Summer Swimming Technical Package

As adopted during the Summer Swimming Annual General Meeting
Watrous Saskatchewan
April 8, 2000

Revision #1 August 2001
Revision # 2 August 2003 Approved by Swim Sask Board of Directors September 2003
Revision # 3 August 2005 Approved by Swim Sask Board of Directors October 1, 2005
Revision #4 May 2009 Approved by Swim Sask Board of Directors June 2009
Revision #5 May 2010 Approved by Swim Sask Board of Directors May 2010
Revision #6 May 2011 Approved by Swim Sask Board of Directors June 11, 2011
Revision #7 May 2012 Approved by Summer Swimming May 6, 2012 and by Swim Sask Board of Directors May 22, 2012
Revision #8 May 2014 Approved by Summer Swimming May 4, 2014 and by Swim Sask Board of Directors June 7, 2014
Revision #9 May 2015 Approved by Summer Swimming July 2014 & May 2015 and by Swim Sask Board of Directors June 14, 2015
Revision #10 May 2017 Approved by Summer Swimming May 7, 2017 and by Swim Sask Board of Directors June 3, 2017
Revision #11 June 2018 Approved by Summer Swimming April 28, 2018 and by Swim Sask Board of Directors June 10, 2018
Revision #12 June 2019 Approved by summer Swimming May 6, 2019 and by Swim Sask Board of Directors June 9, 2019
Revision #13 approved by Summer Swimming May 9 and 12th, 2022 and by Swim Sask Board of Directors May 19, 2022
Revision #14 approved by Summer Swimming August 23, 2023 and by Swim Sask Board of Directors Oct 15, 2023

1.0   Introduction

The Summer Swim Program is a program of Swim Saskatchewan Inc. (SSI) and is governed by SSI Policies and Bylaws. The policies and bylaws specific to the Summer Swim Program are included in the SSI document, *"Summer Swimming Policies"*. This Technical Package is subject to the bylaws and board policies of Swim Sask and the Rule Book of Swimming Canada (SNC).

2.0   General Rules

2.1   Permissible Age Categories

2.1.1   The permissible age categories are:
Seven & eight years
Nine & ten years
Eleven & twelve years
Thirteen & fourteen years
Fifteen to seventeen years
18 and over

2.1.2   The age of the competitor will be as of April 30 of the year of the competition.

2.1.3   Events may be offered in the permissible age categories and will be offered for males and females to be swum separately (except for 7-8 relays)**.**

2.1.3.1   Males and females may NOT swim together in accordance with SSI policy and SNC rules with the following exceptions:

When due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same distance, for competitors of the opposite gender.

Where due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

In the event of a swimmer achieving a record time at a summer meet in a mixed gender heat, the record will be accepted by Saskatchewan Summer Swimming.

In the event that mixed gender swims are permitted pursuant to this policy, the results must still be posted separately by the gender of swimmers.

2.1.4   Age Categories for Relays

2.1.4.1   Up to two swimmers from a younger age category may be part of a relay team of a higher age category, except if an open relay event is offered, which is open to swimmers of any age.

2.1.4.2   Clubs may enter combination teams made up of swimmers from two or more clubs. These relays will be swum as exhibition and no points or awards will be given.

2.1.4.3   The 7-8 relays will be entered without regard to gender at all summer meets and semis, not provincials. At Summer Swimming Provincials the 7-8 relays must be gender specific as per Technical package rule 5.1.1

2.1.5   At swim meets where full electronics, including touch pads are not available, three timers per lane should be used for all sanctioned summer meets. For meets with full electronics, the use of two plunger is satisfactory.

2.2   Permissible Events (meters)
2.2.1   These events and no others may be offered at a sanctioned summer swimming competition.

