

WATROUS WHITECAPS SWIM CLUB

2010 INVITATIONAL SWIM MEET

The Watrous Whitecaps Swim Club cordially invites your club to participate in our 2010 Invitational Swim Meet.

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- SANCTION NUMBER:** 09-10-12
- HOST CLUB:** Watrous Whitecaps Swim Club
- DATE:** Sunday, July 18, 2010
- LOCATION:** Watrous Swimming Pool
800A - 1st Street East (Sports Grounds)
Watrous, SK
(306) 946-3066
- TIMES:** **Warm Ups:** 8:00am
Coaches Meeting: 8:30am
Competition Starts: 9:00am
- FACILITY:** 25 Metre, 5 Lane Outdoor Pool
Non-turbulent Lane Markers
Manual Timing
Hy-Tek Meet Manager Software
- ELIGIBILITY:** All swimmers must be amateurs and registered with Swim Saskatchewan as summer swimmers.
- Age group based on age of swimmer as of April 30, 2010
- Only swimmers seven (7) years of age and older may compete in sanctioned competitions. Swimmers must be at least seven (7) years old as of April 30, 2010
- COMPETITION:** SNC rules apply except as specifically modified herein.
- Age groups as per the summer swimming technical package:
7&8; 9&10; 11&12; 13&14; 15-17; 18 & over
- All events will be swum as time finals.
- Male and female events will be swum separately, except for 7 & 8 relays, and where events may be swum together to maximize the use of the pool.
- SEEDING:** All events will be pre-seeded according to time only and will be swum slowest to fastest.
- SCRATCHES:** Scratches must be submitted to the Meet Manager at least 30 minutes prior to the start of competition. Scratch forms will be available in the swim meet office.
- Scratches within a heat will not alter the pre-seeding and the heat will be swum with empty lanes.

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- START:** The FINA start shall be used for all events as per *SNC RULE SW 4*. The one start rule will be used.
- NOTE:** At the Referee's discretion, swimmers may be required to stay in the water, along the lane ropes, at the completion of their race to allow for the next heat to begin, with the exception of backstroke and relays.
- PROTESTS:** ALL infractions will be reported to the Referee and the Referee will report the disqualifications to the coaches. Only a team's coach may approach the Referees about a decision or complaint and may submit protests as per *SNC RULE GR 9.2*.
- EVENTS:** A "List of Events" can be found at the end of this document.
- DECK ENTRIES:** **Deck entries are NOT allowed. Relay teams must be submitted by 12 pm.**
- RELAYS:** Up to two (2) swimmers from a younger age category may be moved to be part of a relay team in an older age group, except if the relay is offered as "open" then swimmers of any age can participate.
- Clubs may enter combination teams made up of swimmers from two (2) or more clubs. The points earned by a combination team may (at the Meet Manager's discretion) be apportioned among the clubs making up the team according to the number of swimmers from each club.
- All relays are gender specific, except for the 7&8 relays, which are mixed.
- ENTRIES:** All entries should be submitted by e-mail as a COMMLINK file using the HY-TEK software.
- A hard copy of entries must be sent as back up for electronic submissions. This hard copy will be used to ensure that data is transferred successfully from the Commlink file into Meet Manager.
- Grid sheets are also acceptable providing they contain all of the required information.
- The swimmer's entire birth date (day/month/year) **MUST** be entered.
- Swim times **MUST** be entered in short course meters.
- Swim Saskatchewan registration numbers **MUST** be submitted for each Saskatchewan swimmer. Entries for swimmers from out of province or out of Country must also include their summer swimming registration number. Meet Management will not be responsible for obtaining missing numbers. **Entries without registration numbers will not be accepted.**
- Swimmers are limited to a maximum of 5 individual events plus relays.**
- Please attach your relay teams and relay event numbers along with your individual entries.

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Please send meet entries to:

Name: Earle Sr Amendt
Address: Box 280, Watrous, SK S0K 4T0
Phone: (306) 946-3353 / 2037
Fax: (306) 946-3966
E-mail: e-amendt@dealeremail.com

NOTE: Meet management reserves the right to combine events and/or heats as necessary.

