



# Masters Swimming Manitoba 2010 Provincial Championships April 10-11, 2010

**PAN-AM POOL**  
25 Poseidon Bay  
Winnipeg, Manitoba R3M 3E4  
T: (204) 986-5890

SANCTION No.: M-SNM-02

Session	Date and Time		
1	Saturday, April 10 Timed finals	Warm-up Start	12:30 p.m. 1:30 p.m.
2	Sunday, April 11 Preliminaries	Warm-up Start	8:30 a.m. 9:30 a.m.

**Meet Manager**  
Nicole Parent  
E: parentnic@gmail.com

**Meet Entries and Results**  
Nicole Parent  
E: parentnic@gmail.com

**Officials Coordinator**  
Doug Robinson  
E: dougr@mts.net

- 1. Facility:**
  - a. Eight lane 25 meter competition pools
  - b. OMEGA ARES electronic timing systems
  - c. Warm-up/down lanes available
- 2. Eligibility:**
  - a. Open to all swimmers currently registered with a provincial or national Masters swimming association.
- 3. Age:**
  - a. Open to all swimmers 18 years and older

**A swimmer's age shall be as of December 31, 2010.**
- 4. Entry Deadline:**
  - a. **Sunday, April 4, 2010, 11:59 p.m.**
  - b. All entries and cheques payable to **MASTERS SWIMMING MANITOBA.**
- 5. Entries:**
  - a. Submit entries to **MASTERS SWIMMING MANITOBA**
  - b. Direct questions or request for additional information to the Meet Entries and Results chair
- 6. Entry Fees:**
  - a. **INDIVIDUAL EVENTS:**
    - i. \$55.00 Individual Swimmer Package, includes:

- (1) Up to EIGHT individual events
- (2) Swim Manitoba participant fee
- (3) Banquet ticket

OR

- ii. \$6.00 per individual event
- iii. \$2.00 Swim Manitoba participant fee per swimmer
- iv. \$23.00 banquet ticket
- b. RELAY EVENTS:
  - i. \$10.00 per relay team event
- c. All entry fees must be received by the first day of meet
- d. Swimmers will not be allowed to swim if meet entry fees have not been paid
- e. Cheques payable to **MASTERS SWIMMING MANITOBA**

**7. Refunds:**

- a. Meet Management is not obligated to refund entry fees after the entry deadline date

**8. Entries and Limitations:**

- a. Swimmers are limited to **EIGHT** individual events
- b. Swimmers ARE NOT limited on the number of relay events they can swim

**9. Relay Events:**

- a. All relay events will be Timed Finals
- b. Age groups for relay events combine the ages of all four swimmers as follows:
  - i. 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 and 320 and over

**10. Deck Entries:**

- a. Deck entries are NOT ALLOWED for this competition

**11. Scratches:**

- a. Scratches may be made at any time without penalty except loss of entry fee

**12. Seeding:**

- a. 800 and 1500 Freestyle events will be seeded fastest to slowest, mixed gender
- b. All other individual events will be seeded slowest to fastest, mixed gender
- c. All relay events will be seeded slowest to fastest, mixed gender

**13. Awards:**

- a. Individual awards presented by gender in five year increments, as follows:
  - i. 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, etc.

<b>EVENT LIST</b>			
<b>Saturday, April 10, 2010</b> Warm-up: 12:30 p.m. Start: 1:30 p.m.		<b>Sunday, April 11, 2010</b> Warm-up: 8:30 a.m. Start: 9:30 a.m.	
Event	Description	Event	Description
1	200 Backstroke	13	400 Freestyle
2	200 Butterfly	14	100 Individual Medley
3	100 Freestyle	15	200 Breaststroke
4	200 Mixed Freestyle Relay	16	50 Freestyle
5	1500 Freestyle	17	200 Mixed Medley Relay

6	50 Backstroke	18	400 Individual Medley
7	200 Individual Medley	19	50 Breaststroke
8	200 Freestyle	20	100 Backstroke
9	50 Butterfly	21	800 Freestyle
10	100 Breaststroke	22	100 Butterfly
11	200 Female Medley Relay	23	200 Female Freestyle Relay
12	200 Male Medley Relay	24	200 Male Freestyle Relay



**SWIM•NATATION  
MANITOBA**

## Harassment and Abuse Committee Recommendations

“All sanctioned Swim Manitoba or SNC meets under the jurisdiction of the Provincial Section shall be governed by the Swim/Natation Manitoba Harassment and Abuse Policy. A recommendation coming from the Harassment and Abuse Committee states that the deck be reserved for swimmers, coaches and volunteers assigned specific tasks in the running of the meet. The referee and meet management will have the full authority to request that any individual, who is perceived to be interfering with the peace and security required for any athlete to achieve his/her best potential, is to leave the deck, or indeed the spectator area should their conduct be viewed as having a negative impact on any athlete in the competition.”

# *SNC Warm-up Procedures 2005*

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period ..... and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

## General Warm-Up Rules:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck or Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.
- Coaches and swimmers shall allow backstroke and Para-swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

## Specific/Sprint Warm-Up Period:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes. Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.
- The following statement shall appear in the meet information and in posted notices: "SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

## Equipment:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

## CLUB REGISTRATION SUMMARY

CLUB NAME: \_\_\_\_\_

STREET: \_\_\_\_\_ PHONE: \_\_\_\_\_

CITY: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CONTACT: \_\_\_\_\_ PC: \_\_\_\_\_

COACH: \_\_\_\_\_

Qty.	Description	Price Each	TOTAL
	Individual Swimmer Package	\$55.00	\$
	Individual events (per event)	\$6.00	\$
	Relay events (per event)	\$10.00	\$
	Swim Manitoba participant fee (per swimmer)	\$2.00	\$
	Banquet ticket	\$23.00	\$
<b>TOTAL DUE</b>			<b>\$</b>

- Please forward completed **Club Registration Summary** with all completed Individual and Relay **Registration Forms** and payment to:

Ruth Horne:

190 Ferndale Ave  
Winnipeg, MB  
R2H 1V5  
Ph: 291-2910

- Registration deadline is Sunday, April 4, 2010, 11:59 p.m.
- Make cheques payable to **Masters Swimming Manitoba**

## INDIVIDUAL REGISTRATION FORM

SWIMMER: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ SNC #: \_\_\_\_\_  
MM DD YYYY

AGE: \_\_\_\_\_ SEX:     F         M    

CLUB: \_\_\_\_\_ PC: \_\_\_\_\_

COACH: \_\_\_\_\_

Qty.	Description	Price Each	TOTAL		
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	OR				
	Individual events (per event)	\$6.00	\$		
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	Banquet ticket	\$23.00	\$		
<b>TOTAL DUE</b>			<b>\$</b>		
<b>Session 1 Saturday, April 10, 2010</b>			<b>Session 2 Sunday, April 11, 2010</b>		
Event	Description	Entry Time	Event	Description	Entry Time
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