

Humboldt Legion Swim Team INVITATIONAL 2010 Sprint SWIM MEET



The Humboldt Legion Swim Team cordially invites your club
to participate in our HLST 2010 Sprint Swim Meet.

SANCTION NUMBER:	09-10-02
HOST CLUB:	Humboldt Legion Swim Team
DATE:	Saturday, June 12, 2010
LOCATION:	Humboldt Aquatic Centre Centennial Park and 17 th Street 306-682-1937
MEET MANAGER:	Name: Brenda Bay Address: Box 751 Humboldt, Saskatchewan S0K 2A0 Phone: 306-682-4958 Fax: 682-2490 E-mail: gbbay123@yahoo.com
TIMES:	Warm Ups: 09:00 hrs Coaches Meeting: 09:30 hrs Competition Starts: 10:00 hrs
FACILITY:	25 Metre, 5 Lane, Indoor 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 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.

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Scratches within a heat will not alter the pre-seeding and the heat will be swum with empty lanes.

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 will not be allowed.**

RELAYS: There will be NO relays. Swimmers may pick six (6) individual events instead.

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 6** individual events.

Please send meet entries to:

Name: Deb Stumborg

Address: Box 1644, Humboldt, Saskatchewan, S0K 2A0

Phone: 306-682-4958

Fax: 306-682-2490

E-mail: ld.stumborg@sasktel.net

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

ENTRY FEES:

Entry fees are: \$20.00

Please make cheque payable to: Humboldt Legion Swim Team

No refunds provided for scratches after the meet entry deadline.

ENTRY DEADLINE:

Entries to be submitted by: **6:00 pm - Monday, June 7, 2010**

SCORING:

Scoring will be as follows: 1st - 6 points, 2nd - 4 points, 3rd - 3 points,
4th - 2 points, 5th - 1 point

AWARDS:

Ribbons 1st to 5th place on individual event.

Gold, Silver and Bronze medals will be awarded for high points in six (6) age categories, male and female. The age categories are: 7 & 8, 9 & 10, 11 & 12, 13 & 14, 15-17, 18-over.

RESULTS:

Result sheets will be posted in the pool lobby 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.

Extra copies are \$5.00 each.

PROGRAMS:

Programs will be available for purchase at the pool front counter for \$3.00 each.

MEET REFEREES:

Scott Sundquist & Sharon Lyons

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: Leanne Crozon
Phone: 306-682-4517
Email: crozon1@sasktel.net

Lunch and snacks will be provided to all officials.

CONCESSION:

Lunch will be provided at the Elgar Peterson Arena will be open at 10:00 hrs and available for lunch.

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RAFFLE TABLE: Raffle Table tickets will be available for purchase.

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 10 minutes of the warm-up period, when lanes 1 and 5 are designated as 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: The Humboldt Aquatic Centre and the Humboldt Legion Swim Club take NO responsibility for loss of valuables. Lockers are available from pool office.

Any swimmer causing damage or vandalizing the facility or its contents will be disqualified from the competition.

Smoking, sunflower seeds, and all glass containers are prohibited on Pool grounds.

The host club reserves the right to sell merchandise.

Please respect the "ALL QUIET" during the start of all heats.

Thanks for respecting our facility by keeping the area around you clean.

The hot tub and water slide will be closed during the competition.

There is another event going on at the Humboldt Uniplex at the same time as our meet, so parking may be by the first ball diamond.

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ACCOMMODATIONS:

PIONEER
• HOTEL & MOTEL •

★ Licensed Family Restaurant & Dining Room ★

 Canada Select



- BEVERAGE ROOM & LOUNGE
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bvinn-sasktelwebsite.net
bellavistainn@sasktel.net

Windsor Hotel

Visit Humboldt's Historic Windsor Hotel. Modern rooms, beverage room and wine and beer store.
Hours: Mon - Thurs 9:30 am - 2 am; Fri & Sat 9:30 am - 2:30 am; Sun 12 noon - 12:30 am. Open all holidays except Christmas Day.
Located at 821 5th Avenue North
Phone (306) 682-5111

Prairie Lilly Lodge

Enjoy a relaxing stay at this luxurious and comfortable log lodge. Double and single accommodations include a private entrance and bath, wireless internet and satellite TV.
Located 1.5 km west of Humboldt on Hwy #5.
Phone (306) 682-4353

Evergreen Grove Bed & Breakfast

Comfortable and private rooms in a rural setting. Full and varied breakfast menu. Single or double occupancy available. Phone ahead for booking and rates.
Located 2 miles south of city limits
Phone (306) 682-5270

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Backroads Bed & Breakfast

This quiet, restful farm is a great spot to relax and unwind. Full homestyle breakfast. Queen and double beds available. Guest house with 3 bedrooms also available. Smoke and pet free environment.

