

Swim Saskatchewan High Performance Travel Trip

Team: Team Sask ***Tualatin Hills International Short Course Championships***
Competition: 2009 Paul Bergen Junior International Short Course Championships
Location: Portland, Oregon
Meet Dates: 11 to 13 December 2009
Tour Dates: 10 to 14 December 2009
Selection Dates: Long Course times achieved from 01 September 2008 through to 25 October, 2009
Short Course times achieved from 01 August 2009 through to 25 October, 2009
Complement: 8 Male and 8 Female swimmers, 2 coaches and 1 chaperone
Note: If the team complement of swimmers is 8 or less, only one coach will attend
Athlete Age: All athletes must have been born on or after 01 January, 1991

1. Swimmers must be members in good standing with Swim Saskatchewan, be training with their home clubs in Saskatchewan and must have been named to the 2009/2010 High Performance Team.
2. Priority for selection, regardless of points, will go to swimmers currently training inside Saskatchewan. The team will first be filled by those currently in Saskatchewan and then if any remaining spots are still open, the team can then be filled to the maximum of 12, by swimmers registered with a Saskatchewan club but currently attending a university/post secondary institution outside of Saskatchewan.
3. For University/Post Secondary students training outside of Saskatchewan that are selected to the team, every effort will be made to get you to Portland from your location of study as long as the costs are within reason. If costs are extremely higher than a flight from Regina or Saskatoon then those excess costs will need to be paid by the individual above the assessment fee for the trip.
4. Athletes selected must have achieved a minimum of one 2009 Paul Bergen Junior International meet qualifying time(s). See page 3 for meet qualifying times.
5. The team will consist up to a maximum of 16 athletes. The intention is to send a team of 8 male and 8 female swimmers but the team complement may be changed to reflect a different proportion of male and female athletes.
6. Swimmers will only be selected from Olympic Events. A maximum of 3 swimmers can qualify to the team in any one event.
 - 6.1. Olympic Events are:
 - 50, 100, 200 and 400 Free for both genders
 - 800 Free for women
 - 1500 Free for men
 - 100 and 200 Back, Breast and Fly for both genders
 - 200 and 400 I.M. for both genders
7. **“A” Nomination Pool**
All swimmers who met a Paul Bergen Qualifying Time in an Olympic Event at the 2009 LC Summer Nationals/World Trials held in Montreal July 2009.
8. **“B” Nomination Pool**
All swimmers who met a Paul Bergen Qualifying Time in an Olympic Event at any other Long Course meet during the period of September 1, 2008 to October 25, 2009
9. **“C” Nomination Pool**
Swims in an Olympic Event at a short course meet during the period of September 1, 2009 to October 25, 2009

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10. Times from each swim will be assigned a Point Score. Within each “A”, “B”, and “C” nomination pool, athletes will be ranked according to their points score from his/her single highest scoring individual event, in order of highest to lowest.
11. Team complement will be made up of athletes selected from the “A” pool results from within the selection period. Athletes will be ranked according to the current FINA points score charts from a single individual event and picked in order from the highest scoring to lowest scoring. There is a limit of 3 swimmers that can qualify to the team in any one event.
12. In the event that this does not yield a full team athletes will then be selected out of the “B” pool based on the FINA points score from a single individual event and picked in order of highest scoring to lowest scoring. There is a limit of 3 swimmers that can qualify to the team in any one event.
13. In the event that this does not yield a full team athletes will then be selected out of the “C” pool based on the FINA points score from a single individual event and picked in order of highest scoring to lowest scoring. There is a limit of 3 swimmers that can qualify to the team in any one event.
14. If the full team complement is not met after “C” pool nominations then additional swimmers in the 100m and 200m freestyle events may be considered for selection as relay swimmers. There is a limit of 3 swimmers that can qualify to the team in any one event.
15. In the event that this does not yield a full team athletes may then be selected at the discretion of the selection committee based on team needs and or requirements. There is a limit of 3 swimmers that can qualify to the team in any one event.
16. Swimmer Responsibilities:
 - 16.1. Swim Saskatchewan is funding this competitive opportunity with the implicit intent of facilitating lifetime-best fast swimming. All athletes letting their name stand for selection should prepare for the meet with this in mind. This is a “peak” event, coaches and swimmers need to prepare accordingly.
 - 16.2. Swimmers selected will be required to pay a HP assessment fee of \$200 to attend this event.
 - 16.3. Swimmers selected to this team will be expected to have their coaches sign off on their attendance and training performance for the period beginning November 1st and carrying through until and including December 7th. Athletes who do not have their coach sign off on their agreement will be removed from the team and pay any monetary penalties that Swim Sask occurs because of late removal (i.e. airline ticket cancellations, entry fees, etc.)
 - 16.4. Swimmers selected to this team are required to report all illnesses or injuries after being selected until time of departure. The High Performance committee reserves the right to refuse athlete participation if they are unable to participate or perform fully.
17. Entry at the 2009 Paul Bergen Junior International Short Course Championships:
 - 17.1. The final decision of event entry, after consultation with the other coaching staff, is at the sole discretion of the Swim Saskatchewan 2009 Tualatin Hills International Head Coach.
 - 17.2. The final decision of composition of the respective relay teams at the 2009 Tualatin Hills International will be at the sole discretion of the team’s Head Coach.

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2009 Paul Bergen Junior International Short Course Championships Meet Qualifying Time Standards Version 2

QT's changed for: Men's 200 Fly, 400 IM, 400 Free and 200 Free

**Note: Cannot qualify for selection on stroke 50's
 but can swim stroke 50's at the competition.**

Event	FEMALE		MALE	
	SC QT	LC QT	SC QT	LC QT
DAY 1				
200 FLY	2:19.99	2:22.79	2:09.99	2:12.59
100 BACK	1:04.89	1:06.19	0:59.09	1:00.27
100 FREE	0:58.29	0:59.45	0:52.09	0:53.13
50 BREAST	0:34.69	0:35.38	0:31.69	0:32.32
400 IM	5:01.19	5:07.21	4:39.99	4:45.59
DAY 2				
50 FREE	0:27.39	0:27.94	0:23.99	0:24.47
200 BREAST	2:41.39	2:44.62	2:25.59	2:28.50
200 BACK	2:20.79	2:23.60	2:07.49	2:10.04
50 FLY	0:29.69	0:30.28	0:26.69	0:27.22
400 FREE	4:21.89	4:27.13	4:08.99	4:13.97
DAY 3				
200 FREE	2:05.89	2:08.41	1:56.99	1:59.33
100 BREAST	1:14.69	1:16.18	1:06.06	1:07.38
100 FLY	1:04.29	1:05.57	0:56.89	0:58.03
50 BACK	0:30.69	0:31.30	0:27.69	0:28.24
200 IM	2:22.89	2:25.75	2:08.49	2:11.06
800/1500	9:00.99	9:11.81	16:26.99	16:46.73

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