



**GRAND PRIX BELL /
COUPE DU QUÉBEC II**

**OLYMPIC PARK POOL –
JUNE 26-29, 2008**

Meet manager

Lise Goulet
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Liette Sirois-Charron
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Location

Olympic Park Pool
4141, Pierre de Coubertin
Montreal (Quebec)

Installations

50 m pool, 10 lanes Colorado electronic timing system
50 m warm-up pool

Coach's meeting

Thursday June 26, 2008 at 14:30

Registrations

The Splash software event file is available for download online <http://www.swimmeet.ca>. All meet entries must be uploaded online by the club in the "Submit entries" column prior to the registration deadline. The Meet Registration guide is available online: <http://www.fnq.qc.ca/index.asp?id=512>.

Payment of entry fees must be received no later than **June 18, 2008**

Mrs Liette Sirois-Charron
2694, Dickson
Montreal (Quebec) H1N 2J3
(514) 259-8487

Please make your cheques to the order of: Club de natation PPO.

Officials

Lyse Tremblay E-mail: lyson1234@hotmail.com
Tony Trubiano E-mail : tony.trubiano@alcoa.com

QUEBEC CUP 2 - BELL GRAND PRIX

Competition definition : Quebec Cup 2 is a senior competition this season. It will allow Quebec athletes to compare themselves to each other as well as national and international caliber swimmers

Admissibility criteria based on age groups : This competition is for swimmers of all categories (senior). However, only women born in 1995 and before and men born in 1994 and before are eligible to the Quebec Cup. They must have attained the qualification times within the 18 months preceding the competition to be permitted to compete (see Qualification times Québec Cup). Proofs of time will be required by the organizers.

Registrations : The rules of Swimming/Natation Canada will be enforced.

All participants must be Affiliated swimmers with the Fédération de natation du Québec or of their respective provincial federation should their club be from outside of Québec. All athletes identified in the Financial assistance program of the Fédération de natation du Québec must participate in individual events during a minimum of two (2) days of the competition.

The security rules of the Fédération de natation du Québec shall apply to all participants.

Number of events per participant

Athletes must have met a minimum of one (1) qualifying time for an individual event during the admissibility period. Swimmers will be permitted to register for a number of additional events according to the qualification times attained. Registration to additional events must be done submitting real achieved times or as no time (NT).

AGE GROUP	NUMBER OF EVENTS
Senior	1 standard attained, allowed 4 additional events*
	2 standards attained, allowed, 4 additional events*
	3 standards attained, allowed, 3 additional events *
	4 standards attained, allowed, 3 additional events *
	5 standards attained, allowed, 2 additional events *
	6 standards attained, allowed, 1 additional event *
	Maximum of 7 individual events

*Entry times for additional events must be real attained times or no time (NT)

Athletes are permitted to participate in one relay event per day.

Visiting clubs, not affiliated with the Fédération de natation du Québec, may participate in the competition so long as each swimmer respects the qualification times of their appropriate age group. Athletes from these clubs, as well as their clubs are eligible for all prizes with the exception of the "bourses de perfectionnement" and they may not accumulate points towards the annual cumulative points total of the Québec Cup.

Classification of swimmers according to 25m or 50m entry times :

Registration (SNC 2.2.7) : The rules concerning registration time conversions for short course and long course times will be detailed in the meet package.

For competitions in 50m pools, swimmers with 50m entry times will be seeded according to their entry times. Entry times of swimmers from 25m pools may be submitted without conversion. The meet managing program will use a 2% conversion factor and the swimmers will be seeded appropriately with those with 50m times.

Modification period for the order of relay swimmers : The names and order of swimmers for the relay events may be modified up to 30 minutes before the start of the relay events (SNC 3.2, paragraph c). The precise time of the end of the modification period will be included in the technical bulletin and/or will be announced pool side (CSW 10.12.1).

Mandatory proof of time : Proof of Time is required for all athletes. Please send a best time report from Splash Team Manager or for all clubs from outside the province, a proof of time report from HyTek. It is the responsibility of the clubs and/or swimmers to send their proofs of time for all event in which they are entered when registering for the meet.

