

NANAIMO EBBTIDES 41 ST ANNUAL MASTERS SWIM MEET
Saturday, November 26, 2022

Sanctioned by Swim BC: #38177

COMPETITION HOST: Nanaimo Ebbtides Swim Club

VENUE: Nanaimo Aquatic Center
714 Third Street, Nanaimo BC V9R 7B2

POOL 8-Lane 25 metre competition pool w/electronic timing and 2-lane 25 metre warm down tank

MEET MANAGER: Karlene Clapham (karleneclapham@shaw.ca)

MEET REFEREE: Glen Greig

OFFICIALS COORDINATOR: Karlene Clapham
(karleneclapham@shaw.ca)

SAFE SPORT STATEMENT: All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both "open" and observable" to others.

WARM UP AND SESSION TIMES		
Saturday, November 26, 2022		
Session #1	Warm-up	10:30am – 11:15am
	Competition	11:30am – 5:30pm
Note: Session completion time is approximate		

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 31st, 2022.
5. The meet will be limited to 150 swimmers. Entries will be considered a first come-first-serve basis.

ENTRIES

1. Swimmers are limited to a max of **FOUR** individual entries plus relays.
2. Swimmers must submit an entry time for each event. Entries with NT will not be accepted.
3. **Meet Fees are \$45.00 per swimmer. Payable via ETRANSFER to Ebbtidemeetpayment@shaw.ca**
4. Registration Methods:
 - a. **Online:** swimmers must register through swim Canada for the meet. Go to this link:
<https://registration.swimming.ca/individualMeetEntry.aspx?sancid=38177>
Deadline: November 20th, 2022 17:00 PST
5. All meet fees **MUST** accompany all entries.
6. **Late and/or deck entries will not be accepted. No refunds.**
7. Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.
8. Heat Sheets will be emailed to all registered swimmers by Friday, Nov 25, 2022. Please print out and bring your own copy.

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 deep end: Starts shall be permitted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.
2. Swim BC warm up procedures will be in effect
3. All events will be swum as TIME FINALS.
4. 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.
5. The 400 Free event will be limited to 5 heats (the first 40 swimmers)
 - a. Clubs/Swimmers will be notified in advance and will have 24 hours to re-submit entries.
6. Meet management reserves the right to reduce this 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 dec

RELAYS

1. Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 (forty-year increments as high as necessary)
2. Women's, Men's and Mixed relays events will be combined. Swimmers may only swim either on the men's, women's or mixed team in the relay events.
 - a. The Relay events will be separated out in the results.
3. Mixed relay teams **MUST** have 2 females and 2 males per team.
4. Deadline for relay name/order changes will be **Thursday November 24, 2022, at 17:00 PST**
 - a. The Relay card form is attached to this meet package. Clubs are responsible to bringing their own copies to the meet and submitting them to the Clerk of Course/office.

SCORING

1. Individual scoring: 20-17-16-15-14-13-12-11
Relay scoring: 40-34-32-30-28-26-24-22
2. Scores from this meet will be included in the League Trophy Award as per the MSABC League Trophy policy.

RECORD ATTEMPTS

1. Record attempt forms are attached to this meet package. It is the swimmer and/or coach's responsibility to fill out the form and submit to the Clerk of Course/office prior to the start of the session.

Schedule of Events

Event Number		Event Name	Event Number		Event Name
1	Mixed	400 Free	13	Mixed	50 Breaststroke
2	Mixed	50 Freestyle	14	Woman	200 Freestyle Relay
3	Woman	200 Medley Relay	15	Men	200 Freestyle Relay
4	Men	200 Medley Relay	16	Mixed	200 Freestyle Relay
5	Mixed	200 Medley Relay	17	Mixed	100 Freestyle
6	Mixed	50 Back	18	Mixed	200 IM
7	Mixed	100 Breast	19	Mixed	25 Backstroke
8	Mixed	25 Fly	20	Mixed	200 Breaststroke
9	Mixed	200 Backstroke	21	Mixed	100 Fly
10	Mixed	50 Butterfly	22	Mixed	200 Freestyle
11	Mixed	25 Breaststroke	23	Mixed	100 Backstroke
12	Mixed	100 IM	24	Mixed	25 Freestyle

MID MEET BREAK WILL BE AT THE DISCRETION OF THE MEET MANAGER.

Please note that events 3,4, and 5 will be combined as well as, 14, 15, 16, the free relays and the Medley relays.

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	Age
1.				3.	
2.				4.	
Total Age:					

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

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

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



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC 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 or announcement and visible through on deck signage.
- Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

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 national events 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 national events 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 are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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 Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

“SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”