



Hosted & Sanctioned by: Swim PEI

Location: CARI Aquatic Center UPEI. 550University Ave
Charlottetown, PE C1A 4P3
(902) 569-4584

Meet Managers

Paul Hooper: (Advance Meet Manager)
Email: kmamp@eastlink.ca
Tom Crowell
Email: crowellrogers@eastlink.ca

Referree: Marguerite Middleton
Email: memiddleton@gov.pe.ca

For each major official, indicate name and level of certification. All officials wishing to be evaluated are requested to notify our Officials' Coordinator in advance. Please submit names of interested Major Officials to:
Margeurite Middleton:
Email: memiddleton@gov.pe.ca

Entries:

Email hy-tek entries will be accepted via SNC web upload only (www.swimmeet.ca).
Entries due by: **NOON Friday February 24th, 2012**
LATE ENTRIES WILL NOT BE ACCEPTED

Entry Fees:

\$50 flat fee (entry into all events). Cheques only please.
Please make cheques payable to: Swim PEI
(No cash accepted). The amount of fees due are based on the entries confirmed on February 27th at noon. Fees are due at the start of the warm-up during the first session.

Meet Rules:

SNC rules will govern the meet
SNC Warm-Up will be in effect
FINA One-Start Rule in effect

Facility Rules:

PLEASE NOTE: No peanuts or peanut products are permitted at the meet due to some swimmers being severely allergic.

EAST COAST SHORT COURSE CHAMPIONSHIPS

March 1-4th, 2012
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Coaches:

All coaches must be registered with CSCTA & SNC.
There will be a coaches technical meeting on **Thursday, March 1st at 1:15pm** in the Multipurpose room .

Eligibility:

The qualifying standards and entry limits are attached on the final page.

All swimmers who are members of SNC or are associated with a FINA affiliated country.

Meet Format:

All events will be swum as "Senior" seeded during prelims but broken out in the following age categories for finals/awards/points:

12 & Under

13 & 14

15 & Over

- A swimmer's age is determined as of the first day of the meet.

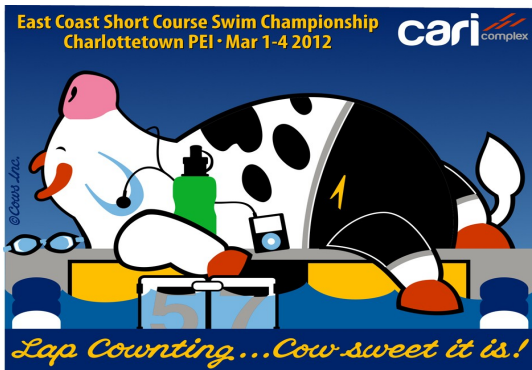
All events will be swum as heats and finals with the following exception:

800m and 1500m Freestyle events will be swum alternating, fastest to slowest and seeded by time with the fastest heat of female 800m and male 1500m swimming at night.

The 800m and 1500m Freestyles are scored and awarded separately by gender, but swum together seeded by time, except for the last heat which will be females for the 800 and males for the 1500. (The genders could be combined if there are empty lanes in the final and time is of a consideration.)

Relays will be swum as timed finals at the end of finals.

The 400m Freestyle & I.M. will both be swum fastest to slowest, alternating genders during prelims for top heats.



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There will be consolation finals in the 15 & Over age group, as long as there are a minimum of 12 swimmers entered, based on the numbers on the preliminary results. The consolation final will be swum before the final in each 15 & Over event.

There will be no deck entries and no exhibition swims. Time trials *may* be available at the discretion of meet management.

All Para Swimmers (S1-S13) must be licensed by IPC Swimming and have a minimum Provincial Classification designation to be eligible to compete in the meet. Licensing and Classification information is available at <https://www.swimming.ca/ParaswimmingClassification>

All S14 Para Swimmers must have a National Classification prior to the first day of competition. The Para Swimmers will be judged using the most current version of the IPC Swimming Rules. Classes eligible for competition are S1-S10; S11-13 and S14.

Para Swimming events are Open Age Group – no age restrictions.

All Para Swimmer entries must include the swimmers classification numbers (i.e. S4SB3SM5).

The most current SNC Performance Points Charts will be used to determine ranking in all multi-disability events. Ranking will be from highest to lowest point score.

Swimmers will compete in dedicated Para Swimming Timed Final events. They can choose to compete in the morning with the able bodied swimmers of the same event.

