positive check in is required by 9:30am on Saturday
- 10&U girls must meet the 12&U girls meet standard
- 11&U boys must meet the 13&U boys meet standard

#### 200 Fly Timed Final

- Fastest heat of each age category will swim in finals
- Preliminaries will be swum fastest to slowest and will possibly alternate between boys and girls depending on the final distribution of events by age and gender
- Entries may be limited. **Alternate event at time of initial entry must be provided to [meetmanager.cascade@gmail.com](mailto:meetmanager.cascade@gmail.com) in case your swimmer is not able to race in this event due to limited entries.**
- Proof of time must accompany your entry file by emailing them to [meetmanager.cascade@gmail.com](mailto:meetmanager.cascade@gmail.com)
- 10&U girls must meet the 12&U girls meet standard
- 11&U boys must meet the 13&U boys meet standard

#### Relays

- **All relays all ages swum in finals** – All relays names are to be submitted to the clerk of course by the end of the preliminary session of the same day
- Relay name changes will be permitted up to 60 minutes prior to the start of the time of the first relay event on the posted session report.
- There is a maximum of only three (3) relay teams per event

#### Deck Entries

- Deck entries will be accepted providing no extra heats are created.
- **Deck entries must be approved by the meet manager and will cost \$20.00 for individual events and \$25.00 for relays.**

- **Payment for deck entries is due upon entry or will not be accepted.**

### Submitting Entries

- All times are to be entered Short Course
- Please send [meetmanager.cascade@gmail.com](mailto:meetmanager.cascade@gmail.com) a work or pdf document of your entries along with your Hytek entries
- Swimmers age will be determined as of the first day of the meet, November 7, 2015.
- The file will be set up with all of the events for the meet in Team Manager (Hytek) format

### Entry Fees

- **Individual: \$9.00 for heats/finals events and \$7.50 for timed final events**
- **Relays: \$11.00**
- **Deck Entries: \$20.00 Individual, \$25.00 relays**
- **There will be no refunds for scratched swimmers after the entry deadline of October 23, 2015.**
- **Event changes after October 23<sup>rd</sup>, unless a result of changes to the meet program by meet management, will may incur a charge of \$5.00 per event change.**

### Start Times

Friday, November 6<sup>th</sup>

Warm-up Preliminaries:	7:30AM
Start Preliminaries:	8:30AM
Warm-up Finals:	4:30PM
Start Finals:	5:30PM

Saturday, November 7<sup>th</sup>

Warm-up Preliminaries:	9:00AM
Start Preliminaries:	10:00AM
Warm-up Finals:	4:30PM
Start Finals:	5:30PM

Sunday, November 8<sup>th</sup>

Warm-up Preliminaries:	9:00AM
Start Preliminaries:	10:00AM
Warm-up Finals:	4:30PM
Start Finals:	5:30PM

*Please note: The pool will be cleared 10 minutes prior to the start of every session.*

### Awards

- Prizes and awards will be handed out throughout the meet.

### Program Changes

- The Meet Manager reserves the right to alter, revise, or otherwise modify the program to ensure the maximum number of swims in sessions of reasonable length following the receipt of entries.
- Coaches will be advised of changes via e-mail or on our website.

- Results will be posted to [www.swimming.ca](http://www.swimming.ca) for downloading.
- Session start times may be changed to reflect entries into the meet once the entry deadline has past or for unforeseen circumstances

### **Officials**

- Visiting clubs are encouraged to volunteer to officiate. Please list any available officials and their qualifications and submit with entries.
- Calgary and area clubs sending swimmers to the meet will be expected to send officials equalling the number of swimmers attending.

### **Scratch Deadline & Penalties for Preliminaries**

- As a courtesy, please have all scratches to the clerk of course by the start of the previous night's finals.
- There will be no penalty for scratching from the preliminary events

### **Scratch Deadline for Timed Final Events (including relays)**

- Please have all scratches to the clerk of course by the start of the previous night's finals.
- Late scratches may be received by the clerk of course 30 minutes prior to the start of each session in which a timed final event is scheduled.
- There will be no penalty for no shows, incomplete swims, or scratching from timed final events that do not require a positive check in.

### **Scratch Deadline & Penalties for Timed Final Events Utilizing Positive Check-In**

- Positive check in for the 800m & 1500m Freestyle events is by 8:00am on Friday.
- Positive check in for the 400 Free is by 9:30am on Saturday
- Positive check in for the 400 IM is by 9:30am Sunday
- Failure to check-in by the deadline will be deemed a scratch and the swimmer will be removed from the event
- Positive check in may be made by having the swimmer or swimmer's coach initial beside the swimmer's name at the clerk of course table. An emailed positive check in during the meet will not be accepted.
- Scratches will not be accepted after positive check in closes. No shows, step-downs, and incomplete swims will result in the swimmer being scratched from all remaining events and relays scheduled that day.

