

**The Regina Masters Swim Club
and the Regina Optimist Dolphins Swim Club**

PRESENT



**Regina Masters Swim Club Invitational &
Regina Optimist Dolphins Developmental Meet
Saturday March 12, 2016**

**LAWSON AQUATIC CENTRE
REGINA, SASKATCHEWAN**



Regina Masters Swim Club / Regina Optimist Dolphins Swim Club
Regina Masters Swim Club Invitational & Regina Optimist Dolphins Developmental Meet
Saturday, March 12, 2016
Sanction # 19257

Meet Manager: Doug Farenick
Tel: (306) 761-9108
Email: douglas.farenick@gmail.com

Location: Lawson Aquatic Centre
1717 Elphinstone St.
Regina, SK

Facility: 1- 25 metre, 8-lane competition pool
25 metre warm-up/warm-down pool
Non-turbulent lane markers
Electronic Timing
HY-TEK Meet Management Software

Program: This is both a Masters meet and an Age Group Meet

All Masters events will be segregated from Age Group events. Events are designated as “Masters” or “Age Group”.

Masters events will be run as Timed Finals.

Age group events will be swum as Timed Finals.

SESSION START TIMES:

Session #1 - Masters Time Final Events & Time Final Age Group Events
Warm Up 8:00-8:55AM
Racing at 9:00AM – 12:00 Noon

Session #2 – Masters Time Final Events & Time Final Age Group Events
Warm Up at 1:00-1:55PM
Racing at 2:00 – 5:00 PM

*Middle tank can be used for warm up between 8:00-12:00 and 1:00-5:00PM

Session times may be changed at the discretion of Meet Management. All participating clubs will be notified of any changes to the start times.

Coaches will be notified prior to the meet of any changes to the specifications of this meet package, unless such changes can be dealt with at the commencement of the meet without disadvantage to the swimmer.

Meet Management reserves the right to limit entries if registration exceeds pool time and session timelines. Meet Management will communicate with coach or masters swimmer if entries are not accepted.

Age Group Swimmers Eligibility:

Open to all swimmers ages 12 & under that are registered as “Winter Competitive Swimmers” with Swimming Canada or FINA affiliates.

PARA swimmers who are registered with a FINA or IPC affiliate are eligible to compete and will be seeded according to their entry time.

Age Group placement will be determined by using the age of the swimmer on Saturday, March 12, 2016.

Males and females will compete separately.

Swimmers must be a minimum seven years of age as of March 12, 2016

Masters Swimmers Eligibility:

Open to all Masters swimmers registered with Swim Saskatchewan Inc. or any other FINA affiliate.

Age as of December 31, 2016.

Age groups for individual events: 18-24, 25-29, 30-34, etc.

Age Group Competition:

Current Swimming Canada rules apply during this meet for the Age Group swimmers events, except as specifically modified in this meet package.

Age group events will be senior seeded by time and swum slowest to fastest.

Males and females will compete separately.

There are no Qualifying Times for this meet.

All events will be swum as timed finals

*****Each swimmer will be limited to a maximum of 6 individual events.*****

Heats may be combined as necessary.

Masters Competition and Seeding:

Current Masters Swim Canada (MSC) and Swimming Canada rules will apply during this meet for the Masters events. When a conflict occurs between a Swimming Canada Rules and a MSC rule, the MSC interpretation shall apply.

All events will be swum as time finals.

Male and Female events will be combined and will be swum as mixed gender events.

Order of events is as shown on the attached “List of Events”.

Masters events will be seeded by time. No age categories.

Masters Swimmers will be allowed to enter a maximum of 8 events, not including relays.

Start: The FINA start shall be used for all events per Swimming Canada Rule SW 4 and Masters Rule CMSW 4

Masters swimmers may start from the water, the deck or the blocks.

Except for Backstroke events, swimmers will remain in the water at the completion of their swim to allow the next heat to get under way. Swimmers will stay to the side of their respective lane against the lane rope.

Relays: Relay events will be for Master swimmers only:

Masters (Age groups: 72-99, 100-119, 120-159, etc)

- 4 x 50m Women's/Men's/Mixed Free Relay
- 4 x 25m Women's/Men's/Mixed Medley Relay
- 4 x 25m Women's/Men's/Mixed Free Relay
- 4 x 50m Women's/Men's/Mixed Medley Relay

Relay cards are available at the clerk of course table and are to be submitted to the Clerk of the Course no later than **30 minutes** after the end of the preliminary session on the day the relay event is to be held.

Scratches: Scratches from Age Group and Masters Events simply create empty lanes; there shall be no re-seeding.

There is no penalty to scratch from a preliminary heat or a Timed Final event, except for loss of entry fee

Coaches of Age Group Swimmers and Masters Swimmers are encouraged to report any scratches 30 minutes prior to the start of the preliminary session in which the event is being held.

Protests: As per SNC Rule CGR 9.2.3.1, CMGR 7.2

Coaches

Meetings: A coaches meetings will occur approximately 15 minutes after the start of each warm-up session.

Entries: All entry times *must* be submitted in short course metres. Entry times are encouraged and, where possible, estimate times should be provided to assist in seeding entries. You may enter NT if the swimmer has no time for the event.

Swimming Canada 9 digit registration numbers **MUST** be submitted for all Age Group and Masters swimmers.

Classification numbers for PARA swimmers must accompany entries.

Meet Management will not be responsible for obtaining missing registration numbers.

Any entries submitted without a registration number will not be accepted.

