

Olds Phoenix Presents: 2022 Rubber Ducky 2nd Classic - Swim Meet



DATE: SATURDAY 17 December 2022 from 11:00 am – 4:30 pm

LOCATION: Olds Aquatic Centre with a 5 lane, 25 meter pool @ 5303-46 Avenue

Schedule:

Time	MORNING	Time	AFTERNOON
11:00 am	Registration	12:25 pm	Watch Check
11:15 am	Coach Meeting on Deck by Clerk of Course Tables	12:30 pm	Session 1 Starts
11:30 am	Swimmer Warm Up	2:30 pm	Coffee Or Tea Time
11:45 am	Official Meeting on Deck by Clerk of Course Tables	2:50 pm	Session 2 Starts
		4-4:30 pm	Depart for Home With Pizza

ENTRIES:

- 1) Swimmers are limited to a maximum of Six (6) individual swims plus relays.
 - 2) Entries must be currently registered in Special Olympics.
 - 3) Coaches may bring as many swimmers as they wish and copy extra forms as needed.
 - 4) Swimmer Entry Deadline: Midnight on Thursday 1 December 2022. By either:
 - a. Emailing attached Swimmer Registration Form to: g.gordon@oldsnet.ca; or
 - b. Using link from Hy-Tek Team Manager to submit to: g.gordon@oldsnet.ca
 - 5) Entry Fees: \$50.00 per swimmer; \$30 per coach. Fees can be submitted:
 - a. Prior to event day by e-transfer to: 4drjbrown@gmail.com; or
 - b. On Swim Meet Day Registration station by cheque payable to: **Special Olympics Olds & District.**
- . Food for Participants, Coaches, Officials, and Volunteers:**
- 1) Participants will receive 2 Large Slices of Pizza prior departure.
 - 2) Please send Pizza order by 1 December.
 - 3) To Order: (Your Choice from 2 Ways to submit your order)
 - a. Use Google Form Link: <https://forms.gle/Pig2i5yAbtL3ngSv6>. ; or
 - b. Send order Pizza Order sheets in email to: swim.wt@gmail.com

Swim Choices:


- 1) To help prepare swimmers for longer events, we have included several mixed events.
- 2) *Assisted may be with: Life Jacket, Kickboard, Float belt, Pool Noodle, Fins or Coach in Water.
- 3) ** Mixed relays contain 4 personnel total – whatever mix of M & F required to make a team.

Male Event Number	SWIM CHOICES	Female Event Number
SESSION 1: 1	200 M Freestyle Mixed	1
2	25 M Freestyle	3
4	25 M Freestyle Assisted* Mixed	4
5	100 M Butterfly Mixed	5
6	25 M Breast	7
8	200 M Breast Mixed	8
9	50 M Backstroke	10
11	50 M Backstroke Assisted ** Mixed	11
12	100 M IM Mixed	12
13	50 M Butterfly	14
15	100 M Freestyle	16
17	200 M Butterfly Mixed	17
18	4 X 25 M Mixed Freestyle Relay	18
19	4 X 25 M Mixed Freestyle Relay Assisted *	19
SESSION 2: (20)	400 M Freestyle Mixed	20
21	25 M Butterfly	22
23	25 M Backstroke Assisted* Mixed	23
24	100 M Breaststroke Mixed	24
25	200 M Backstroke Mixed	25
26	50 M Freestyle	27
28	50 M Freestyle Assisted Mixed	28
29	100 M Backstroke	30
31	200 M IM Mixed	31
32	25 M Butterfly	33
34	50 Breaststroke	35
36	4 X 50 M MIXED Medley Relay**	36
37	4 X 50 M MIXED Freestyle Relay**	37

MEET RULES: The meet will be conducted under published FINA Swim rules, supplemented by approved Swim Alberta rules and regulations. The Special Olympics Alberta policies and procedures are applicable where appropriate.

DIVING RULES and Water Entry rules:

- 1) Race Starts will be conducted from Starting blocks as per FINA FR 2.3 and SW 4.1.
- 2) Deck starts are permitted. Swimmer Warm Up starts must be feet first entry only.
- 3) In-water starts will be conducted by Canadian Facility Rule CFR 2.3.1, CSW 4.1.2.

