

SWIMMING

AGE GROUP(S)

Category 1: Swimmers born in 2008

Category 2: Swimmers born in 2009

Category 3: Swimmers born in 2010

Category 4: Swimmers born in 2011

Category 5: Para-swimming Classes S1-S14, or
Special Olympics swimmers born 2001 to 2011



ZONE TEAM COMPOSITION

The maximum team size shall be:

28 Athletes per Zone	(3 females and 3 males in each of Category 1, 2, 3, & 4) (2 females and 2 males in Category 5)
2 coaches per Zone	(1 male and 1 female coach)
4 chaperones per Zone	(2 male and 2 females)
2 additional coaches per Zone	(1 male and 1 female for a Zone with S14 or Special Olympics swimmer of that gender)

FILL POLICY

There will be no fills in Category 1, 2, 3, or 4.

Category 5 swimmers who have not qualified are ranked by gender, regardless of Zone, using the Swimming Canada Para Points Calculator. Each swimmer's top pointed swim will determine rank.

Special Olympic will be ranked using the S14 (Intellectual Impairment) points.

Fills must be submitted for approval to the Multisport Games Unit by **June 20, 2023**.

ELIGIBILITY

Athletes

- Athletes who qualify for the Canadian Swimming Championships prior to June 13, 2023, are ineligible for the Alberta Summer Games.
- All athletes are eligible as per the Age group category and affiliation requirements.
- Athletes may compete for the Zone of their primary residence, or the Zone of their primary training facility. Participants must select their Zone on the Alberta Summer Games registration website prior to attending the Zone trials.
- All athletes must be registered with Swim Alberta or the Alberta Summer Swimming Association (ASSA). Para swimmers must have completed a level 2 classification by June 13, 2023 in order to be considered for selection to the Alberta Summer Games.
- Athletes who have attended the Canada Summer Games are not eligible for the Alberta Summer Games.

For Alberta Games Eligibility Policy information please visit www.albertasummargames.ca

Coaches

- **NCCP Certification** - Each Zone Head Coach must be National Coaching

Certification Program Certified - **Level 1: Fundamentals Coach - Swimming** and be a minimum of twenty (20) years of age by the start of the Alberta Summer Games. The Assistant Coach of each Zone must have In-Training status for NCCP

Community Sport Coach – Swimming, and be a minimum of eighteen (18) years of age by the start of the Alberta Summer Games. Any Zone team having a Head coach that does not meet these requirements must submit a letter requesting an exemption. Exemptions are a one-time only opportunity for the individual coach; exemptions will not be granted for Assistant Coaches. A coach who has been granted an exemption is ineligible for future Alberta Summer Games as a coach for the sport of Swimming until the minimum certification guidelines are met.

- Each Zone must select one (1) male and one (1) female coach to their staff. One (1) additional coach will be added to the Zone staff for every S14 or Special Olympics swimmer of each gender.
- All coaches must adhere to the Swim Alberta coach registration and minimum requirements policy as well as complete the Swim Alberta screening questionnaire.
- All coaches must complete the **Respect in Sport for Activity Leaders**.

Chaperones

- Four (4) chaperones (two (2) male and two (2) female) are required per Zone. These persons are separate personnel from the coaching staff. Selections require one (1) chaperone of the same gender to be selected as support staff for the swimmers with an intellectual disability. The remaining staffing positions shall be named by the Zone sport representative.
- Chaperones must be a minimum of twenty (20) years of age by the start of the Alberta Summer Games.
- All chaperones must complete a) Respect in Sport for Activity Leaders, b) criminal record check and c) Swim Alberta screening questionnaire prior to the start of the Alberta Summer Games.

AFFILIATION

All swimmers must be registered with Swim Alberta, either as a competitive member of a Swim Alberta year-round program, or registered as 'Summer-Open' with a summer swimming club.

Special Olympics swimmers must register with Swim Alberta through Special Olympics Alberta.

ALBERTA GAMES – ATHLETE REGISTRATION FEE AND DEADLINE

All Zone team athletes who qualify to compete at the 2023 Alberta Summer Games, are required to pay an individual registration fee of **\$105.00 (Alberta Games fee of \$80 and Swim Alberta fee of \$25)**. This fee will offset the costs related to transportation, accommodation, meals, Zone identification, medals, athlete entertainment and sport competitions. This fee must accompany the athlete's registration form for the Alberta Games.

