

The Regina Masters Swim Club

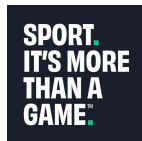


PRESENTS

The Regina Masters Swim Club Invitational Swim Meet

Saturday March 25, 2023

**LAWSON AQUATIC CENTRE
REGINA, SASKATCHEWAN**



PROUDLY SUPPORTED BY



**Regina Masters Swim Club
Regina Masters Swim Club Invitational Swim Meet
Saturday, March 25, 2023**

1. Sanction #: 38357**2. Meet Details:**

- a) Regina Masters Swim Club Invitational Swim Meet
- b) March 25, 2023
- c) Hosted by the Regina Masters Swim Club

3. Session Times:

a. Morning Session	Warm-up	7:45 a.m. – 8:25 a.m. (deep tank)
		8:30 a.m. – 12:00 p.m. (middle tank)
	Competition	8:30 a.m. – 12:00 p.m. (deep tank)
Afternoon Session	Warm-up	12:00 p.m. – 12:25 p.m. (deep tank)
		12:30 p.m. – 3:30 p.m. (middle tank)
	Competition	12:45 p.m. – 3:30 p.m. (deep tank)

Meet Management reserves the right to change session start times once entries are received. Coaches and swimmers will be notified should session start times change.

- b. Officials Briefings

8:00 a.m.	(Morning Session)
12:15 p.m.	(Afternoon Session)

Masking and social distancing are encouraged.

4. Location: Lawson Aquatic Centre, 1717 Elphinstone St., Regina, Saskatchewan**5. Facility:**

- a. 8-lane pool, with 4 lanes used in the deep tank for competition
- b. 25 meter competition pool
- c. 25 meter warm-up pool
- d. Quantum Electronic timing system
- e. Depth at Start end of the pool: 4.9 meters
- f. Depth at Turn end of the pool: 2.2 meters

6. Meet Managers:

Meet Manager: Sarah Erickson
 Phone: 306.551.9196
 Email: ericksonrea@hotmail.com

Co - Meet Manager: Douglas Farenick
 Phone: 306.761.9108
 Email: douglas.farenick@gmail.com

7. Officials Coordinator: Please contact Meet Management.

8. Procedures and Rules:

- a) Swimming Canada Warm-up Competition Safety Procedures will be in effect at this competition. [Link](#). Additionally, it is prohibited to wear watches, jewelry which may be considered dangerous or sharp or any item which may be considered a safety hazard. Medic alert accessories may be worn.
- b) Current Swimming Canada Rules will apply except as specifically modified in this meet package. [Rules](#)
- c) World Para Swimming Rules and Regulations will apply for Para swimmers: [Rules](#)
- d) FINA Masters rules will apply for Masters Swimmers - [Rules](#)

9. Eligibility:

- a) Entries will be accepted only for swimmers who are registered in either the “Masters” or “Masters-Open” category in the Swimming Canada registration database and have a Swimming Canada registration id number which is 9-digits.
- b) Swimmers must be a minimum of 18 years old as of March 25th, 2023.
- c) Age as of December 31, 2023, determines age groups for results.

10. Qualifying Times: Qualifying times are not required.

11. Entry Deadline Date

- a) Entries for the 1500m Freestyle event must be submitted by uploading to the Swimming Canada online system, and must be received by 9:59 p.m. (Saskatchewan) Friday, March 10, 2023.
- b) All other event entries must be submitted by uploading to the Swimming Canada online system, and must be received by 9:59 p.m. (Saskatchewan) Wednesday, March 15, 2023.

Note: any SASK Masters swimmers or club that does not have Hy-Tek Team Manager or Team Unify to be able to upload to the Swimming Canada system may email their entries to Swim Sask and they will upload on your behalf. Email: Jodi@swimsask.ca no later than 8:30 a.m. (Saskatchewan) Friday, March 10, 2023 to enter 1500m Freestyle events and no later than 8:30 a.m. (Saskatchewan) Wednesday, March 15, 2023, to enter all other events. Entries must include the following information:

- First and last name
- Name of Club that you are a member of (Club Code)
- Date of Birth (Day/Month/Year)
- Gender
- Swimming Canada 9-digit ID number
- Event name and number that you wish to be entered in
- Entry time for each event or if you have no time indicate NT

12. Entry Fees:

\$60 per swimmer.