Sanction : The Quebec Cup / Bell Grand Prix is sanctioned by the Fédération de natation du Québec.

Entry fees :

Fixed participation fees: \$15.00 per swimmer

Individual Events: CA\$7.50 per event

Relays Events: CA\$9.00 per event

Entry Deadline :

Entries are due WENESDAY, June 18, 2008

Please note per rule SNC 2.2.5: Late entries may be charged at 200%, at the discretion of meet management.

Scratches :

Please note the following scratch deadlines:

Thursday events: until 20:00 on Wednesday, June 25

Friday events: until 20:00 on Thursday, June 26

Saturday events: 30 minutes following the end of finals on Friday

Sunday events: 30 minutes following the end of finals on Saturday

Training Times:

Pre-meet training will be available in the competition pool Wednesday, June 25, 2008, between 16:00 and 19:00.

For additional pre-meet training, please contact Sébastien Messier sebm@hotmai.com

Meet Registration :

All club officials and/or swimmers are required to register at the Olympic Pool, **between 16:00 and 17:00, Wednesday, June 25, 2008. All teams must be REGISTERED AND HAVE THEIR FEES PAID before competing.**

Accreditation, club packages and information will be provided following registration

Finals program : There will be A and B finals for each event of the program. The A Final precedes the B Final. For the 800 m freestyle and 1500 m freestyle for both men and women shall be time finals and will be swum in preliminaries from the fastest to the slowest. Times must be proven.

Individual rewards :

Medals

Gold, silver and bronze medals shall be awarded by the organizing committee for first, second and third position in each event of the program, including relay events.

Team rewards Quebec Cup 2 : A trophy or banner shall be awarded by the organizing committee to the team with the highest point total.

Points :

Team points (all events including relays)

10 lanes pool

23-21-20-19-18-17-16-15-14-13 for A finals

11-9-8-7-6-5-4-3-2-1 for B finals

Cash awards and individual points to determine the Quebec athlete with the highest points of the competition

1st position: 5 points

2nd position: 2 points

3rd position: 1 point

In case of a tie, the winner shall be the Quebec athlete with the highest points, in a final or time final of his best individual event, according to the FINA performance chart. A cash award of 250\$ will be awarded to the athlete.

Awards for Quebec Champion Team for both Quebec Cups : A banner shall be awarded by the Fédération de natation du Québec to the Quebec team with the highest combined points of both Quebec Cups. A \$1000 cash award will be remitted to the winning team.

Technical Meeting :

• There will be a technical meeting in the classroom in front of the diving pool of the Olympic Pool on **Thursday, June 26, 2008, at 14:30.**

Officials Briefing :

The officials will meet each day of the competition, one hour prior to the start time of each session. All officials working at that session are required to attend.

All senior officials may also be required to attend a de-briefing following each session.

Format :

- **Psych Listing**: will be available at <http://www.cnppo.net> shortly following the entry deadline.
- **Finals**: will be swum in an alternating format with A finals swum prior to B finals.
- **Positive Check-In - Finals**: all finals require a positive check in. The positive check-in deadline for finals is at **17:15** each day, prior to the finals. Swimmers may check-in any time after the start of the warm up period.
- **Relays**: All relays will be timed-finals. Relay will swim during the finals.
- **Competitor Limit**: The meet management has the discretion of **limiting the number of swimmers.**
- **Overflow Heats**: The number of heats in the preliminary sessions will be limited to the following with all remaining heats will swim at the end of the preliminary session:
 - o 400 meters events - 5 heats
 - o 200 meters events - 7 heats
 - o 100 meters events - 9 heats

Doping Control : Photo identification will be required for doping control purposes. (driver's license, school identification card, passport, etc.)

Updates : Please check www.cnppo.net for the latest meet updates

**ORDER OF EVENTS – 50 M POOL
BELL GRAND PRIX - QUEBEC CUP 2**

THURSDAY				
PRELIMINAIRES		WARM UP 1:30 PM	START 3:00PM	
WOMEN		EVENTS	MEN	
1	2:32.21	**200 m IM (Preliminaries only)	2:17.77	2
3	9:54.03 (QT 800m)	*1500 m free	18:08.16	4

*Event #3 (1500 m free women) and event #4 (1500 m free men) shall be time finals in the preliminaries from the fastest to the slowest.

