

## MASTERS HANDBOOK

### SWIMMING CANADA STATEMENT:

An integral part of Swimming Canada's mission is to inspire Canadians to be active and healthy. Masters Swimmers are the embodiment of this. Swimming Canada recognizes that Masters Swimmers are magnificent ambassadors and advocates for our sport, both with their friends and families, and within the community at large. Whether training for fitness or to compete, all Masters Swimmers are an essential part of the Swimming Canada family.

Swimming Canada aims to provide the best possible support to the Masters Swimming community, working collaboratively with the provincial sections, to provide meet sanctioning, coach certification, official certification, club services, insurance, etc. Swimming Canada's close relationship with our international partners provides recognition of Swimming Canada events and of our member Swimmers' performances.

### FINA STATEMENT:

Masters programme shall promote fitness, friendship, understanding and competition through the five aquatic disciplines of swimming, diving, artistic swimming, water polo and open water swimming.



Courtesy of Robert Borris - Photographie



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### What is Masters Swimming?

Masters Swimming is a program for adults over the age of 18 years who wish to swim. They may be members of Swim Club or swim as [Unattached](#) affiliated members in their province. They may compete in Masters Competitions and are grouped by age for result purposes.

### Who are Masters Swimmers?

They are a group of like minded people who swim for fitness, their health, the social aspect of the sport and for competition. They enjoy the benefits of formal workouts and advice from dedicated coaches or may swim on their own during public swim sessions. They are aged between 18 and 95 in Canada. Many participate in competitions. They are employed, retired, students and caregivers. They are spread from coast to coast to coast in Canada. They swim for the sheer joy of swimming, the awesome challenge of acquiring skill and efficiency in a remarkably nuanced sport and their mental and physical health.



### Why Swim Masters?

Swimming within a structured group gives one a sense of belonging and allows for improvement through feedback from qualified coaches. Thinking of joining? [Find a Club](#)

The [benefits of Master Swimming](#) include challenges, awards, competitions, insurance, monthly bulletins, Swimmer and Volunteer recognition, international recognition, coaching resources, records and rankings.



Courtesy Robert Borris - Photographie

### Joining a Club

Once you have found a local club to join you may wonder what to expect when you first show up, consult our [first workout guide](#).

### Advice from seasoned swimmers

*" Be patient with yourself performance-wise and enjoy the "journey", especially if you are in the process of getting back in shape. Whether you plan to compete or not, masters swimming is not about the next month or even the upcoming season, it is above all a fun way to get into shape, make new friends and enjoy life." – Pablo Conde – 2020 Swimming Canada Masters Award for Masters Swimming Excellence*

*" Within a few months you will just be one of the gang, complaining about the kick sets over Sunday brunch with people from every lane and looking forward to the next meet. That's what Masters is all about." – Charlie Lane - 2020 Swimming Canada Masters Award for Long Term Contribution*

### Masters Swimming Challenges

Swimming Canada presents monthly challenges to Masters Swimmers allowing them to test themselves and allowing Clubs to come together around a common event each month. The results are compiled nationally using the Masters competition age-groups and participation prizes are awarded.

## Masters Swimming Competitions

Competitions are organized throughout the season. Consult the Swimming Canada [Upcoming Meets](#) page to find a Masters meet near you. There are a variety of meets from half or single day meets offering a few events and having a smaller number of participants. Meets are competed short course, in a 25m pool or long course, in a 50m pool. There are Provincial Championships spread over a weekend and National Championships lasting three days. Championship meets offers all events and attract a greater number of participants. Consult the Swimming Canada [first competition guide](#).



Courtesy of Robert Borris - Photographie

## Masters Swimming Rules

Masters Swimming Competitions in Canada are governed by rules presented by FINA and Swimming Canada. They govern how competitions must be run and the criteria applied to swimmers for their performances to be recognized. There are start, stroke and turn rules. There are rules for individual age groups and relay age groups, there are rule to be eligible for Canadian and World Records.

Swimming Canada Masters Rules can be consulted at [Swimming Canada Rules](#) .

Coaches provide valuable knowledge concerning the rules of swimming and their application so that disqualifications in competitions are avoided.

## Canadian Masters Swimming Championships

Swimming Canada presents an annual Canadian Masters Swimming Championship open to all affiliated Masters Swimmers. This competition is presented in May and is hosted by a variety of cities across the country. The host is selected through a bidding process.

Medals are presented to swimmers placing 1<sup>st</sup> through 3<sup>rd</sup> and ribbons to those 4<sup>th</sup> through 8<sup>th</sup>. Relay teams placing 1<sup>st</sup> through 8<sup>th</sup> receive ribbons



The Swimming Canada Masters Award for Masters Swimming Excellence, Long-term Contribution and Coaching Excellence are presented.

This competition is an excellent opportunity to visit our wonderful country, compete against different swimmers and share experiences with likeminded people.

### International Events

Most international events are open to Canadian Masters Swimmers provided the events are sanctioned by FINA or a FINA affiliated member. Should you be competing abroad you may require confirmation of affiliation with Swimming Canada, requests can be made at [registration@swimming.ca](mailto:registration@swimming.ca)

To have performances recognized and included in Swimming Canada Masters Records and Ranking it is important to provide us with the competition's results file or a contact through whom the file can be obtained.

Entry information is provided for entry deadlines, entry fees, meet schedule and much more.



### Open Water Competitions

Several open water events, sanctioned by Swimming Canada, are presented each summer. Consult the Swimming Canada [Upcoming Meets](#) to find one.

There are many types of open water swimming competitions. Rough water or open water swimming events normally occur in bodies of water such as an ocean, a lake or river, although man-made quarries, ponds, rowing courses, reservoirs and the like are also used.

Most races are between 1km and 10km, but may be longer.

Traditionally swims feature either a mass in-water start, or a dive start from a platform.

Consult our [Open Water Competition](#) document to find out what to expect.

### Awards

Swimming Canada presents the Masters Award for Masters Swimming Excellence, Long-term Contribution and Coaching Excellence annually. These awards are open to nominations throughout the swimming community early in the new year. The [criteria](#) for the awards can be consulted and nomination submitted through your provincial swimming organisation (PSO).



### Contact us

Please contact us should you have any further questions. They may be directed to [masters@swimming.ca](mailto:masters@swimming.ca) where we will endeavor to respond or direct you to the proper channels.