



# OSC J.P. FISET INVITATIONAL

KINSMEN SPORTS CENTRE, EDMONTON  
DECEMBER 12 - 15, 2024

**OLYMPIAN  
SWIM  
CLUB**

## Celebrating 50 Years of Swimming Excellence

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### DATES

**Entry Deadline:** Monday, December 2, 2024  
**Scratch Deadline:** Thursday, December 5, 2024  
**Fees Due:** Thursday, December 12, 2024 – start of session

### CONTACTS

**Meet Managers:** Kim Taylor-Archer [meetmanager@olympianswimclub.com](mailto:meetmanager@olympianswimclub.com)  
Rebecca Anderson [meetmanager@olympianswimclub.com](mailto:meetmanager@olympianswimclub.com)  
**Club Contact:** Shane Downey [shane@olympianswimclub.com](mailto:shane@olympianswimclub.com)  
**Officials' Chair:** Sue Cabigon [officials@olympianswimclub.com](mailto:officials@olympianswimclub.com)  
**Entries:** Greg Buchanan [entries@olympianswimclub.com](mailto:entries@olympianswimclub.com)  
**Advisory Referee:** Sue Buhler (Level 5) [suebuhler1968@gmail.com](mailto:suebuhler1968@gmail.com)

### FACILITY

**Kinsmen Sports Centre, 9100 Walterdale Hill, Edmonton**  
Two 8 lane 25m race pools (prelims in two pools, finals in east pool).  
Three lane 50m pool warm up/cool down space (prelim sessions).  
Free parking, but parking is limited, please consider car-pooling to daytime sessions. No buses or motorhomes are allowed in the parking lot.  
Day use lockers are available for free.  
There are vending machines on site: stay tuned for food options.

### SANCTION

# 55219 Sanctioned by Swim Alberta.

### SCHEDULE

WARM UP / START TIMES	PRELIMS		FINALS	
	Warm Up	Racing	Warm Up	Racing
Thursday, December 12			3:00pm	4:00pm
Friday, December 13	7:30am	8:30am	4:00pm	5:00pm
Saturday, December 14	7:30am	8:30am	4:00pm	5:00pm
Sunday, December 15	7:30am	8:30am	3:00pm	4:00pm

Updated: November 29, 2024

## ENTRIES

Entries and scratches must be done online at [www.swimming.ca](http://www.swimming.ca).

Questions regarding entries can be sent to [entries@olympianswimclub.com](mailto:entries@olympianswimclub.com).

## ENTRY FEES

<b>Individual events:</b>	\$16
<b>Timed final relay:</b>	\$20
<b>Deck entries:</b>	\$25

- Entry fees are due by the start of the first session.
- Entry fees are payable to Olympian Swim Club, 108-9100 Walterdale Hill NW, Edmonton, AB T6E 2V3.
- Entry fees should be emailed to [finance@olympianswimclub.com](mailto:finance@olympianswimclub.com).
- Entry fees are non-refundable after the scratch deadline except with a medical note.

## ENTRY RULES

- A minimum of 300 and a maximum of 750 swimmers will be registered for the meet.
- No-time (NT) entries will not be accepted.
- Swimmer age is determined as of December 12, 2024.
- The competition is open to all swimmers currently registered with Swimming Canada or a World Aquatics affiliated club.
- Meet Entry Standards are attached, with the exception of the 1500m event where there is no standard. The meet standard for the 1500 is outlined below.