Event	7 & 8	9 & 10	11 & 12	13 & 14	15 -17	18 & OVER
25 Free	Yes	Yes	Yes	Yes	Yes	Yes
50 Free	Yes	Yes	Yes	Yes	Yes	Yes
100 Free	X	Yes	Yes	Yes	Yes	Yes
200 Free	X	Yes*	Yes	Yes	Yes	Yes
400 Free	X	Yes**	Yes**	Yes**	Yes**	Yes**
25 Back	Yes	Yes	Yes	Yes	Yes	Yes
50 Back	Yes	Yes	Yes	Yes	Yes	Yes
100 Back	X	Yes	Yes	Yes	Yes	Yes
200 Back	X	Yes*	Yes	Yes	Yes	Yes
25 Breast	Yes	Yes	Yes	Yes	Yes	Yes
50 Breast	Yes	Yes	Yes	Yes	Yes	Yes
100 Breast	X	Yes	Yes	Yes	Yes	Yes
200 Breast	X	Yes*	Yes	Yes	Yes	Yes
25 Fly	Yes	Yes	Yes	Yes	Yes	Yes
50 Fly	Yes	Yes	Yes	Yes	Yes	Yes
100 Fly	X	X	Yes	Yes	Yes	Yes
100 IM	Yes	Yes	Yes	Yes	Yes	Yes
200 IM	X	Yes*	Yes	Yes	Yes	Yes
4 x 25 Free	Yes	Yes	Yes	Yes	Yes	Yes
4 x 50 Free	X	Yes	Yes	Yes	Yes	Yes
4 x 25 Medley	Yes	Yes	Yes	Yes	Yes	Yes
4 x 50 Medley	X	Yes	Yes	Yes	Yes	Yes

*9 & 10 year old swimmers can only be entered in the 200m events if they are technically proficient (rarely disqualified) in the 100m of that same stroke/event.

**Swimmers entered in the 400m Free event should have swum this event in practice prior to entering it in a meet and have recorded a time in practice under 8 minutes.

2.2.2   Records will be maintained for each of the permissible events.

3.0 Seeding

Clubs may host their meet by seeding events in any of the permissible age categories (i.e. 7 & 8, 9 & 10, 11 & 12, 13 & 14, 15 & 17 and 18 & Over) or a combination of permissible age categories (i.e. 10 & under and 11 & Over).   A club may even choose to seed the meet totally via time with no age categories; so as "open", however if running combined age category events, or Open events, then the event must be set up as multi age group in Hy-tek so that the events offered produces results and awards as listed in the permissible age categories in Item 2.1.1 (for example – an event called 10 & under female would have all female swimmers aged 10 & seeded by time with the possibility of 10 year old in a lane next to a 7 year old but results and awards must be given as 7 & 8 girls and 9 & 10 girls).

When running a multi age event, if you offer an event it must be offered to all age categories that it is a permissible event for. (i.e., if running the meet as open then 100 Free would have to be offered to all the following age categories: 9 & 10, 11 & 12, 13 & 14, 15 & 17 and 18 & Over. You could not exclude the 9 & 10 age category.)

3.1 Results and Awards

Results and awards must be done as per the age categories listed in item 2.1.1

4.0 Meets

4.1 Invitational Meets

4.1.1   All meets other than the Northern Semi-finals, the Southern Semi-finals the Saskatchewan Summer Swimming Finals and the Summer Games will be Invitational meets.

4.1.2   At least two meets in the summer season, prior to semi-finals, should include all the events offered at semi-finals and finals events as specified within this Technical Package.

4.2 Sanction

4.2.1   All meets must be sanctioned by Swim Saskatchewan.

4.2.2   Swimmers registered with a summer swim organization may participate in Swim Sask sanctioned meets. (Summer Swimming Policy SC-2)

4.2.3   Swimmers must register with Swim Sask before being allowed to swim in any competition. Swim Sask will not register any swimmer until payment is received. A minimum of two working days prior to the entry deadline is required for processing of registrations. (Summer Swimming Policy SC-2 and Board Policy C-2)

4.2.4   Exhibition swims (no awards or points) may be allowed in accordance with SSI policy and Swimming Canada rules. In the 2 years preceding a Sask Games (i.e., 2023 & 2024), clubs are allowed to offer the 100 butterfly event, as exhibition, for swimmers that will be age-eligible for the next Sask Games.

