



## 2020 MSABC SC Provincial Championships April 17-19, 2020

Sanctioned by Swim BC: # 35202

**COMPETITION HOSTS:** White Rock Wave

**VENUE:** Grandview Heights Aquatic Centre  
16855 24<sup>th</sup> Avenue, Surrey, B.C. 604-590-7800  
Free Parking, day lockers available

**POOL:** 10 lane 25m competition pool w/ Colorado timing  
4 lane 25m warm down pool

**MEET MANAGER:** Craig Slater, craigslater02@gmail.com

**MEET REFEREE:** Barry Parish

**VOLUNTEERS COORDINATOR:** Tracy Wright

**SPONSORSHIP:** Susan Kirk, Wanda Morris, Debbie Dunn, Linda Stanley Wilson

**BANQUET:** Karen Peters

**TREASURER:** Nancy Waterman

**Check-in:** Please visit the check-in desk located in the pool lobby  
Welcome bags will be available at check-in on deck during the meet.

Banquet tickets will be provided at check-in

**Operating hours of the check-in desk:**

Friday: 3:00pm-6:00pm

Saturday: 8:00am-10am

**MSABC AGM:** The MSABC AGM will be held approximately 30 minutes after the final event on Sat April 18, in the room adjacent to the pool deck.

### Warm Up and Session Times

Date	Warm Up	Competition
Friday April 17	4:00 - 4:45 pm	5:00 pm
Saturday April 18	8:00 - 8:45 am	9:00 am
Sunday April 19	8:00 - 8:45 am	9:00 am

### ELIGIBILITY

1. All swimmers must be registered with a Swim BC, SNC, or other FINA recognized club
2. Proof of registration may be required for International Masters swimmers
3. Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39, etc (five-year age groups increments)
4. Swimmer age is as of December 31, 2020
5. The meet will be limited to 300 swimmers and entries will be considered on a first-come-first-serve basis

### ENTRIES

1. Swimmers are limited to a maximum of seven individual entries plus relays
2. Swimmers must submit an entry time for each event and entries with NT will not be accepted
3. Meet fees are \$95 per swimmer or relay only entry
4. Registration: Online registration is available through the MSABC website: <http://www.msabc.ca/swim-meets.html>
5. Entry deadline: April 5, 2020 at 11:59pm
6. Requests to change an entry time received after April 5, 2020, will not be accepted.
7. All meet fees must accompany entries
8. Late and/or deck entries will not be accepted and no refunds
9. No deck entries will be accepted with the exception of relays
10. Psych Sheets and Heat Sheets will be posted on the MSABC website as soon as possible after the entry deadline

### GENERAL MEET RULES

1. This meet will observe the FINA Technical Rules as outlined in the current FINA Masters Rulebook as well as:

- a. from the shallow end: starts shall be permitted from the deck or bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1
2. The FINA one start rule and SNC warm up procedures will be in effect
3. Current SNC Swim Suit policy will be in effect at this meet
4. All events will be swum as time finals
5. Events will be swum slowest to fastest with all age groups and genders swimming together
  - a. In the results, swimmers will be separated into the different genders and age groups
6. Meet management reserves the right to reduce the number of entries for all events if the meet time lines do not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed
7. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet
8. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck

### 1500/800 Freestyle

There will be a limit of 40 entries for 1500 Free and 40 entries for the 800 Free event. Mandatory in person positive check in for the 1500 Freestyle event closes at 4:30 pm, April 17, 2020, at the Clerk of the Course desk. Mandatory in person positive check in for the 800 Freestyle event closes at the conclusion of Event 11 on Saturday April 18, 2020, at the Clerk of the Course. Swimmers not checking in person for the 1500 and 800 freestyle events will be removed from the events at the above respective deadline times. Distance Lap Counters will not be available. Swimmers must provide their own if needed.

### RELAYS

1. Relay team entry deadline is April 7, 2020 at 11:59pm. Each club must complete a Relay Card for each team entry and event. Cards available in the Meet Package. Please email the completed Relay cards to the Meet Manager. ([craigslater02@gmail.com](mailto:craigslater02@gmail.com))
2. Relay name changes and /or scratches may be submitted on the first day of the Meet and no later than 30 minutes prior to the start of the Meet on the day in which the relay event is scheduled
3. No swimmer may swim more than once in any relay event
4. Mixed relays must be composed of two females and two males from the same club or affiliation
5. Relay teams that include swimmers under the age of 25 will not be eligible for Master's World Records

### SCORING

**Individual: 20 - 17 - 16 - 15 - 14 - 13 - 12 - 11**

**Relay : 40 - 34 - 32 - 30 - 28 - 26 - 24 - 22**

### AWARDS

Lapel pins will be awarded to the 1st, 2nd, and 3rd place finishers of individual events in each age group. Lapel pins will be awarded to the 1st place relay in each age group. Awards must be picked up at the awards desk, located on the pool deck. Awards will not be mailed.

### RESULTS

Meet results will be posted on the pool deck throughout the meet. Results will also be posted on Meet Mobile.

### RECORDS

Swimmers challenging a current record are required to provide a record attempt card to the Clerk of Course at least 30 minutes prior to the start of the meet on the day in which the event is scheduled.

### AWARDS BANQUET

Saturday April 18, 6:30 pm to 10:30 pm

Semiahmoo Fish & Game Club

1284 184 St, Surrey, BC.

Tickets \$35 per person

### Menu:

Members will be welcomed with charcuterie platters and vegetables. The buffet style dinner will include a selection of artisan buns, assorted salads, Tuscan chicken, vegetable pasta, rice pilaf, a medley of grilled Mediterranean vegetables and a variety of desserts. Coffee and tea will be served as well as a glass of wine with dinner. All dietary restrictions will be considered if required.