GIRLS		BOYS	
12	22:50.0	13	22:00.0
13-14	21:00.0	14-15	20:15.0
15 & Over	20:20.0	16 & Over	19:20.0

- All athletes must qualify in a minimum of one (1) event with up to four bonus events as follows (to a maximum of 7 swims):
  - 1 QT = 4 bonus swims for a total of 5 swims
  - 2 QTs = 4 bonus swims for a total of 6 swims
  - 3 QTs = 4 bonus swims for a total of 7 swims
  - 4 or more QTs = a total of 7 swims
- Note: the 1500m and 800m free events are not eligible as bonus swims.
- No more than three individual events per day may be entered for any swimmer.
- Unproven times will result in the swimmer's removal from the event.
- Proof of time reports may be requested by meet management.
- Olympian Swim Club swimmers will not be subject to Meet Entry Standards.
- Deck entries will be EXHIBITION only and accepted only if the swimmer is already entered in the meet and the entry does not create a new heat.
- The meet manager reserves the right to limit entries, double-lane, and reschedule slower heats.
- International swimmers with a minimum of two qualifying times will be allowed seven individual events at the discretion of the Meet Manager.

## OFFICIAL SPLITS

- Must be requested 30 minutes prior to the start of the session, coaches may be required to supply timers.

## AGE GROUPS

GIRLS	BOYS
12 & under	13 & under
13 to 14	14 to 15
15 & over	16 & over

## RULES

- The meet will be conducted under published World Aquatics and/or World Para Swimming rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate, will also apply.
- Entry to competition is limited to participants who have passed Swim Alberta's Competition Swim Test.
- During competition, swimmers should dive at the Dive Readiness Progression skill level they have achieved.
- Preliminary events will be senior seeded.
- Thursday's events will be divided into two pools by gender.
- Friday, Saturday, and Sunday events will be divided into pools by team.

## DIVING RULES

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3, FR 2.7 and CSW 4.1.

## FINALS

- A-final for all age groups.
- B-finals for 13-14 and 15&O girls and 14-15 and 16&O boys if there 24 or more entries per age/gender group entered in the event.
- A-final will swim first, followed by the B-final.
- All girls' finals will swim first, followed by the boys' finals.
- 400m events will have an A-final only.
- Notice of the finals qualifiers will be posted on the OSC website as soon as possible following the preliminary session.

## DISTANCE

- 800m and 1500m Freestyle events are timed finals, senior seeded, and fastest to slowest.
- Maximum 80 entries per event.
- Swimmers may only swim one of the distance events, either 800m or 1500m.
- Positive check in for 800s and 1500s will be due 10 minutes after the start of warm-up.
- 400m events (400 I.M & 400 Free) will swim fastest to slowest in the preliminary session. The heats will alternate girl/boy.

## RELAYS

Each club can enter a limit of 2 scoring teams per age group per relay event. The meet management may allow additional relay teams to be added based on projected session timeouts **but only the top 2 relays from each team will be awarded scores.**

- All relays will be swum during finals. Individual names for relays must be submitted to the clerk by the end of the morning session of the day the relay is swum. Name changes will be allowed up one hour before the start of the first relay event regardless of which age or gender the relay is in.
- Individual **names for relays for the Thursday session must be submitted when entering the meet.**
- The deadline for name changes is 60 minutes prior to the first relay event based on session timeouts.
- 4x100 relays will be open with no distinct age groups.
- Only the 4x50 Free relay and 4X200 Free relays on Thursday will be seeded by age groups.

Relays will be swum slowest to fastest and alternating genders, except for the 4x200 free relay on Thursday - this relay will be swum fastest to slowest. Please see the bottom of page 7 for a detailed explanation of the order of events on Thursday.

Relay cards will be used for Thursday relays only. Coaches will receive relay cards to fill in the club name and swimmer names in order. Relay names/cards are to be submitted directly to the lane timer with correct swimmer names and order. Relay swimmer names will be reflected when the results are posted. More instructions will be included in the coaches' registration packages.

## SCRATCHES

The [Swim Alberta Scratch Rule](#) will be in effect for this competition with the following exceptions:

- Scratches prior to the scratch deadline should be emailed to [entries@olympianswimclub.com](mailto:entries@olympianswimclub.com).
- Scratches after the scratch deadline must be submitted via the online form. A link/QR code for the online form will be posted on the Olympian Swim Club's website and available on the pool deck.
- Preliminary scratches are due to the Administration Desk 30 minutes after the start of the previous night's finals.
- For finals, scratches are due 15 minutes following the conclusion of the preliminary session.

