



Penguin Novice Series 2009/10

November 7, 2009 • January 30, 2010 • April 10, 2010

Dates / Times

Series #1 – **Saturday November 7, 2009**

Series #2 – **Saturday January 30, 2010**

Series #3 – **Saturday April 10, 2010**

Warm-Up: 8:15 AM

Start: 9:00 AM

Finish: 2:00 PM (or earlier)

Facility / Parking

Grant MacEwan College

Centre for Sport and Wellness

North East corner of 104 Avenue and 109 Street

6 Lane 25m competition pool

Parking is available for \$4.00 at the Grant MacEwan covered parkade (covered walkway to pool) on the North West corner of 104 Avenue and 109 Street.

Swim Meet Limits / Swimmer Eligibility

The meet is limited to 150 swimmers registered with Swimming/Natation Canada.

Events

Event #	Series #1	Series #2	Series #3
1	25 Free	25 Free	50 Free
2	50 Free	50 Free	50 Breast
3	25 Breast	25 Breast	*200 Free
4	50 Breast	50 Breast	4x25 Fun
5	4x25 Fun	4x25 Fun	50 Fly
6	25 Fly	25 Fly	50 Back
7	50 Fly	50 Fly	100 IM
8	25 Back	25 Back	*200 IM
9	50 Back	50 Back	4x50 FR
10	100 IM	100 IM	
11	*200 IM	*200 IM	
12	4x25 FR	4x25 FR	

200 Free / 200 IM

The meet management MAY limit the entries in the 200 Free and/or the 200 IM to a specific number of heats in order to meet the swim meet timelines.

Seeding / False Starts

- All events will be mixed timed finals and open seeded.
- The FINA 1 start rule will be in effect. The Referee will use the utmost discretion for inexperienced swimmers.

Entries / Entry Deadlines

A Hy-Tek file is available for download from the Swimming Canada website (www.swimming.ca), and the Penguin Swimming website (www.penguinswimming.ca).

Entry times **ARE REQUIRED** for all individual events (NT's are not permitted). Please make your best educated guess if needed.

Entries AND entry fees MUST be received by the following dates:

Series #1 – **Wednesday October 28, 2009**

Series #2 – **Friday January 15, 2010**

Series #3 – **Friday March 26, 2010**

Entries are to be submitted via the Swimming Canada website (www.swimming.ca).

Entry Fees / Late & Deck Entries / Scratches

\$25.00 per swimmer. Swimmers will be allowed to swim a maximum of 5 individual events plus relays.

Late and/or deck entries will be received on a first come first served basis to fill empty lanes only at an entry fee of \$30.00 per swimmer.

Please make cheques payable to:

PENGUIN SWIMMING

3112-105 Avenue, Edmonton, AB, T5W 0B4

No refunds will be given for scratches received after the entry deadline.

Awards / Results

Personal best ribbons will be awarded to swimmers bettering entry times.

Results will be emailed, posted on the Penguin Swimming website at (www.penguinswimming.ca), and posted on the Swimming Canada website at (www.swimming.ca).

Contact

Colin Beattie, Director of Swimming

Phone: (780) 435-SWIM (7946)

Email: swim@penguinswimming.ca