



24th Annual Cascade Slingshot Speed Meet Gold
November 7-8, 2009
Talisman Centre
Sanction # **PENDING**

The Cascade Swim Club is pleased to invite you to the 2009 Slingshot Speed Meet (Gold) to be held November 7-8, 2009 at the Talisman Centre, Calgary.

Entries are to be submitted using Hy-Tek. The files are to be uploaded on line at www.swimming.ca, with an entry deadline of Friday October 23, 2009. Time of receipt of uploaded entries will be considered as the date and time on the notification email sent to the meet manager through the SNC site. All times are to be entered Short Course.

In addition, the following must reach the Meet Manager on or before Friday, October 23, 2009:

- Cheque with entry fees made payable to Cascade Swim Club
- Word or PDF document of your entries.

If sent by courier please ensure no signature required upon delivery.

Entries are to be sent to:

Cascade Swim Club - Attention: Barry Windsor
2225 Macleod Trail South
Calgary, Alberta, T2G 5B6

For more information, please contact:

Barry or Wendy Windsor, Meet Managers
(403) 269-6585 or
meetmanager@cascadeswimming.com

Jasen Pratt, Club Manager
(403) 263-7946
jasen@cascadeswimming.com

We look forward to seeing you at the meet!

Sincerely,
Barry and Wendy Windsor
Meet Managers

Facility

- The Talisman Centre is the host site for the 2009 Slingshot Speed Meet (Gold). This world-class facility has two-25m short course pools (both equipped with omega electronic timing systems) and 4 lanes 25m for warm-down purposes.

Entries

- There is a maximum number of 6 swims per athlete (plus relays).
- Each of the teams may enter up to 6 swimmers in each event of a team comprised of 16 female and 16 male swimmers (total team size of 32 swimmers)

Qualifying times

- Not Applicable

Age Groups

- Females: Open
- Males: Open

Meet Format

- Each team can enter 6 swimmers in the preliminaries per event
- In the event that all teams do not submit five entries per event teams may deck enter swimmers on a first come first serve basis to fill empty lanes. These swimmers will not be eligible to advance to the finals or score points.
- There will be "A" finals only; the 800 & 1500 are timed-finals events with the top-8 swimming at night. Proof of time will be required for the 800 and 1500m events.
- Teams can enter two relays per event.

Relays

- Relays are timed final events swum at night in the finals sessions.

Deck Entries

- Deck entries will be accepted to fill empty lanes on a first-come first serve basis.
- All deck entries are exhibition swims and therefore will not be eligible for finals or scoring.
- There is no cost for deck entries at the "GOLD" meet.
- Note to Coaches: your "GOLD" meet swimmers may be deck entered as exhibition into the "BLUE" side of the pool at \$5.00 per entry if you are unable to have them swim in the "GOLD" side.

Submitting Entries

- Please send a Word or PDF document of your entries along with your Hytek entries. All times are to be entered Short Course.
- Foreign Teams not using HYTEK can send entries via an excel document (available on the Cascade Website: <http://www.cascadeswimming.com>).
- Swimmers age will be determined as of the first day of the meet, November 7,

2009.

- The event list will also be available as a downloadable file from the Cascade Website (www.cascadeswimming.com). This file will be set up with all of the events for the meet in Team Manager (Hy-tek) format.

Entry Fees

- There is a flat team entry fee of \$1,500 per team.

Meet Rules

- The current SNC and FINA rules shall govern the meet.
- Please note: Swimming Canada's new ruling on swimsuits will be in effect.
- The scratch deadline for finals each night will be 30 minutes following the posting of results of the corresponding preliminary event. Failure to scratch from finals by the scratch deadline will result in the swimmer being pulled from the remainder of the Finals for that day if they fail to start the race. In all other aspects No Shows and Scratches from finals will follow the SNC FINA rulebook.
- The scratch deadline for timed finals will be 15 minutes after the start of warm-ups on each day.
- Scratch deadline for refunds will be Friday, October 30, 2009, no exceptions.

Start Times

Saturday, November 8th

Warm-up Preliminaries:	8:00AM
Start Preliminaries:	9:00AM
Warm-up Finals:	3:00PM
Start Finals:	4:00PM

Sunday, November 9th

Warm-up Preliminaries:	8:00AM
Start Preliminaries:	9:00AM
Warm-up Finals:	3:00PM
Start Finals:	4:00PM

Please note: The pool will be cleared 5 minutes prior to the start of every session.

Awards

- Medals will be awarded for 1st, 2nd and 3rd, ribbons 4th – 8th. First place medals only for relays.
- High Point Swim awards for the meet will be awarded (Top Male and Top Female)
- High Point Aggregate awards for the meet will be awarded (Top Male and Top Female)
- High Team Points Trophy will be awarded

Program Changes

- The Meet Manager reserves the right to alter, revise, or otherwise modify the program to ensure the maximum number of swims in sessions of reasonable length, following receipt of entries.
- Coaches will be advised of changes via e-mail or on our website.
- Results will be posted to www.swimming.ca for downloading. Results can also be downloaded from the Cascade Swim Club website: www.cascadeswimming.com.

Officials

- Visiting clubs are encouraged to volunteer to officiate. Please list any available officials and their qualifications and submit with entries.
- Calgary and area clubs sending swimmers to the meet will be expected to send officials equalling the number of swimmers attending.
- Cascade's Officials Chair is Lenore Lyons who can be reached at officials@cascadeswimming.com.

Billeting

- There will be very limited billeting offered for this meet for out-of-province teams. You must arrange this with the Club Manager, Jasen Pratt, in advance.

Event Order

Day 1

Event No.	Description	Gender
1.	100 Free	Male
2.	200 Free	Female
3.	50 Breast	Male
4.	100 Breast	Female
5.	400 IM	Male
6.	100 Fly	Female
7.	100 Back	Male
8.	50 Back	Female
9.	200 Fly	Male
10.	200 IM	Female
11.	400 Free	Male
12.	50 Free	Female
13.	200 Breast	Male
14.	800 Free	Female
15.	50 Fly	Male
16.	200 Back	Female
17.	4 x 50 MR	Male
18.	4 x 50 FR	Female

Day 2

Event No.	Description	Gender
19.	100 Free	Female
20.	200 Free	Male
21.	50 Breast	Female
22.	100 Breast	Male
23.	400 IM	Female
24.	100 Fly	Male
25.	100 Back	Female
26.	50 Back	Male
27.	200 Fly	Female
28.	200 IM	Male
29.	400 Free	Female
30.	50 Free	Male
31.	200 Breast	Female
32.	1500 Free	Male
33.	50 Fly	Female
34.	200 Back	Male
35.	4 x 50 MR	Female
36.	4 x 50 FR	Male

CLUBS ARE ASKED TO E-MAIL THEIR CANCELLATIONS AND/OR SCRATCHES TO THE MEET MANAGERS, BARRY and WENDY WINDSOR at meetmanager@cascadeswimming.com