## PARA SWIMMING

All swimmers competing as Para swimmers must have a level 2, 3 or international classification published on Swimming Canada's Para Swimming Active Roster. All Para swimmers will compete in senior seeded preliminary events with all other swimmers. Para swimmers must have achieved a minimum of one of the Swimming Canada Provincial para swimming time standards in their class.

Met Entry Time Standards: <https://www.swimming.ca/time-standards-and-preliminary-competition-information/>

PARA CLASSIFICATION					
50 Free	S1 - S14	Heats & Finals	50 Breast 100 Breast	SB1 - SB3 SB4 - SB14	Heats & Finals
100 Free	S1 S14	Heats & Finals	50 Fly 100 Fly	S1 – S7 S8 - SB14	Heats & Finals
200 Free 400 Free	S1- S5, S14 S6- S13	Timed Finals	150 IM 200 IM	SM1 - SM4 SM5 - SM14	Heats & Finals
50 Back 100 Back	S1 – S5 S6 – S14	Heats & Finals			

## **PRELIMINARIES**

Para Swimmers will be seeded with all other swimmers based on their age category and entry times; they will not be guaranteed to be seeded with other para swimmers. Timed final para events (200 free, 400 free) will be based on preliminary results and follow the same event order in the meet package. Events with preliminary and finals with split distances by classifications are considered the same event and will follow the order of the longer event (50 back S1-S5 will swim during the 100 back S6 – S14).

## **FINALS**

All paralympic events will run as multi-class finals, meaning all para swimmers race and are ranked against each other regardless of sport class. Para specific events will be scored as part of the competition.

If an event has less than 4 para swimmers per gender, the final will run as a mixed gender. If an event has more than 4 para swimmers per gender, the event will have a male and female final. In non-para specific events, para swimmers are eligible to qualify for Olympic stream finals based on ranking in their age group.

These finals will be scored using Swimming Canada's Para Swimming points calculator and they will be contested as indicated by the attached event schedule. Competition awards (eg. gold, silver, and bronze medals) will be awarded to Para swimmers based on their rank.

In events without Para finals, Para swimmers are eligible to qualify for finals based on their age group in competition with all other swimmers.

Para swimmers will be judged based on their adherence to IPC/WPS rules.

## **REQUIREMENT FOR TIME TRIAL SANCTIONS**

A Time Trial sanction is intended for a record attempt and is limited to one (1) event with one (1) swimmer or one (1) relay team. At the discretion of the Meet Manager, there are no entry fees for Time Trials.

## **SAFE SPORT**

All interactions between an athlete and an individual who is in a position of trust should normally, and whenever possible, be in an environment or space that is both “open” and “observable” to others.

## **SWIMWEAR AT COMPETITIONS**

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Alberta. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

## **HEAT SHEETS**

Coaches will receive heat sheets.

## **AWARDS**

High Point Awards:

- Top Aggregate girls in 12&U and 13-14. Top Aggregate boys in 13&U and 14-15.
- Top World Aquatics Points Award for Female 15&O and Male 16&O.
- Team award for the highest combined point scoring team.

## **MEET SCORING**

Individual events, per age group and multiclass, places

1 – 20: 50-30-20-19-18-17-16-15-14-13 and 12-9- 8-7-6-5-4-3-2-1

Relays events, per age group, places 1 – 10: 100-60-40-38-36-34-32-30-28-26

## MEDALS

Gold, silver and bronze will be awarded for A finals, and relays.  
Bell heat prizes will be awarded in prelims.

## COACHES

A technical meeting will be held on deck at 7:15 a.m. on Friday, December 13. All clubs must have a coach representative present at the meeting. The location will be announced.