Maximum seating is 175 attendees. Any extra tickets will be made available for purchase during the meet (cash only please). This will be a licensed event and attendees must be 19 years of age. A cash bar will be available for wine and beer.

### ACCOMODATIONS

#### Ocean Promenade Hotel

15611 Marine Drive

White Rock, B.C.

604-542-0102

1-888-976-2326

Quote: White Rock Wave Swim Club

- Deluxe 2 Queen Room \$ 115.00

- Deluxe King Room \$ 125.00

- Deluxe Queen Room \$ 115.00

- King Studio Suite \$ 149.00

- One Bedroom Suite \$ 209.00

#### Best Western Peace Arch Inn

2293 King George Blvd.

Surrey, B.C.

604 541-8100

- 2 Queen Room w/ Kitchenette \$ 159.00

## Schedule of Events

### Friday, April 17

Warm up 4:00 - 4:45 pm

Sprint/Dive Lanes open 4:30 pm

Competition Starts 5:00 pm

Female	Event	Male
1	1500 Freestyle	1
	<b>15 min Break *</b>	
2	200 IM	2
	<b>15 min Break *</b>	
3	400 Freestyle Relay - MIXED	3
4	400 Freestyle Relay - Female	
	400 Freestyle Relay - Male	5

### Saturday, April 18

Warm up 8:00 - 8:45 am

Sprint/Dive Lanes open 8:30 am

Competition Starts 9:00 am

Female	Event	Male
	<b>OPENING CEREMONIES</b>	
6	400 Freestyle	6
	<b>15 min Break *</b>	
7	50 Backstroke	7
8	100 Breaststroke	8
9	100 Butterfly	9
10	200 Freestyle Relay - Female	
	200 Freestyle Relay - Male	11
	<b>30 min Break *</b>	
12	100 Freestyle	12
13	400 IM	13
14	50 Breaststroke	14
15	100 Backstroke	15
16	200 Medley Relay - MIXED	16

### Sunday, April 19

Warm up 8:00 - 8:45 am

Sprint/Dive Lanes open 8:30 am

Competition Starts 9:00 am

Female	Event	Male
17	800 Freestyle	17
	<b>15 min Break *</b>	
18	50 Freestyle	18
19	200 Backstroke	19
20	100 IM	20
21	200 Butterfly	21
22	200 Freestyle Relay - MIXED	22
	<b>30 min Break *</b>	
23	200 Medley Relay - Female	
	200 Medley Relay - Male	24
25	200 Freestyle	25
26	50 Butterfly	26
27	200 Breaststroke	27
28	400 Medley Relay - MIXED	28
29	400 Medley Relay - Female	
	400 Medley Relay - Male	30

*\*The Meet Manager reserves the right to adjust the timing and length of the breaks based on the progress of the meet*

## BC, CANADIAN, & WORLD RECORD APPLICATION FORM

BC Record

Canadian Record

World Record

Distance: \_\_\_\_\_ Stroke: \_\_\_\_\_ Pool Length: 25 metres \_\_\_\_\_ 50 metres \_\_\_\_\_

Official Time: \_\_\_\_:\_\_\_\_.\_\_\_\_ Event # \_\_\_\_\_ Date of Swim \_\_\_\_\_ (yy/mm/dd) Sanction # \_\_\_\_\_

Electronic: \_\_\_\_:\_\_\_\_.\_\_\_\_ Manual: 1) \_\_\_\_:\_\_\_\_.\_\_\_\_ 2) \_\_\_\_:\_\_\_\_.\_\_\_\_ 3) \_\_\_\_:\_\_\_\_.\_\_\_\_ **Time**

**cards and/or Electronic Tape must be attached.**

Swimmer's Name: \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_

Swimmer's Address: \_\_\_\_\_ City, Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Birthdate (yy/mm/dd) \_\_\_\_/\_\_\_\_/\_\_\_\_ Age (as of Dec 31) \_\_\_\_\_

Name of Club: \_\_\_\_\_ Club Code \_\_\_\_\_

Location of Meet: \_\_\_\_\_ Name of Pool \_\_\_\_\_

### **RELAY EVENT:**

Team Name: \_\_\_\_\_ Club Code \_\_\_\_\_

AGE GROUP: \_\_\_\_\_

☐ Name: \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ (yy/mm/dd)

☐ Name: \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ (yy/mm/dd)

☐ Name: \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ (yy/mm/dd)

☐ Name: \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ (yy/mm/dd)

**Certifying Official:**      Name      Date      Signature

Referee OR Chief Timer: \_\_\_\_\_

Provincial Recorder: \_\_\_\_\_

National Recorder:      Christian Berger  
1130 rue Emma  
Longueuil, Quebec  
J4J 3A3

FINA Bureau      Date      Signature

Ratification: Yes \_\_\_\_ no \_\_\_\_ \_\_\_\_\_

Reason for non-ratification:

### **WORLD RECORD ONLY:**

☐ Copy of Birth Certificate or Passport Attached \_\_\_\_ or on file \_\_\_\_\_

☐ Pool Length Certification Attached \_\_\_\_ or on file \_\_\_\_\_

## Masters Relay Entry Forms

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	
1.				3.	
2.				4.	
Total Age:					

## COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together 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 pool **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 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 through a pre-competition handout, an 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.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- 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 main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions.

### VIOLATIONS:

*It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.*

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

### 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 pool and when applicable, similarly situated in designated warm-up pools 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.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

### 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 COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**