



OSC JP Fiset Invitational

December 3 - 6, 2009

Kinsmen Sports Centre, Edmonton, Alberta
2 x 8 Lanes SCM + 6 Lanes SCM warm-up



Session Information

Warm-up / Start Times	Preliminary		Finals	
Thursday, December 3			3 PM	4 PM
Friday, December 4	7:30 AM	8:30 AM	4:30 PM	5:30 PM
Saturday, December 5	7:30 AM	8:30 AM	4:30 PM	5:30 PM
Sunday, December 6	7:30 AM	8:30 AM	3:00 PM	4:00 PM

Entry Information

Entry Deadline: Thursday November 19th, 2009 (by 6pm).

Scratch Deadline: December 2nd, 2009 (by 6pm).

Entry Fees: Individual Events \$6.75 (TF) and \$8.00 (P/F).

Relay Events \$7.25.

Deck Entries: above X 2 (See Meet Rules).

The meet will be limited to 650 swimmers.

Submitting Entries for clubs over 10 swimmers:

All entries must be submitted via the SNC on-line entries system.

Send Payment to:

Olympian Swim Club

12834-163rd Street NW, Edmonton, AB, T5V 1K6

No signature required on all deliveries.

Phone: 780-455-8457

Payment must be included with your entries.

Other Contacts/Info

Meet Managers: Kevin Kindrachuk/Susan Kamminga

JPFiset@olympianswimclub.com

Officials:

Kari Marchand

officials@olympianswimclub.com

Entry Queries:

entries@olympianswimclub.com

Real-time Results:

www.olympianswimclub.com

Meet Eligibility

- All entries must include SNC registration ID number.
- This meet has Entry Time Standards.
Athletes must qualify in each event entered.
- Swimmers may enter 7 individual events.

Meet Rules

- The Meet shall follow SNC Rules including all changes effective by the start date of the competition.
- SNC Meet Warm-Up procedures will be in place.

Order of Events

Thursday
4 x 100 FR**
800 Free - Women
1500 Free – Men
**Open, no age groups

Friday
200 Free
100 Breast
200 Fly
50 Back
400 IM
4 x 50 FR

Saturday
100 Fly
200 Back
100 Free
50 Breast
200 IM
4 x 50 MR

Sunday
100 Back
50 Free
200 Breast
50 Fly
400 Free
4 x 100 MR**
**Open, no age groups

- The Meet Manager reserves the right to limit entries, and use repechage to help run a fast meet.
- Proof-of-times reports are required with entries **FOR ALL SWIMS**. Individual results for proof-of-time must be available on swimming.ca and **CAN** be updated by request until December 1st for seeding. OSC swimmers will not be subject to meet time standards.
- No Time (NT) entries will not be accepted.**
- Deck Entries will be EXHIBITION and accepted only if the entry does not cause a new heat to be created.
- The Girls 800m & Boys 1500m Freestyle events are timed finals, senior seeded, fastest to slowest. Maximum 80 entries per event with guaranteed top 8 entries for 12&Under, 13-14 age groups.
- Prelim/Final events will be swum senior seeded in prelims, then 12&Under, 13-14 and 15&Over in finals.
- Finals format: 12&Under A only, 13&14 A only, 15&O B/A (400m events A only for all)
- Maximum 4 relays per team per age group and gender.
4 x 100 relays are open, no age groups.
TOP 8 Relays per event require **proof-of-time** and must be provided by entry deadline for generation of psych sheets.
- Scoring and Awards for the meet shall be based on the age groups of 12&Under, 13-14 and 15&Over.

Scoring & Awards

- Individual Points: 50, 30, 20, 15, 14, 13, 12, 11.
- Relay Event Points: 50, 30, 20, 15, 14, 13, 12, 11.
- Medals for Top 3, ribbons for places 4th through 8th
- Relay Medals for Top 1, ribbons for places 2nd and 3rd
- Team Award: An award will be issued to the highest combined point scoring team.
- High Point Award: The Top Male and Female Swims regardless of age, based on the FINA Points Chart.



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JP Fiset 2009 Entry Time Standards

	12 & Under		13-14		15 & Over	
	Women	Men	Women	Men	Women	Men
50 Free	40.00	40.00	37.00	35.00	34.00	30.00
100 Free	1:27.00	1:27.00	1:21.00	1:17.00	1:15.00	1:07.00
200 Free	3:12.00	3:12.00	3:00.00	2:52.00	2:48.00	2:32.00
400 Free	6:42.00	6:42.00	6:18.00	6:02.00	5:54.00	5:30.00
800 Free (W)	*Top 80 Swims with guaranteed top 8 entries for 12u, 13-14 age groups.					
1500 Free (M)	*Top 80 Swims with guaranteed top 8 entries for 12u, 13-14 age groups.					
50 Back	48.00	48.00	45.00	43.00	42.00	38.00
100 Back	1:43.00	1:43.00	1:37.00	1:33.00	1:31.00	1:23.00
200 Back	3:44.00	3:44.00	3:32.00	3:24.00	3:20.00	3:04.00
50 Breast	53.00	53.00	50.00	48.00	47.00	43.00
100 Breast	1:53.00	1:53.00	1:47.00	1:43.00	1:41.00	1:33.00
200 Breast	4:04.00	4:04.00	3:52.00	3:44.00	3:40.00	3:24.00
50 Fly	49.00	49.00	46.00	44.00	43.00	39.00
100 Fly	1:50.00	1:50.00	1:39.00	1:35.00	1:33.00	1:25.00
200 Fly	4:07.00	4:07.00	3:36.00	3:28.00	3:24.00	3:08.00
200 IM	3:40.00	3:40.00	3:28.00	3:20.00	3:16.00	3:00.00
400 IM	7:30.00	7:30.00	7:06.00	6:50.00	6:42.00	6:18.00