



59th Anniversary
FREEZE or FRY
10, 11 & 12 June 2011



Proudly Sponsored by;



FREEZE OR FRY! This is the meet at the end of the school year that clubs can bring their **ENTIRE** team to! It is also an ideal all-weather outdoor long-course simulation opportunity.

Facility -- 4501 - 47A Avenue, Red Deer, Alberta

The Red Deer Recreation Centre is the host site for the 2010 Red Deer Catalina "Freeze or Fry" Swimming Invitational. This facility has an outdoor six-lane, 50-metre pool and an indoor five-lane 25-metre pool adjacent to the 50-metre pool.

Deck Access on Friday June 10th

The City of Red Deer has stated that there will be no deck access to the Recreation Centre prior to 10:30am on Friday, June 10th.

Contacts

Meet Manager:	Jane Skocdopole	(403)742-3948	jskocdopole@clearview.ab.ca
Meet Referee:	Wade Brown	(403) 340-8649	Ew.brown@telus.net
Head Coach:	Mandi Smith	(403) 350-8627	coach_mandi@hotmail.com
Catalina Office:	Barb Peter	(403)347-7946	rdcatalina@telus.net

Entries

The meet entry deadline is **May 27th 2011**. To insure the highest quality meet, the meet manager reserves the right to limit the number of swimmers and/or the number of individual swims in each session to adhere to Swim Alberta session length guidelines. The meet is anticipated to accommodate 330 swimmers.

- There are a **maximum number of seven (7) swims** per individual swimmer.
- Swimmers may enter either the 800m freestyle or the 1500m freestyle, but not both.
- **NT (no time) entries will not be accepted**; please use a coach estimated time if necessary.



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- Deck entries will be accepted at double the standard entry fee (\$16.00) provided that no additional heats are created; all deck entries are exhibition swims and are therefore ineligible for advancement to finals, or for scoring.
- An approved **Hytek event file** for this meet is posted on www.Swimming.ca .
- Entries must be uploaded onto www.Swimming.ca as per procedures for that site.
- Entry fees are \$8.00 per individual event or \$10.00 per relay event.
- Send cheques for entries to;
Red Deer Catalina Swim Club
#2, 4810 - 50 Avenue, Red Deer, Alberta, T4N 4A3

Scratch Deadline

There will be no refunds for swimmers scratched after **June 3rd 2011**. To make the meet run more efficiently any last minute courtesy scratches would be appreciated until **Wednesday, June 8th, 2011**

Qualifying Times

There are no Qualifying times. Alberta Provincial "B" times are suggested for 400, 800 and 1500 meter events.

Age Groups

Male and Female: 12-13, 14-15, 16&Over, 11 & Under [except events listed below]

- 9 & Under [for 50 fly, 50 back, 50 breast, 50 free, 100 back, 100 breast, 100 free, 200 free only]
- 10-11 [for 50 fly, 50 back, 50 breast, 50 free, 100 back, 100 breast, 100 free, 200 free only]

Meet Format

All 50-100-200 meter events will be preliminaries and finals. Preliminaries will be swum separate gender and mixed ages (senior seeded), then, separated by age group and gender in Finals.

- All 50 & 100 meter events will be preliminaries and finals. For total entries within an age group less than 24, event will have an "A" final only. If entries equal 24 or more, there will be an "A" and "B" final.
- All 200 meter events will be preliminaries and "A" Final only.
- The 800 and 1500-metre freestyle events will be swum as timed final. Meet management reserves the option of running these events with two swimmers per lane.
- The 800-1500 meter events, timed finals, may be swum mixed gender and / or ages (senior seeded).
- The 400 Freestyle and the 400 IM will be swum as timed finals.
- Meet management reserves the option of running the 400 freestyle event with two swimmers per lane.
- Relays will be swum as timed finals with the 200 FR-Free Relay swum at the end of session 5 and the 200 MR-Medley Relay at the end of session 2. There are unlimited relay entries per team.

