

# Nolan's Pharmasave Invitational VKSC/Masters Swim Meet

Jun. 16, 2019

SBCM # 1909

Warm Ups 7:15 am, Meet Start 8:30 am

**Hosted by: VKSC and Vernon Masters Swim Club  
& Greater Vernon Recreation Services**

3310 37 Ave, Vernon, BC V1T 2Y5  
(250) 545-6035, greception@vernon.ca



**Master swimmers events will be interleaved with VKSC age group events being held concurrently. This meet is NOT part of the MSABC League Trophy series.**

## **Registration:**

Register online though Club Assistant on the MSABC website.  
<http://www.msabc.ca/swim-meets.html>

**DECK ENTRIES**: Deck entries of additional events will be accepted where there are empty lanes.

Registration fee: 25.00

**REGISTRATION DEADLINE: 11:59 pm-Jun.9, 2019**

**Meet Manager:** Sharon Slater [s Slater@shaw.ca](mailto:s Slater@shaw.ca)

**Meet Registrar and Entry Contact:** John Holmwood [holmwood@shaw.ca](mailto:holmwood@shaw.ca)

**Eligibility:** Open to any Canadian or International registered Masters Swimmer 18 years or older as of Dec. 31<sup>st</sup>, 2019. Age groups determined as of this date.

**Entry Limit:** Registration is limited to **75 swimmers**. Each individual may enter 4 events plus relays, relay entries will be accepted only as 'deck entries'. Meet management reserves the right to limit the number of heats and/or reschedule events.

**Refunds:** No refunds/credits will be given after the registration deadline of Jun. 9, 2019. Refunds are subject to a 10% administration fee.

**Information:** 25 meter, 8 lane.

**Timing System:** Electronic timing.

**Rules:** MSC rules and warm up procedures will apply (attached)  
. Swim BC Technical Guide will be in effect.

**POOL DEPTH:** Starts will be conducted from the starting platforms(blocks) as per FINA 2.3 and SW 4.1 and/or from the deck or bulkhead as per Canadian Facility Rule CFR 2.3 and CSW 4.1.1. In water starts will be conducted as per Canadian Facility Rules 2.3.1 and CSW 4.1.2.

**Seeding:** All events will be run slowest to fastest. \*\*Some events will be combined\*\*.

**Relays:** Mixed relays can be composed of (mixed-two (2) men and two (2) women) or 4 men/4 women from the same club or affiliation.

**Pool Temperature:** 25°-28°C in the 25m competition pool.

**Site Information:** Parking on-site, at no charge.

**Lockers:** Coin-operated lockers are available in the change rooms. Lockers to be cleared at end of meet.

**Concession:** None.

## **Schedule of Events**

There will be a 10 minute break mid-time, but may be shortened if meet is running behind schedule. Event 7 is open to all swimmers. Event 1101- Relay teams must be made up of both Masters and Age Group swimmers.

**Meet Start Time: Warm up – 7:15 am Start time-8:30 am**

### **EVENTS**

|                                |                          |
|--------------------------------|--------------------------|
| Event #501                     | 100 IM                   |
| #601                           | 50 FLY                   |
| #701                           | 50 BACK                  |
| <b>EVENT # 7 (EXHIBITION)</b>  | <b>100 fly KICK OPEN</b> |
| <b>BREAK</b>                   | <b>BREAK</b>             |
| Event #801                     | 50 BREAST                |
| Event #901                     | 50 FREE                  |
| <b>Event 1101 (EXHIBITION)</b> | <b>4x50 Medley RELAY</b> |



## 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.