



March 2, 2019

Chilliwack Masters Swim Club

March *Madness* Swim Meet

Sanction # SBCM 1907

General Information

- **DATE - March 2, 2019**
- Warm ups start at +- 12:00 PM
- Events start at +- 1:00 PM
- Estimated Finish +- 5:30 PM
- Maximum competitors = 150

Location

- **Chilliwack Leisure Landing Center, #1 - 9145 Corbould Street, Chilliwack BC. V2P 4A7 Phone: (604) 793-7946**

Pool

- Competition will be held in an 8 lane 25m pool and a Colorado touch pad system will be used.
- **Starts will be conducted from starting platforms (Blocks) as per FINA FR 2.3 AND SW 4.1 AND / OR from the Deck or Bulkhead as per CANADIAN FACILITY RULE CFR 2.3.1 AND/OR CSW 4.1.1 AND/OR In-Water Starts will be conducted per CANADIAN FACILITY RULE CFR 2.3.1 AND CSW 4.1.2**
 - NOTE: All 25 meter events will be started by a starting device and timed via stop watch.
- There will be no warm down pool space available while events are being swum.

Entries

- **Entries must be received on or before Wednesday, February 27th, 2019.** No deck entries will be accepted with the exception of relays. Relays will be entered as deck entries. Relay entries for event 3 & 4 must be received prior to the end of warm ups at the start of the swim meet. Relay entries for events 17 & 24 must be received prior to the start of event 13.

Breaks

- There will be a **15 minute break** between event 12 & 13

Events

- Events will be seeded by **Slowest to Fastest** with men and women seeded together. "No times" will not be accepted.
- Maximum events per swimmer: 4 individual events, plus relays.
- **Relays:** No swimmer may swim more than once in any relay- you may swim either on the men's, women's or mixed team in any relay event.
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Fees

- Entry fees **\$40.00** per person.
 - Please use Club Assistant for online entries at the following link https://www.ClubAssistant.com/club/meet_information.cfm?c=2195&smid=8521
 - No refunds will be offered.
 - If you are unwilling/unable to use online entry, please contact Larry Hine at Larry.chil@shaw.ca
 - Web Page: www.chilliwackmastersswimming.weebly.com

Positive Check in

- Please check in at the registration table.

Rules

- MSC rules and warm up procedures will apply (see below). Swim BC Technical Guide will be in effect.

Eligibility

- All Masters Swimmers registered with their Provincial, State or National M.S.O.



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Order of Events

NOTE

- Event 1, 400 Free, will be limited to 5 heats.
- Event 2, 400 IM, will be limited to 2 heats.

EVENT #	SEX	DISTANCE		EVENT
1	Mixed	400	M	Free
2	Mixed	400	M	IM
3	Female	200	M	Free Relay - F
4	Male	200	M	Free Relay - M
5	Mixed	50	M	Back
6	Mixed	100	M	Breast
7	Mixed	25	M	Fly
8	Mixed	200	M	Back
9	Mixed	50	M	Fly
10	Mixed	25	M	Breast
11	Mixed	200	M	IM
12	Mixed	100	M	Free
15 minute break				
13	Mixed	25	M	Back
14	Mixed	200	M	Fly
15	Mixed	200	M	Breast
16	Mixed	50	M	Free
17	Mixed	200	M	Medley Relay - Mixed
18	Mixed	100	M	Fly
19	Mixed	200	M	Free
20	Mixed	50	M	Breast
21	Mixed	100	M	Back
22	Mixed	25	M	Free
23	Mixed	100	M	IM
24	Mixed	200	M	Free Relay - Mixed

EVENTS: Breaks may be added or removed at the discretion of the meet manager the day of the meet.



Fun, Friendship and Fitness for Life!





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Appendix F - 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.