Entry Deadline: All entries for Age Group swimmers are to be submitted via the Swim Canada entries site. www.swimming.ca/Meetlist.aspx by **11:59 pm, Friday, March 4, 2016. (Eastern Standard Time)**, Ian Amundsen is the entry person for age group swimmers izamundsen@gmail.com

Masters Participant entries must be submitted on the entry form found on page 7 and sent via e-mail to Doug Farenick at douglas.farenick@gmail.com by **11.59 pm, Friday, March 4, 2016.**

Entry Fees: Masters: \$50 per swimmer.

Age-Group: \$30 per swimmer.

Fees for Masters and Age-Group swimmers should be paid by cheque to the **Regina Masters Swim Club**.

Entry Fees are due prior to the start of warm-ups for the first session the respective team participates in.

Entry Fees that are not received prior to this deadline will result in swimmers from the offending team not being allowed to compete.

Please do not mail Entry Fees. Bring them to the meet and give the cheque to Meet Management.

Deck Entries: Deck entries will not be permitted

Scoring: As this is a developmental competition, there will be no scoring.
No scoring for Masters competitions

Results: Masters results will be posted in PDF format on the Regina Masters Swim Club website at: www.rmssc.ca and the Swim Sask web site (www.swimsask.ca) after the completion of the swim meet.

Age group results will be posted on the Swimming Canada meet results site.

Request for Official Splits

As per SNC Swimming Rule CSW 13.3.1.1 - Meet Management requires, that a coach wishing to rely on a time achieved by a swimmer for an interval shorter than the total distance of the event, must advise the Referee and Meet Management prior to the commencement of the event in question will be held. Official Split requests must be submitted to the Meet Manager a minimum of ½ hour prior to the start of the session that the event is being held. The Official Split Request Form is available through Meet Management or by downloading from the SNC site at: <http://www.swimsask.ca/management.htm>

Such official split shall then be reported as a separate event in the meet results

Social Event: There will be a banquet for Masters swimmers on the evening of Saturday, March 12.

General

Information: Any changes to the meet format will be provided to the coaches at the coaches' meeting.

Team spaces will not be assigned. Tables and chairs will be set up along the pool deck for coaches. The space that each team uses will be the responsibility of that team. Teams are expected to keep the areas that they use clean and tidy.

The Lawson Aquatic Centre and the Regina Optimist Dolphins Swim Club will not accept responsibility for any lost or stolen items. It is the responsibility of each swimmer entered into the swim meet to ensure that their personal belongings are stored in a secure manner.

Visiting teams are responsible for the conduct of their swimmers. Inappropriate behavior at the pool or at a billets residence, if appropriate, may result in disciplinary action by meet management.

The RODS reserve the right to sell merchandise on the pool deck.

Glass containers and breakables are not allowed on the pool deck. Sunflower seeds are also not allowed on the pool deck.

Deck changing will not be allowed as per Swim Saskatchewan policy

REGINA MASTERS SWIM CLUB INVITATIONAL

Masters Participants Entry Form – Due by Fri March 4, 2016

Name:

Address/City/Postal Code:

Phone:

Email:

Masters Reg. #:

Club:

Date of Birth:

Gender:

Age as of December 31, 2016:

Emergency Contact (Name/Phone No.):

Send to: Doug Farenick (via email to douglas.farenick@gmail.com)

Session 1 (Morning)

Event	Entry Time
400m IM or 400m Free*	
100m Breast	
50m Fly	
50m Back	
100m Free	
200m IM	
4 x 50m Free Relay Women's/Men's/Mixed	
4 x 25m Medley Relay Women's/Men's/Mixed	

Session 2 (Afternoon)

Event	Entry Time
200m Fly, Back, or Breast *	
100m Back	
200m Free	
100m Fly	
50m Breast	
50m Free	
100m IM	
4 x 50m Medley Relay Women's/Men's/Mixed	
4 x 25m Free Relay Women's/Men's/Mixed	

*** Swum together, and only one stroke is to be selected. Please indicate the stroke along with your entry time**

Regina Masters and RODS Developmental Meet
SCHEDULE OF EVENTS

Session 1	Session 2
100IM (Girls) 100IM (Boys)	200 fly/back/breast (Masters)
400 free/IM (Masters)	100FR (Girls) 100FR (Boys)
50 Free (Girls) 50 Free (Boys)	100 back (Masters)
100 breast (Masters)	50 Breast (Girls) 50 Breast (Boys)
50 Back (Girls) 50 Back (Boys)	200 free (Masters)
50 fly (Masters)	50 Fly (Girls) 50 Fly (Boys)
50 back (Masters)	100 fly (Masters)
100 free (Masters)	50 breast (Masters)
200IM (Masters)	50 free (Masters)
4x50 Women's/Men's/Mixed Free Relay (Masters)	100IM (Masters)
4x25 Women's/Men's/Mixed Medley Relay (Masters)	4x50 Women's/Men's/Mixed Medley Relay (Masters)
	4x25 Women's/Men's/Mixed Free Relay (Masters)

SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES November 25, 2014

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:
“SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

Appendix G - MSC Warm-Up/Warm-Down Procedures

CMSW 1.6 MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

CMSW 1.6.1 The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

CMSW 1.6.2 There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

CMSW 1.6.3 There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

CMSW 1.6.4 All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

CMSW 1.6.5 Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

CMSW 1.6.6 The wearing of watches, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

CMSW 1.6.7 Warm-up procedures shall be prominently posted at various areas of the pool deck