SWIM SASKATCHEWAN





Swimming is in the 1st half of the games – Sunday, July 21 to Wednesday, July 24

Swimming competition will be 2.5 to 3 days.

- Teams will travel to Lloydminster on Sunday, July 21; opening ceremonies will be that evening.
- ➤ Teams will travel home on Wednesday, July 24; there will be some competition that morning/early afternoon.

Current Technical package posted on Sask Games Website is only draft 1. There will be changes (i.e need to determine order of events once).

Providing we have enough time the intent is to have all of the following events: If we don't have enough time to run all events, then potentially may cut some relays if necessary.

- 50, 100, 200 and 400 Free
- 50, 100 and 200 Back
- 50, 100 and 200 Breast
- 50 and 100 Fly
- 200 IM
- 4 x 50 and 4 x 100 Freestyle Relay
- 4 x 50 Medley Relay
- 4 x 50 Mixed Freestyle Relay (2 Female and 2 Male Swimmers)
- 4 x 50 Mixed Medley Relay (2 Female and 2 Male Swimmers)

Age as of first day of competition – July 21, 2024

- > Females must be between 11 to 14 years of age
- ➤ Males must be between 12 to 15 years of age

District Team Size

- > 8 female and 8 male athletes
- 2 coaches and 1 manager (must have at least one coach/manger of each gender)
 - No Special Olympic swimmers (this was a Special Olympics Sask decision)
- > Head Coach must be Swimming 101 Fundamentals Certified
- Assistant coach must have taken Swimming 101 Fundamentals Course and Making Ethical Decisions <u>Training and Evaluation</u>
- Coaching certification or successful completion of 101 Course and MED must be 90 days prior to the Games. (April 21, 2024).





SWIM SASKATCHEWAN



All coaches and Managers will need have completed Respect in Sport and submit CRC/VSS

District Team Selection

- Not yet developed. As staff we have only started to discuss this.
- Swimmers will need to declare that they wish to be considered for the games, if they do not declare then will not be considered. Form to do this will be part of the selection criteria.
- > Once Selection Criteria is written it will be posted to Swim Sask website (provincial teams) and clubs and coaches will be notified by email.
 - It will be up to clubs and coaches to keep their athletes informed. NOTE:
 This will be outside the summer club season
- As games are in July, anticipate that all teams will need to be selected and everyone registered in the games accreditation system by early to mid June.
- ➤ Therefore, for Summer swimming it is times from this 2023 season that will need to be used for selection.
 - Swimmers interested in the games need to be swimming as many different games events as possible this summer. Do not keep swimming the same events over and over again at every meet.
 - Clubs need to work together and watch sanctioned meet packages to see what events are being offered at the various meets, so that all the various individual events are offered.
 - When working on your meet package pay attention to events and age categories as per the <u>permissible events chart</u> in the Technical package. You don't have to keep the age categories the same for all events. I.e. 400 Free call this event 9 & over, which means they would all be seeded together via time, or 9 to 14 and then 15 & over or something. Then you could offer all the 50 and 100 meter events via the regular age categories (7 & 8, 9 & 10, 11 & 12, 13 & 14, 15 17 and 18 & over.)



