



**Excellence, Integrity, Innovation, Collaboration**

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**A.S.S.A. All-Stars 2009  
2009 Speedo Alberta Age Group & Senior  
Championships Long Course  
Calgary, June 27<sup>th</sup> – June 30<sup>th</sup>**

On behalf of Swim Alberta, I would like to welcome all swimmers to another great season. Each summer, Swim Alberta organizes the A.S.S.A. All-Star team consisting of summer swimmers who are eligible to compete in the Swim Alberta Speedo Alberta Age Group & Senior Championships Long Course.

All swimmers will be eligible for the All-Star Team if they meet the “A” provincial standard for 2008-2010 by either:

- (1) Meeting the time standard in a 50m pool (LC); or
- (2) Meeting the time standard in a 25m pool (SC)

Swimmers with a disability may also compete with the A.S.S.A All Star team. They must meet the meet’s qualifying standards. The qualifying period is the same as stated below.

Time standards can be found in the attached pages at the end of this package

In accordance with the meet package, Swim Alberta will consider only official times achieved between September 2008 and June 10, 2009. Therefore, each submitted A.S.S.A. entry must have been achieved during the current 2009 Summer Swimming season. Any swimmers who have qualified **PRIOR** to June 10, 2009 must have their entries submitted to the Swim Alberta office, Attention: Cari Harr no later than June 10, 2009. **Any swimmers who qualify AFTER June 10, 2009 are eligible to submit entries into the Swim Alberta office until 4:30 pm, June 15, 2009.** *Proof of times will be checked for eligibility, so entries submitted on June 15, 2009, which were qualified prior to June 10, 2009, or any entries submitted after June 15, 2009, will not be accepted.*

Swimmers are permitted to enter in up to 6 events if they have met a single time standard. In order to compete in more than 6 events at the meet they must have qualifying standards for all events they enter, up to 8 swims maximum.

The swimmer assessment fee for this opportunity is \$60.00. Based on this fee, swim meet entry fees will be covered and each swimmer will receive a 2009 A.S.S.A. All-Star T-shirt, swim cap, membership requirement and a complimentary team dinner.

Please submit the swimmer information sheets attached (2 pages) with your \$60.00 payment prior to the applicable entry deadline.





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Swim Alberta has arranged for a team practice before the swim meet on Friday June 26, 2009 starting at 5:30 p.m. We would like everyone to attend and have everyone at the Talisman Center at 4:45 p.m. on the Friday for a meeting in the bleachers. Following the evening practice there will be a team dinner at the Old Spaghetti Factory. The All Star team dinner reservation and expenses will be covered by Swim Alberta. Parents and family who wish to eat at the Old Spaghetti Factory with the team need to indicate this on the participation form. Please indicate on the swimmer information sheet if your swimmer will be able to attend the practice and dinner.

Any swim club with swimmers who are interested in competing on the A.S.S.A. All Star team may run a time trial prior to the June 15, 2009 deadline if needed. Only times achieved at A.S.S.A. sanctioned time trials or competitions will be eligible for consideration. Those requiring information on time trials should contact Mike Vanden Ham at the A.S.S.A. office via email [admin@assa.ab.ca](mailto:admin@assa.ab.ca) or phone (780) 454-7462.

Additionally, Swim Alberta is accepting applications for coaching positions. This is an excellent opportunity for coaches to gain valuable experience along side Swim Alberta Mentor Coach Kevin Dennis. Please see the attached page for details on the coaching positions.

For further information regarding the 2009 Speedo Alberta Age Group & Senior Championships Long Course, visit the Swim Alberta website or continue to this link for the swim meet package, [http://www.swimalberta.ca/images/stories/lc\\_agsr\\_prov\\_2009\\_-\\_final.pdf](http://www.swimalberta.ca/images/stories/lc_agsr_prov_2009_-_final.pdf)

If you have any questions, please do not hesitate to contact me at Swim Alberta, (780) 415-1780, or e-mail questions to [office@swimalberta.ca](mailto:office@swimalberta.ca). Please use "All Star Team" in the subject line.

Thank you for your cooperation and good luck this swimming season.

Sincerely,

Cari Harr  
Swim Alberta  
Special Events Coordinator





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**Information page 1 of 2 for submission to the Swim Alberta office**

Please submit the following two forms for each A.S.S.A. All Star applicant with \$60.00 team fee (per swimmer).