Located a half mile west of Annaheim and 1.25 miles south, or 13 km north of Highway #5 on Muyres Road

Phone (306) 598-2141

Humboldt Historical Park Campground

Reservations accepted. The campground opens approximately May long weekend to September long weekend, weather permitting. Electrical and non-electrical sites, dumping station located directly west of Information Centre, picnic area, washrooms and shower facilities, mini golf course, firewood sold.

Office hours May 1 - Labour Day weekend: Monday - Saturday 9 am - 9 pm; Sunday 10 am - 9 pm.

Office hours after Labour Day weekend: Monday - Friday 9 am - 5 pm.

Located at 201 8th Avenue

Phone (306) 682-4990

FOR ANY FURTHER INFORMATION, PLEASE CONTACT:

MEET MANAGER:

Name: Brenda Bay

Address: Box 751, Humboldt, Saskatchewan S0K 2A0

Phone: 306 682-4958

Fax: 306-682-2490

Email: gbbay123@yahoo.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	7&8	50 Free	2
3	9&10	50 Free	4
5	11&12	50 Free	6
7	13&14	50 Free	8
9	15 -17	50 Free	10
11	18 & Over	50 Free	12
13	7&8	25 Breast	14
15	9&10	25 Breast	16
17	11&12	25 Breast	18
19	13&14	25 Breast	20
21	15-17	25 Breast	22
23	18 & Over	25 Breast	24
25	7&8	25 Fly	26
27	9&10	25 Fly	28
29	11&12	25 Fly	30
31	13&14	25 Fly	32
33	15-17	25 Fly	34
35	18 & Over	25 Fly	36
37	7 & 8	50 Back	38
39	9 & 10	50 Back	40
41	11 & 12	50 Back	42
43	13 & 14	50 Back	44
45	15 – 17	50 Back	46
47	18 & Over	50 Back	48
49	7 & 8	25 Free	50
51	9 & 10	25 Free	52
53	11 & 12	25 Free	54
55	13 & 14	25 Free	56
55	13&14	25 Free	56
57	15 – 17	25 Free	58
59	18 & Over	25 Free	60
61	7 & 8	50 Breast	62
63	9 & 10	50 Breast	64
65	11&12	50 Breast	66
67	13 & 14	50 Breast	68
69	15 -17	50 Breast	70

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71	18 & Over	50 Breast	72
73	7 & 8	50 Fly	74
75	9 & 10	50 Fly	76
77	11 & 12	50 Fly	78
79	13 & 14	50 Fly	80
81	15 -17	50 Fly	82
83	18 & Over	50 Fly	84
85	7 & 8	25 Back	86
87	9 & 10	25 Back	88
89	11 & 12	25 Back	90
91	13 & 14	25 Back	92
93	15 -17	25 Back	94
95	18 & Over	25 Back	96
97	7 & 8	100 IM	98
99	9 & 10	100 IM	100
101	11 & 12	100 IM	102
103	13 & 14	100 IM	104
105	15 -17	100 IM	106
107	18 & Over	100 IM	108



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Note to Meet Managers - Adding the following Code of Ethics to a meet package is optional. Meet Manager's may change this as per their club rules and/or pool rules. What Meet Managers may want to put in the meet package is the following:

All persons (swimmers, coaches, volunteers, officials and spectators) in attendance at a sanctioned swim meet must abide by the Swim Sask Member Code of Conduct - Board Policy M-3. Copy of Policy M-3 can be found on the next page.

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

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 supersede 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. (see Rule 2.13.1.5 and Appendix F in the October 2005 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.