

**REGINA OPTIMIST DOLPHINS SWIM CLUB**

**PRESENTS**



**3<sup>rd</sup> ANNUAL MICHELLE MOORE INVITATIONAL**  
**MAY 24-27, 2012**  
**LAWSON AQUATIC CENTRE**  
**REGINA, SASKATCHEWAN**



SUPPORTED BY:



**Regina Optimist Dolphins Swim Club**  
**3<sup>rd</sup> Annual Michelle Moore Invitational**  
**May 24 to May 27, 2012**  
**Sanction # 11367**

**Meet Manager:** Kevin Saunderson  
2658 Angus Blvd  
Regina, SK  
S4T 2A5  
(306) 520-8104  
[saundersonkevin@hotmail.com](mailto:saundersonkevin@hotmail.com)

**Location:** Lawson Aquatic Centre  
1717 Elphinstone St.  
Regina, SK

**Facility:** 1- 50 metre, 8-lane competition pool  
15 metre warm-up/warm-down pool  
Non-turbulent lane markers  
Omega Electronic timing and plungers  
HY-TEK Meet Management Software

**Program:** **The swim meet will run preliminaries and finals daily on Friday, Saturday and Sunday, with 800FR and 1500FR events as timed finals on Thursday evening.**

**THURSDAY SESSION START TIME:**

800FR & 1500FR: Warm-up: 4:00-4:55PM  
Competition: 5:00PM

**FRIDAY AND SATURDAY SESSION START TIMES:**

Preliminaries: Warm-up: 07:30-08:25AM  
Competition: 08:30AM

Finals: Warm-up: 4:30-5:25PM  
Competition: 5:30PM

**SUNDAY SESSION START TIMES:**

Preliminaries: Warm-up: 07:30-08:25AM  
Competition: 08:30AM

Finals: Warm-up: 1:30-2:25PM  
Competition: 2:30PM

**Program times may be changed at the discretion of Meet Management. All participating clubs will be notified of any changes to the program. Coaches will be notified prior to the meet of any changes to the specifications of this meet package, unless such changes can be dealt with at the commencement of the meet without disadvantage to the swimmer.**

**Eligibility:**

Open to all swimmers registered as “Winter competitive Swimmers” with Swimming/Natation Canada (SNC) or FINA affiliates.

PARA swimmers who are registered with a FINA or IPC affiliate are eligible to compete and will be seeded according to their entry time.

Age Group placement will be determined by using the age of the swimmer on Thursday, May 24, 2012.

Swimmers must be a minimum seven years of age as of the first day of competition.

**Competition:**

Current SNC rules apply during this meet except as specifically modified in this meet package.

Age groups for this competition will be 10&U, 11&12, 13&14, 15&O. Males and females will compete separately.

Qualifying times for the 12&U events 200m and longer will be the **Saskatchewan A standards**. For girls the 11&U A standards will apply and for boys the 12&U A standards apply. There are no qualifying times for the 13 & 14 and 15 &O age groups.

All events 11& O will swim senior seeded during preliminaries except for the 400FR and the 400IM.

All 10 &U events will swim separately in Preliminaries and Finals except for the 400FR, 400IM and the 50 metre events which will be swum with all age categories. There is no 800FR and 1500FR offered for 10&Under.

All 10&U events, except for the 50 metre events, will swim as time finals.

All 50 metre events for all age categories, including the 10 & Under, will be heats and finals with the preliminaries being swum senior seeded. There will be a separate final at night for each age group.

400FR and 400IM events will swim as timed finals senior seeded from slowest to fastest. The two fastest heats of each 400FR and 400IM event will swim with finals; all other heats will swim with preliminaries.

800FR & 1500FR events are timed finals, senior seeded from fastest to slowest. Only the fastest 40 entries for each 800FR and 1500FR event (one each for males and females) will be accepted. Swimmers may not enter in both the 800FR and the 1500FR. The fastest heat of each 800FR and 1500FR event will swim one swimmer per lane. Subsequent heats in each event may, at meet management’s discretion, be swum 2 swimmers per lane.

“A” Finals will swim in separate age groups, 10&U, 11&12, 13&14, 15&O.  
“B” Finals will be offered in the 11&12, 13&14, 15&O age groups that have 20 or more entries by the entry deadline date.

Events that offer a “B” Final will be run “A” Final first and then the “B” Final.

**\*\*\*Each swimmer will be limited to a maximum of eight (8) individual events.\*\*\***

All 50's will run from the deep end of the pool to the shallow end of the pool.

Heats may be combined as necessary.

The FINA Start shall be used for all events as per SNC rule SW4. The One Start rule will be used.

Except for Backstroke events, swimmers will remain in the water at the completion of their swim to allow the next heat to get under way. Swimmers will stay to the side of their respective lane against the lane rope.