ENTRY FEES: Entry fees are: \$20 per swimmer

Please make cheque payable to: Watrous Whitecaps Swim Club

No refunds provided for scratches after the meet entry deadline.

ENTRY DEADLINE: Entries to be submitted by: **Monday, July 12th, 2010**

SCORING: Scoring will be as follows:

- 1st – 7 points
- 2nd – 5 points
- 3rd – 4 points
- 4th – 3 points
- 5th – 2 points
- 6th – 1 point

AWARDS:

- Ribbons will be given out to 1st, 2nd, 3rd, 4th, 5th and 6th place in each individual event;
- Medals will be given out to the 1st, 2nd, 3rd place winners in each age group for both boys and girls; and
- Medals will be presented at the end of the swim meet.

RESULTS: Result sheets will be posted at the pool as soon as they become available and are available for purchase at \$0.25 per sheet.

Each club will be provided with one hard copy of the meet results sent to the address indicated on their entry form. If clubs would also like an electronic copy of the results, clubs are to request this of the Meet Manager.

PROGRAMS: Programs will be available at a cost of \$3.00.

COACHES MEETING: Coaches meeting may be scheduled by the meet management if needed.

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MEET REFEREES: Sharon Lyons and Scott Sundquist.

OFFICIALS: Visiting clubs are encouraged to participate in officiating at the meet at whatever levels they may be qualified. Please advise the Meet Manager/Officials Coordinator of any available officials and their level(s) of qualification. If an individual has a certain position that he/she would like to work so that he/she can progress to the next certification level, the individual is to contact the Meet Manager/Officials Coordinator and request to work that position.

Officials Coordinator

Name: Melanie Mooney

Phone: (306) 946-2968/4208

Email: mkmooney@sasktel.net

CONCESSION: Will be open all day.

MEET SAFETY RULES: SNC warm-up procedures will be in effect at this meet, as per Appendix D in the SNC Rulebook.

- During warm-ups, no swimmer shall enter the pool by a dive.
- Exception: During the last 5 minutes of the warm-up period, when lanes 1 and 5 are designated at diving lanes. During this period, diving and one-way swimming only will be allowed in these lanes. After the dive the swimmer must exit the pool.

Safety Marshals will be on deck during warm-ups.

NOTE: It is the responsibility of the coaches to ensure that all swimmers are aware of and adhere to these safety rules, and to all rules of the facility.

- GENERAL INFORMATION:**
- No glass on pool deck
 - No sunflower seeds
 - No metal chairs
 - Not responsible for lost or stolen articles
 - Must stay out of wading and mushroom area

ACCOMMODATIONS:	Harmony House B&B	Manitou Beach	946-2707
	Kay's Inn	Manitou Beach	946-2810
	Manitou Nu-Inn	Manitou Beach	946-3350
	Manitou Springs Hotel	Manitou Beach	946-2233
	Salty Surf Inn	Manitou Beach	946-2110
	Shady Rest Motel	Manitou Beach	946-2741
	Last Mountain Inn	Watrous	946-3383
	Serenic View Bed & Breakfast	Manitou Beach	946-3821

(Campgrounds) -> Manitou & District Regional Park Campground Manitou Beach 946-2588

FOR ANY FURTHER INFORMATION, PLEASE CONTACT:

MEET MANAGER:

Name	Michelle Amendt
Phone:	(306) 946-3353 / 3364
Fax:	(306) 946-3966
E-Mail:	m2_amendt@hotmail.com