Multi-Disability Competition using the most recent SNC Performance Points Charts will be used to determine awards for the Para Swimming Events.

Scratches:

The first scratch deadline, following each preliminary

session shall be 30 minutes following the time the results have been posted. The last scratch deadline for Finals from prelims shall be 30 minutes before the scheduled start of the finals session. A \$20 penalty (to be paid immediately by the team) will be enforced during Finals. The team will be ineligible to swim until the penalty is paid. The swimmer that misses their swim during finals will not swim for the remainder of that session.

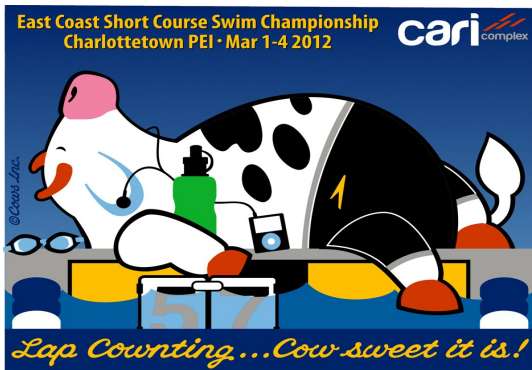
The meet management reserves the right to re-seed 400 IM, 400 Freestyle and 800/1500 Freestyle after the heat sheets are submitted. Meet management reserves the right to double lane slower heats should entry load be too heavy. As a courtesy please submit scratches as soon as possible to meet management for heats.

The meet will be run cardless, however, for distance events all swimmers are required to do a positive meet check-in. During finals, once an alternate is called, the “no show” is final. Time cards will be used for all relays and the 800 and 1500 Freestyle events.

Relay Rules:

Each club is allowed to enter two relay per event number as long as they meet the following criteria:

1. At least two (2) of the four (4) members are qualified, entered, and swim in that age group.
2. Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group.
3. All swimmers must be legally entered in the meet in an individual event.
4. A swimmer may only swim once per event number, with an event defined as an individual relay race assigned a



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specified number in the program and consisting of one or more heats.

A second relay may be entered by clubs with five (5) or more swimmers qualified, entered, and swimming in the event's age group. A maximum of two (2) relay team swimmers may move up from younger age groups.

Scoring:

Scoring for individual/relay events:

50-30-20-15-14-13-12-11;

9-7-6-5-4-3-2-1 for consolation finals (where applicable).

Scoring for high point awards will be based on the individual event scoring system.

Awards:

There will be **High Point Individual Awards** for each Male / female in each age group.

Medals will be awarded for first, second and third in individual & relay events.

Ribbons: 4th-8th place for individual events and relay events.

Top High Point Team will receive an award.

Swimmers of the Meet Male and Female, swimmers of the meet, (based on this year's FINA Points).

Officials:

All clubs registered to compete in the meet are required to provide officials for the weekend. Swim clubs with five (5) registered swimmers or more must provide a minimum or one official for each session. And swim clubs with more than 20 swimmers must provide two officials for each session. Please send a list of officials from your club who are willing to help to our Officials' Coordinator, as soon as possible,

Officials' Coordinator: Corrie Wagemakers

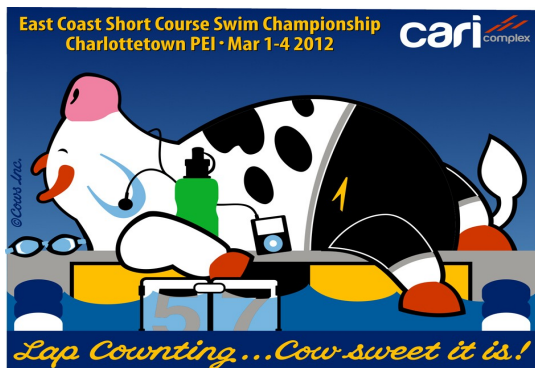
Email: wmakers@pei.sympatico.ca

Merchandise:

Please see the attached merchandise sheet appendix

Accommodations:

Please see the attached Accommodations sheet appendix

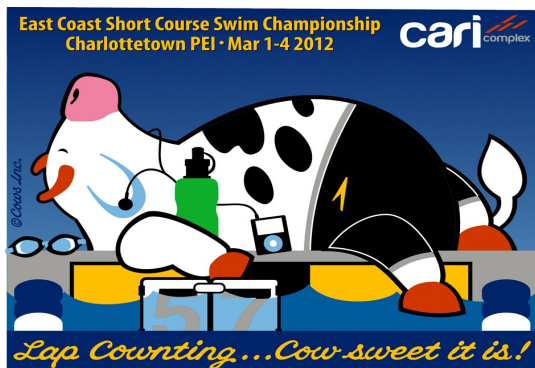


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EAST COAST CHAMPIONSHIPS – EVENT ORDER

	(2:00pm-3:00p.m. warm-ups) Thursday	Friday	Saturday	Sunday
Morning (Heats) 7:30-9:00 a.m. Split Warm-ups	1500 Free W 800 Free M <i>*timed finals, alternating</i> 4 X 100 Medley Relay	50 Free 100 Back 200 Breast 50 Fly 400 Free	200 Fly 50 Back 200 Free 100 Breast 400 IM	100 Fly 200 Back 50 Breast 100 Free 200 IM 800 Free W 1500 Free M <i>*timed finals, alternating</i>
Evening (Finals) 4:00-5:00 p.m. Warm-up		50 Free 100 Back 200 Breast 50 Fly 400 Free 4 x 50 Medley Relay	200 Fly 50 Back 200 Free 100 Breast 400 IM 4x 50 Free Relay	**1500 Free (M) 100 Fly 200 Back 50 Breast 100 Free 200 IM **800 Free (W) **fastest heat only



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EAST COAST CHAMPIONSHIPS - EVENT LIST

TIMED FINALS – Thursday, March 1 st , 2012				
Warm-Ups: 2:00pm			Heats Start: 3:00pm	
Female	Age Group	Event	Age Group	Male
1	Open	1500m Freestyle	--	--
---	--	800m Freestyle	Open	4
WARM UP BREAK				
5	12 & Under	4x100m Medley Relay	12 & Under	6
7	13-14	4x100m Medley Relay	13-14	8
9	15 & Over	4x100m Medley Relay	15 & Over	10



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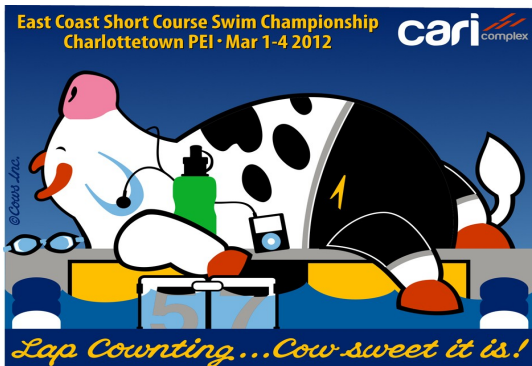
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EAST COAST CHAMPIONSHIPS - EVENT LIST

HEATS – Friday, March 2 nd , 2012				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
11	Open	50m Freestyle	Open	12
13	13 & Over	100m Backstroke	13 & Over	14
15	Open	200m Breaststroke	Open	16
17	Open	50m Butterfly	Open	18
19	Open	400m Freestyle*	Open	20

**Will be swum fastest to slowest, alternating genders*

FINALS – Friday, March 2 nd , 2012				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
11A	12 & Under	50m Freestyle	12 & Under	12A
11B	13-14	50m Freestyle	13-14	12B
11C	15 & Over	50m Freestyle	15 & Over	12C
13A	OPEN PARA	100m Backstroke PARA	OPEN PARA	14A
13B	13-14	100m Backstroke	13-14	14B
13C	15 and Over	100m Backstroke	15 and Over	14C
15A	12 & Under	200m Breaststroke	12 & Under	16A
15B	13 and 14	200m Breaststroke	13 and 14	16B
15C	15 and Over	200m Breaststroke	15 and Over	16C
17A	12 & Under	50m Butterfly	12 & Under	18A
17B	13 and 14	50m Butterfly	13 and 14	18B
17C	15 and Over	50m Butterfly	15 and Over	18C
19A	12 & Under	400m Freestyle	12 & Under	20A
19B	13 and 14	400m Freestyle	13 and 14	20B
19C	15 and Over	400m Freestyle	15 and Over	20C
21	12 & Under	4x50m Medley Relay	12 & Under	22
23	13 and 14	4x50m Medley Relay	13 and 14	24
25	15 and Over	4x50m Medley Relay	15 and Over	26