Entry fees may be paid by e-transfer to payments@rmsc.ca using the password *rmsc2023meet* or paid on-deck in cash or by cheque payable to the Regina Masters Swim Club. E-transfer payments should be received no later than Thursday, March 23, 2023.

13. Entry Refund Policy:

Entry fees are non-refundable.

14. Entry Limit:

The number of entries per swimmer is limited to six (6) plus any number of relays.

15. Entries:

Entries must be uploaded to the Swimming Canada Online Entries System. No entries will be accepted by email.

Entry times must be in SC meters; LC meter entries should be converted to SC meters prior to uploading.

No Time (NT) entries are acceptable for all events except the 1500m Freestyle event which must have an entry time.

To ensure timely completion of the meet, entries for the 1500m Freestyle requires approval of Meet Management. Clubs will be notified on March 13, 2023, about who among their swimmers has been approved for the 1500m Freestyle event.

Entries must include Swimming Canada 9-digit registration numbers.

An event file for Team Manager/Team Unify will be available at:
<https://www.swimming.ca/en/events-results/live-upcoming-meets/>

16. Relay Entries:

Relay entries will include Women, Men, and Mixed competition categories. Mixed relays must consist of two (2) males and two (2) females.

Age groups: 72-99, 100-119, 120-159, etc.

4 x 50m Women's/Men's/Mixed Free Relay
4 x 50m Women's/Men's/Mixed Medley Relay

For relays that have not been registered by March 15, 2023, relay cards will be available at the Clerk of Course table and are to be submitted to the Clerk of the Course no later than 45 minutes prior to the start of the session in which the relay is being held.

17. Deck Entries:

Deck entries may be allowed at the discretion of Meet Management and only if space permits; additional heats will not be created.

Deck entries are for additional swims for swimmers already entered in the competition and have passed registration validation, to swim additional swims in empty lanes. Deck Entries are not for day of competition entries.

Deck Entries will not be charged an additional fee over the flat entry fee for the event.

Deck entries must be submitted to the Clerk of Course no later than 45 minutes prior to the start of the session.

Deck entries are not permitted for the 1500m Freestyle event.

18. Meet Format/Competition:

All events will be swum as timed finals.

Male and Female individual events will be combined and will be swum as mixed gender events.

Order of events is as shown on the attached "List of Events".

Event 13 - 400 Free and Event 14 - 400 IM will be swum together. Swimmers are to enter only one of the events

19. Seeding:

Masters events will be seeded by time. No age categories. Slowest to Fastest.

20. Start:

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

In-water starts are allowed and will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2.

Or, if a swimmer desires, they may dive from the bulkhead.

21. Scratch Rule:

Scratches from Masters Events simply create empty lanes; there shall be no re-seeding.

There is no penalty to scratch from an event, except for loss of entry fee.

Coaches and swimmers are encouraged to report any scratches 30 minutes prior to the start of the 1st session.

22. Scoring:

No scoring for Masters Competitions.

23. Awards:

There will not be prizes awarded.

24. Results:

Official results will be posted on the Swimming Canada website following the completion of the competition.

Official results will be published for age groups specified by Swimming Canada Masters Age Groups. Unofficial results will be available on Meet Mobile during the event.

25. Meet Safety Rules:

Safety Marshals will be stationed around the competition pool deck during warm-ups.

During the last 20 minutes of warm-up the 2 outside lanes are designated as sprint lanes.

Meet Management has the discretion to open additional lanes as sprint lanes if required. Diving is permitted in the Sprint lanes. During this period, one-way swimming only is allowed. Swimmers must leave the lane after their 25-metre one-way swim.

26. General or Facility Information:

Team spaces will not be assigned. Tables and chairs will be set up along the pool deck for coaches. The space that each team uses will be the responsibility of that team. Teams are expected to keep the areas that they use clean and tidy.