4.3 Scoring at meets

4.3.1   *Unless specified in the meet invitation*, in a six-lane pool scoring for individual events will be for first to sixth place as follows: 7-5-4-3-2-1 and for relays for first to sixth place as follows: 7-5-4-3-2-1. In a five-lane pool scoring for individual and relay events will be for first to fifth place as follows: 6-4-3-2-1. In an eight-lane pool the scoring for individual and relay points will be for first to eighth place as follows: 9-7-6-5-4-3-2-1

4.4 Awards at Meets

4.4.1   Clubs are encouraged to provide a recognition of swimmers personal achievement (i.e., prizes for a bell heat winner, best times, first time swims, best time swims enter name into a draw for a prize) at the meet.

4.4.2   Ribbons for each individual event will be awarded for first to fifth as a minimum.

4.4.3   Medals will not be awarded at club invitational meets for individual and relay events.

4.5 Meet Manager's Responsibilities

4.5.1.   Meet Managers will follow rules, policies and procedures as established by Swimming Canada (SNC), Swim Saskatchewan Incorporated (SSI) and the *Summer Swimming Technical Package* as approved by Swim Sask

4.5.2   Meet Managers will avail themselves of Swimming Canada and Swim Sask resources, such as the Meet Manager's Guide and the Meet Manager officials' clinic.

4.6 Seasonal Points

4.6.1   Points will be accumulated throughout the season (May 1 until last mee before Semi-Finals) for the following categories, and winners will be announced at either Semi-Finals or Provincial Finals for the following:
   1) Most Improved Club (small and large).
   2) Most Improved male and female swimmers in each age group.
   3) Cumulative Points

5.0 SEMI-FINALS

5.1 Order of Events
The events and order of events for semi-finals will be as follows:

Swimmers may only enter 2 out of the 3 Freestyle events

One-Day Semi-Final

Session One

Girls' Event #'s	Age	Event	Boy's Event #'s
1	11 & 12	200 Free	2
3	13 & 14	200 Free	4
5	15 – 17	200 Free	6
7	18 & Over	200 Free	8
9	7 & 8	50 Back	10
11	9 & 10	100 Back	12
13	11 & 12	100 Back	14
15	13 & 14	200 Back	16
17	15 – 17	200 Back	18
19	18 & Over	200 Back	20
21	7 & 8	25 Fly	22
23	9 & 10	25 Fly	24
25	11 & 12	25 Fly	26
27	13 & 14	50 Fly	28
29	15 – 17	50 Fly	30
31	18 & Over	50 Fly	32
33	7 & 8	25 Breast	34
35	9 & 10	50 Breast	36
37	11 & 12	50 Breast	38
39	13 & 14	100 Breast	40
41	15 – 17	100 Breast	42
43	18 & Over	100 Breast	44
45	7 & 8	50 Free	46
47	9 & 10	100 Free	48
49	11 & 12	100 Free	50
51	13 & 14	100 Free	52
53	15 – 17	100 Free	54
55	18 & Over	100 Free	56

LUNCH BREAK

LIST OF EVENTS CONTINUED ON NEXT PAGE

One-Day Semi-Final Continued:

Session Two

Girls' Event #'s	Age	Event	Boy's Event #'s
57	7 & 8	25 Back	58
59	9 & 10	50 Back	60
61	11 & 12	50 Back	62
63	13 & 14	100 Back	64
65	15 – 17	100 Back	66
67	18 & Over	100 Back	68
69	7 & 8	50 Fly	70
71	9 & 10	50 Fly	72
73	11 & 12	50 Fly	74
75	13 & 14	100 Fly	76
77	15 – 17	100 Fly	78
79	18 & Over	100 Fly	80
81	7 & 8	50 Breast	82
83	9 & 10	100 Breast	84
85	11 & 12	100 Breast	86
87	13 & 14	200 Breast	88
89	15 – 17	200 Breast	90
91	18 & Over	200 Breast	92
93	7 & 8	25 Free	94
95	9 & 10	50 Free	96
97	11 & 12	50 Free	98
99	13 & 14	50 Free	100
101	15 – 17	50 Free	102
103	18 & Over	50 Free	104
105	7 & 8	100 IM	106
107	9 & 10	100 IM	108
109	11 & 12	200 IM	110
111	13 & 14	200 IM	112
113	15 – 17	200 IM	114
115	18 & Over	200 IM	116
117	7 & 8*	100 Mixed Free Relay	118
119	9 & 10	200 Free Relay	120
121	11 & 12	200 Free Relay	122
123	13 & 14	200 Free Relay	124
125	15 – 17	200 Free Relay	126
127	Open **	200 Free Relay	128
129	7 & 8*	100 Mixed Medley Relay	130
131	9 & 10	200 Medley Relay	132
133	11 & 12	200 Medley Relay	134
135	13 & 14	200 Medley Relay	136
137	15 – 17	200 Medley Relay	138
139	Open **	200 Medley Relay	140