## ACCREDITATION

- Only accredited participants will be allowed on the pool deck. This includes swimmers, coaches, officials, and photographers.
- Teams must pick up their accreditations at the east end of the pool. The Meet Manager room will open at 2:00 P.M, Thursday, December 12.

## TEAMS

Bleachers will be set up on the pool deck. It is expected that teams will keep their area clean and use the provided garbage cans and recycle bins. Team banners are welcome and permitted in designated areas.

## OFFICIALS

Assistance will be required for distance events. If you have a swimmer in this event, you must provide one timer per swimmer. Help throughout the weekend will also be required. Please contact [officials@olympianswimclub.com](mailto:officials@olympianswimclub.com).

## HOSPITALITY

OSC prides itself on providing the best hospitality in Western Canada. Meals will be provided for coaches and volunteers before the morning and evening sessions and following the morning session.

## PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/PSO sanction competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.

The full details on the Event Photography and Videography Procedure can be found [here](#) under Event Resources on Swimming Canada's website.

## PRELIMINARY SESSIONS

The Thursday session is afternoon only.

FRIDAY DECEMBER 13	SATURDAY DECEMBER 14	SUNDAY DECEMBER 15
200m Free*	200m Back	200m Fly
50m Fly	100m Free*	50m Back
100m Back*	200m Breaststroke	100m Breaststroke
50m Breaststroke	100m Fly*	50m Free*
400m IM	400m Free*	200m IM*

\*Para events, see PARA swimming information.

## FINALS SESSIONS

THURSDAY DECEMBER 12	FRIDAY DECEMBER 13	SATURDAY DECEMBER 14	SUNDAY DECEMBER 15
800m Free	200m Free	200m Back	200m Fly
1500m Free	50m Fly	100m Free	50m Back
4x50 Free Relay (12&U F/13&U M)	100m Back	Para 100m Free	100m Breaststroke
4x200 Free Relay (13&O F/14&O M)	Para 50/100m Back	200m Breaststroke	Para 50/100 Breaststroke
	50m Breaststroke	100m Fly	50m Free
	400IM	Para 50/100m Fly	Para 50m Free
	4 x100m Medley Relay	400m Free	200m IM
		4x100m Free Relay	Para 150/200m IM
			4x50m Medley Relay

### \*ORDER OF EVENTS – THURSDAY NIGHT

Girls will be swimming in the east pool (under the main scoreboard) while boys will be swimming in the west pool (near the diving tank). The order will remain the same for each pool. The fastest heat for 800 free starts, followed by the fastest heat for 1500. The relays will be next. After the relays are done, the second fastest heat for 800 swims, followed by the second fastest heat for 1500. This pattern is followed until all the remaining distance heats are done in both the east/girls pool and in the west/boys pool.

### EAST POOL - GIRLS (under the main scoreboard)

800 free fastest heat

1500 free fastest heat

4X50 free relay – 12 & U (all heats)

4X200 free relay – 13 & over (all heats)

**\*Alternate remaining heats of distance events:** 1 heat of 800 (fastest to slowest), then 1 heat of 1500 (fastest to slowest) until all heats of distance events are done.



**WEST POOL - BOYS** (near the diving tank)

800 free fastest heat

1500 fastest heat

4X50 free relay – 13 &amp; U (all heats)

4X200 free relay – 14 &amp; over (all heats)

\***Alternate remaining heats of distance events:** 1 heat of 800 (fastest to slowest), then 1 heat of 1500 (fastest to slowest) until all heats of distance events are done.