Swimmer Name: \_\_\_\_\_ Gender: M / F

Date of Birth: \_\_\_\_\_ Age (as of June 27, 2009): \_\_\_\_\_

Swim Club Name: \_\_\_\_\_

Swimmer Email: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Telephone Number: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Daytime Telephone Number: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Parent preferred method of contact (please circle one): Phone or email

**Health Information:**

Alberta Health Care Number: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medical Issues: \_\_\_\_\_

Emergency Contact (other than parent): \_\_\_\_\_

**PAYMENT INFORMATION** (\$60.00 team fee payable by cheque or VISA)

Visa

Cardholder Name: \_\_\_\_\_

Visa Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Please indicate whether your swimmer will be able to attend: circle one or both

YES / NO Meeting/Practice Friday June 26 at 4:45 p.m.

YES / NO Dinner at Old Spaghetti Factory June 26 at 7:00 p.m.

Number of Additional Family Members: Adults \_\_\_\_\_ Children (Under 12) \_\_\_\_\_





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**Information page 2 of 2 for submission to the Swim Alberta office**

Competition at which the swimmer met the Provincial "A" standard:

\_\_\_\_\_

Event(s) in which swimmer has qualified and time achieved:

\_\_\_\_\_

Entries for the 2009 Speedo Age Group & Senior Championships LC (maximum of 8) with short course entry time:

\*\*\*Please Reference the Event Sheet below to select your entries\*\*\*

Swimmer Name: _____ Swimmer Age as of June 27, 2009 _____	
Gender: _____	
Event Name	Short Course Entry Time (If the swimmer does not have a time in an event please submit an estimate)
1.	
2.	
3.	
4.	
5.	
6.	
7*	
8*	

\* Please remember a swimmer can only swim 7 or 8 events as long as he/she has the qualifying standard for all 7 or 8 events respectively.

Coach's Name: \_\_\_\_\_

Coach's Daytime Telephone Number: \_\_\_\_\_

Coach's Email: \_\_\_\_\_

Coach's preferred method of contact (please circle one):      Phone      Email



**Itinerary:**

Day:	Events:	Time:
Friday June 26 <sup>th</sup> 2009	Team Meeting/Equipment Handout (meet in the bleachers at Talisman Centre)  Parents Meeting  Swimmers Practice: Talisman Sports Centre  Team Dinner**** <b>Old Spaghetti Factory</b> <b>222 3 Street SW Calgary</b> <b>(403) 263-7223</b> (Directions Below)	4:45 PM – 5:15 PM  5:15 PM  5:30 PM – 6:30 PM  7:00 PM – 8:30PM
Saturday June 27 <sup>th</sup> 2009 Thru to Tuesday June 30 <sup>th</sup> 2009	Meet: Talisman Sports Centre  Warm-up:  Meet start:	Prelims:                      Finals:  7:15AM Dryland    TBA 7:30AM In Water    TBA 8:30 AM

**\*\*\*\* Note: The All Star team dinner reservation and expenses will be covered by Swim Alberta. Parents and family who wish to eat at the Old Spaghetti Factory need to include their numbers on the swimmer form.\*\*\*\***

**Directions from Talisman Centre Calgary to Old Spaghetti Factory Calgary**

**Talisman Centre**

2225 MacLeod Trail S, Calgary, Alberta.  
(403) 233-8393

Head **south** on **1 St SE**

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Sharp **left** at **MacLeod Trail SE**

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Turn **left** at **6 Ave SE**

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Turn **right** at **2 St SW**

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Turn **left** at **3 Ave SW**

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Turn **right** at **3 St SW**

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**The Old Spaghetti Factory**

222 3 Street SW, Calgary, Alberta.  
(403) 263-7223





**Event Order**

**Preliminaries: Warm-up 7:30 a.m. Start 8:30 a.m.**

<b><u>Saturday, June 27</u></b>	<b><u>Sunday, June 28</u></b>	<b><u>Monday, June 29</u></b>	<b><u>Tuesday, June 30</u></b>
100 Free 200 IM * 50 Back 1500 Free	200 Fly 100 Back 50 Breast 400 Free	200 Free 100 Breast 200 Back 50 Fly	400 IM 50 Free 200 Breast 100 Fly 800 Free
<b><u>Age Group Finals: Warm-up TBC Start TBC</u></b>			
100 Free 13-14 11-12 10 & U 200 IM 13-14 11-12 10 & U 50 Back 13-14 11-12 10 & U 1500 Free** 14 & U 4 x 200 FR 13-14 12 & U	4 x 50 FR 13-14 11-12 10 & U 200 Fly 13-14 12 & U 100 Back 13-14 11-12 10 & U 50 Breast 13-14 11-12 10 & U 400 Free 13-14 11-12 4 x 50 MR 13-14 11-12	200 Free 13-14 11-12 10 & U 100 Breast 13-14 11-12 10 & U 200 Back 13-14 11-12 10 & U 50 Fly 13-14 11-12 10 & U 4 x 100 FR 13-14 12 & U	4 x 50 MR 10 & U 400 IM 13-14 12 & U 50 Free 13-14 11-12 10 & U 200 Breast 13-14 11-12 10 & U 100 Fly 13-14 11-12 10 & U 800 Free*** 14 & U 4 x 100 MR 13-14 12 & U
<b><u>Senior Finals: Warm-up TBC Start TBC</u></b>			
100 Free 200 IM 50 Back 1500 Free** 4 x 200 FR	4 x 50 FR 200 Fly 100 Back 50 Breast 400 Free 4 x 50 MR	200 Free 100 Breast 200 Back 50 Fly 4 x 100 FR	400 IM 50 Free 200 Breast 100 Fly 800 Free*** 4 x 100 MR