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EAST COAST CHAMPIONSHIPS - EVENT LIST

HEATS – Saturday, March 3 rd , 2012				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
27	Open	200m Butterfly	Open	28
29	Open	50m Backstroke	Open	30
31	Open	200m Freestyle	Open	32
33	13 & Over	100m Breaststroke	13 & Over	34
35	Open	400m I.M.*	Open	36

**Will be swum fastest to slowest, alternating genders*

FINALS – Saturday, March 3 rd , 2012				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
27A	12 & Under	200m Butterfly	12 & Under	28A
27B	13 and 14	200m Butterfly	13 and 14	28B
27C	15 and Over	200m Butterfly	15 and Over	28C
29A	12 & Under	50m Backstroke	12 & Under	30A
29B	13 and 14	50m Backstroke	13 and 14	30B
29C	15 and Over	50m Backstroke	15 and Over	30C
31A	12 & Under	200m Freestyle	12 & Under	32A
31B	13 and 14	200m Freestyle	13 and 14	32B
31C	15 and Over	200m Freestyle	15 and Over	32C
33A	OPEN PARA	100m Breaststroke PARA	OPEN PARA	34A
33B	13 and 14	100m Breaststroke	13 and 14	34B
33C	15 and Over	100m Breaststroke	15 and Over	34C
35A	12 & Under	400m I.M.	12 & Under	36A
35B	13 and 14	400m I.M.	13 and 14	36B
35C	15 and Over	400m I.M.	15 and Over	36C
37	12 & Under	4x 50m Freestyle Relay	12 & Under	38
39	13 and 14	4x 50m Freestyle Relay	13 and 14	40
41	15 and Over	4x 50m Freestyle Relay	15 and Over	42



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EAST COAST CHAMPIONSHIPS - EVENT LIST

HEATS – Sunday, March 4 th , 2012				
Warm-Ups: 7:30am			Heats Start: 9:00am	
Female	Age Group	Event	Age Group	Male
43	13 & Over	100m Butterfly	13 & Over	44
45	Open	200m Backstroke	Open	46
47	Open	50m Breaststroke	Open	48
49	13 & Over	100m Freestyle	13 & Over	50
51	Open	200m I.M.	Open	52
WARM UP BREAK				
3	Open	800m Freestyle		
		1500m Freestyle	Open	2

FINALS – Sunday, March 4 th , 2012				
Warm-Ups: 4:00pm			Finals Start: 5:00pm	
Female	Age Group	Event	Age Group	Male
--	----	1500m Freestyle	Top 8	2
43A	13 and 14	100m Butterfly	13 and 14	44A
43B	15 and Over	100m Butterfly	15 and Over	44B
45A	12 & Under	200m Backstroke	12 & Under	46A
45B	13 and 14	200m Backstroke	13 and 14	46B
45C	15 and Over	200m Backstroke	15 and Over	46C
47A	12 & Under	50m Breaststroke	12 & Under	48A
47B	13 and 14	50m Breaststroke	13 and 14	48B
47C	15 and Over	50m Breaststroke	15 and Over	48C
49A	OPEN PARA	100m Freestyle PARA	OPEN PARA	50A
49B	13 and 14	100m Freestyle	13 and 14	50B
49C	15 and Over	100m Freestyle	15 and Over	50C
51A	12 & Under	200m I.M.	12 & Under	52A
51B	13 and 14	200m I.M.	13 and 14	52B
51C	15 and Over	200m I.M.	15 and Over	52C
3	Top 8	800m Freestyle	---	--



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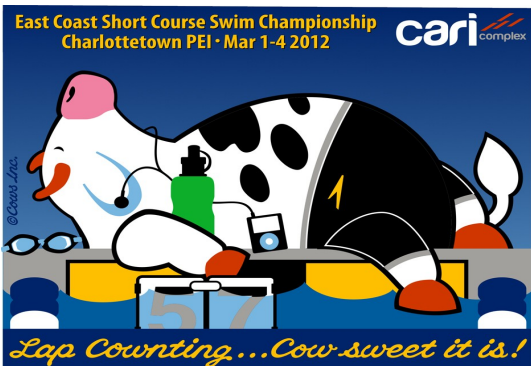
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2011-2012 East Coast Championships - FEMALE Qualifying Standards

