

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

PRESENT



**Regina Masters Swim Club Invitational &
Regina Optimist Dolphins Developmental Meet
Saturday May 2, 2015**

**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, May 2, 2015
Sanction # _____

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
Omega Electronic timing and plungers
HY-TEK Meet Management Software

Program: **The swim meet will run Timed Finals for all Masters events.**

Age group events will be swum as heats and finals, except for the 200IM, which will be Timed Final.

SESSION START TIMES:

Prelims: Warm Up 8:00-8:55AM
Racing at 9:00AM – 12:00 Noon

Lunch Events (800m/1500m freestyle)
Racing at 12:30 PM – 2:00 PM
*Middle tank can be used for warm up between 8:00-12:30

Finals: Warm Up at 2:30-3:25PM
Racing at 3:30PM – 6:30 PM

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

Age Group Eligibility:

Open to all swimmers registered as “Winter Competitive Swimmers” with Swimming/Natation Canada (SNC) 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, May 2, 2015.

Age groups for this competition will be 10&U, 11&12.
Males and females will compete separately.

Swimmers must be a minimum six/seven years of age as of the first day of competition.

Masters Eligibility:

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

Age as of December 31, 2015.

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

Non-Registered Participant Eligibility:

The 1500m freestyle event is non-sanctioned and is open to all interested swimmers, including those not registered with Swim Sask. As a non-sanctioned event, the results will be unofficial.

Age as of December 31, 2015.

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

Competition: Current SNC rules apply during this meet except as specifically modified in this meet package.

Age groups for this competition will be 10&U, 11&12.
Males and females will compete separately.

There are no Qualifying Times for this meet.

There will be "A" finals for all events.

*****Each swimmer will be limited to a maximum of 4 individual events.*****

Heats may be combined as necessary.

The FINA Start shall be used for all events as per SNC rule SW4. The One Start rule will be used.

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.

Masters Seeding and Competition

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

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

Current Masters Swim Canada (MSC) and Swimming Natation Canada (SNC) rules will apply. When a conflict occurs between an SNC rule and an 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.

Masters Swimmers are allowed to enter only one of the 200m back, breast, or fly events, and only one of the 400m events.

Masters and Non-Registered Participant 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 SNC Rule SW 4

Masters and Non-Registered Participant swimmers may start from the water, the deck or the blocks. The one false start rule will be in effect.

Relays: Relay events will be:

Age Group:

- 4x25 fly relay (11&U girls, 12 year old girls)
- 4x25 fly relay (11&U boys, 12 year old boys)
- 8x25 Mixed Free Relay (4 boys, 4 girls) 11&U, 12 year old

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 preliminary heats simply create empty lanes, as there shall be no re-seeding. Scratches from preliminary heats may be made at any time without penalty except for loss of entry fee. Clubs are requested to **report any scratches 30 minutes prior to the start of the preliminary session.**

- a) The scratch deadline for the afternoon (finals) session will be 30 minutes after the end of the morning session. Penalties for all late scratches will be enforced as per penalty item below.
- b) The scratch deadline for the 800 shall be 15 minutes prior to the start of the morning session. Penalties for all late scratches will be enforced as per penalty item below.
- c) The scratch deadline for the 400 Free and 400 IM shall be 15 minutes prior to the start of the morning session. Penalties for all late scratches will be enforced as per penalty item below.
- d) **Penalties:** Scratches after the scratch deadline and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day. No monetary penalty fee is to be assessed.

ALTERNATE SWIMMERS: In Finals, if a contestant has not reported to the blocks when the race is called, the Referee shall replace the contestant with an alternate who has reported to the Clerk of Course and is present and ready to swim. The alternate shall become one of the finalists. Alternates **MUST** report to the Clerk of Course when the event is called and be ready to swim if necessary.

Protests: As per SNC Rule CGR 9.2.3.1

Coaches Meetings:

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

Entries: All entry times should be 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.

Non-Registered Participants are also strongly encouraged to estimate their entry time.

All entries are to be submitted via the Swim Canada entries site.
www.swimming.ca/Meetlist.aspx by **11:59 pm, Friday April 24, 2015.**

SNC and STAC registration numbers **MUST** be submitted for each swimmer.