Rules

- SNC and FINA rules will apply.
- SNC warm-up protocol will be in effect

Positive Check-in

- Positive Check-in is required for all 400, 800 and 1500 metre events.



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- For the 400 Free and 400 I.M., **positive check-in** at the Clerk of Course is required a minimum of 30 minutes **before** the start of the session in order to swim the event.
- For the 800 Free and 1500 Free, **positive check-in** is required at the Clerk of Course a minimum of 30 minutes **before** the start of the Session #3 (i.e. Saturday, 8:00 am) in order to swim the event.
- Swimmers failing to check in will be scratched from the event.

Meet Scratches

- The scratch deadline for timed final events shall be thirty (30) minutes **before** the start of the session.
- The scratch deadline for **preliminary heats** shall be thirty (30) minutes **before** the start of the session.
- The scratch deadline for **finals** shall be thirty (30) minutes **after** the conclusion of the preliminary heats for finals that day.
- Failure by a swimmer to scratch from a Final in accordance with rule CSW 3.6, constitutes a late scratch, and shall result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day.
- Scratch cards will be available at the Clerk or Course for preliminaries and finals.

Awards & Scoring

- Individual: Medals will be awarded for 1st, 2nd, and 3rd
Ribbons will be awarded for 4th-6th.
- Relays: First place medals only.
- Scoring: Scoring will be 1st through 12th place, (40-25-15-12-11-10-9-7-6-5-4-3), for individual events and for relay events.
- Team: There will be a plaque awarded for the top scoring team, and special awards will be presented to the top 5 teams in per capita scoring (Score divided by # of Swimmers).

Program Changes

The meet manager reserves the option to alter, revise, or otherwise modify the program, following receipt of entries to ensure the maximum number of swims in sessions of reasonable length. Coaches or designated club contacts will be advised of changes via Email or from the Catalina web site: www.RedDeerCatalina.ca.

Results

Results will be posted to www.Swimming.ca for downloading.

Officials

Visiting clubs are encouraged to volunteer to officiate. Please list any available officials with their qualifications and submit to Officials Manager Twila Harris-Olson at tgolson@telus.net

Billeting

There will be no billeting offered for this meet.

Preferred Hotel



When staying in Red Deer, stay at the [Red Deer Lodge](http://www.RedDeerLodge.com) and ask for the Red Deer Catalina rate!



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Session Events and Start Times

Friday	Saturday	Sunday
Session #1 Time Finals Warm-up: 11:30 AM Start: 12:30 PM	Session #3 Prelims Warm-up: 7:15 AM Start: 8:15 AM	Session #6 Prelims Warm-up: 7:15 AM Start: 8:15 AM
400 Freestyle (TF) 400 Individual Medley (TF)	200 Individual Medley 200 Breaststroke 100 Backstroke 50 Freestyle ----- 20 minute break ----- Session #4 200 Butterfly 800 / 1500 free (TF)	200 Freestyle 100 Breaststroke 200 Backstroke 100 Butterfly

Warm up and cool down during sessions is available in the indoor 25m Pool, beginning 15 minutes before the start of each session.

Session #2 Preliminaries Warm-up: 4:00 PM Start: 5:00 PM	Session #5 Finals Warm-up: 4:00 PM Start: 5:00 PM	Session #7 Finals Warm-up: 2:00 PM Start: 3:00 PM
200 MR-Medley Relay (TF) 100 Freestyle 50 Backstroke 50 Breaststroke 50 Butterfly	200 FR – Free Relay (TF) 200 Individual Medley 200 Breaststroke 100 Freestyle 100 Backstroke 200 Butterfly 50 Freestyle 50 Butterfly 800 (TF –fastest heat) 1500 free (TF –fastest heat)	200 Freestyle 100 Breaststroke 200 Backstroke 100 Butterfly 50 Backstroke 50 Breaststroke

9 & under events are 50 metres of each stroke, 100m Back, 100m Breast, 100m Freestyle and 200m freestyle only. All remaining events are available for 9 & under swimmers in the 11 & under Category.



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