**J.P. FISET TIME STANDARDS**

Female			EVENT	Male		
12 & U	13-14	15 & O		13 & U	14-15	16 & O
33.0	31.0	30.6	50 Free SC	31.1	28.5	27.2
33.7	31.6	31.2		LC	31.7	29.1
1:12.9	1:07.5	1:05.9	100 Free SC	1:08.5	1:02.4	59.2
1:14.3	1:08.9	1:07.3		LC	1:09.9	1:03.6
2:40.1	2:27.0	2:22.9	200 Free SC	2:30.7	2:17.7	2:10.3
2:43.3	2:30.0	2:25.9		LC	2:33.7	2:20.4
5:42.8	5:15.6	5:05.3	400 Free SC	5:24.2	4:58.7	4:44.9
5:49.7	5:21.9	5:11.5		LC	5:30.7	5:04.7
11:40.7	10:45.0	10:24.0	800 Free SC	11:17.4	10:24.0	9:55.2
11:54.7	10:57.9	10:36.8		LC	11:30.9	10:36.5
38.4	35.5	34.9	50 Back SC	36.4	33.2	31.2
39.1	36.3	35.7		LC	37.1	33.9
1:22.9	1:16.5	1:14.5	100 Back SC	1:18.5	1:11.2	1:07.1
1:24.6	1:18.0	1:16.0		LC	1:20.0	1:12.6
2:59.3	2:45.6	2:41.3	200 Back SC	2:50.7	2:34.3	2:28.0
3:02.9	2:48.9	2:44.6		LC	2:54.1	2:37.4
43.6	40.5	38.8	50 Breast SC	41.1	37.3	34.5
44.5	41.4	39.6		LC	41.9	38.1
1:35.2	1:28.4	1:25.1	100 Breast SC	1:29.7	1:21.9	1:15.5
1:37.1	1:30.2	1:26.8		LC	1:31.4	1:23.5
3:27.3	3:12.5	3:05.8	200 Breast SC	3:15.8	3:00.3	2:46.9
3:31.5	3:16.4	3:09.6		LC	3:19.7	3:03.9
36.9	34.1	32.6	50 Fly SC	34.7	31.4	29.2
37.6	34.8	33.3		LC	35.4	32.0
1:26.2	1:17.7	1:12.2	100 Fly SC	1:19.9	1:10.9	1:05.1
1:27.9	1:19.3	1:13.7		LC	1:21.5	1:12.3
3:08.8	2:50.3	2:38.2	200 Fly SC	3:00.4	2:40.1	2:27.0
3:12.5	2:53.7	2:41.5		LC	3:04.0	2:43.3
3:01.6	2:47.7	2:43.4	200 IM SC	2:50.6	2:35.6	2:29.4
3:05.2	2:51.0	2:46.7		LC	2:54.0	2:38.7
6:25.8	5:56.3	5:47.2	400 IM SC	6:06.5	5:34.2	5:20.9
6:33.5	6:03.4	5:54.3		LC	6:13.8	5:40.9

All time standards are set to the tenth. Swimmers must equal or better the standard to qualify.

For example: 1:50.9 = 1:50.90 (1:50.90 qualifies, 1:50.91 does not qualify)





Excellence, Integrity, Innovation, Collaboration

### SWIM ALBERTA SCRATCH RULE

Background and Link to Swimming Rules

The Swimming Rules of Swimming Canada state that the following needs to be considered:

3.6 SCRATCHES, SUBSTITUTIONS, & DECK ENTRIES (applies to local Provincial Meets)

CSW 3.6.1 Once entered in an event, a swimmer who is not an alternate, may only withdraw or "scratch" from that event without penalty according to rules set down by the Provincial Section or written in the Meet Information package.

CSW 3.6.2 HEATS & FINALS: Scratch Deadlines shall be clearly stated in the Meet Information.

TIME-FINAL EVENTS: For individual events or relays that are Time Finals, the Scratch Deadlines shall be clearly stated in the Meet Information.

CSW 3.6.3 PENALTIES: Penalties for failure by a swimmer to scratch from Preliminaries, Finals, or Time Final events shall be clearly stated in the Meet Information.

CSW 3.6.4 'NAME CHANGE' DEADLINES: 'Name Change' deadlines for relays should be stated in the meet information and announced at the Coaches Technical Meeting.

To assist the clubs in Alberta the recommended scratch rules are listed below and shall be the rules applied for all Provincial Competitions. If a swim club wishes to institute a different scratch rule/deadline the rules must be clearly communicated in the Meet information package.