** The finals for these events shall be swum before the 50 m butterfly on Friday night.

FRIDAY				
PRELIMINAIRES / FINALS		WARM UP 7:45AM / 5:00PM	START : 9:00AM / 6:00PM	
WOMEN		EVENTS	MEN	
5	2:14.31	200 m free	2:01.59	6
7	1:10.61	100 m back	1:03.77	8
1		200 m IM (Finals only)		2
9	30.69	50 m butterfly	28.38	10
11	36.74	50 m breast	32.89	12
13	5:24.96	400 m IM* (Preliminaries only)	5:00.68	14
15		4 x 200 m free relay(Finals only)		16

*The finals for this event shall be swum before the 100 m free on Sunday night.

SATURDAY				
PRELIMINAIRES / FINALS		WARM UP 7:45 AM / 5:00 PM	START : 9:00 AM / 6:00 PM	
WOMEN		EVENTS	MEN	
17	1:09.23	100 m butterfly	1:01.66	18
19	2:53.36	200 m breast	2:38.03	20
21	2:31.84	200 m back	2:18.65	22
23	28.62	50 m free	25 :58	24
25	4:45.21	400 m free	4:21.49	26
27		4 X 100 m free relay(Finals only)		28

SUNDAY				
PRELIMINAIRES / FINALS		WARM UP 7:45 AM / 4:00 PM	START : 9:00 AM / 5:00 PM	
WOMEN		EVENTS	MEN	
29	2:35.67	200 m butterfly	2:19.00	30
31	1:20.12	100 m breast	1:11.98	32
33	32.67	50 m back	29.48	34
13		400 m IM(Finals only)		14
35	1:01.97	100 m free	55.53	36
37	9:54.03	*800 m free	18:08.16 QT 1500m	38
39		4 x 100 m medley relay(Finals only)		40

*Event #37 (800 m free women) and event #38 (800 m free men) shall be time finals in the preliminaries from the fastest to the slowest.

Relay events shall be time finals and shall be swum directly in finals each evening.



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PRIZE MONEY AND AWARDS

- **Bell Canada** prize money will be awarded 1st through 3rd place in the "A" final for individual events. **\$200 for 1st, \$100 for 2nd and \$50 for 3rd.** In case of a tie(s), prize money will be divided evenly.
- A **\$100.00** bonus **Bell Canada** cash prize will be awarded for meet records broken in the "A" final. **\$200.00** for relays teams (to be split amongst the team). Should more than one person/team break a meet record in the "A" final, the winner will receive the prize.
- 1st, 2nd and 3rd place medals presented by the **CNPPO** to all individual and relay events.
- 1st place relay teams will be presented with **Speedo** merchandise.
- The **Speedo** swim of the day, as determined by the meet organizing committee, will receive **Speedo** merchandise.
- The **Bell Performance Award (\$1 500.00 cash prize)** presented to best single performance of the meet, male or female, based on the 2006 FINA Performance Charts. Second overall single performance receives **\$1 000.00** and the third overall single performance receives **\$500.00**. In case of a tie(s) prize money will be split.
- **Bell** Junior Men's Aggregate High-Point Award (250.00 cash prize) will be presented to the top male, 18 years of age or younger for the "A" finals
- **Bell** Youth Women's Aggregate High-Point Award (250.00 cash prize) will be presented to the top female, 16 years of age or younger for the "A" finals
- **Speedo** Junior Men's Aggregate High-Point Award will be presented to the top male, 18 year of age or younger for the "B" finals
- **Speedo** Youth Women's Aggregate High-Point Award will be presented to the top female, 16 years of age or younger for the "B" finals
- **CNPPO** Team Award will be presented to the club that accumulates the highest aggregate total for the men and women's events combined.

Please note:

- 1. Swimmers must be eligible to accept prize money (e.g. NCAA rules in effect).*
- 2. If a swimmer is ineligible to accept prize money, it may be accepted on their behalf by their club/team.*
- 3. All prize money is paid in Canadian funds*