



Grande Prairie Piranhas

Northern Lights Regional Swim Meet 2010

Hosted by: Grande Prairie Piranhas Swim Club

February 5 - 7, 2010

The Fitness & Leisure Center, Grande Prairie

25 m, 7 lane pool

Sanction #: *Applied for*

Session Information:

Coaches Mtg.	Friday February 5, 2010	Start: 2:30pm	
Session #1	Friday February 5, 2010	Warm-up: 2:00pm - 2:50pm	Start: 3:00pm
Session #2 PRELIMS	Saturday February 6, 2010	Warm-up: 7:00am - 7:50am	Start: 8:00am
Session #3 FINALS	Saturday February 6, 2010	Warm-up: 4:00pm - 4:50pm	Start: 5:00pm
Session #4 PRELIMS	Sunday February 7, 2010	Warm-up: 7:00am - 7:50am	Start: 8:00am
Session #5 FINALS	Sunday February 7, 2010	Warm-up: 2:00pm - 2:50pm	Start: 3:00pm

Eligibility: The status of the meet will be OPEN, Regional. All swimmers must be registered with Swimming Nation Canada (SNC). **Clubs must provide swimmers ID #'s with entries.**

Meet Rules:

- Current SNC and FINA rules shall govern the meet.
- SNC warm up procedures will apply.
- Swimmers are limited to a maximum of six (6) individual swims.
- The 400 IM will be limited to 2 heats (Top 7 male & Top 7 female).
- The 14 & Under OPEN 400 Free will be limited to 4 heats (28 swimmers, who have not achieved an Alberta "B" Qualifying Time).
- There is no limit on relay entries.
- To facilitate the running of a quality meet, the Meet Manager reserves the right to limit the number of heats if time is short.
- If need be, based on swimmer #'s Meet Manager reserves the right to combine finals.

Age Groups: All individual events will be seeded as follows: 10 & under and 11 & over male/female.

All relay events will be swam as follows: 10 & under, 11&12, 13&14, and 15 & over.

Seeding will be slowest to fastest based on entry times.

Scoring: results will be compiled as to the following age groups:

10 & under, 11 & 12, 13 & 14, and 15 & over.

Heats and Finals for 11 & over events.

Time Finals for all 10 & under events.

Time Finals: 400IM, 400free, and all relays.

Individual Scoring: 50-30-20-15-14-13-12-11

Relays: 50-30-20-15-14-13-12-11

Swimmers age will be determined as of the first day of the meet,
February 5, 2010

Awards: Medals will be presented for 1st to 3rd in each individual event.

Ribbons will be awarded for 4th to 7th place in individual events and 1st to 3rd in relay events.

Age group aggregate awards will be awarded to the top 3 swimmers in each age group - male & female.

Entry Information: Entry fee will be a flat fee of \$50.00 per swimmer. Meet manager will close entries after receiving the entries and cheque from the team with 300th swimmer.

All cheques are made payable to "Grande Prairie Piranhas Swim Club"

Send billet request and meet entry cheque by **Jan. 22, 2010** to:

Grande Prairie Piranhas

Box 1012

Grande Prairie, AB

T8V 4B5

Entries: Download entries at www.swimmeet.ca and confirm entry to Karen Willsey - karen@kasamanagement.ca

Deadline: All entries must be received by: **Friday, Jan. 22, 2010**

Scratches: Late scratches will be accepted no later than Friday, Jan. 29rd, 2010 to receive entry refund. **Deck entries will be accepted after this date with a fee of \$10.00 per swimmer per event. Scratches at the meet must be submitted to the Office Manager by the start of the warm ups for each session.**

Billeting: The Grande Prairie Piranhas Swim Club will offer **limited** billeting to out of town swimmers. All billet requests must be received no later than Jan. 22/2010. In an effort to ensure the best billeting arrangements, please indicate name, age, sex and any medical considerations. Please contact the billet chairperson with any cancellations one week prior to arrival (Jan 29, 2010). The Piranhas swim club will invoice clubs that do not cancel billet requests prior to the deadline at a rate of \$25.00 per swimmer. **This meet will follow Swim Alberta's Billeting Policy.**

Concession: A light food and drink concession is operated at the pool facility. We have no control of operating hours or menu.

Contact Information:

Meet Manager: Dean Carty - gppmm@telus.net

Billet Chairperson: Gail Pochailo - pochailo@telus.net

Meet Referee: Elaine Olson - Elaine.Olson@pchr.ca

Officials Chairperson: Richard Nasedkin - nasedkin@telusplanet.net

Office Manager: Karen Willsey - karen@kasamanagement.ca

Accommodations: For coaches, swimmers & families requiring accommodations, TBA

Pasta Banquet: Please join us for a fun filled evening at our PASTA BANQUET, Saturday February 6, 2010. Medals from Friday & Saturday's events will be awarded at the banquet. Please ensure your billets have purchased banquet tickets. **MORE INFO TO FOLLOW**

Friday: Age	Februa ry	5/09 Girls Event	Boys	
11 & Over	1	400IM	2	TF
10 & Under	3	4x50 Free Relay	4	TF
11 & 12	5	4x50 Free Relay	6	TF
13 & 14	7	4x50 Free Relay	8	TF
15 & Over	9	4x50 Free Relay	10	TF
11 & Over	11	50 Free	12	TF 10 & under TF only
11 & Over	13	50 Free	14	H & F Finals Sunday

Break TBD

14 & Under	15	400 Free-4 Heats	16	TF
10 & Under	17	4 x 50 Med Relay	18	TF
11 & 12	19	4 x 50 Med Relay	20	TF
13 & 14	21	4 X 50 Med Relay	22	TF
15 & Over	23	4 x 50 Med Relay	24	TF

Saturday: Prelims

Age	Girls	Event	Boys
10 & Under	25	200 IM	26 TF
11 & Over	27	200 IM	28 H & F
10 & Under	29	100 Free	30 TF
11 & Over	31	100 Free	32 H & F
10 & Under	33	50 Breast	34 TF
11 & Over	35	200 Breast	36 T F

Break TBD

10 & Under	37	100 Back	38 TF
11 & Over	39	100 Back	40 H & F
10 & Under	41	100 Fly	42 TF
11 & Over	43	200 Fly	44 TF

Saturday: Finals

11 & 12	200 IM
13 & 14	200 IM
15 & Over	200 IM
11 & 12	100 Free
13 & 14	100 Free
15 & Over	100 Free
11 & 12	100 Back
13 & 14	100 Back
15 & Over	100 Back

Sunday:

Age	Girls	Event	Boys
10 & Under	45	200 Free	46 TF
11 & Over	47	200 Free	48 H & F
10 & Under	49	100 Breast	50 TF
11 & Over	51	100 Breast	52 H & F

Break TBD

10 & Under	53	50 Back	54 TF
11 & Over	55	200 Back	56 TF
10 & Under	57	50 Fly	58 TF
11 & Over	59	100 Fly	60 H & F

Sunday: Finals

11 & 12	200 Free
13 & 14	200 Free
15 & Over	200 Free
11 & 12	100 Breast
13 & 14	100 Breast
15 & Over	100 Breast
11 & 12	100 Fly
13 & 14	100 Fly
15 & Over	100 Fly
11 & 12	50 Free
13 & 14	50 Free
15 & Over	50 Free