

## 2019-2020 Swim Saskatchewan Competition Outline

### Background

At the SSCA Meetings on March 15 & 16, the coaches in attendance proposed replacing the “Novice Program” and removing the Novice Graduation Standards with the intention of replacing these with a more inclusive program for those new to competitive swimming in Saskatchewan. Between March 18<sup>th</sup> and May 1<sup>st</sup>, only one suggestion for a new program model was brought forward to Swim Saskatchewan, and no follow up discussion specifically related to this suggestion, though several conversations with Swim Saskatchewan Technical Coordinator did occur one on one.

Utilizing the discussion from the 2019 March SSCA meetings, submitted program suggestions following this meeting, and discussion with SSCA Chair, a replacement competition program has been developed for the 2019 – 2020 season.

### 2019-2020 Competition Outline

This competition outline allows for full team inclusion at many Swim Saskatchewan competitions, guidelines for competition hosts around competitive events by age and ability level, while allowing for host club creativity and individualized athlete progression from the personal coach. The guidelines also align well with Swimming Canada’s competition phase 2 review and athlete development model, while also serving to Saskatchewan’s unique geography, competitive registrations and competition density.

### Structure

The competitions offered in Saskatchewan will be split into two categories; Open Invitationals, and Split Invitationals. Event guidelines will be in place at both Open Invitationals and Split Invitationals. Clubs will work with Swim Saskatchewan Technical Coordinator on event order prior to submitting the competition for sanctioning. This will help ensure host clubs are offering a variety of competitive events and the competition program fits within ideal session lengths given enrollment estimates.

### Scoring & Awards

For both Open Invitationals & Split Invitationals, clubs are not to include any form of team scoring, or offer any awards based on athlete rank or cumulative point score (e.g. medals, high point awards, etc). Scoring and awards will be left to Championship competitions only. However, clubs are encouraged to offer prizes or draw prize opportunities for new personal bests, or completing in a new event for the first time.

### Warm Up

Clubs are encouraged to use their discretion for maintaining a single or split warm up based on the number of entries per session, particularly at Open Invitationals when younger and older swimmers are competing together.

### Entry Fees

Clubs are encouraged to use an entry fee per event, to allow coaches and programs who wish for some athletes to attend only a few sessions the ability to do so without financial penalty. This includes using a reasonable swimmer surcharge fee, or no swimmer surcharge fee at all. Hosted competitions are not to be considered major fundraisers for the club.



## Open Invitationals

Open Invitationals are designed for competitive swimmers aged 7 and over and allow for all team members from a single club the opportunity to attend together. 25m and 75m events to be offered at short course meets only.

### **Guidelines for Open Invitational Events**

7 & 8 yr old	25, 50, 75m events all strokes, + 100m freestyle, backstroke, medley
9 & 10 yr old	25, 50, 75, 100m events all strokes, + 200m freestyle, backstroke, medley
11+ yr old	50, 75, 100, 200m events all strokes, 400m freestyle & medley, + 800 freestyle Coaches of Paralympic athletes to work with host meet management about "time matching" Paralympic events within Olympic/Non-Olympic events (e.g. Para 200 Free within 400 Free if both take ~ 5 minutes to complete)

## Split Invitationals

Split Invitationals are designed to categorize athletes into two groups ("Age Group" & "Future Stars") to better cater to each group's competitive needs. 25m and 75m events to be offered at short course meets only

### **Guidelines for Split Invitational Events: Age Group Program:**

W: 12U / 13-14 / 15+	Full Olympic / Paralympic event schedule, as well as Non-Olympic 50m events for youngest age group. Coaches of Paralympic athletes to work with host meet management about "time matching" Paralympic events within Olympic/Non-Olympic events (e.g. Para 200 Free within 400 Free if both take ~ 5 minutes to complete)
M: 13U / 14-15 / 16+	

### **Guidelines for Split Invitational Events: Future Stars Program:**

7 & 8 yr old	25, 50, 75m events all strokes, + 100m freestyle, backstroke, medley
9+ yr old	25, 50, 75, 100m events all strokes, + 200m freestyle, backstroke, medley





## Open Invitational Competitions

### Rationale

- To provide an opportunity for “whole team” to attend competitions together
  - o Competitions listed as Open Invitationals below have been attended by younger, developing athletes.
  - o Competitions listed as Open Invitationals below attract a smaller number of SK clubs, and have generally lower attendance limits than Split Invitationals
- If competitions require long travel, overnight in hotel, etc, then each attending club is encouraged to define within their club the appropriate level of athlete to attend, specifically:
  - o Athletes with experience of unsanctioned racing events, understands competition procedures, referee whistles, etc
  - o Capable of competing in all four competitive strokes legally during racing
  - o Has met an in-house competitive standard or checklist

