

# FRIGHT FEST 2017

**SBCM 1804**

## *Location*

H2O Adventure – Fitness Centre  
4075 Gordon Drive, Kelowna, BC. V1W 5J2

## *Pool*

25 metres, 8 lanes, Keifer lane ropes, Quantum electronic timing,

## *Date and Time*

Sunday, October 29, 2017

Warmup: 1:00 - 1:45 pm

Events: 2:00 to 5:00 pm

Social: Potluck immediately following swimming at H2O – Please bring a dish to share

## *Meet Manager*

Norma Lachance [norma.lachance@okmasters.com](mailto:norma.lachance@okmasters.com)

## *Eligibility*

All swimmers must be registered with MSABC or FINA affiliated organizations. Age groups are based on the age of the swimmer as of December 31, 2017.

## *Fees*

\$30.00 flat fee. Fees must be paid prior to the start of the meet. **No refunds.**

## *Meet Rules*

MSC rules and warm up procedures will be in effect at this meet. The Swim BC Technical Guide rules will be in effect. All events are timed finals. This will be a cardless meet. Four lanes in the non-competition tank will be continuously open for warm-up and cool-down.

## *Entries*

Deadline for registration is October 22, 2017. **No more than 6 individual events** including deck entries is allowed. Some restrictions apply:

- 1. Swimmers may enter only one of 200 Backstroke, 200 Butterfly or 200 Breaststroke**
- 2. Swimmers may enter only one of 25 Freestyle or 25 Backstroke**
- 3. Swimmers may enter only one of 25 Butterfly or 25 Breaststroke**

Entries may be emailed to **Norma Lachance** at [norma.lachance@okmasters.com](mailto:norma.lachance@okmasters.com)

**All entries must be accompanied by the swimmer's Masters BC registration number or FINA registration number. Registration is limited to 150 swimmers.**

## *Relays*

All relays will be exhibition only. Please email your relay teams (OMSC 'A', KISU 'B', etc) directly to Meet Management **prior to entry deadline**. Names can be confirmed on the day of the meet.

**Bring along a 'Fright Fest' related costume for the Mystery 200m Relay.**

## *Deck entries*

Deck entries are at the discretion of the Meet Manager. A fee of \$7.00 per event must accompany a deck entry request.

## *Awards*

Event placings will be posted online and at the event..

## *Entries*

Swimmers can enter one of two ways:

1. Online registration available at

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2195&mid=6997](https://www.clubassistant.com/club/meet_information.cfm?c=2195&mid=6997)

2. Mail registration form to:

Okanagan Masters Swim Club

c/o Norma Lachance

#431 4205 Gellatly Road

West Kelowna, BC V4T 2K2

\*Allow sufficient time for mailing, cut off date is October 22<sup>nd</sup> 2017

**CONFIRMATION OF BREAKS WILL BE CONFIRMED AFTER THE ENTRY DEADLINE BASED ON SUBSCRIPTION AND AT MEET MANAGEMENT DISCRETION**



OMSC Fright Fest Invitational

October 29, 2017

EVENT LIST	
1	200 FLY/BACK/BREAST
2	25 FREE/BACK
	<b>BREAK*</b>
3	200 MIXED FREE RELAY
	<b>BREAK*</b>
4	100 BACK
5	25 BREAST/FLY
6	50 BACK
	<b>BREAK*</b>
7	100 BREAST
8	200 FREE
	<b>BREAK*</b>
9	100 IM
10	50 FLY
	<b>BREAK*</b>
11	100 FLY
12	50 BREAST
13	100 FREE
	<b>BREAK*</b>
14	400 FREE/IM
15	50 FREE
16	200 IM
17	200 COSTUME RELAY

October 29, 2017

**PLEASE INCLUDE THE FOLLOWING DETAILS ALONG WITH PAYMENT IF YOU ARE MAILING IN YOUR ENTRY**

First Name  
Last Name  
Gender  
Age as of Dec. 31, 2017  
Male / Female  
MSABC or FINA Registration Number  
Club Code  
Club Contact  
Date of Birth  
Address  
City  
Province/State  
Email address  
Telephone  
List of events with entry time

**Entry Fee is \$30 / swimmer**

## 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.