NOTES: - 7 and 8 year old Relays are mixed for Semi Finals, but for Provincial Finals they are gender specific as per Technical Package 6.1.1
- For the Open Relay all swimmers aged 18 & over must be placed on the relay team first, before filling the team with younger aged swimmers.
List of events for a Two-Day Semi Final are on next page

Two-Day Semi-Final - Day One

Swimmers may only enter 2 out of the 3 Freestyle events

Session One

Girls' Event #'s	Age	Event	Boy's Event #'s
1	11 & 12	200 Free	2
3	13 & 14	200 Free	4
5	15 – 17	200 Free	6
7	18 & Over	200 Free	8
9	7 & 8	50 Back	10
11	9 & 10	100 Back	12
13	11 & 12	100 Back	14
15	13 & 14	200 Back	16
17	15 – 17	200 Back	18
19	18 & Over	200 Back	20
21	7 & 8	25 Fly	22
23	9 & 10	25 Fly	24
25	11 & 12	25 Fly	26
27	13 & 14	50 Fly	28
29	15 – 17	50 Fly	30
31	18 & Over	50 Fly	32
33	7 & 8	25 Breast	34
35	9 & 10	50 Breast	36
37	11 & 12	50 Breast	38
39	13 & 14	100 Breast	40
41	15 – 17	100 Breast	42
43	18 & Over	100 Breast	44
45	7 & 8 *	50 Free	46
47	9 & 10	100 Free	48
49	11 & 12	100 Free	50
51	13 & 14	100 Free	52
53	15 – 17	100 Free	54
55	18 & Over	100 Free	56
129	7 & 8 *	100 Mixed Medley Relay	130
131	9 & 10	200 Medley Relay	132
133	11 & 12	200 Medley Relay	134
135	13 & 14	200 Medley Relay	136
137	15 – 17	200 Medley Relay	138
139	Open **	200 Medley Relay	140

NOTE: - 7 and 8 year old Relays are mixed for Semi Finals, but for Provincial Finals they are gender specific as per Technical Package 6.1.1
- For the Open Relay all swimmers aged 18 & over must be placed on the relay team first, before filling the team with younger aged swimmers.

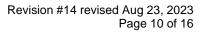**DAY 2 EVENTS ON NEXT PAGE**

SK

Two-Day Semi-Final - Day Two

Swimmers may only enter 2 out of the 3 Freestyle events

Session Two

Girls' Event #'s	Age	Event	Boy's Event #'s
57	7 & 8	25 Back	58
59	9 & 10	50 Back	60
61	11 & 12	50 Back	62
63	13 & 14	100 Back	64
65	15 – 17	100 Back	66
67	18 & Over	100 Back	68
69	7 & 8	50 Fly	70
71	9 & 10	50 Fly	72
73	11 & 12	50 Fly	74
75	13 & 14	100 Fly	76
77	15 – 17	100 Fly	78
79	18 & Over	100 Fly	80
81	7 & 8	50 Breast	82
83	9 & 10	100 Breast	84
85	11 & 12	100 Breast	86
87	13 & 14	200 Breast	88
89	15 – 17	200 Breast	90
91	18 & Over	200 Breast	92
93	7 & 8	25 Free	94
95	9 & 10	50 Free	96
97	11 & 12	50 Free	98
99	13 & 14	50 Free	100
101	15 – 17	50 Free	102
103	18 & Over	50 Free	104
105	7 & 8	100 IM	106
107	9 & 10	100 IM	108
109	11 & 12	200 IM	110
111	13 & 14	200 IM	112
113	15 – 17	200 IM	114
115	18 & Over	200 IM	116
117	7 & 8 *	100 Mixed Free Relay	118
119	9 & 10	200 Free Relay	120
121	11 & 12	200 Free Relay	122
123	13 & 14	200 Free Relay	124
125	15 – 17	200 Free Relay	126
127	Open **	200 Free Relay	128

NOTE: - 7 and 8 year old Relays are mixed for Semi Finals, but for Provincial Finals they are gender specific as per Technical Package 6.1.1

- For the Open Relay all swimmers aged 18 & over must be placed on the relay team first, before filling the team with younger aged swimmers.