### Open Invitational Competitions

RYMM / FS	Mid October	2, 3, or 4 sessions
ROD	Mid January	2, 3, or 4 sessions
SCB	Early April	2, 3, or 4 sessions
LASER	Early May	2, 3, or 4 sessions
ROD	Late May	2, 3, or 4 sessions
MJKFF	Mid June	2, 3, or 4 sessions

### Host Requirements:

- Each host will work with the Technical Coordinator to determine what events are offered within the Guidelines for Open Invitationals, at least 60 days prior to the competition. This will help ensure a variety of competitive events that fit the athlete’s competitive level, and that timelines are kept within reason given athlete attendance estimates.
- Each host may offer events that are not official to promote athlete learning without disqualification. Disqualification notice can still be given to club coaches, and left to coach to frame how to educate athlete. These events can be marked within competition package as:
  - o 100 series events, not official, results may count towards qualifying for Junior Provincials and Split Invitational competitions. Results from 100 series events will not be uploaded to Swimming Canada but will be circulated to clubs.
  - o 200 series events, official, would be required to qualify for ManSask level competitions or above.
- Each host will use a “pay by event” entry fee, so that those clubs who wish various athlete groups to attend a single session may do so without heavy penalty (e.g. club decided that 7-8 year old athletes will only attend one session of a 4-session meet)
- Each host encouraged to run at least one session in short course meters if possible, and host events suitable for youngest swimmers during this session (e.g. Friday PM – SCM, Saturday AM & PM – LCM)
- Each host encouraged to use what is fun about their facility or local area to make competitive experiences fun and festive (e.g. after a Saturday PM session, families can use water slides)





## Split Invitational Competitions

### Rationale

- Given larger attendance history, safety of younger swimmers considered, no mixing of 8 yr old and 18 yr old in the same warm up.
- More easily able to offer appropriate events for both younger and older swimmers when sessions are designed for specific groups.
- Maintain shorter session length at competitions likely to attract out of province programs and denser race results.
- Opportunity for more senior Saskatchewan swimmers to compete against like peers from out of province within a Saskatchewan hosted competition.
- Provide an opportunity within Saskatchewan of a peak competition rehearsal experience.

### **Age Group Competition Qualification Guidelines:**

12/13 & Under	Must have achieved at least one Future Stars Times (FST) for qualification
13/14 & Over	Coach discretion

### **Future Stars Competition Qualification Guidelines:**

12/13 & Under	All athletes under 12/13 years old that have not met the FST qualifications
13/14 & Over	May attend Future Stars or Age Group competition at coach's discretion

### **Split Invitationals:**

GOLD	Early November	4 to 6 Age Group Sessions / 1 or 2 FST sessions between
MJKFF	Mid December	4 to 6 Age Group Sessions
GOLD	Early February	4 to 6 Age Group Sessions / 1 or 2 FST sessions between

### **Host Requirements:**

- Each host will work with the Technical Coordinator to determine what events are offered within the Guidelines for Open Invitationals, at least 60 days prior to the competition. This will help ensure a variety of competitive events that fit the athlete's competitive level, and that timelines are kept within reason given athlete attendance estimates.
- Each host will determine if their competition will have time final, heats and finals, or a mix of both
- Each host will use the FST qualification times as a means of splitting their competitive levels, athletes entering the Age Group competition as 12/13 & under must have met qualifying times.
  - o Athletes entering the Age Group competition must have at least 1 Future Stars qualifying time to enter.
  - o Clubs may choose to require 2 or more Future Stars qualifying times to enter the Age Group competition, or an additional club standard to enter either the Future Stars competition, or Age group competition.





## Future Stars Times (FST) for Split Invitational Qualification for both 12 & under girls and 13 & under boys

50	Free	SCM	0:36.92
		LCM	0:38.08
100	Free	SCM	1:20.89
		LCM	1:22.80
200	Free	SCM	2:56.84
		LCM	3:01.34
400	Free	SCM	6:15.23
		LCM	6:27.15
50	Back	SCM	0:42.69
		LCM	0:43.85
100	Back	SCM	1:30.76
		LCM	1:34.42
200	Back	SCM	3:16.00
		LCM	3:24.12
50	Breast	SCM	0:47.82
		LCM	0:48.37
75	Breast	SCM	1:13.68
		LCM	-
100	Breast	SCM	1:42.59
		LCM	1:45.85
50	Butterfly	SCM	0:40.64
		LCM	0:40.87
75	Butterfly	SCM	1:04.63
		LCM	-
100	Butterfly	SCM	1:29.98
		LCM	1:31.04
100	IM	SCM	1:32.52
		LCM	1:35.22
200	IM	SCM	3:18.92
		LCM	3:24.44

FST times are derived from the slower time between the girls or boys 12 & under Saskatchewan "A" Standards. 75m standards have been created for use during SCM competitions for the short axis strokes to encourage participation and progression in these stroke events; from 50, to 75, to 100m distances, and then later at the Age Group level to the 200m distance.