\* 150 IM will immediately follow the 200 IM for swimmers with a disability if applicable.

\*\* The fastest 8 males will swim in the finals session

\*\*\* The fastest 8 females will swim in the finals session

**Note: Warm-up times for Age Group and Senior Finals to be confirmed (TBC) once the preliminary session has been seeded. Warm-up for Age Group finals will begin a minimum of one hour after the conclusion of preliminaries and will not start before 3:00 pm.**



2008-2010 ALBERTA "A" TIME STANDARDS							
GIRLS							
EVENT		10 & U	11	12	13	14	15 & Over
50 Free	SC	36.10	33.20	31.50	30.40	29.60	29.10
	LC	36.80	33.90	32.10	31.00	30.20	29.70
100 Free	SC	1:20.90	1:13.80	1:09.00	1:06.30	1:04.50	1:03.40
	LC	1:22.50	1:15.30	1:10.40	1:07.60	1:05.80	1:04.70
200 Free	SC	2:53.80	2:38.50	2:29.40	2:24.20	2:20.60	2:17.50
	LC	2:57.30	2:41.70	2:32.40	2:27.10	2:23.40	2:20.20
400 Free	SC	6:11.70	5:37.30	5:16.80	5:03.10	4:54.00	4:49.50
	LC	6:19.20	5:44:00	5:23.20	5:09.20	4:59.90	4:55.30
800 Free	SC		11:56.60	11:09.70	10:38.50	10:17.70	10:09.00
	LC		12:10.90	11:23.10	10:51.30	10:30.10	10:21.20
1500 Free	SC		23:20.90	22:03.40	20:55.10	20:09.50	20:05.60
	LC		23:48.90	22:26.40	21:20.10	20:33.70	20:29.70
50 Back	SC	41.60	38.30	36.40	34.80	33.80	33.60
	LC	42.50	39.10	37.10	35.50	34.50	34.30
100 Back	SC	1:31.90	1:24.20	1:19.00	1:16.00	1:13.90	1:12.50
	LC	1:33.70	1:25.90	1:20.60	1:17.50	1:15.40	1:13.90
200 Back	SC	3:13.30	2:57.30	2:47.90	2:42.10	2:38.20	2:36.00
	LC	3:17.20	3:00.90	2:51.30	2:45.30	2:41.40	2:39.10
50 Breast	SC	47.00	43.00	40.70	38.80	38.00	37.80
	LC	47.90	43.90	41.50	39.60	38.80	38.60
100 Breast	SC	1:46.10	1:35.80	1:29.70	1:26.00	1:23.60	1:22.90
	LC	1:48.20	1:37.70	1:31.50	1:27.70	1:25.30	1:24.60
200 Breast	SC	3:42.40	3:22.40	3:11.30	3:04.30	2:59.70	2:58.40
	LC	3:46.90	3:26.50	3:15.10	3:08.00	3:03.30	3:01.90
50 Fly	SC	41.00	36.90	34.40	33.30	32.60	31.80
	LC	41.90	37.60	35.10	34.00	33.30	32.40
100 Fly	SC	1:41.50	1:29.50	1:21.50	1:17.00	1:14.00	1:12.20
	LC	1:43.50	1:31.30	1:23.10	1:18.50	1:15.50	1:13.70
200 Fly	SC	3:32.80	3:16.70	3:05.90	2:55.20	2:48.00	2:38.50
	LC	3:37.10	3:20.60	3:09.60	2:58.70	2:51.40	2:41.70
200 IM	SC	3:15.30	3:00.20	2:50.20	2:42.70	2:38.80	2:35.40
	LC	3:19.20	3:03.80	2:53.60	2:46.00	2:42.00	2:38.50
400 IM	SC		6:25.90	6:02.70	5:46.90	5:38.80	5:31.40
	LC		6:33.50	6:10.00	5:53.80	5:45.60	5:38.10