5.2   Division of North and South

5.2.1   The club's north of a line drawn from Kamsack to Alsask will form the North Region and will be entitled to attend only the Northern Semi-Finals

5.2.2   The clubs south of the line will form the South Region and will be entitled to attend only the Southern Semi-Finals.

5.2.3   The Meet Manager will send the meet information to all clubs registered in the North or South Region as the case may be.

5.3   Meet Entries

5.3.1   Swimmers may enter a maximum of 5 events plus relay at Semi Finals
5.3.2   The meet entry deadline will be 6:00 PM on the Monday preceding the meet.

5.4   Scoring

5.4.1   Scoring for individual events will be for first to sixth place as follows: 7-5-4-3-2-1

5.4.2   Swimmers who swim in events out of their age group may only be awarded points if the event is not offered in their own age group.

5.4.3   Each club may enter a maximum of two relay teams per sex and age category. Relays will not have points awarded at semi-finals. 7+ 8 may enter a maximum of four teams.

5.5   Northern Semi-Final Awards

5.5.1   At the Northern Semi-Finals the awards will be as follows:

5.5.1.1   Ribbons for first to sixth for individual events and first to third for relay events.
Gold, Silver, and Bronze medals will be awarded for 1st, 2nd and 3rd place for aggregates points per age group male and females
Host club is responsible for the ordering and cost of medals and ribbons.

5.5.1.2   Trophies for the most aggregate points earned by an individual swimmer in each age category for males and for females;

5.5.1.3   High point trophy for the Senior Team earning the most points; (senior team will be that portion of each club composed of swimmers in the 13 & 14 and older categories);

5.5.1.4   High point trophy for the Junior Team earning the most points; (junior team will be that portion of each club composed of swimmers in the 11 & 12 and younger categories);

5.5.1.5   Team high point trophy for club with most points at meet (this may be the trophy awarded at the host clubs annual invitational meet)

5.6 Southern Semi-Final Awards

5.6.1 At the Southern Semi-Finals the awards will be as follows:

5.6.1.1 Ribbons for first to sixth for individual events and first to third for relay events;
Gold, Silver, and Bronze medals will be awarded for 1st, 2nd, and 3rd place for aggregate points per age group male and females.

Host club is responsible for the ordering and cost of medals and ribbons.

5.6.1.2 Awards for the most aggregate points earned by an individual swimmer in each age category for males and for females;

5.6.1.3 Team high point trophy for the club earning the most points at the meet (this may be the trophy awarded normally at the host club's annual invitational meet).

5.7 Swimmer Eligibility

5.7.1 To be eligible to attend the semi-finals a swimmer must have competed in at least one sanctioned meet hosted by a summer club in the Province of Saskatchewan in the year of the semi-final prior to the semi-final meet.

5.7.2 If a swimmer has trained with a summer club and has for health, administrative or facility problems or for any other reason beyond his/her control not swum at an SSI sanctioned Saskatchewan summer swim meet prior to the semi-final, the swimmer may apply to the summer swimming program executive for a waiver of this rule. The executive will rule on the application on the basis of the question of whether the swimmer is a legitimate summer swimmer who has not competed at a previous meet for reasons beyond his/her control. The ruling of the Summer Swimming Program Executive will be final.

5.8 Meet Results

5.8.1 North and South Semi Finals Meet Managers are to send the completed Hy-Tek Meet Manager back up file by e-mail as soon as possible after the conclusion of Semi Finals.

It is the responsibility of each club to let Finals meet management know of any Athletes who qualified but are unable to attend before the entry deadline date.

Clubs will be responsible for entry fees of swimmers not scratched before the deadline date.

