



# March Madness Swim Meet

MARCH 4TH, 2023 | Sanctioned by Swim BC: #38644

**COMPETITION HOSTS:** Chilliwack Masters Swim Club

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

**POOL:** 8 lane, 25m pool, and Colorado touch pad system

**MEET MANAGER:** Kim Bientjes - [kim.bientjes@gmail.com](mailto:kim.bientjes@gmail.com)

**MEET REFEREE:** Larry Hine – [lhine@shaw.ca](mailto:lhine@shaw.ca)

**OFFICIALS COORDINATOR:** Neil Reeder

WARM UP AND SESSION TIMES Saturday March 4th, 2023		
Session #1	Warm up	11:00am - 11:45am
	Competition	12:00pm - 5:00pm
NOTE: Session completion times are approximate		

## 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.

## ELIGIBILITY

1. All swimmers must be registered with a Swim BC, SNC, or other World Aquatics (formerly 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<sup>st</sup> of current year.
5. The meet will be limited to 150. Entries will be considered on 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 \$40.00 per swimmer.
4. **Registration Method :**  
<https://forms.gle/zm236wmbpvMzgQxw7>

## Deadline: Feb 25, 2023

5. All meet fees MUST accompany all entries. Meet fees MUST be paid by e-transfer to [chilliwackmastersswim@gmail.com](mailto:chilliwackmastersswim@gmail.com).
6. Late and/or deck entries will not be accepted. No refunds.
7. Psych Sheets will be posted on the MSABC as soon as possible after the entry deadline.
8. Heat Sheets will be available on Chilliwack Masters Swim Club web site [chilliwackmastersswimming.com](http://chilliwackmastersswimming.com). Please print and bring your own copy.

## GENERAL MEET RULES

1. This meet will observe the World Aquatics (formerly FINA) Technical Rules as outlined in the current World Aquatics (formerly FINA) Masters Rulebook as well as:
  - a. From the deep end: Starts shall be permitted from Starting Platforms (blocks) as per World Aquatics (formerly FINA) FR 2.3 and SW 4.1.
2. Swim BC warm up procedures will be in effect
3. 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.
4. All events will be swum as TIMED FINALS.
5. Events will be swum slowest to fastest with all age groups and genders swimming together. In the results, swimmers will be separated into the different genders and age groups.
6. 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.
7. 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.
8. Coaches are asked to check in with the Meet Manager immediately upon arrival to pay outstanding entry fees, pick up Meet Info packages and receive information

regarding any changes.

9. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
10. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.

#### 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.
3. The Relay events will be separated out in the results.
4. Mixed relay teams MUST have 2 females and 2 males per team.
5. Relay **registration deadline** will be Mar 2, 2023 by 11:00 pm. For entry, please fill out enclosed relay entry form and send a scanned copy to [chilliwackmastersswim@gmail.com](mailto:chilliwackmastersswim@gmail.com) with the subject line " (Team Name) Relay Entry ".
6. Deadline for relay **name/order changes** will be:
  - a. Relays - events 2, 3, & 4: Mar 3, 2023 by 11:59pm
  - b. Relays events 24 - 26: at the beginning of 15 minute break after event 13
  - c. 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.

#### AWARDS

1. Each swimmer will receive a Participation Certificate with space for result labels to be added.
2. An envelope will be mailed to each club with the Participation Certificate along with result labels for each swimmer.

#### 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.

2. All new provincial records must be submitted to swim BC for verification – Carrie Matheson ([carrie.matheson@swimBC.ca](mailto:carrie.matheson@swimBC.ca))
3. It is the swimmer and/or coach's responsibility to supply required timers and stop watches for the event

## SCHEDULE OF EVENTS

EVENT NUMBER		EVENT NAME
1	MIXED	800 FREESTYLE
2	MIXED	200 MEDLEY RELAY
3	MENS	200 MEDLEY RELAY
4	WOMENS	200 MEDLEY RELAY
5	MIXED	50 BACKSTROKE
6	MIXED	100 BREASTSTROKE
7	MIXED	25 BUTTERFLY
8	MIXED	200 BACKSTROKE
9	MIXED	50 BUTTERFLY
10	MIXED	25 BREASTSTROKE
11	MIXED	200 IM
12	MIXED	100 FREE
13	MIXED	25 BACKSTROKE

EVENT NUMBER		EVENT NAME
14	MIXED	400 FREESTYLE
15	MIXED	200 BUTTERFLY
16	MIXED	100 BACKSTROKE
17	MIXED	200 BREASTSTROKE
18	MIXED	50 FREESTYLE
19	MIXED	100 BUTTERFLY
20	MIXED	200 FREESTYLE
21	MIXED	50 BREASTSTROKE
22	MIXED	25 FREESTYLE
23	MIXED	100 IM
24	MIXED	200 FREE RELAY
25	WOMENS	200 FREE RELAY
26	MENS	200 FREE RELAY

**THERE WILL BE A 15-MINUTE BREAK AT THE END OF EVENT 13.**

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

## 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

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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.”**