**Relays:**

Relay events will swim in the 10 & Under, 11 & 12, 13 & 14 and 15& Over age categories. Swimmers not comfortable diving off the starting blocks in the shallow end may dive off the bulkhead

Relay cards are available at the clerk of course table and are to be submitted to the clerk of course no later than **30 minutes** after the end of the preliminary session on the day the relay event is to be held.

**Scratches:**

Scratches from preliminary heats simply create empty lanes, as there shall be no re-seeding. Scratches from preliminary heats may be made at any time without penalty except for loss of entry fee. Clubs are requested to **report any scratches 30 minutes prior to the start of the preliminary session.**

- a) The scratch deadline for finals each night will be 30 minutes after the end of the preliminary session on the day the final is to be held. Penalties for all late scratches will be enforced as per penalty item below.
- b) The scratch deadline for the 800 and 1500 shall be 15 minutes prior to the start of the preliminary session on the day the event is scheduled to begin. Penalties for all late scratches will be enforced as per penalty item below.
- c) The scratch deadline for the 400 Free and 400 IM shall be 15 minutes prior to the start of the preliminary session on the day the event is scheduled to begin. Penalties for all late scratches will be enforced as per penalty item below.
- d) **Penalties:** Scratches after the scratch deadline and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day. No monetary penalty fee is to be assessed.

**ALTERNATE SWIMMERS:** In Finals, if a contestant has not reported to the blocks when the race is called, the Referee shall replace the contestant with an alternate who has reported to the Clerk of Course and is present and ready to swim. The alternate shall become one of the finalists. Alternates **MUST** report to the Clerk of Course when the event is called and be ready to swim if necessary.

**Protests:**

As per SNC Rule CGR 9.2.3.1

**Coaches Meetings:**

Coaches meetings will occur prior to the start of each session through the course of the meet. These meetings will occur approximately 15 minutes after the start of each warm-up session.

- Entries:** All entry times should be in long course metres or short course metres. Converted times will not be accepted. All entries must have an entry time. **NTs' will not be accepted.**
- All entries are to be submitted via the Swim Canada entries site. [www.swimming.ca/Meetlist.aspx](http://www.swimming.ca/Meetlist.aspx) by **11:59 pm Monday May 14, 2012.**
- SNC registration numbers **MUST** be submitted for each swimmer.
- Classification numbers for PARA swimmers must accompany entries.
- Individual swimmers registered directly with Swim Sask as Unattached, may submit their entries directly via e-mail to Ian Amundsen, the meet Entries Chair, at: [izamundsen@gmail.com](mailto:izamundsen@gmail.com)
- Meet Management will not be responsible for obtaining missing registration numbers. Entries submitted without a registration number will not be accepted.
- Entry Fees:** \$15.00 meet entry for each swimmer  
Individual Events: \$7.00/Event per swimmer  
Relay Events: \$14.00/Event
- Cheque made payable to the **Regina Optimist Dolphin Swim Club**. Entry Fees are due prior to the start of warm-ups for the first session the respective team participates in. Entry Fees that are not received prior to this deadline will result in swimmers from the offending team not being allowed to compete.
- Please do not mail Entry Fees. Bring them to the meet and give the cheque to Meet Management.**
- Deck Entries:** Deck entries will be allowed at the discretion of the Meet Manager and the Clerk of Course. Deck entries must be submitted to the Clerk of Course no later than forty-five (45) minutes prior to the start of the session in which the event is to be held. Deck entries will require a payment of \$14.00/individual swim and \$20.00/relay. Payment will be required prior to entry into the event. Deck entries will be classified as exhibition swims as per SNC rule CSW 3.6.5
- Additional swims may be permitted if empty lanes are available, but no additional heats will be created.
- Scoring:** Individual Events will be scored: 50, 30, 20, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6.
- Relay Events will be scored: 100, 60, 40, 36, 34, 32, 30, 28, 26, 24, 22, 20, 18, 16, 14, 12.
- Awards:** Club and Individual awards will be presented as follows:
- Top Team Award:** **The team scoring the most overall points in the meet will receive a plaque.**
- \*\*A DONATION OF \$1,000.00 WILL BE MADE IN THE NAME OF THE TOP TEAM TO THE CANADIAN CANCER SOCIETY. SHOULD THE REGINA OPTIMIST DOLPHINS WIN THE TOP CLUB AWARD THE DONATION WILL BE MADE IN THE NAME OF MICHELLE MOORE\*\***

**Small Team Award:** The team with 15 swimmers or less at entry deadline scoring the most overall points will receive a plaque. A donation equaling \$20.00/Swimmer will be made in the name of the winning club to the Canadian Cancer Society.