2008-2010 ALBERTA "A" TIME STANDARDS							
BOYS							
EVENT		10 & U	11	12	13	14	15 & Over
50 Free	SC	35.30	32.50	30.90	29.10	27.90	26.50
	LC	36.00	33.20	31.50	29.70	28.50	27.00
100 Free	SC	1:20.10	1:13.40	1:09.50	1:04.40	1:01.00	57.80
	LC	1:21.70	1:14.90	1:10.90	1:05.70	1:02.20	59.00
200 Free	SC	2:51.20	2:38.00	2:30.30	2:20.10	2:13.30	2:06.60
	LC	2:54.60	2:41.20	2:33.30	2:22.90	2:16.00	2:09.10
400 Free	SC	6:14.00	5:39.60	5:19.20	5:01.20	4:47.10	4:30.10
	LC	6:21.50	5:46.40	5:25.60	5:07.20	4:52.80	4:35.50
800 Free	SC		11:52.40	11:06.40	10:23.60	9:55.10	9:18.70
	LC		12:06.70	11:19.70	10:36.10	10:07.00	9:29.90
1500 Free	SC		22:51.50	21:42.00	20:23.10	19:21.70	18:19.00
	LC		23:18.90	22:08.00	20:47.50	19:45.00	18:41.00
50 Back	SC	41.80	38.10	36.50	34.30	32.60	30.80
	LC	42.70	38.90	37.20	34.90	33.20	31.50
100 Back	SC	1:32.50	1:24.50	1:19.80	1:14.20	1:10.40	1:06.20
	LC	1:34.40	1:26.20	1:21.40	1:15.70	1:11.80	1:07.50
200 Back	SC	3:16.50	2:59.70	2:49.90	2:39.20	2:32.00	2:23.80
	LC	3:20.40	3:03.30	2:53.30	2:42.40	2:35.00	2:26.60
50 Breast	SC	47.50	43.30	40.90	38.00	36.00	34.30
	LC	48.40	44.20	41.70	38.80	36.70	35.00
100 Breast	SC	1:46.40	1:36.30	1:30.30	1:25.10	1:21.00	1:16.10
	LC	1:48.50	1:38.20	1:32.10	1:26.80	1:22.60	1:17.60
200 Breast	SC	3:46.00	3:25.60	3:13.60	3:03.60	2:55.60	2:46.00
	LC	3:50.50	3:29.70	3:17.50	3:07.20	2:59.10	2:49.30
50 Fly	SC	41.30	37.20	34.80	32.30	30.70	28.80
	LC	42.20	38.00	35.50	33.00	31.30	29.40
100 Fly	SC	1:45.40	1:30.50	1:21.30	1:15.70	1:11.30	1:05.00
	LC	1:47.50	1:32.30	1:22.90	1:17.20	1:12.70	1:06.30
200 Fly	SC	3:38.40	3:19.70	3:08.70	2:55.60	2:45.50	2:30.80
	LC	3:42.70	3:23.70	3:12.50	2:59.10	2:48.80	2:33.80
200 IM	SC	3:14.30	2:59.20	2:50.40	2:40.50	2:32.90	2:23.80
	LC	3:18.20	3:02.80	2:53.80	2:43.70	2:35.90	2:26.60
400 IM	SC		6:29.10	6:08.60	5:46.10	5:28.60	5:09.00
	LC		6:36.90	6:16.00	5:53.00	5:35.20	5:15.20



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2008-2009 Alberta Swimmers With A Disability Women 14 & Under SC Qualifying Times

