



# CASCADING SWIMMING

**Sandy Ferris Age Group Challenge 2022**  
**December 9, 10, 11 – Calgary, AB**

## Tech Bulletin

Friday December 9	Prelims Warm-up: 7:30 AM / Start: 8:30 AM Finals Warm-up: 4:00 PM / Start: 5:00 PM
Saturday December 10	Prelims Warm-up: 7:30 AM / Start: 8:30 AM Finals Warm-up: 4:00 PM / Start: 5:00 PM
Sunday December 11	Prelims Warm-up: 7:30 AM / Start: 8:30 AM Finals Warm-up: 2:30 PM / Start: 3:30 PM

## Event Personnel

Meet Manager (s)	Lindy Kennedy & Jamie Kwan	<a href="mailto:MeetManager.Cascade@gmail.com">MeetManager.Cascade@gmail.com</a>
Director of Competitions	Andy Warren	
Advisory Referee	Peter Burke, Esq.	
Technical Director	Jasen Pratt	<a href="mailto:jasen@cascadeswimming.com">jasen@cascadeswimming.com</a>

## Livestream, Live Results, Meet Mobile & Social

Please note that this event will broadcast live each of the three finals sessions on Friday, Saturday and Sunday. The livestream will be broadcast on the club Youtube page: [Day 1](#), [Day 2](#) & [Day 3](#). Please share these links with family and friends who are unable to attend.

The Live Results [link](#) is up and will have results posted throughout the meet. Meet Mobile will also publish results as they happen and the meet can be searched as: Sandy Ferris Age Group Challenge 2022.

[Twitter](#)  [FaceBook](#)  [Instagram](#) 

#SandyFerris #AgeGroupChallenge #SFAGC

## Session Updates

As per previous communication there have been a few changes to the Friday session.

1. All events in prelims are swum senior seeded boys and girls. Events are broken up by age group for finals. This was done in order to be more efficient with our pool space as we started with a very long session. We are only running one tank during Friday prelims.
2. The 800 & 1500 have both been moved to Sunday.

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**Entry Fees** payable to the **Cascade Swim Club** by cheque or *E Transfer* (preferred method) to [accounting@cascadeswimming.com](mailto:accounting@cascadeswimming.com). ***If you have not already done so please send fees by Etransfer to Cascade prior to the start of the meet.*** A reminder that as per the meet package there are no refunds on fees past the entry deadline.

### Scratches

Coaches are requested to submit any known scratches to the meet manager by 3:00 PM (Thursday) prior to the start of the meet. After 3PM heat sheets for Friday will be printed.

### Warmup Lanes

This is posted and attached showing open lanes throughout the weekend.

### Check-in Events

400 Free, 800 Free, 1500 Free, 400 IM

400 Free: + Check-In by 08:00AM Saturday morning

400 IM: + Check-In by 08:00AM Sunday morning

800 Free: + Check-In by 08:00AM Sunday morning

1500 Free: + Check-In by 08:00AM Sunday morning

**All heats are swum in preliminaries fastest to slowest senior seeded except for the 400 Free.**

**The 400 Free will have the top heat of each age group swim at night in the finals session.**

There shall be no penalty for swimmers who 'no show' or submit a 'late scratch' for their event. As a courtesy we would ask that coaches inform both the clerks and alternates of any forthcoming "late scratches" or "no shows" for finals.

### Medals & Prizes

Medal presentations will follow immediately after the race is done during finals.

There is a "best time" table with nearly \$3,000 in prizes we are giving away as part of the draw. Swimmers will receive tokens after every best time which they can trade in for a raffle ticket at the prize table. Prizes will be drawn before the conclusion of the Sunday preliminaries.

There will be a **Team Spirit Award** for both large (25+ swimmers) and small (1-24 swimmers) size teams.

**Large Size Teams:** AMAC, CP, CASC, GLEN, KSC, NCSA

**Small Size Teams:** APSC, RIP, CBACW, CCCSC, CTSC, EVDSC, CRNT, LASC, WAVES, OLDS, STRAT, YKPB

### Modesty Wear

This is new from Swim AB and was not included in our initial sanction and meet package and is an update from then: All swimmers are permitted to race with modesty wear at all competitions sanctioned by Swim Alberta. It is not required to declare the use of modesty wear to the Referee.

*Modesty wear is considered additional body coverage using a fabric that is a permeable open mesh textile and would not reasonably be seen to be creating a technical advantage, meaning it does not aid buoyancy, strength, speed, or endurance.*

### Preliminaries

All preliminaries will swim regardless of the number of entries. Some preliminary events will be seeded and swum fastest to slowest when they precede a time final event.

### Finals

There will be A & B finals for events with 16 or more entries. In the SR/Open (13&O girls/14&O Boys) category C finals will be swum for events with 24 or more entries. These finals have all already been setup in the meet software.

### Official Splits

Must be requested prior to the start of the session. Coaches may be required to supply timers for Official Split requests.

### Psych Sheets & Session Reports

Have been sent and published - any further updates will be posted to the meet homepage on the Cascade website. A new version of both has been posted earlier today.

### Media

Club photographers are not permitted. Renee Kardash (see attached flyer) will be at the Sandy Ferris AGC to shoot images of all athletes and will be the only photographer permitted on the pool deck.

### Event Sponsor

[Thrive Provisions](#) will be providing free samples for all participants: swimmers, coaches, officials & volunteers. They are developing a new protein snack with swimmers in mind and are looking for feedback on their current line up. An email survey link will be provided throughout the event if you could please pass along to your swimmers and families attending.

### Other

*Even at this late point in the game Cascade reserves the right to alter or change the meet format as needed including but not limited to allowing swimmers into events that do meet either the qualifying standard or need to be "swum up" an age category in order to compete in the event.*

*Any discrepancies between this technical bulletin, the meet package and the operation of the meet are the responsibility of the event technical director & meet manager (s) with the assistance of the advisory referee. **Only the technical director and or meet manager are permitted to make any material changes to the running of this event. All material changes are those defined as such by the meet technical director.***

# EVENT ORDER (REVISED TO REFLECT FRIDAY CHANGES)

FRIDAY	SATURDAY	SUNDAY
7:30 AM Warmups - 8:30 AM Heats	7:30 AM Warmups - 8:30 AM Heats	7:30 AM Warmups - 8:30 AM Heats
200 Back	100 Fly	100 Free
100 Breast	50 Back	50 Breast
200 Free	200 IM	100 Back
	50 Free	50 Fly
	400 Free <b>(time final)</b>	400 IM <b>(time final)</b>
		800 / 1500 Free <b>(time final)</b>
4:00 PM Warmups - 5:00 PM Finals	4:00 PM Warmups - 5:00 PM Finals	2:30 PM Warmups - 3:30 PM Finals
4 x 50 FR~	4 x 50 MR~	4 x 50 FR Mixed~
200 Back	100 Fly	100 Free
100 Breast	400 Free (top-heats)	50 Breast
200 Free	50 Back	100 Back
	200 IM	50 Fly
	50 Free	4 x 50 MR Mixed~