

# EBSC 'Love to Swim'

## Sunday 26MAR 2023

Sanctioned by Swim BC

### COMPETITION HOSTS: English Bay Swim Club

**VENUE:** Vancouver Aquatic Centre  
1050 Beach Ave, Vancouver, BC V6E 1T7  
Paid parking, 25cent operated lockers

**POOL:** 8-lane 25m competition pool w/electronic timing and a 5-lane (20m) warm down area

**MEET MANAGER:** Gilles Beaudin / [LTS@englishbay.org](mailto:LTS@englishbay.org)

**MEET REFEREE:** Charles Tai

**OFFICIALS COORDINATOR:** Khosro Mansuri / [LTS@englishbay.org](mailto:LTS@englishbay.org)

WARM UP AND SESSION TIMES		
Sunday 05 FEB, 2023		
Session #1	Warm-up	09:30 - 10:15am
	Competition	10:30am - 5:00pm

**Note:** Session completion time is approximate

### ELIGIBILITY

- All swimmers must be registered with a Swim BC, SNC, or other WORLD AQUATICS (formally FINA) recognized club.
- Proof of registration may be required for International Masters swimmers.
- Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39etc. (five-year age groups increment)
- Swimmer age is as of December 31<sup>st</sup>, 2023.
- The meet will be limited to **200** athletes. Entries will be considered a first-come-first-serve basis.

### ENTRIES

- Swimmers are limited to a max of **FOUR** individual entries plus relays.
- Swimmers must submit an entry time for each event. Entries with NT (No Time) will **NOT** be accepted.
- Meet Fees are CAD\$50.00:** <https://meet.englishbay.org/>
- Registration Methods:**
  - 2023 Online Entry Form:** <https://englishbay.org/lts2023>
  - Individual Entry deadline is March 22, 2023**
- All meet fees **MUST** accompany all entries.
- Late and/or deck entries will not be accepted. No refunds.**
- Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.
- Heat Sheets will be emailed to all registered swimmers by Friday, March 24, 2023. Please print out and bring your own copy.

### GENERAL MEET RULES

- This meet will observe the Technical Rules as outlined in the current WORLD AQUATICS Masters Rulebook.
- The WORLD AQUATICS one start rule and SNC warm up procedures will be in effect
- Current SNC Swimsuit policy will be in effect at this meet.
- All events will be swum as TIME FINALS.
- 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
- 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.
- 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.

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

### 800 FREESTYLE

- There will be a limit of 32 swimmers for this event.
  - The Positive Check-in Deadline will be 60mins after the start of the meet. **(11:30am)**
- If deemed necessary due to limited time, heats will be combined (two swimmers per lane) as per the Swim BC guidelines.
- Swimmers will be required to swim front crawl and no other stroke will be allowed.
- Distance Lap Counters will be available but are limited in number so please come prepared to provide own.

### RELAYS

- Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 (forty-year increments as high as necessary)
- If deemed necessary due to limited time, Women's, Men's and Mixed relays events may be combined. Swimmers may only swim in one Medley Relay event and one Freestyle Relay event.
  - The Relay events will be separated out in the results.
- Mixed relay teams **MUST** have 2 females and 2 males per team.
- Relay deadline entry will be **Thursday, March 23, 2023, at 17:00 PST**
  - The Relay card form is attached to this meet package.
  - Please email submission at: [LTS@englishbay.org](mailto:LTS@englishbay.org)
- The 'exhibition' **Pink Flamingo Relay** will be run during the lunch break. There is space for 6 team entries (one entry per team) and you may register your team at the Clerk of Course Desk. Entries must be made prior to start of lunch break, on a first come first serve basis.

### SCORING

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

### AWARDS

- Each swimmer will receive a Participation Certificate with space for result labels to be added. An envelope containing these certificates will be available for each club at the Welcome Desk upstairs or Clerk of Course on pool deck.
- Result Labels will be available throughout the meet at the Clerk of Course desk

### RECORD ATTEMPTS

- 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.

**DONATIONS: 'A Loving Spoonful'** Swimmers wishing to donate to **A Loving Spoonful**, a non-partisan society that provides free, nutritious meals to people living with HIV/AIDS in the Greater Vancouver Area, may do so by including their donation amount with their registration. **We will assume any excess from \$50.00 CAD (\$40.00 USD) entry will be donated.**

## Schedule of Events

Event Number		Event Name
1	Mixed	400 Freestyle
2	Men	200 Medley Relay
3	Mixed	200 Medley Relay
4	Women	200 Medley Relay
5	Mixed	100 I.M.
6	Mixed	50 Breaststroke
7	Mixed	100 Backstroke
8	Mixed	200 Butterfly
9	Mixed	100 Freestyle
10	Mixed	200 Breaststroke
11	Mixed	50 Butterfly
12	Mixed	200 I.M.

Event Number		Event Name
Exib.	Mixed	Pink Flamingo Relay
13	Mixed	50 Freestyle
14	Mixed	200 Backstroke
15	Mixed	100 Breaststroke
16	Mixed	100 Butterfly
17	Mixed	200 Freestyle
18	Mixed	50 Backstroke
19	Mixed	400 I.M.
20	Men	200 Freestyle Relay
21	Mixed	200 Freestyle Relay
22	Women	200 Freestyle Relay
23	Mixed	800 Freestyle

## 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:					



## 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 \_\_\_\_\_

World Aquatics/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 \_\_\_\_\_



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."**



## 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 or announcement and visible through on deck signage.
- Meet Management has the discretion to split warm-up, as they see fit, to ensure a safe warm-up 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 is 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 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 Competition Coordinator/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 Safety Marshals 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 Swimming Canada sanctioned meet information and posted notices:

**“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”**