

February 15, 2023

**2023 Halifax Chronos Masters Long Course
Meet Information & Registration Form**

Hosted By:	Halifax Chronos Masters Swim Club
Sanctioned By:	Swim Nova Scotia
Date/Time:	Saturday March 18, 2023 12:00pm Warm-Ups 12:45pm Meet Start
Location:	Centennial Pool, 1970 Gottingen St. Halifax, N.S. (6 lanes, long course)
Head Referee:	York Friesen: yorkfriesen@gmail.com
Meet Manager & Registration:	Bette El-Hawary swimming@sportnovascotia.ca
Entry Fees:	\$45.00/swimmer cheques payable to <u>Halifax Masters Swim Club</u> .
Registration:	Received electronically to meet manager; form on page 3 no later than Tuesday March 14, 2023 at 5:00pm
Rules:	<p>The meet has been sanctioned by Swim Nova Scotia and will be run in a 6-lane long course pool. Swimming Canada Rules will govern the meet; Swimming Canada Competition Warm-Up Safety Rules will be in effect</p> <p>Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1</p>
Safe Sport:	Swim NS 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. Details on Safe Sport during this event can be found here: Swim NS Safe Sport
Format:	All events will be <u>swum as open and mixed, seeded by time</u> .

Social to follow, details will be circulated prior to the swim meet.

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Order of Events

MIXED	EVENT
EVENT NUMBER (Mixed Genders)	EVENT
1	400m Freestyle
2	50m Butterfly
3	200m Backstroke
4/5	800m Freestyle/1500m Freestyle*
6	200m Breaststroke
7	100m Freestyle
8	50m Backstroke
9	400m IM
10	50m Freestyle
11	200m Butterfly
12	100m Breaststroke
13	200m IM
14	100m Backstroke
15	50m Breaststroke
16	100m Butterfly
17	200m Freestyle
18	400m Freestyle Relay

*800m Free or 1500m Free, these events may be swum 2 per lane. You must choose one of these events.

Official splits may be requested by swimmers, please notify your lane timers if you would like an official split.

Relays conducted on the total age of team members in whole years. Age groups of relay events are as follows: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279... (Forty year increments as high as necessary). Clubs should specify on their entry which age group their team is competing in. All relays may be deck entered.

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Swimmer's Name:

Address:

City:

Province:

Postal Code:

Birthdate (dd/mm/yyyy):

Age as of December 31, 2023

Phone:

Email:

Gender: Male ☐ Female ☐

Master's Registration number

Club:

Fill in the events you are swimming in the appropriate column and put your entry time in the last column.

EVENT		ENTRY TIME
400m Freestyle	<input type="checkbox"/>	
50m Butterfly	<input type="checkbox"/>	
200m Backstroke	<input type="checkbox"/>	
800m Freestyle/1500m Freestyle <i>Select One</i>	<input type="checkbox"/>	
200m Breaststroke	<input type="checkbox"/>	
100m Freestyle	<input type="checkbox"/>	
50m Backstroke	<input type="checkbox"/>	
400m IM	<input type="checkbox"/>	
50m Freestyle	<input type="checkbox"/>	
200m Butterfly	<input type="checkbox"/>	
100m Breaststroke	<input type="checkbox"/>	
200m IM	<input type="checkbox"/>	
100m Backstroke	<input type="checkbox"/>	
50m Breaststroke	<input type="checkbox"/>	
100m Butterfly	<input type="checkbox"/>	
200m Freestyle	<input type="checkbox"/>	
400m Freestyle Relay	<input type="checkbox"/>	

Please choose either: 800 Free OR 1500 Free |

Registrations may be emailed using the hytek entry file or you may email this form by saving it as Swim Reg- Your Name and clicking on the email address right here: swimming@sportnovascotia.ca. Payment may be e-transferred in advance or paid at the meet. Cheques should be made out to Halifax Masters Swim Club. We also accept e-transfer: chronostreasurer@gmail.com (if e-transferring, please send payment by **Tuesday March 14th, 2023**)