**Foothills Masters Swim Club**

**28th ANNUAL SWIM MEET**

**Sanction No.**

**DATE: Saturday, February 4, 2023**

**LOCATION: Spray Lake Sawmills Family Sports Centre**  
800 Griffin Road, Cochrane, AB, T4C 2B8

The Spray Lakes competition pool is an 8 lane, 25 meter short course pool. 6 lanes will be used for racing and 2 lanes will be available for warm-up/cool-down during the meet.

**SESSION TIME: Warm-Up:** 1:00 pm to 1:40 pm

**Start:** 1:45 pm **Projected End:** 6:00 pm

**ENTRIES:**

* Swimmers are limited to a **maximum** of five (5) individual swims plus relays.
* All club entries must be submitted through the Swimming Canada online system at <swimming.ca>
* Unattached masters must submit the following information to the meet manager. Can be mailed and/or e-mailed.
* First Name
* Last Name
* Swimming Canada registration ID number
* Date of birth
* Club code (WILD – for Swim Alberta Unattached Masters)
* Events with entry times
* Entry fees (as per the individual meet information package)
* Entry times are required for all individual events (NT’s are not permitted). Please make your best quess if needed.
* **No deck entries will be accepted. Deck scratches will be noted as DNS.**

**ENTRY FEES: Please read the following entry fees carefully:**

$40.00 per swimmer

* Entry fees for all swimmers where entries are submitted before midnight, Wednesday, February 1st.

$45.00 per swimmer

* Entries received after the midnight February 1st deadline but before noon Friday, February 3rd. No refunds will be given for scratches after the February 1st deadline.

Cheques can be made payable to **Foothills Masters Swim Club (FMSC).** Entry cheques may be mailed separately from the entry email. We can now accept email transfer of funds for entries. The email should be sent [fmscmeets@gmail.com](mailto:fmscmeets@gmail.com) (Foothills Masters Swim Club).

**RESULTS:** Results will be posted on the website [www.fmsc.ca](http://www.fmsc.ca) and [www.swimming.ca](http://www.swimming.ca). A copy of the results will be sent to anyone who requests and provides an e-mail address.

**SCORING:** There will be no team or individual scoring.

**MEET RULES:** The meet will be conducted under published FINA Masters rules and supplemented by published and approved Swimming Canada, and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply.

**DIVING RULES:**  One of the below diving rules must be included, for competitions using multiple pools or starting ends more than one clause may be included to distinguish between starting ends.

1. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

**ELIGIBILITY:** Entries will only be accepted for swimmers who are currently registered in the Swimming Canada registration database and have a Swimming Canada registration ID number (9 digits beginning with 12...) unless the swimmer is registered with and representing a foreign FINA affiliated federation.

**MODESTY WEAR:** All swimmers are permitted to race with modesty wear at all competitions sanctioned by Swim Alberta. It is not required to declare the use of modesty wear to the Referee. Modesty wear is considered additional body coverage using a fabric that is a permeable open mesh textile and would not reasonably be seen to be creating a technical advantage, meaning it does not aid buoyancy, strength, speed, or endurance.

**DEADLINE:** Entries and fees are due by midnight February 1st, 2023. Late entries will be accepted from Wednesday, February 1st to noon Friday, February 3rd, 2023.

**SEND ENTRIES TO:**

Address: Foothills Masters Swim Club, North Hill Postal Outlet Box 64125, Calgary, AB T2N 4T6

Phone: (403)467-5357 (Lisa Harvey)

Email: fmscmeets@gmail.com

Fax: No faxed entries accepted

**CHANGES:** Meet management reserves the right to modify the meet program to allow for maximum number of swims in time allotted. Coaches will be advised of any changes to the program.

**FOOD:** Food and glass containers are not allowed on deck.

**PARKING AND FACILITIES:** There is space for parking in the 3 large lots adjacent to the building

**SEEDING:** Note that all events except the Mens and Womens Relay will be swum as mixed events seeded by time. Results will be broken out by age and gender.

**Mixed Women Event Men**

1 400 Choice \*

3 50 Back

4 100 Breast

5 50 Fly

6 200 Back, Breast, Fly, or IM\*\*

7 50 Free

8 100 Back

9 100 Fly

10 200 Medley Relay 11

12 200 Free

16 50 Breast

17 100 IM

18 100 Free

19 200 Free Relay 20

21 200 Mixed Free Relay

22 200 Medley Mixed Relay

\* Please indicate stroke as freestyle or IM.

\*\* 200 Choice is back, breast, fly, or IM. Please indicate stroke. PLEASE NOTE that Event 6 will be noted as 200 Fly on the Hy-Tek Entry file. It CANNOT be swum as 200 Free. It can only be back, breast, fly, or IM. Anyone swimming free in this event will be disqualified.

Swimmers are limited to five (5) events plus relays.

There will be a 10 minute rest break before the 200 Medley Relay for relay organization and a 5 minute break before the 200 Free Relay (time permitting). Names are required by 2:15pm for all relay events.