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LIST OF EVENTS

<u>Girl's Events</u>	<u>Age Group</u>	<u>Event Name</u>	<u>Boy's Events</u>
1	11 & 12	200 free	2
3	13 & 14	200 free	4
5	15 – 17	200 free	6
7	18 and over	200 free	8
9	7 & 8	25 fly	10
11	9 & 10	50 fly	12
13	11 & 12	50 fly	14
15	13 & 14	100 fly	16
17	15 – 17	100 fly	18
19	18 and over	100 fly	20
21	7 & 8	25 breast	22
23	9 & 10	50 breast	24
25	11 & 12	100 breast	26
27	13 & 14	100 breast	28
29	15 – 17	100 breast	30
31	18 and over	100 breast	32
33	7 & 8	50 free	34
35	9 & 10	100 free	36
37	11 & 12	100 free	38
39	13 & 14	100 free	40
41	15 – 17	100 free	42
43	18 and over	100 free	44
45	7 & 8	25 back	46
47	9 & 10	50 back	48
49	11 & 12	100 back	50
51	13 & 14	100 back	52
53	15 – 17	100 back	54
55	18 and over	100 back	56
57	7 & 8	25 free	58
59	9 & 10	50 free	60
61	11 & 12	50 free	62
63	13 & 14	50 free	64
65	15 - 17	50 free	66
67	18 and over	50 free	68

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<u>Girl's Events</u>	<u>Age Group</u>	<u>Event Name</u>	<u>Boy's Events</u>
69	7 & 8	100 I.M.	70
71	9 & 10	100 I.M.	72
73	11 & 12	200 I.M.	74
75	13 & 14	200 I.M.	76
77	15 -17	200 I.M.	78
79	18 and over	200 I.M.	80
--	7 & 8	100 free relay (Mixed)	82 mixed
83	9 & 10	200 free relay	84
85	11 & 12	200 free relay	86
87	13 & 14	200 free relay	88
89	15 -17	200 free relay	90
91	18 and over	200 free relay	92
--	7 & 8	100 medley relay (Mixed)	94 mixed
95	9 & 10	200 medley relay	96
97	11 & 12	200 medley relay	98
99	13 & 14	200 medley relay	100
101	15 -17	200 medley relay	102
103	18 and over	200 medley relay	104

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CODE OF ETHICS

All persons participating or competing in the Swim Saskatchewan Summer Swimming program are asked to comply at all times with the spirit and intent of these rules. Thus, through their individual and collective demonstration of sportsmanship and fair play in action, the achievements of Summer Swimming purposes may be enhanced.

1. Each pool has a dedicated group of parents who work hard to make the meets run smoothly. Because all Clubs involved in the Summer Swimming Program have pools built primarily for recreation, none are ideal for competitive swim meets. Also, most pools have rules set by others than just swim club parents. If you are a visitor, be tolerant of problems and difficulties of the home team. They have to live with their pool and its problems more often than you do. If you have a suggestion for a solution to a problem, offer it tactfully. Gripping about things that can't be changed, accomplishes nothing.
2. Remember, all officials are **volunteers**. Assume that each official is doing his/her best to be accurate. Nothing is gained by challenging a judgment different from the one you think you would have made.

If you are not a team representative and you think that there is an impropriety, a mistake or an unfair decision, take it up with the right person - usually your team coach or Club President. These are the people you have chosen to represent your team. They may be able to explain a puzzling action or decision and if a protest needs to be made, they are the ones authorized to take such action.
3. Remember that rules are made to provide a basis for fair competition and to help meets run smoothly. Use of rules to prove superior knowledge, harass the other team or to move the competition from the swimmers in the pool to the officials on the deck, frustrates the reason for rules.
4. Don't jump to conclusions. If the actions of a spectator, swimmer, coach or official seems strange to you, find out what the person is doing and why before assuming wrongdoing on his/her part.
5. Anyone can make a mistake - even you! If the error is made by another, correct it courteously through proper channels.
6. Officials and swimmers work close together. Even mumbled words may reach many ears. Watch your language!
7. It is strongly recommended that visiting teams observe and heed the host pool's rules and regulations pertaining to the safety and the conduct of its members, before, during and after all Summer Swimming meets.

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Swim Saskatchewan Inc. BOARD OF DIRECTORS POLICIES

Type: Membership
Name: Member Code of Conduct
Authority: Board of Directors

Policy Number: M-3
Date Approved: June 2003
Date Revised: Sept 2003, Oct 2005, Jan 2008,
May 2010

Reference: SSI Bylaws Art. 5, Sect. 3

The behavior of all competitors, coaches, volunteers, officials and spectators at Swim Saskatchewan Inc. events will conform to the following Code of Conduct. Breaches in this Code will result in the penalties expressed in this policy.

