

**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 # 17859

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
Manual Timing
HY-TEK Meet Management Software

Program: This is both a Masters meet and an Age Group meet for swimmers ages 12 & under only.

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 heats and finals, except for the 200IM, which will be a Time Final event swum in Session #1 only.

SESSION START TIMES:

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

Lunch Hour Events - 800m for Registered Masters swimmers only & 1500m freestyle for Tri-athletes registered with STAC
Warm Up 12 Noon
Racing at 12:30 PM – 2:00 PM

*Middle tank can be used for warm up between 8:00-12:30

Session #2 – Masters Time Final Events & Finals for 12 & Under Age Group Swimmers:
Warm Up at 2:30-3:25PM
Racing at 3:30PM – 6:30 PM

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, 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 seven years of age as of May 2, 2015

Masters Swimmers 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.

Tri-athlete Eligibility:

The 1500m freestyle event is non-sanctioned and is open to all Tri-athletes that are registered with STAC. 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.

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 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 except for 200 IM which will be run as a Timed Final.

*****Each swimmer will be limited to a maximum of 4 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 an Swimming Canada Rules 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.

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

Masters and Tri-Athlete 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 Swimming Canada Rule SW 4 and Masters Rule CMSW 4

Masters and Tri-Athlete Participant 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:

Age Group:

- 4 x 25 fly relay (10 & U, 11 & 12)
- 8 x 25 Mixed Free Relay (4 boys, 4 girls) (10 &U, 11 & 12)

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 preliminary heats and all Masters Timed Final 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/asked to report any scratches 30 minutes prior to the start of the preliminary session.

The scratch deadline for Age Group Events that will advance to Finals in Session #2 will be 30 minutes after the conclusion of Session #1.

There will be no penalty for not scratching from the final, but Coaches are asked to submit scratches as a courtesy so that alternate swimmers can have the opportunity to advance to the final.

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

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 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.

Tri-Athlete Participants are also strongly encouraged to estimate their entry time

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

Tri-athlete Participants **MUST** submit STAC registration numbers.

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 April 24, 2015.**

Ian Amundsen is the entry person for age group swimmers izamundsen@gmail.com

Masters and Tri-athlete 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 **11.59pm Friday April 24, 2015.**

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

Age-Group: \$25 per swimmer.

Tri-Athlete Participants: \$35 for the 1500m event, this includes \$7 limited event fee for insurance and one-day registration with Swim Sask.

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 Canada meet results site and will be reported in the 10&U, 11&12 age categories.

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>

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

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 and Tri-Athlete Participants Entry Form – Due by Fri April 24, 2015**

Name:

Address/City/Postal Code:

Phone:

Email:

Masters or 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)**SESSION 1**

Warm up: 8:00 a.m.

Events: 9:00 a.m. – 12 noon

SESSION 2

Warm up: 2:30 p.m.

Events: 3:30 p.m. – 6:30 p.m.

Event	Entry Time
400m IM* or 400m Free* (may only swim one, circle only one)	
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	

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

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

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

LUNCH-HOUR DISTANCE SESSION

Warm up: 12 noon.

Event: 12.30 – 2:00 p.m.

Event	Entry Time
1500m Free (For STAC or Masters Registered swimmers)	
800m Free (Registered Masters swimmers only)	

Regina Masters and 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 Time Final (10&U Girls) 200IM Time Final (10&U Boys) 200IM Time Final (11&12 Girls) 200IM Time Final (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 Time Trial for Tri-Athletes registered with STAC) 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 (10&U) 4x25 Fly (11 & 12) 4x50 Women's/Men's/Mixed Medley Relay (Masters) 8x25 Free Mixed (10 & U) 8x25 Free Mixed (11 & 12) 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.”**