### **Scratch Deadline & Penalties for Finals**

- Scratches are to be submitted to the clerk of course 30 minutes after the conclusion of the preliminary session.
- Late scratch deadline shall be 30 minutes prior to the start of the finals session.
- The late scratch acceptance only applies if the coach of the scratched 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 scratched swimmer must contact the coach of the 2<sup>nd</sup> alternate.

- Scratches received after the late scratch deadline, no-shows, step-downs and incomplete swims will result in the swimmer being scratched from all remaining events, including relays, scheduled for that session.
- Although alternates are not required to swim, as a courtesy, we ask that all swimmers not intending to swim finals notify the clerk of course by the scratch deadline. This will ensure that those swimmers who would be intent on swimming in a final should they qualify, would be provided that opportunity.

Event Order

Friday	Saturday	Sunday
Warm-ups Start 7:30AM	Warm-ups Start 9:00AM	Warm-ups Start 9:00AM
Heats Start 8:30AM	Heats Start 10:00AM	Heats Start 10:00AM
200 Back	200 IM	100 Free
100 Breast	50 Free	50 Breast
200 Free	200 Breast	200 Fly
50 Back	4x50 MR (10&U / 11&U)	100 Back
100 Fly	400 Free	50 Fly
4x 50 FR (10&U / 11&U)		400 IM
800 / 1500 Free		
Warm-ups Start 4:30PM	Warm-ups Start 4:30PM	Warm-ups Start 4:30PM
Finals Start 5:30PM	Finals Start 5:30PM	Finals Start 5:30PM
4x50 FR		
200 Back	4x50 MR	100 Free
100 Breast	200 IM	50 Breast
200 Free	50 Free	200 Fly
50 Back	200 Breast	100 Back
100 Fly	400 Free	50 Fly
4 x 50 MR Mixed	4 x 50 FR Mixed	400 IM

Cascade Speed Meet 2015  
Entry Standards

Day 1	10&U	11&U	11 to 12	12 to 13	13 to 14	14 to 15	15&O	16&O
200 Back	03:13.3	03:08.1	02:52.6	02:44.6	02:40.1	02:29.3	02:35.2	02:22.6
100 Breast	01:46.1	01:41.3	01:32.8	01:27.7	01:24.8	01:19.3	01:22.3	01:14.4
200 Free	02:53.8	02:44.6	02:34.0	02:25.2	02:22.4	02:11.2	02:16.6	02:04.2
50 Back	00:41.6	00:40.0	00:37.3	00:35.4	00:34.3	00:32.1	00:33.2	00:30.1
100 Fly	01:41.5	01:36.3	01:25.5	01:18.5	01:15.5	01:09.3	01:11.9	01:03.2
800 Free	11:33.2		11:33.2		10:28.1		10:04.0	
1500 Free		21:02.5		21:02.5		19:01.4		18:38.0
Day 2	10&U	11&U	11 to 12	12 to 13	13 to 14	14 to 15	15&O	16&O
200 IM	03:15.3	03:06.7	02:55.2	02:45.5	02:40.8	02:29.8	02:34.6	02:21.5
50 Free	00:36.1	00:33.9	00:32.4	00:30.0	00:30.0	00:27.4	00:29.0	00:25.9
200 Breast	03:42.4	03:35.8	03:16.8	03:08.6	03:02.0	02:52.5	02:57.0	02:44.2
400 Free	05:27.1	05:10.2	05:27.1	05:10.2	04:58.0	04:41.3	04:47.0	04:25.3
Day 3	10&U	11&U	11 to 12	12 to 13	13 to 14	14 to 15	15&O	16&O
100 Free	01:21.0	01:16.8	01:11.4	01:06.9	01:05.4	01:00.0	01:03.0	00:56.3
50 Breast	00:47.0	00:45.0	00:41.8	00:39.4	00:38.4	00:35.5	00:37.4	00:33.3
200 Fly	03:11.3	03:02.2	03:11.3	03:02.2	02:51.7	02:40.6	02:38.5	02:29.3
100 Back	01:31.9	01:28.5	01:21.6	01:17.0	01:15.0	01:09.0	01:11.9	01:06.9
50 Fly	00:41.0	00:39.2	00:35.7	00:33.5	00:33.0	00:30.1	00:31.4	00:27.9
400 IM	06:18.1	05:57.4	06:18.1	05:57.4	05:42.8	05:22.6	05:29.8	05:05.9