Short Course						Event	Long Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			30.67	29.84	29.51	50 Free	30.27	30.60	31.44			
			1:07.00	1:04.37	1:03.68	100 Free	1:05.30	1:06.01	1:08.67			
2:45.78	2:33.95	2:27.01	2:23.44	2:20.11	2:18.59	200 Free	2:22.05	2:23.61	2:27.11	2:30.73	2:37.91	2:50.00
5:51.33	5:27.79	5:11.19	5:01.67	4:55.96	4:52.76	400 Free	5:00.22	5:03.50	5:09.33	5:19.10	5:36.16	6:00.24
12:08.9 2	11:19.30	10:43.73	10:28.11	10:11.80	10:05.19	800 Free	10:20.6 5	10:27.43	10:44.11	11:00.23	11:36.63	12:27.59
23:50.8 4	22:13.2 6	21:03.73	20:32.33	19:59.23	19:46.27	1500 Free	20:19.4 6	20:32.79	21:03.89	21:36.05	22:47.44	24:27.47
			36.11	34.97	34.59	50 Back	35.46	35.85	37.00			
			1:16.00	1:13.77	1:12.97	100 Back	1:14.81	1:15.63	1:17.89			
			2:43.89	2:39.89	2:38.16	200 Back	2:42.16	2:43.93	2:48.00			
			40.00	38.69	38.27	50 Breast	39.24	39.67	41.00			
			1:26.67	1:24.26	1:23.35	100 Breast	1:25.41	1:26.34	1:28.89			
			3:06.22	3:00.98	2:59.03	200 Breast	3:03.57	3:05.57	3:10.89			
			33.89	32.13	31.78	50 Fly	32.54	32.90	34.67			
			1:12.33	1:10.38	1:09.62	100 Fly	1:11.35	1:12.13	1:14.11			
			2:41.33	2:37.60	2:35.89	200 Fly	2:39.78	2:41.53	2:45.44			
3:08.19	2:56.86	2:49.15	2:44.44	2:39.67	2:37.95	200 IM	2:41.95	2:43.72	2:48.56	2:53.45	3:01.40	3:13.01
6:40.00	6:15.93	5:58.98	5:50.56	5:42.40	5:38.70	400 IM	5:47.35	5:51.15	5:59.44	6:08.14	6:25.47	6:50.24

2011-2012 East Coast Championships - MALE Qualifying Standards

Short Course						Event	Long Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			28.38	27.72	26.81	50 Free	27.46	28.37	29.04			
			1:01.70	1:00.11	58.49	100 Free	1:00.00	1:01.63	1:03.34			
2:49.94	2:35.86	2:23.73	2:14.90	2:11.30	2:07.43	200 Free	2:11.46	2:14.67	2:18.30	2:27.34	2:39.76	2:54.19
5:58.58	5:28.88	5:04.52	4:49.10	4:41.63	4:36.43	400 Free	4:43.46	4:48.80	4:56.44	5:12.32	5:37.28	6:07.74
12:35.61	11:33.02	10:34.46	10:03.84	9:50.33	9:41.84	800 Free	9:56.76	10:05.43	10:15.89	10:50.73	11:50.77	12:54.97
24:03.61	22:24.02	20:34.58	19:30.85	19:08.37	18.44.49	1500 Free	19:03.03	19:37.83	20:00.77	21:06.21	22:37.87	24:40.52
			33.42	32.28	31.68	50 Back	32:43	33.15	34.19			
			1:11.12	1:08.80	1:07.14	100 Back	1:08.86	1:10.54	1:12.88			
			2:31.12	2:28.04	2:25.95	200 Back	2:29.62	2:32.07	2:34.96			
			36.60	35.98	35.57	50 Breast	36.43	36.85	37.48			
			1:20.88	1:18.70	1:15.68	100 Breast	1:17.62	1:20.65	1:22.85			
			2:56.00	2:50.43	2:47.24	200 Breast	2:51.46	2:54.78	3:00.49			
			30.68	30.00	29.19	50 Fly	29.95	30.76	31.45			
			1:07.95	1:06.09	1:04.22	100 Fly	1:05.84	1:07.72	1:09.59			
			2:34.85	2:30.98	2:28.54	200 Fly	2:32.32	2:35.65	2:38.79			
3:13.16	2:57.16	2:43.39	2:34.63	2:30.11	2:26.38	200 IM	2:30.05	2:33.91	2:38.58	2:47.57	3:01.66	3:18.06
6:54.00	6:21.54	5:46.67	5:29.10	5:20.76	5:14.38	400 IM	5:22.38	5:28.91	5:37.42	5:55.48	6:31.24	7:06.58