RESULTS: A copy of the results will be sent home with the Coach of each team. Further results can be requested by emailing g.gordon@oldsnet.ca or swim.wt@gmail.com 

Awards:

There will be ribbons for athletes placing up to 3rd position. Every swimmer receives a participation ribbon.

PARKING AND FACILITIES:


- 1) There is space for parking at the Pool and the Fine Arts Centre just south of the pool.
- 2) Lockers are available. Please bring a lock for your locker.
- 3) Swimmers may keep their belongings with them on deck.
- 4) NO GLASS CONTAINERS are permitted on deck.

CHANGES: Meet management reserves the right to modify the meet program to allow for maximum number of swims in time allotted. Coaches will be advised of any changes to the program. Scratches are requested to the Clerk of the Course by 11:45 am.

Officials & Volunteers: Thank you for your interest, and we welcome your help! 

- 1) If you are interested in assisting as an Official with the Swim Meet, please email swim.wt@gmail.com by 1 December 2022:
- 2) Please advise your qualifications or preferences for assisting: Swimmer Marshalling, Timer, Stroke & Turn, Safety Marshall, Runner, Head Timer, Clerk of Course assistant, etc.
- 3) Officials Attire: White Shirt, Black Shorts or Pants; with appropriate indoor footwear.
- 4) **Please send your Pizza order by 1 December. Link: <https://forms.gle/Pig2i5yAbtL3ngSv6>**

If questions arise, please contact:

- 1) Meet Manager & Officials Coordinator: Teena Wilks swim.wt@gmail.com, Cell (403) 390-2002
- 2) Swim Meet Fees: Darren Brown 4dribrown@gmail.com. Cell (403) 507-5954
- 3) Entry Official: Graeme Gordon: g.gordon@oldsnet.ca, or text cell (403)415-5639 
- 4) Olds SO Chair Person: Karen Mengersen: karen.mengersen@gmail.com, (403)559-8265

Att 1 – Food Choices required by Thursday 1 December Send by selecting one method:

- 1) By Google Form Pizza Order Link: <https://forms.gle/Pig2i5yAbtL3ngSv6>. Or
- 2) Send this Food Choice sheet via email: swim.wt@gmail.com, 403-390-2002.

Food Order Worksheet for Coach – If no link is available, please email this list: swim.wt@gmail.com

Team _____ Coach _____ Email _____ Text Number _____

Each swimmer will be given two large pieces of Pizza individually labelled in a box. If the swimmer requires more than two pieces of large pizza, please indicate the quantity required.

#	Name (Check Pizza Choice)	Cheese	Ham & Pineapple	Pepperoni	Gluten Free	Dairy Free	Other
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

Please copy more sheets if you require more forms for your team.

Food Entries to: swim.wt@gmail.com

TEAM:

	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim	Swim
8									
	Swimmer Time								

	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim	Swim
9									
	Swimmer Time								

	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim	Swim
10									
	Swimmer Time								

	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim	Swim
11									
	Swimmer Time								

	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim	Swim
12									
	Swimmer Time								

	Name	DOB	M/F	Swim	Swim	Swim	Swim	Swim	Swim
13									
	Swimmer Time								

	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim	Swim
14									
	Swimmer Time								

	Name	DOB	M/F	SWIM	Swim	Swim	Swim	Swim	Swim
15									
	Swimmer Time								

Att3: Relays: Entries due Thursday 1 December 2022 to g.gordon@oldsnet.ca, Cell (403)415-5639

Relay Teams: Team: _____ Coach _____ Email _____

Options:

- 1) Mixed 4 X 25 M Freestyle Relay – Event 18**
- 2) Mixed 4 X 25 M Freestyle Assisted Relay * - Event 19**
- 3) Mixed 4 X 50 M Freestyle Relay -Event 37**
- 4) Mixed 4 X 50 M Medley Relay - Event 36**

#	Mixed Relay Type	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4
1					
2					
3					
4					
5					
6					
7					
8					

(Mixed Teams may contain 4 members with any combination of Male or Female)

* For Assisted Relays – If one member of the team is assisted, please list the Relay Team under Assisted relay category. Assisted swimmer can utilize: Lifejacket, Float belt, Flip Board, Fins or Coach in water.

(Please copy more forms if you require them for your team)