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
<b>50 Free</b>	4:31.65	2:56.92	2:30.81	1:49.64	1:35.94	1:15.41	59.26	54.00	47.40	46.08	59.25	51.37	47.41	47.40
<b>100 Free</b>	8:13.48	5:56.45	5:01.57	3:53.05	3:25.58	2:30.79	2:05.13	1:58.55	1:45.33	1:38.77	2:11.69	1:58.52	1:52.03	1:45.35
<b>200 Free</b>	16:01.95	10:41.70	9:33.31	8:17.30	6:51.23	5:14.09	4:10.20	4:08.96	3:42.65	3:29.53	4:35.38	4:09.07	3:49.86	3:42.67
<b>400 Free</b>	32:03.51	21:48.42	19:31.32	16:59.06	14:07.34	10:55.31	9:52.68	9:39.53	8:33.62	8:07.26	9:52.65	9:13.15	8:46.85	8:33.66
<b>50 Back</b>	4:06.72	2:58.21	2:44.51	2:03.35	1:49.63	1:22.85	1:13.03	1:07.63	59.87	53.27	1:13.04	1:07.63	59.85	59.87
<b>100 Back</b>	8:25.82	6:08.84	5:41.34	4:19.16	3:51.72	2:58.21	2:38.03	2:24.84	2:11.69	1:58.49	2:38.05	2:24.89	2:11.68	2:11.70
<b>200 Back</b>		12:30.17	11:28.38	8:50.79	7:56.01	6:06.29	5:15.99	5:03.55	4:10.22	4:08.46	5:01.48	4:13.15	4:11.47	4:22.96
<b>50 Breast</b>	4:47.90	3:39.26	2:44.51	1:57.11	1:50.27	1:42.17	1:26.19	1:13.04	1:06.44		1:26.19	1:13.04	1:06.44	1:06.43
<b>100 Breast</b>	9:48.13	7:31.05	5:41.46	4:06.73	3:53.02	3:39.28	3:04.35	2:38.02	2:24.88		3:04.34	2:38.01	2:24.83	2:24.87
<b>200 Breast</b>				9:02.16	7:34.85	6:56.20	6:07.46	4:51.49	4:50.98		5:20.91	4:56.92	4:50.89	4:50.97
<b>50 Fly</b>	3:25.64	3:11.90	2:44.49	2:30.77	2:17.09	1:42.78	1:19.01	1:13.04	1:06.45	59.87	1:13.02	1:06.43	59.86	1:06.43
<b>100 Fly</b>	7:03.69	6:30.06	5:35.19	5:06.60	4:40.35	3:38.08	2:43.98	2:38.00	2:24.86	2:11.69	2:38.02	2:24.86	2:11.70	2:24.86
<b>200 Fly</b>					9:20.68	7:16.13	5:27.96	4:47.37	4:17.36	4:16.23	3:30.80	4:56.32	4:54.45	4:22.95
<b>150 IM</b>	8:54.47	8:34.01	8:13.37	6:51.22										
<b>200 IM</b>		10:37.36	11:04.23	9:28.21	8:13.34	6:51.25	5:42.32	5:16.14	4:23.38	4:10.19	5:16.09	5:02.85	4:36.61	4:23.35
<b>400 IM</b>						13:54.77	11:36.94	9:42.97	8:28.78	8:08.42	9:07.05	7:53.55	7:46.90	8:28.73



TEAM AQUATIC SUPPLIES  
A DIVISION OF OR PERRY & ASSOCIATES LTD.



ALBERTA  
SPORT, RECREATION  
PARKS & WILDLIFE  
FOUNDATION  
*Enhancing Alberta's Communities*



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2008-2009 Alberta Swimmers With A Disability Men 14 & Under SC Qualifying Times

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
<b>50 Free</b>	3:39.35	2:17.71	1:49.68	1:35.96	1:15.40	1:01.67	47.40	46.09	42.14	40.82	52.68	46.10	42.15	42.14
<b>100 Free</b>	6:51.11	4:47.90	4:06.74	3:25.59	2:44.49	2:10.21	1:51.96	1:45.38	1:32.19	1:26.90	1:45.36	1:38.77	1:32.18	1:32.18
<b>200 Free</b>	13:42.55	9:33.14	7:21.08	6:51.24	6:23.84	4:31.61	3:55.82	3:42.73	3:16.36	3:04.42	3:42.70	3:29.47	3:16.37	3:16.38
<b>400 Free</b>		18:54.10	14:42.44	14:07.37	13:12.46	9:35.82	8:46.89	8:33.59	7:54.06	7:40.85	9:13.19	8:20.43	7:57.69	7:54.12
<b>50 Back</b>	3:39.35	2:44.51	2:17.07	1:49.67	1:22.23	1:09.17	59.87	56.57	46.69	45.37	1:06.45	59.85	53.27	46.68
<b>100 Back</b>	7:24.88	5:35.14	4:40.37	3:45.56	2:50.73	2:30.79	2:11.67	2:05.11	1:45.35	1:41.76	2:24.89	2:11.69	1:58.52	1:45.37
<b>200 Back</b>		11:22.92	9:33.29	7:43.54	7:08.75	4:59.07	4:35.39	4:10.25	3:42.67	3:35.49	5:00.47	4:35.42	4:08.98	3:42.68
<b>50 Breast</b>	4:31.71	2:44.49	2:17.07	1:29.72	1:26.29	1:22.87	1:13.05	59.86	50.64		1:13.05	59.85	53.27	50.64
<b>100 Breast</b>	9:15.62	5:41.48	4:46.55	3:11.93	3:05.07	2:58.16	2:38.01	2:11.70	1:53.27		2:38.06	2:11.66	1:58.52	1:53.27
<b>200 Breast</b>		11:35.34	9:45.52	6:32.59	6:03.90	6:11.70	5:13.64	4:45.60	4:37.78		5:28.05	4:35.29	4:21.03	4:37.78
<b>50 Fly</b>	2:44.52	2:30.77	2:03.35	1:49.64	1:35.95	1:15.38	59.27	56.58	46.69	43.10	59.85	49.97	46.70	46.70
<b>100 Fly</b>	5:41.50	5:14.07	4:19.14	3:51.72	3:24.32	2:43.24	2:10.53	2:05.09	1:45.36	1:38.15	2:11.67	1:51.96	1:45.34	1:45.38
<b>200 Fly</b>					7:07.36	5:38.91	4:33.01	4:17.36	4:03.05	3:47.46	4:23.42	4:19.83	3:53.48	4:17.62
<b>150 IM</b>	8:13.50	7:32.37	6:51.27	5:29.02										
<b>200 IM</b>		10:09.41	9:00.80	7:24.89	6:51.17	5:28.98	4:36.57	4:23.38	3:57.09	3:43.83	4:49.68	4:23.37	3:57.03	3:57.04
<b>400 IM</b>					13:48.76	11:04.10	9:25.03	8:58.87	8:06.07	7:39.82	9:51.53	8:58.86	8:05.97	8:05.96