The Rulebook of Swimming/Natation Canada will govern the conduct of all swim competitions sanctioned by SSI. For Masters competitions, the Masters Swimming Canada Rules, Procedures and Guidelines will supervene where applicable.

1. SSI will not tolerate the use of violence, abusive or profane language or behaviour at any time. In particular, during swim competitions SNC Rule CSW 2.1.6.5 and 2.1.6.6 will be enforced.
2. SSI expressly forbids the use by athletes of performance enhancing drugs, as defined by the Canadian Centre for Ethics in Sports. Performance enhancing drugs include all anabolic steroids, and may include erythropoietin and any sympathomimetic or stimulant medications (including bronchodilators and decongestants), except where medically required for the treatment of illness.
3. SSI expressly forbids the consumption of alcohol by participating swimmers, coaches, volunteers, officials or staff during the hours of competition at any swim meet. SSI expressly forbids the consumption of alcohol by persons under the legal drinking age at any time during any SSI sponsored event.
4. SSI expressly forbids the use of any illicit substances, including any hallucinogenic substances or any drugs used for purposes other than their normal therapeutic effects, at any swim competition or SSI sponsored events.
5. SSI expressly forbids the willful damage, defacement or destruction by any person of personal property or of any facility or property.

SSI expressly authorizes the High Performance Program Committee to impose any additional conditions of personal or professional conduct as may be appropriate for the athletes, coaches and support staff of the High Performance Teams. The High Performance Committee has the authority to discipline members for serious infractions of its rules of conduct, including the authority to withhold financial support or to revoke travel, selection and other privileges.

SSI expressly authorizes the Winter or Summer Program Committees to impose any additional conditions of conduct as may be appropriate for their members.

SSI encourages all member clubs to adopt internal policies governing the conduct of their members, including adoption of the Code of Conduct of SSI.

Policy M-3 continued.....

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SSI may assist clubs to investigate or adjudicate breaches of their internal Codes of Conduct, upon the request of the clubs, where clubs lack sufficient expertise or resources to conduct a fair and impartial investigation and adjudication.

SSI will promote a safe environment for training and competition for all swimmers. Through its Master and Senior Officials Committee, SSI will ensure that all clubs are aware of the minimum facilities requirements as outlined in Appendix B of the Rulebook of Swimming/Natation Canada. Where necessary, at their request, SSI may assist clubs to lobby their civic or municipal authorities for the provision of safe swimming facilities.

Through its Sanctions Policies, and through its Master and Senior Officials Committee, SSI will ensure that Safety Marshalls are on deck during the warm-up period and that the warm-up procedures of the Rulebook of Swimming/Natation Canada are strictly enforced at all swim meets. (Note: see Rule 2.13.1.5 and Appendix D in the October 2009 edition of the Rulebook.)

Through its Master and Senior Officials Committee, SSI will ensure that all other rules of competition that relate to safety are strictly enforced, in particular, SW 10.6.

SSI expects that all swimmers, coaches, spectators and volunteers will observe the posted safety rules of any facility, and will obey the instructions of lifeguards and designated pool staff in respect to public health and safety regulations.

Penalties

Any breach of items 1, 2, 3, 4 or 5 above will result in the immediate expulsion of the person or persons from the SSI sponsored competition or event. The President of SSI will have the authority to suspend summarily for egregious violations of those items. Any member summarily suspended will have the right of a full hearing before the Discipline Committee within not less than 7 and not more than 14 days of the suspension.

Any breach of this Code of Conduct will be referred to the Discipline Committee of SSI for investigation and adjudication. Egregious breaches of the Code of Conduct may constitute cause for suspension or expulsion of any member. In accordance with the Bylaws, Article 5, Section 3.7, the Board of SSI has the authority to suspend or expel affiliated clubs or swimmers for cause. The Board of Directors of SSI will have the discretion to refer matters that cannot be resolved by its Discipline Policy to the Dispute Resolution process provided by Sask Sport. In accordance with the Dispute Resolution Policy of Sask Sport, SSI will report to Sask Sport any expulsion of a member or any suspension of a member for a period of greater than one year.