



Penguin Sprint Series 2018/19

November 3, 2018 • January 19, 2019 • April 6, 2019

Dates / Times

Sprint #1 - SATURDAY NOVEMBER 3, 2018

Sprint #2 - SATURDAY JANUARY 19, 2019

Sprint #3 - SATURDAY APRIL 6, 2019

WU: 8:00 AM Start: 9:00 AM Finish: 2:00 PM

Facility

MacEwan University

Centre for Sport and Wellness

10800-104 Avenue, Edmonton, AB

6 Lane 25m Competition Pool

Colorado Dolphin Electronic Timing

Swimmer Limits / Eligibility

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

Sprint Series #1 and #2

Event #	Event
1	200 Individual Medley
2	25 Freestyle
3	50 Freestyle
4	50 Breaststroke
5	25 Breaststroke
6	4x25 Fun Relay (Sprint #1) 4x50 Freestyle Relay (Sprint #2)
7	25 Butterfly
8	50 Butterfly
9	25 Backstroke
10	50 Backstroke
11	100 Individual Medley

Sprint Series #3

Event #	Event
1	200 Individual Medley
2	50 Freestyle
3	50 Breaststroke
4	25 Breaststroke
5	100 Individual Medley
6	50 Butterfly
7	25 Butterfly
8	4x50 Medley Relay
9	50 Backstroke
10	100 Freestyle

Seeding / Heat Limitations

All events will be mixed gender and senior seeded.

The meet management may limit the number of entries and/or relay events in order to meet swim meet timelines.

Entry Limits / Times / Deadlines

Swimmers will be allowed to swim a maximum of 7 individual events plus relays.

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

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

Entries are to be submitted via Swimming Canada at www.swimming.ca. Entries received after the entry deadline will be considered deck entries.

Entry Deadlines:

Sprint #1 - SATURDAY OCTOBER 20, 2018

Sprint #2 - SATURDAY JANUARY 5, 2019

Sprint #3 - SATURDAY MARCH 23, 2019

Meet / Diving Rules

This meet will be run under Swimming Canada and Swim Alberta rules and regulations. The Swim Alberta scratch rule will also be in effect.

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 rules.

Entry Fees / Late & Deck Entries / Scratches

\$45.00 per swimmer

Cheques payable to: **PENGUIN SWIMMING**

Late and deck entries will be received on a first come first served basis to fill empty lanes only at an entry fee of \$60.00 per swimmer. Deck entry fees are to be paid in cash at the time of the deck entry.

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

Awards / Results

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

Results will be posted on Swimming Canada at www.swimming.ca.

Contact

Colin Beattie, Director of Swimming

3112-105 Avenue

Edmonton, AB, T5W 0B4

Phone/Fax: (780) 435-SWIM (7946)

Email: swim@penguinswimming.ca