Swimming participants will also receive a swimming Zone racing cap and t-shirt.

The Zone Sport Representative must send completed athlete, coach and chaperone registration forms, entries and fees to the Provincial Sport Coordinator by **June 13, 2023**.

MEET RULES

The meet will be conducted under published FINA and/or WPS 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.

SAFE SPORT

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

DIVING RULES

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

EVENT(S)

Friday July 21, 2020 Practice 8:30am - 10:30am			
Session 1		Session 2	
Friday July 21, 2023 Warm-up 12:30pm/Start 1:30pm		Saturday July 22, 2023 Warm-up 8:00am/Start 9:00am	
100 Free	Category 1—5	200 Fly	Category 1—4
200 IM	Category 1—4	100 Back*	Category 1—5*
100 Fly	Category 1—4	50 Breast	Category 1—4
50 Back	Category 1—4	400 Free	Category 1—4
Male 800 Free	Category 1—4	* Category 5 S1-S5 will swim 50 back S6-14 and Special Olympics will swim 100 back	
4 x 50 Free Relay	Category 1&2, 3&4, 5		
Session 3		Session 4	
Saturday July 22, 2023 Warm-up 1:30pm/Start 2:30pm		Sunday July 23, 2023 Warm-up 7:30am/Start 8:30am	
200 Free	Category 1—4	200 Back	Category 1—4
100 Breast*	Category 1—5*	50 Free	Category 1—5
400 IM	Category 1—4	200 Breast	Category 1—4
50 Fly	Category 1—4	100 IM	Category 1—4

* Category 5 S1-S5 will swim 50 breast S6-14 and Special Olympics will swim 100 breast	Female 800 Free	Category 1—4
	4 x 50 Medley Relay	Category 1&2, 3&4, 5

Format

- All individual and relay events will be swum as timed finals.
- The fastest six (6) seeded swimmers in individual events will swim within their category (Category 1, 2, 3, 4 or 5). Additional entries will be senior seeded with results being split out for awards; senior seeded entries will swim first.
- The fastest six (6) seeded relays will swim within their category (Category 1&2 or 3&4). Additional relays will be senior seeded with results being split out for awards; senior seeded relays will swim first.
- Competition scoring will be based on the Alberta Games - Medal Points system of three points per gold medal, two points per silver medal and one point per bronze medal. Swim Alberta will award each participant of the winning Zone team a commemorative pennant.

Entries: Category 1-4

Zone teams can enter a maximum of two (2) swimmers in event distances of 50 or 100 meters. Each Zone may enter a maximum of one (1) swimmer in event distances of 200 meters or more.

Zone teams can enter a maximum of one (1) relay per event. Each individual athlete must enter a minimum of four (4) individual events to a maximum of six (6) individual events. Each athlete must be entered in a minimum of one (1) relay to a maximum of two (2) relays, one (1) freestyle and one (1) medley.

All entries to the Alberta Summer Games must be submitted with times on the official entry grid, including relays (relay times may be calculated by adding the four (4) individual 50m times and subtracting 1.5 seconds).

Entries: Category 5

Each individual athlete may enter a minimum of two (2) individual events to a maximum of four (4) individual events. Category 5 swimmers may choose to swim two (2) additional events to a maximum of six (6) individual events. In addition, each athlete may swim two (2) relays. Relays will be run as mixed gender by Zone.

PROTEST PROCEDURES

As per Swimming Canada rules.

ENTRY AND ZONE PLAYOFF PROCEDURES

Consult the Provincial Sport Coordinator to determine the date and location of Zone playoffs or visit www.swimalberta.ca or www.albertasummertimegames.ca

PROVINCIAL SPORT COORDINATOR

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ZONE SPORT REPRESENTATIVE

Each of the eight (8) Zones has a designated Swim Alberta - Zone representative. The list of Swimming Zone Representatives is shown below:

ZONE	NAME	CONTACT
ZONE 1		Email:
ZONE 2		Email:
ZONE 3		Email:
ZONE 4		Email:
ZONE 5		Email:
ZONE 6		Email:
ZONE 7		Email:
ZONE 8		Email:

**ALBERTA
GAMES**