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ALBERTA  
SPORT, RECREATION  
PARKS & WILDLIFE  
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Excellence, Integrity, Innovation, Collaboration



2008-2009 Alberta Swimmers With A Disability Women 15 & Over SC Qualifying Times

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
<b>50 Free</b>	4:05.81	2:40.09	2:16.47	1:39.21	1:26.81	1:08.23	53.63	48.86	42.89	41.70	53.62	46.48	42.89	42.89
<b>100 Free</b>	7:26.53	5:22.53	4:32.88	3:30.87	3:06.03	2:16.44	1:53.22	1:47.27	1:35.31	1:29.38	1:59.17	1:47.25	1:41.28	1:35.32
<b>200 Free</b>	14:30.43	9:40.66	8:38.77	7:29.99	6:12.12	4:44.20	3:46.40	3:45.27	3:21.46	3:09.60	4:09.18	3:45.37	3:28.00	3:21.48
<b>400 Free</b>	29:00.51	19:43.93	17:39.88	15:22.11	12:46.73	9:52.97	8:56.30	8:44.40	7:44.76	7:20.89	8:56.28	8:20.53	7:56.73	7:44.78
<b>50 Back</b>	3:43.25	2:41.26	2:28.86	1:51.61	1:39.20	1:14.97	1:06.08	1:01.20	54.16	48.21	1:06.09	1:01.20	54.15	54.17
<b>100 Back</b>	7:37.69	5:33.75	5:08.87	3:54.50	3:29.67	2:41.26	2:23.00	2:11.06	1:59.16	1:47.22	2:23.01	2:11.10	1:59.15	1:59.18
<b>200 Back</b>		11:18.80	10:22.88	8:00.29	7:10.73	5:31.44	4:45.93	4:34.66	3:46.42	3:44.82	4:32.97	3:49.07	3:47.55	3:57.94
<b>50 Breast</b>	4:20.51	3:18.40	2:28.85	1:45.97	1:39.78	1:32.45	1:17.99	1:06.09	1:00.12		1:17.99	1:06.09	1:00.12	1:00.11
<b>100 Breast</b>	8:52.17	6:48.14	5:08.97	3:43.26	3:30.85	3:18.41	2:46.81	2:22.98	2:11.10		2:46.81	2:22.97	2:11.06	2:11.09
<b>200 Breast</b>				8:10.58	6:51.57	6:16.60	5:32.50	4:23.76	4:23.30		4:50.37	4:28.67	4:23.22	4:23.29
<b>50 Fly</b>	3:06.08	2:53.64	2:28.84	2:16.42	2:04.04	1:32.99	1:11.49	1:06.09	1:00.13	54.16	1:06.07	1:00.11	54.16	1:00.11
<b>100 Fly</b>	6:23.38	5:52.95	5:03.30	4:37.44	4:13.67	3:17.33	2:28.38	2:22.96	2:11.08	1:59.16	2:22.98	2:11.08	1:59.17	2:11.08
<b>200 Fly</b>					8:27.34	6:34.64	4:56.75	4:20.02	3:52.88	3:51.86	3:10.73	4:28.13	4:26.43	3:57.93
<b>150 IM</b>	8:03.62	7:45.11	7:26.43	6:12.10										
<b>200 IM</b>		9:36.72	10:01.04	8:34.15	7:26.40	6:12.13	5:09.75	4:46.06	3:58.32	3:46.39	4:46.02	4:34.03	4:10.30	3:58.29
<b>400 IM</b>						12:35.35	10:30.63	8:47.50	7:40.37	7:21.95	8:15.00	7:08.49	7:02.49	7:40.34