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Swimmers may qualify for East Coast Championships using either short OR long course times.
14&U – Require either a 200 or 400 IM time <u>and</u> a 200, 400, 800, or 1500 Freestyle time to enter the meet. Swimmers may then choose any events up to 6 (six) except for 800 & 1500 free
15& Over – require one qualifying time to compete, then get up to 5 bonus swims excluding the 800/1500 free
All ages - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at East Coast Championships. If attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.



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ACCOMODATIONS

Accommodations are provided through our two event partners, **Holiday Inn Express** and the **Delta Charlottetown**.

Holiday Inn Express located at:
200 Capital Drive
Charlottetown, PE
T: (902) 892-1201 / F: (902) 892-2178

The Holiday inn Express is a newly renovated, award winning property offering the perfect blend of quality and value. It features 133 beautifully decorated and spacious guestrooms that are 100% Smoke Free! They provide a free Express Start buffet breakfast featuring new hot items such as scrambled eggs, omelettes, bacon and sausage that guests are just raving about!

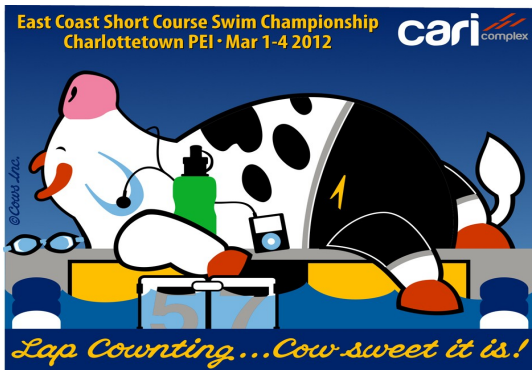
Take the opportunity to unwind and relax in the newly renovated recreational facilities. The sparkling indoor pool, whirlpool and fitness center are available for your enjoyment.

When booking individually or as a team room block please indicate that you are booking for the East Coast Swim Championships.

2 Bed Rooms (2 Doubles or 2 Queens)	98	98	98	Depart
Express Suites	20	20	20	Depart
1 Queen Bed	10	10	10	Depart
Jacuzzi Suites, Children's Suites	4	4	4	Depart

RATES - Our Rates Include parking, our full hot breakfast and wireless internet access.

March 1 - 4, 2012	March 1	March 2	March 3	March 4
2 Bed Rooms	\$116	\$116	\$116	Depart



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Express Suites	\$136	\$136	\$136	Depart
1 Queen Bed	\$116	\$116	\$116	Depart
Jacuzzi Suites, Children's Suites	\$196	\$196	\$196	Depart

All room rates are subject to the following:

- 5% Goods and Services Tax (GST) will be applied over and above all other quoted rates
- Rates are subject to the Provincial Sales Tax (PST) of 10%. (Please note: GST is subject to PST)
- Rates are subject to 3% Tourism Accommodation Levy
- All tax structures and percentages are subject to change without notice.
- All group rates are based on a net, non-commissionable basis
- All rates are based on single/double occupancy
- Additional person charge \$10.00 per person per night

CHECK-IN / CHECK-OUT TIMES

Check-in time is 3:00 p.m. Every effort is made to accommodate guests arriving before the check-in time. However, rooms may not be immediately available. Check-out time is 12 p.m.



The Delta Charlottetown

Located in the heart of Olde Charlottetown, Delta Prince Edward is the perfect retreat from a long day at the pool.

To book call **Toll-Free 1-888-890-3222** and indicate that you are booking room blocks for East Coast Short Course Swim Championships

- Delta/Premier Room Rate: \$119.00
- Premier View Room Rate: \$129.00
- (Single-Quad Occupancy) (Parking \$13.00)
- Check-in 3:00 pm
- Check-out 12:00 pm



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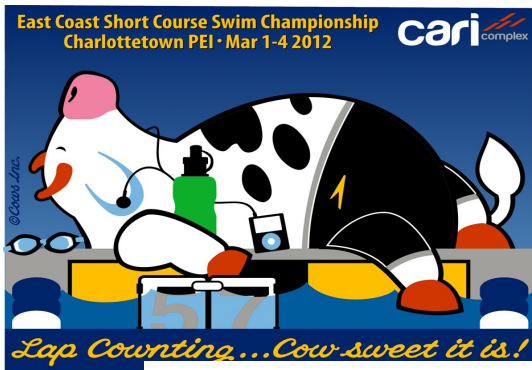
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Amenities include:

- 37 inch LCD television
- In-room pay movies and video games
- Video check-out via the TV
- Voice mail
- Minibar (unstocked)
- Coffee/tea maker
- Iron and ironing board
- Duvet
- Hairdryer
- Alarm clock
- Cordless Telephone
- 2 bathrobes
- Complimentary high speed wireless Internet access
- Complimentary local and 800 local access charges
- Sitting area
- 2 person Jacuzzi
- Make-up/shaving mirror
- Ipod docking station
- In-room air conditioning
- Business chair and desk
- Business desk and business amenities
- Curved shower rods with waffle shower curtains

**EAST COAST MERCHANDISE
ORDER FORM ON NEXT PAGE!**

**Please have team shirt orders
submitted by Feb 10th**



EAST COAST SHORT COURSE CHAMPIONSHIPS

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2012 East Coast Short Course Championships Merchandise



Royal Blue



White



Short/Long Sleeve T-shirt and Hoodies

The 2012 East Course Short Course Swim Championship Committee is again pleased to offer our **5th Edition** of PEI's world famous COWS T-Shirt company merchandise. This year we feature a new and expanded choice of colours which are sure to be a big hit for 2012. We again offer both long and short sleeve high quality cotton shirts and our very thick and popular hoodies which sold out quickly last year.

Details

Short Sleeve Shirt	\$20.00 tax incl.	🇨🇦
Long Sleeve Shirt	\$25.00 tax incl.	🇨🇦
Hooded Sweat Shirts	\$40.00 tax incl.	🇨🇦

Hooded Sweat Shirts come in Navy blue & Grey and do not have swimming down the arm

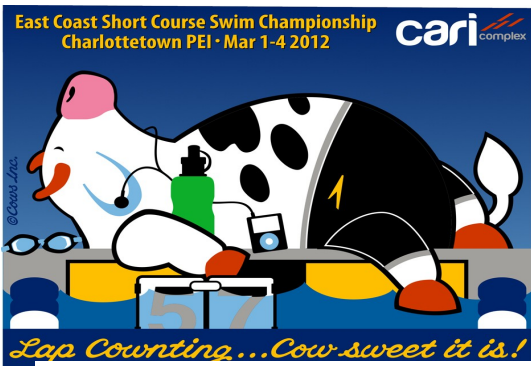


Sport Grey



Navy Blue

Order By Fax or Email See Below



EAST COAST SHORT COURSE CHAMPIONSHIPS

March 1-4th, 2012
Charlottetown PEI

2012 East Coast Short Course Championships Merchandise Order Form

Quantities

Order Sheet											
Sizes	Short Sleeve			Price	Long Sleeve			Price	Hoodie		Price
Youth	Black	Royal Blue	White		Black	Royal Blue	White		Grey	Navy Blue	
S				\$20.00				\$25.00			\$40.00
M				\$20.00				\$25.00			\$40.00
L				\$20.00				\$25.00			\$40.00
				\$20.00				\$25.00			\$40.00
Adult					Black	Royal Blue	White				
S				\$20.00				\$25.00			\$40.00
M				\$20.00				\$25.00			\$40.00
L				\$20.00				\$25.00			\$40.00
XL				\$20.00				\$25.00			\$40.00
XXL				\$20.00				\$25.00			\$40.00
XXXL				\$20.00				\$25.00			\$40.00

TOTAL ORDER\$ _____

Team Name _____ Team Contact _____ Phone _____

Email _____

To Place Your Club Order

EMAIL ORDERS : Email orders to crowellrogers@eastlink.ca

Fax Orders: Please print off the order form, fill out and fax to 902 566 9990 Attn Tom Crowell.
Ph No. 902 894 3660 after 5 pm

The entry deadline for team orders will be February 10, 2012

Please note that team orders should be picked up on Thurs March 2nd by a team designate to ensure orders are correct. A single cheque for the team order would be appreciated. A limited number of extra colours and sizes will be ordered for general sales starting on Friday March 3, 2012

————— All team orders will be confirmed by email ! —————