6.0 SASKATCHEWAN SUMMER SWIMMING FINALS

6.1 Order of Events

6.1.1   Provincial Finals to be held either as a one or two-day meet, at the discretion of the Host Club.

The events and order of events will be the same as one or two-day semi-finals except for 7 & 8 relays, which will not be mixed.

Swimmers may only advance from Semis to Finals in 2 out of the 3 Freestyle events.

6.2 North and South Teams

6.2.1   The clubs in the North Region will be the Northern Team and the clubs in the Southern Region will be the South Team.

6.3 Scoring

6.3.1   Scoring for individual events will be for first to twelfth place as follows: 13-11-10-9-8-7-6-5-4-3-2-1 and for relays for first to third place as follows: 12-10-9.

6.3.2   Swimmers who swim in events out of their age group may only be awarded points if the event is not offered in their own age group.

6.4 Relays at Provincial Finals

6.4.1   All Relay events will be Time Finals. In the event that Semi Finals and Provincial Finals are held as one meet with Preliminary Heats acting as Semis and the evening finals sessions acting as Provincial Finals, then the Relays will be swum in the evening Finals session.

6.4.2   Relay swimmers must have advanced from Semis (or from prelims) and be properly entered in at least 1 individual event at Finals.

6.4.3   In the case where Semi Finals and Provincial Finals are held as one meet, a swimmer who advanced from the prelims in an individual event on Day 1 may also swim on a relay on Day 2.

6.4.4   In addition to swimming in a relay in their own age category, swimmers may swim up an age category to fill a vacancy in a higher age group.

6.4.5   In the event that Provincial Finals are held as a Preliminary Heats and Finals competition; coaches will be required to have relay teams with the athlete's order submitted no later than 30 minutes prior to the start of the final's session in which the relay is being held.

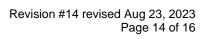**6.5   Awards**

6.5.1   The awards will be as follows:

6.5.1.1   Medals for first to third for individual events and first to third for relay events.

Host Club is responsible for the ordering of medals and should check with Swim Sask on current medal purchase grant.

6.5.1.2   Ribbons for fourth, fifth and sixth places in individual events for a six-lane pool and fourth and fifth places in a five-lane pool.

6.5.1.3   Team high point trophy, the Halliday Cup, for the North or South Team earning the most points at the meet.

6.5.1.4   High point awards for 1st place in each individual age group male and female as well as 2 additional awards for potential ties.

Meet Management is to contact Swim Sask with their suggestions for these awards. Awards are not to exceed a value of $50.
These awards are purchased from part of the club affiliation fees that are paid to Swim Sask. Swim Sask or the clubs (after approval from Swim Sask) may purchase these awards. If club purchases the awards, then submit copy of receipt to Swim Sask for reimbursement.

6.5.1.5   Team high point trophy, Harry Bailey Trophy, for the club earning the most points at the meet in individual events.

6.5.1.6   Small Team High Point trophy, Betty Lou Dean trophy, for the small club earning the most points at the meet in the individual events; "small team" will be determined as follows:
6.5.1.6.1   The summer clubs are ranked top to bottom according to the number of swimmers registered with Swim Sask.
6.5.1.6.2   Count down the ranking of summer clubs one half of the number of clubs.
6.5.1.6.3   The clubs below the halfway point will be "small clubs" for the purposes of the trophy.

6.5.1.7   The Halliday Cup, Harry Bailey and Betty Lou Dean Trophies are all existing trophies that are presented from one meet to the next. Provincial Finals meet manager should help remind Swim Sask to send out an email to the clubs that won the trophy's the previous year and remind them to take them to either semi or finals and give them to the meet manager, so they can be presented again.

6.6   Swimmer Eligibility

6.6.1   The top six swimmers in each event at the Northern Semi-Finals and the Southern Semi-Finals will qualify for the finals. If a qualifying or alternate swimmer cannot attend, the next best swimmer completing the event and without disqualification at the appropriate semi-final may attend as an alternate swimmer.

NOTE: Swimmers may only advance from Semis to Finals in 2 out of the 3 Freestyle events.

6.6.2   In the event that either the North region or the South region does not have six (6) qualified swimmers or alternates after Semi Finals for each event, the region in **deficit** for that event shall draw qualified alternate swimmers as per (6.6.1) from the region in **surplus** beginning with the next fastest swimmer. These swimmers shall be listed as a **Region Alternate** in the swim program.

