

**COMPETITION HOST:** North Shore Masters

**VENUE:** Harry Jerome Community Recreation Centre  
123 East 23rd Street, North Vancouver, BC V7L 3E2

**POOL:** 6-lane 25 metre competition pool with Gen7 and DOLPHIN WiFi timing system as a back up timing. There will be break available for warm up / down during the swim meet

**MEET MANAGER:** Khosro Mansuri ([khosro\\_38@yahoo.com](mailto:khosro_38@yahoo.com))

**MEET REFEREE:** Mel Chandler/Rob Smith

**OFFICIALS COORDINATOR:** Khosro Mansuri ([khosro\\_38@yahoo.com](mailto:khosro_38@yahoo.com))

**WARM UP AND SESSION TIMES**

Saturday October 15, 2022

|   |                         |                |
|---|-------------------------|----------------|
| Session #1  | Warm-up                 | 2:30 - 3:25pm  |
|   | DiveLane 5-6<br>one way | 3:15 - 3:25 pm |
|   | Competition             | 3:35 - 7:00pm  |
| <b>Note: Session completion time is approximate</b> |                         |                |

**ELIGIBILITY**

- All swimmers must be registered with Swim BC, SNC, or other World Aquatics 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, 35-39 etc (five-year age groups increments)
- Swimmer age is as of December 31<sup>st</sup> 2023.
- The meet will be limited to 150 swimmers. Entries will be considered a first-come-first-serve basis.

**ENTRIES**

- Swimmers are limited to a max of **Four (4)** individual entries plus **TWO** relays.
- Entries with NT will be accepted.
- Meet Fees are \$40.00 per swimmer.
- Registration Methods:**
  - Online:** All Swimmers must register through Swim Canada for the meet. Go to this [LINK](#)
  - Deadline:** **OCTOBER 12, 2023 at 11:00am**
  - Payment:** Swimmers use the [NVRC.CA](http://NVRC.CA) website to pay for meet and provide payment. Click [Register](#) online for a Program. You must set up a NVRC account prior to registering. The barcode/Event ID is **218777**.
  - Club Entries:** Entries will only be accepted using this [LINK](#).
  - Payment by Phone:** Call 604.987.7529. You must set up a NVRC account prior to registering. The barcode is **218777**.
- Late and/or deck entries will not be accepted.** No refunds after Wed October 11, 2023.
- 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, Oct 13, 2023. Please print out and bring your own copy.

**GENERAL MEET RULES**

- This meet will observe the World Aquatic Technical Rules as outlined in the current World Aquatic Masters Rulebook as well as:
  - From the deep end: Starts shall be permitted from Starting Platforms (blocks) as per World Aquatic FR 2.3 and SW 4.1.
  - 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;
- Swim BC Competition Warm up Safety Procedures will be in effect.
- 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 timelines 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.
- 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.

**RELAYS**

- Age groups for relay events will be: 76-99, 100-119, 120-159, 160-199, 200-239 (forty year increments as high as necessary)
- Women's, Men's and Mixed relays events will be combined if needed. Swimmers may only swim either the Men's, Women's, or Mixed team in the relay events.
  - The Relay events will be separated out in the results.
- Mixed relay teams **MUST** have 2 females and 2 males per team.
- Deadline for relay name/order changes will be:
  - Friday, October 13<sup>th</sup> 5:00pm**
- The Relay card form is attached to this meet package. Clubs are responsible for bringing their own copies to the meet and submitting them to the Clerk of Course/office.

**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 Award as per the MSABC League Trophy policy.

**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 it to the Clerk of Course/office prior to the start of the session.

## Schedule of Events

**\*Event 111 - 115 may be combined. Only one 200m event can be registered for.\***

| Event Number |       | Event Name  |
|--------------|-------|-------------|
| *111         | Mixed | 200m Free   |
| *112         | Mixed | 200m Back   |
| *113         | Mixed | 200m Fly    |
| *114         | Mixed | 200m Breast |
| *115         | Mixed | 200m IM     |
| 2            | Mixed | 25m Back    |
| 3            | Mixed | 100m Fly    |
| 4            | Mixed | 50m Breast  |
| 5            | Mixed | 100m Free   |
| 6            | Mixed | 25m Breast  |
| 7            | Mixed | 50m Back    |

| Event Number |        | Event Name        |
|--------------|--------|-------------------|
| 8            | Mixed  | 4x50 Free Relay   |
| 9            | Female | 4x50 Free Relay   |
| 10           | Male   | 4x50 Free Relay   |
| 11           | Mixed  | 100m IM           |
| 12           | Mixed  | 50m Fly           |
| 13           | Mixed  | 25m Free          |
| 14           | Mixed  | 100m Breast       |
| 15           | Mixed  | 50m Free          |
| 16           | Mixed  | 4x50 Medley Relay |
| 17           | Female | 4x50 Medley Relay |
| 18           | Male   | 4x50 Medley Relay |

**Please note: - Free Relays event 8, 9, 10 may be combined**

**Medley Relays event 16, 17 and 18 may be combined**

## 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.”**