The Lawson Aquatic Centre and the Regina Masters Swim Club will not accept responsibility for any lost or stolen items. It is the responsibility of each swimmer entered into the swim meet to ensure that their personal belongings are stored in a secure manner.

27. Officials:

Hospitality will be provided. Officials are encouraged to bring their own water bottles.

28. Social:

On the evening of March 25, 2023, a social will be held at a time and location that will be announced in the week prior to the event. All swimmers, officials, and volunteers are invited to attend.

29. Community Information and Accommodation:

A list of Regina attractions may be found at <https://www.regina.ca>, and nearby hotels include [Four Points by Sheraton](#) and [Delta Hotels Regina](#).

30. COVID-19 Safety protocols:

COVID-19 Safety Protocols will follow current Government of Saskatchewan, City of Regina, Lawson Aquatic Centre, and Swim Sask guidelines and will be subject to change. Changes will be communicated with clubs and athletes as needed.

Swimmers, coaches, officials, and volunteers are not to participate if ill or symptomatic.

Swimmers, coaches, officials, and volunteers are encouraged to follow SHA guidance and the [Living with COVID \(Government of Sask\)](#) :

- Know your Risk – personal risk assessment
- Self-Monitor
- Practice frequent hand washing and cough/sneeze etiquette.
- Get fully vaccinated (and get a booster when eligible)
- Wearing a mask is an added layer of protection.
- Test and self-isolate if you test positive
- physically distance whenever possible
- Stay home even with mild symptoms.

Masking

Swim Sask supports a mask friendly environment. Mask use is a personal choice. Everyone must be kind and respectful of individuals' choices.

Rapid Tests

If not feeling well, even if it is just cold symptoms, then all swimmers, coaches, officials and volunteers are asked to administer a home rapid test prior to attending a swim meet, and stay home if test is positive. If test is negative but are feeling sick/symptomatic then please stay home.

Swim meets will prioritize athletes, coaches, and officials on the pool deck.

Spectators are permitted.

31. Photography/Videography and Safe Sport:

Photography/Videography

- a. In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Saskatchewan sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
- b. For full details, see page 3 of the Swimming Canada Photography Procedure found [HERE](#).
- c. Clubs may appoint one official photographer for their club to be granted access to a designated area/working deck. Please contact Meet Manager prior to the competition for permission.
- d. Meet Management may issue an accreditation/name tag identifying such person. If a tag is issued, then it must be worn at all times.

Safe Sport

- a. Swimming Canada and Swim Saskatchewan believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination. For Swimming Canada Safe Sport Policy please click [HERE](#). For additional Safe Sport Resources please click [HERE](#) and then see the various links on the menu on the right hand side. Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- b. Swim Saskatchewan and Swimming Canada have signed onto the Responsible Coaching Movement, which means that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both “open” and “observable” to others.

32. Event Schedule/Order of Events:**REGINA MASTERS SWIM CLUB INVITATIONAL****Schedule of Events****Session #1,****Warm Ups 7:45 to 8:25 am. Racing starts at 8:30 am.**

Event #	Event
1	1500 Free
2	200 Back
3	100 Breast
4	50 Fly
5	4x50 Free Relay -- Women
6	4x50 Free Relay -- Men
7	200 Fly
8	100 Free
9	50 Breast
10	200 IM
11	4x50 Free Relay -- Mixed

Session #2,**Warm Ups 12:00 to 12:40pm. Racing starts at 12:45 pm.**

Event #	Event
12	100 Back
13	400 Free**
14	400 IM**
** May swim only one of 13 or 14	
15	100 Fly
16	4x50 Medley Relay -- Women
17	4x50 Medley Relay -- Men
18	200 Breast
19	50 Back
20	200 Free
21	100 IM
22	50 Free
23	4x50 Medley Relay -- Mixed

****These events will be combined. Swimmers may only choose one stroke/event as included in the numerical sequence.**

Mixed Relays must consist of 2 Females and 2 Males.