Swim Alberta does not allow the use of monetary fines in scratch rules.

### SWIM ALBERTA SCRATCH RULE

#### **Time Final Meets including Swim Alberta Winter & Summer Festivals and all Summer Swimming Competitions:**

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet. The meet information package should clearly state the deadline for receiving scratches by the meet manager after the entry deadline. Any scratches that are not received by the published deadline will need to be submitted to the Clerk of Course.

Scratches for the session's events are to be submitted to the Clerk of Course 30 minutes prior to the start of each session.

There shall be no penalty for swimmers who 'no show' or submit a 'late scratch' for their event.

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Govern, lead and support competitive swimming.

[www.swimalberta.ca](http://www.swimalberta.ca)

Approved by the AOCC: June 26, 2018

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Swim Alberta Scratch Rule

### **Heats & Final Meets including Swim Alberta Short Course & Long Course Provincials and Swim Alberta Spring & Summer Championships**

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet. The meet information package should clearly state the deadline for receiving scratches by the meet manager after the entry deadline. Any scratches that are not received by the published deadline will need to be submitted to the Clerk of Course according to the information detailed below:

#### *Scratch Deadline and Penalties for Preliminaries:*

- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the preliminary session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session. No re-seeding will occur, without the approval of the referee.
- There will be no penalty for scratching from preliminary events. No-shows, step-downs, and unexcused incomplete swims will have no penalty assessed.

#### *Scratch Deadline for Time Final Events (including relays):*

- Scratches are to be submitted to the clerk of course by the start of the previous night's finals, or before 3:00 pm the day prior to the start of the meet, in order that the session can be seeded.
- Late Scratches may be received by the Clerk of Course 30 minutes prior to the start of each session in which a Time Final Event is scheduled. No re-seeding will occur, without the approval of the referee.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining finals, including relays, scheduled for that session.

#### *Scratch Deadline for Time Final Events utilizing Positive Check-in*

- The deadline for Positive Check-in shall be clearly communicated in the meet package and communicated to coaches at the technical meeting.
- Failure to check-in by the deadline will be deemed a scratch and the swimmer will be removed from the event. There is no penalty for swimmers who fail to check-in.
- Once checked-in a swimmer is not entitled to scratch from the event. No-shows, step-downs and unexcused incomplete swims will result in the swimmer being scratched from all remaining finals, including relays, scheduled for that session and any other session in which the event in question is swum.

*Scratch Deadline and Penalties for Finals:*

- Scratches are to be submitted to the clerk of course 30 minutes after conclusion of the preliminary session. The conclusion of the preliminary session will be the completion of the final race of the session or when the 800/1500 are the last events of the session, the scratch deadline shall be 30 minutes after the completion of the last race immediately preceding the start of the 800/1500.
- The Late Scratch Deadline shall be 30 minutes prior to the start of the finals session. However, there shall be no re-seeding to include scratches made after the initial scratch deadline.
- The Late Scratch Deadline only applies if the coach of the late scratch swimmer notifies the referee and the coach of the alternate. The alternate is under no obligation to swim. Should the alternate decline to swim the coach of the late scratch swimmer must contact the coach of the 2nd alternate.
- Scratches received after the late scratch deadline, no-shows, step-downs and unexcused incomplete swims will result in the swimmer(s) being scratched from all remaining events, including relays, scheduled for that day.
- Although alternates are not required to swim, all swimmers not intending to swim finals should scratch by the scratch deadline. This will ensure that those swimmers, who would be intent on swimming in a final and qualify, would be provided the opportunity.

**Deadlines for Relays**

The deadline for relay name submissions shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin.

The deadline for name changes shall be clearly communicated in the meet information package, in the coaches meeting or in the technical bulletin. The deadline will be a minimum of 30 minutes prior to the first relay event based on session timeouts, regardless of which event (age or gender) the team is entered in.