6.6.3   **Region Alternate** swimmers shall be permitted to swim as alternates for both the North Region and/or the South Region in the same meet up to the maximum permissible number of individual and relay team events with only 2 of the maximum individual events may be freestyle events.

6.6.4   Points awarded to Region Alternates shall be accumulated for the Region under which they are swimming which will be used in the calculation for the Team High Point Trophy, the Halliday Cup. Points earned by Region Alternates will also remain with the swimmer and be used in the calculation of all other awards, ribbons, or medals for that swimmer.

6.6.5   Each of the Regional Teams will select a coach to represent it at the final. The coach may select up to two relay teams for each relay event to represent the coach's region. The relay team members will be selected from the qualified or alternate swimmers attending the finals.

6.7   Seeding

6.7.1   The individual swimmers will be seeded from the times swum at the semi-final meets in accordance with CSW 3.4 for time-finals.

6.7.2   The Provincial Relays will be seeded as follows:

Women:	Men:
Lane 2 North B team	Lane 2 North B Team
Lane 3 North A team	Lane 3 North A Team
Lane 4 South A team	Lane 4 South A Team
Lane 5 South B team	Lane 5 South B Team

6.8   Scratch Rules:

When Semi Finals and Provincial Finals are held as 2 separate meets, one week apart the following scratch rule will apply:

a) Initial scratches from Semi Finals must be submitted at the conclusion of Semis, to the Semis meet manager.

b) The last scratch deadline for scratches for Finals is 9:00 p.m. Monday prior to Provincial Finals unless otherwise stated in the Provincial meet package.

c) Penalties: Scratches after this Monday deadline as well as all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) on the day of the competition will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day.

d) In the event that a swimmer has been scratched from his/her remaining events for the day, as per item "c" above, that swimmer will be in-eligible for swimming in relays as well. The team may substitute another eligible swimmer, to replace the in-eligible swimmer. The substitution name must be submitted within 30 minutes of the disqualification. If the substitution is not received within this timeframe, then the relay will be considered scratched and not eligible to swim.

e)   Alternate Swimmers: In Finals, if a swimmer has not reported to the blocks when the race is called, the Referee shall have the alternate called immediately, who shall become one of the finalists. Alternates MUST report to the Clerk of Course when the event is called for marshalling and be ready to swim if necessary."

When Semi Finals and Provincial Finals are held as one meet with preliminary heats and finals the following scratch rule will apply:

a) Scratches for/during the Preliminary heats may be made at any time without penalty except for loss of entry fee. However, clubs are requested to report any scratches 30 minutes prior to the start of the session in which the event is to be held.

b) Scratches for FINALS must be made to the Clerk of Course within 30 minutes following the conclusion of the Preliminary session (Semis).

c) Penalties: Scratches after this 30-minute deadline and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day. There is no monetary assessment penalty.

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6.8   Scratch Rules Continued:

d) In the event that a swimmer has been scratched from his/her remaining events for the day, as per item "c" above, that swimmer will be in-eligible for swimming in relays as well. The team may substitute another eligible swimmer, to replace the in-eligible swimmer. The substitution name must be submitted within 30 minutes of the disqualification. If the substitution is not received within this timeframe, then the relay will be considered scratched and not eligible to swim.

e) Alternate Swimmers: In Finals, if a swimmer has not reported to the blocks when the race is called, the Referee shall have the alternate called immediately, who shall become one of the finalists. Alternates MUST report to the Clerk of Course when the event is called for marshalling and be ready to swim if necessary.

6.9   North and South Head Coaches at Provincial Finals

6.9.1   The North and South Head Coaches at Provincials will be the coach from the club that hosted the North Semi-Finals and the South Semi-Finals.

6.9.2   The North and South Head Coaches are responsible for the final selection and submission of relay cards at Provincial

6.9.3   The North and South Head Coaches may delegate relay team selection to other coaches.

6.9.4   The North and South Head Coaches, coach the relay teams together with the other club coaches.

6.9.5   Club coaches are responsible for coaching all other events and responding to DQ's.