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ALBERTA  
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Enhancing Alberta's Communities



Excellence, Integrity, Innovation, Collaboration



2008-2009 Alberta Swim With A Disability Men 15 & Over SC Qualifying Times

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11 SB11 SM11	S12 SB12 SM12	S13 SB13 SM13	S14 SB14 SM14
<b>50 Free</b>	3:18.48	2:04.60	1:39.25	1:26.83	1:08.23	55.80	42.88	41.71	38.13	36.94	47.68	41.71	38.14	38.13
<b>100 Free</b>	6:11.99	4:20.50	3:43.26	3:06.04	2:28.84	1:57.82	1:41.31	1:35.35	1:23.42	1:18.64	1:35.33	1:29.38	1:23.41	1:23.41
<b>200 Free</b>	12:24.29	8:38.61	6:39.12	6:12.12	5:47.31	4:05.77	3:33.39	3:21.55	2:57.68	2:46.86	3:21.51	3:09.53	2:57.69	2:57.70
<b>400 Free</b>		17:06.20	13:18.49	12:46.74	11:57.06	8:41.04	7:56.76	7:44.73	7:08.96	6:57.01	8:20.56	7:32.82	7:12.25	7:09.01
<b>50 Back</b>	3:18.48	2:28.86	2:04.03	1:39.24	1:14.41	1:02.59	54.17	51.18	42.25	41.05	1:00.12	54.15	48.21	42.24
<b>100 Back</b>	6:42.55	5:03.26	4:13.69	3:24.10	2:34.49	2:16.44	1:59.15	1:53.20	1:35.33	1:32.08	2:11.11	1:59.16	1:47.24	1:35.34
<b>200 Back</b>		10:17.95	8:38.75	6:59.44	6:27.96	4:30.62	4:09.19	3:46.44	3:21.48	3:14.99	4:31.88	4:09.21	3:45.29	3:21.50
<b>50 Breast</b>	4:05.86	2:28.84	2:04.02	1:21.18	1:18.08	1:14.99	1:06.10	54.16	45.82		1:06.10	54.15	48.21	45.82
<b>100 Breast</b>	8:22.77	5:08.99	4:19.28	2:53.68	2:47.46	2:41.21	2:22.97	1:59.17	1:42.50		2:23.03	1:59.14	1:47.24	1:42.49
<b>200 Breast</b>		10:29.19	8:49.82	5:55.24	5:29.28	5:36.33	4:43.80	4:18.44	4:11.36		4:56.83	4:09.11	3:56.20	4:11.35
<b>50 Fly</b>	2:28.86	2:16.42	1:51.62	1:39.22	1:26.82	1:08.21	53.64	51.20	42.24	39.00	54.15	45.22	42.26	42.26
<b>100 Fly</b>	5:09.01	4:44.18	3:54.49	3:29.67	3:04.87	2:27.71	1:58.10	1:53.19	1:35.33	1:28.81	1:59.14	1:41.30	1:35.31	1:35.35
<b>200 Fly</b>					6:26.70	5:06.66	4:07.04	3:52.88	3:39.93	3:25.82	3:58.37	3:55.11	3:31.28	3:53.11
<b>150 IM</b>	7:26.55	6:49.33	6:12.15	4:57.72										
<b>200 IM</b>		9:11.43	8:09.35	6:42.57	6:12.06	4:57.69	4:10.25	3:58.32	3:34.53	3:22.54	4:22.12	3:58.31	3:34.48	3:34.48
<b>400 IM</b>					12:29.91	10:00.92	8:31.28	8:07.61	7:19.82	6:56.07	8:55.26	8:07.60	7:19.74	7:19.73



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Enhancing Alberta's Communities





**Excellence, Integrity, Innovation, Collaboration**

**Host Hotel in Calgary: Delta Bow Valley**

209 - 4th Ave SE, Calgary, Alberta, T2G 0C6

Room Rate:

- \$95.00 per night Delta Room
- \$105.00 Premier Rooms
- \$115.00 Deluxe



Rooms

- When booking ask for the Swim Alberta room rate\*.

Tel: (403) 266-1980

Fax: (403) 205-4360

Reservations: (888) 890-322

\* Note: Because part of the swim meet falls during the week Swim Alberta's room rate has been extend. Please contact the hotel for further charging information.

**Driving directions to Delta Bow Valley Hotel from Talisman Centre**

**Talisman Centre**

2225 MacLeod Trail S, Calgary, Alberta.

(403) 233-8393

Head **south** on **1 St SE**

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Sharp **left** at **MacLeod Trail SE**

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Turn **left** at **4 Ave SE**

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**Delta Bow Valley Hotel**

209 4 Avenue SE, Calgary, Alberta.