**Aggregate Awards:** A cash aggregate award will be given to the top swimmer, male or female, in the 11&12, 13&14, and 15&O age categories. Aggregate winners will be selected on a point total. 5 points for a 1<sup>st</sup> place finish, 3 points for a 2<sup>nd</sup> place finish and 1 point for a 3<sup>rd</sup> place finish. Should two or more swimmers tie, based on the above criteria, the swimmer having the highest scoring swim compared against the FINA points scoring charts will win the award. **\*\*Please note that there will be one award for each of these age groups. They are not broken into male and female\*\***

The top 10&U male and female swimmer will win a \$50.00 cash aggregate award. The same scoring system will be used for the 10&U age group as for the older age groups.

The 11&12 aggregate award winner will receive \$150.00

The 13&14 aggregate award winner will receive \$200.00

The 15&O aggregate award winner will receive \$250.00

**Results:** Results will be posted on the Swimming/Natation Canada web site.

Results will be reported in the 10 & Under, 11 & 12, 13 & 14, and 15 & Over age categories.

Live results @ <http://www.reginadolphins.com>

**Warm-Up Safety:** SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET, AS PER APPENDIX "D" IN THE SNC RULEBOOK.

Diving starts shall not be made during the warm-up period when two-way swimming is in progress. During the final 30 minutes of the warm-up period, swimmers will be allowed to dive and swim in one direction in lanes 1 and 8 respectively.

Safety marshals will be on the pool deck during the warm-up period.

Kick boards and pull buoys will be allowed during the warm up period. Hand paddles and flippers will not be allowed.

**General Information:** Any changes to the meet format will be provided to the coaches at the coaches' meeting.

Team spaces will not be assigned. Tables and chairs will be set up along the pool deck for coaches. The space that each team uses will be the responsibility of that team. Teams are expected to keep the areas that they use clean and tidy.

The Lawson Aquatic Centre and the Regina Optimist Dolphins Swim Club will not accept responsibility for any lost or stolen items. It is the responsibility of each swimmer entered into the swim meet to ensure that their personal belongings are stored in a secure manner.

Visiting teams are responsible for the conduct of their swimmers. Inappropriate behavior at the pool or at a billets residence, if appropriate, may result in disciplinary action by meet management.

The RODS reserve the right to sell merchandise on the pool deck.

Glass containers and breakables are not allowed on the pool deck. Sunflower seeds are also not allowed on the pool deck.

Deck changing will not be allowed as per Swim Saskatchewan policy.

### **SCHEDULE OF EVENTS**

	<b><u>Friday AM - Preliminaries</u></b> 7:30am warm-ups 8:30am start	<b><u>Saturday AM - Preliminaries</u></b> 7:30am warm-ups 8:30am start	<b><u>Sunday AM - Preliminaries</u></b> 7:30am warm-ups 8:30am start
	100 fly 200 back 100 breast 50 free 400 IM (Timed Finals; slowest heats)	100 free 200 fly 50 back 200 breast 400 free (Timed Finals; slowest heats)	200 IM 50 fly 100 back 50 breast 200 Free
<b><u>Thursday pm</u></b> 4:00pm warm-ups 5:00pm start	<b><u>Friday PM - Finals</u></b> 4:30pm warm-ups 5:30pm start	<b><u>Saturday PM - Finals</u></b> 4:30pm warm-ups 5:30pm start	<b><u>Sunday PM - Finals</u></b> 1:30pm warm-ups 2:30pm start
800FR 1500FR	4 x 50 Free Relays (all ages) 100 fly 200 back 100 breast 50 free 400 IM (Timed Finals; 2 fastest heats of 8)	4 x50 Medley Relays(all ages) 100 free 200 fly 50 back 200 breast 400 FR (Timed Finals; 2 fastest heats of 8)	200 IM 50 fly 100 back 50 breast 200 free

## **ACCOMODATIONS**

The following are a selection of hotels we have had experience with:

### **Wingate Hotel**

1700 Broad Street, Regina, SK S4P 1X4 (306) 584-7400 [www.wingatehotels.com](http://www.wingatehotels.com)

### **Comfort Inn Regina**

3221 E. Eastgate Dr., Regina, SK S4Z 1A4 (306) 789-5522

### **Holiday Inn Express Hotel & Suites**

1907 11th Avenue Regina, SK S4P 0J2 (306) 569-4600

### **Ramada Hotel Regina**

1818 Victoria Avenue, Regina, SK S4P 0R1 (306) 569-1666 [www.saskramada.com/regina/](http://www.saskramada.com/regina/)

## **CATERING**

**Daisy's Pantry** – Offers team meal options.

1221 15<sup>th</sup> Ave, Regina, SK, (306) 352-4797 [www.daisyspantry.com](http://www.daisyspantry.com)