Classification numbers for PARA swimmers must accompany entries.

Meet Management will not be responsible for obtaining missing registration numbers. Entries submitted without a registration number will not be accepted.

All Masters entries must come with the 9 digit SNC number for each swimmer.

Masters entries must be sent via e-mail to Doug Farenick at douglas.farenick@gmail.com by 11.59pm Friday April 24, 2015. All Masters entries are to be submitted on the attached entry grid.

Meet Management will not be responsible for obtaining missing or incorrect registration numbers. Entries submitted with missing or incorrect registration numbers will not be accepted.

Entry Fees: Masters: \$50 flat rate for the entire day, or \$15 for one of the 800m or 1500m freestyle events.

Visiting Age-Group Clubs: \$25 per swimmer.

Non-Registered Participants: \$30 for the 1500m event and one-day registration.

Cheques should be made payable 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.

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/Natation Canada web site.

Results will be reported in the 10&U, 11&12

Social Event: Masters and Non-Registered Participant swimmers are invited to a social event following the conclusion of the swim meet. Details will follow at a later date.

REGINA MASTERS SWIM CLUB INVITATIONAL
Masters/Non-Registered Participants Entry Form

Name:

Address/City/Postal Code:

Phone:

Email:

Masters/STAC Reg. #:

Club:

Date of Birth:

Gender:

Age as of December 31, 2015:

Emergency Contact (Name/Phone No.):

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

Schedule of Events

SESSION 1

Warm up: 8:00 a.m.

Events: 9:00 a.m. – 12 noon

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

** The 400m events will be swum together. Swimmers may choose one only.*

SESSION 2

Warm up: 2:30 p.m.

Events: 3:30 p.m. – 6:30 p.m.

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

*** The 200m fly, back, breast events will be swum together. Swimmers may choose one only.*

LUNCH-HOUR SESSION

Warm up: 12 noon.

Event: 12.30 – 2:00 p.m.

Event Number	Event	Entry Time
	1500m Free (Non-Sanctioned)	
	800m Free	

RODS Developmental Meet
SCHEDULE OF EVENTS

Session 1	Lunch Session	Session 2
100IM (Girls) 100IM (Boys) 400 free/IM (Masters) 50 breast (Girls) 50 breast (Boys) 100 breast (Masters) 50 fly (Girls) 50 fly (Boys) 50 fly (Masters) 50 back (Girls) 50 back (Boys) 50 back (Masters) 50 free (Girls) 50 free (Boys) 100 free (Masters) 200IM Finals (10&U Girls) 200IM Finals (10&U Boys) 200IM Finals (11&12 Girls) 200IM Finals (11&12 Boys) 200IM (Masters) 4x50 Women's/Men's/Mixed Free Relay (Masters) 4x25 Women's/Men's/Mixed Medley Relay (Masters)	1500m Free (Non- Sanctioned) 800m Free	200 fly/back/breast (Masters) 100IM Finals (10&U Girls) 100IM Finals (10&U Boys) 100IM Finals (11&12 Girls) 100IM Finals (11&12 Boys) 100 back (Masters) 50 breast Finals (10&U Girls) 50 breast Finals (10&U Boys) 50 breast Finals (11&12 Girls) 50 breast Finals (11&12 Boys) 200 free (Masters) 50 fly Finals (10&U Girls) 50 fly Finals (10&U Boys) 50 fly Finals (11&12 Girls) 50 fly Finals (11&12 Boys) 100 fly (Masters) 50 back Finals (10&U Girls) 50 back Finals (10&U Boys) 50 back Finals (11&12 Girls) 50 back Finals (11&12 Boys) 50 breast (Masters) 50 free Finals (10&U Girls) 50 free Finals (10&U Boys) 50 free Finals (11&12 Girls) 50 free Finals (11&12 Boys) 50 free (Masters) 100IM (Masters) 4x25 Fly (11&U) 4x25 Fly (12 year old) 4x50 Women's/Men's/Mixed Medley Relay (Masters) 8x25 Free Mixed (11&U) 8x25 Free Mixed (12 year old) 4x25 Women's/Men's/Mixed Free Relay (Masters)

SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

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 scratched 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.”

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