(403) 266-1980



## Swim Alberta Coaching Positions

### Position: Head Coach for A.S.S.A. All Star Team

This is a temporary position as a head coach for the Alberta Summer Swimming Association All Star Team that is competing at 2009 SPEEDO Alberta Age Group & Senior Championships Long Course in Calgary from June 27, 2009 to June 30, 2009.

### Requirements/Qualifications

- Minimum of Skills Coach Certification
- ACC membership
- CSCTA membership
- Police Background check and Vulnerable Sector Check (VSS)
- Minimum 2 years coaching experience

### Job Description

- Attend all sessions, practices, and events that are apart of the swim meet
- Plan, co-ordinate and run practice and warm-up sessions
- Delegate tasks to assistant and volunteer coaches
- Act as primary contact to officials
- Complete race feedback sheets for assigned swimmer
- Interact with coaches, swimmers, officials, parents
- Be responsible for 10-12 swimmers
- Report to Swim Alberta Mentor Coach Kevin Dennis, and Swim Alberta Special Events Coordinator, Cari Harr regarding team operations

### Compensation/Benefits:

- \$250.00 honorarium
- \$35.00 meal compensation (per day) (received on the first day of meet)
- Team dinner
- Team t-shirt
- Accommodations at the Delta Bow Valley Hotel
- Travel expenses – compensation for travel \$0.30 per kilometer or for bus ticket expenses\*.
- Opportunity to work with the top A.S.S.A. swimmers from across the province
- Mentorship from a Nationally recognized coach Kevin Dennis

\*Note: We would like coaches to car pool if possible.

Please send your resume to Cari Harr at the Swim Alberta Office at , [Office@Swimalberta.ca](mailto:Office@Swimalberta.ca) with A.S.S.A. All Star Head Coach position in the subject line.

Applications will be accepted until **Tuesday June 16, 2009 at 3:00 p.m.** Please note: only applicants selected for an interview will be contacted.





## **Excellence, Integrity, Innovation, Collaboration**

### **Position: Assistant Coach for A.S.S.A. All Star Team**

This is a temporary position as a Assistant coach for the Alberta Summer Swimming Association All Star Team that is competing at 2009 SPEEDO Long Course Alberta Age Group & Senior Championships in Calgary from June 27, 2009 to June 30, 2009.

#### **Requirements/Qualifications:**

- Minimum of Skills Coach Certificate
- ACC membership
- CSCTA membership
- Background check
- Minimum 1 year coaching experience

#### **Job Description:**

- Attend all sessions, practices, and events that are apart of the swim meet
- Assist running practice and warm-up sessions
- Accept and execute tasks assigned by head coach
- Complete race feedback sheets for assigned swimmers
- Interact with coaches, swimmers, officials, parents
- Be responsible for 10-12 swimmers
- 

#### **Compensation/Benefits:**

- \$250.00 honorarium
- \$35.00 meal compensation (per day) (received on the first day of meet)
- Team dinner
- Team t-shirt
- Accommodations
- Travel expenses – compensation for travel \*. \$0.30 per kilometer or for bus ticket expenses.
- Opportunity to work with the top A.S.S.A. swimmers from across the province
- Mentorship from a Nationally recognized coach Kevin Dennis.

\*Note: We would like coaches to car pool if possible.

Please send your resume to Cari Harr at the Swim Alberta Office at , [Office@Swimalberta.ca](mailto:Office@Swimalberta.ca) with A.S.S.A. All Star Assistant Coach position in the subject line.

Applications will be accepted until **Tuesday June 16, 2009 at 3:00 p.m.** Please note: only applicants selected for an interview will be contacted.





## Excellence, Integrity, Innovation, Collaboration

### Position: Team Assistant/Chaperone

This is a temporary volunteer position with the Alberta Summer Swimming Association All Star Team that is competing at 2009 SPEEDO Long Course Alberta Age Group & Senior Championships in Calgary from June 27, 2009 to June 30, 2009.

### Requirements/Qualifications:

#### Job Description:

- Help the Head Coach and Assistant Coach with administrative duties.

#### Compensation/Benefits:

- Team dinner
- Team t-shirt
- Opportunity to work with the top A.S.S.A. swimmers from across the country

Please send your resume to Cari Harr at the Swim Alberta Office at , [Office@Swimalberta.ca](mailto:Office@Swimalberta.ca) with A.S.S.A. All Star Volunteer Coach position in the subject line.

Applications will be accepted until **Tuesday June 16, 2009 at 3:00 p.m.** Please note: only applicants selected for an interview will be contacted.

