



KISU MASTERS MEET

SUNDAY, DECEMBER 17TH, 2023

Sanctioned by Swim BC: #41240

COMPETITION HOST: KISU SWIM CLUB

VENUE: PENTICTON COMMUNITY CENTRE
325 POWER STREET, PENTICTON BC, V2A7K9
Ample Free parking; coin operated day use lockers

POOL: 5 x 25m lanes for competition with 1 x 25m lane for cooldown, Colorado Timing System

MEET MANAGER: Jaren LeFranc coachjaren@kisu.ca

MEET REFEREE: Anne Benn officials@kisu.ca

MEET REGISTRAR: Tiffany King meets@kisu.ca

OFFICIALS COORDINATOR: Jaren LeFranc

WARM UP AND SESSION TIMES

Sunday, December 18th

Session #1	Warm-up	11:00 - 11:30am
	Competition	11:45am - 1:00pm

Note: Session completion time is approximate

ELIGIBILITY

1. All swimmers must be registered with a Swim BC, SNC, or other WORLD AQUATICS recognized club.
2. Proof of registration may be required for International Masters swimmers.
3. Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc (five-year age groups increments)
4. Swimmer age is as of December 31st.
5. The meet will be limited to 75 swimmers. Entries will be considered on a first-come-first-serve basis.

ENTRIES

1. Swimmers are limited to a max of **FOUR** individual entries. (MM note: enter the 50 free for some fun at the end! 😊)
1. Swimmers must submit an entry time for each event. Entries with NT will not be accepted.
2. Meet Fees are \$35 per swimmer.
3. Registration Methods:
 - a. **Online:** via [SNC Online Entries System](#).
 - b. *If you require alternative means of entry, please contact Meet Manager ASAP*
4. **Late and/or deck entries may be accepted.** \$70 on a case-by-case basis.
5. Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.
6. Heat Sheets will be emailed to all registered swimmers by Friday, Dec 15, 2023. Please print out and bring your own copy.

GENERAL MEET RULES

1. This meet will observe the WORLD AQUATICS Technical Rules as outlined in the current WORLD AQUATICS Masters Rulebook as well as:
 - a. From the deep end: Starts shall be permitted from Starting Platforms (blocks) as per WORLD AQUATICS FR 2.3 and SW 4.1.
2. Swim BC warm up procedures will be in effect
3. All events will be swum as **TIMED FINALS**.
4. Events will be swum slowest to fastest with all age groups and genders swimming together.
 - a. In the results, swimmers will be separated into the different genders and age groups.
5. The 400 Free event will be limited to 3 heats (the first 15 swimmers single laned or first 30 swimmers double laned)
 - a. Clubs/Swimmers will be notified in advance and will have 24 hours to re-submit entries.
 - b. Meet Management reserves the right to double lane the 400 Free.
 - c. Positive check-in required.

6. **Meet Management reserves the right to reduce this number of entries for all events if the meet timeline does not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed. As well, should the meet timeline be running behind day-of, meet management reserves the right to cancel events so as to accommodate a 1pm finish. Refunds will be given at a prorated fee. Thank you for your understanding.**

7. Coaches are asked to check in with the Meet Manager immediately upon arrival to pay outstanding entry fees, pick up Meet Info packages and receive information regarding any changes. **Coaches Meeting tentatively scheduled for 11:35am.**

8. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.

9. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.

10. 800/1500 FREESTYLE

a. There will be a limit of 10 male and 10 female swimmers for this event, 20 total.

i. **Waitlists will be created in the event that 10 spaces of either gender are not filled. Waitlisted swimmers will be notified after December 9th, 2022 and prior to meet day.**

ii. The Positive Check-in Deadline will be 30mins after the start of the session. **(11:30am)**

iii. Heats maybe **double laned** (two swimmers per lane) as per the Swim BC guidelines.

iv. Swimmers will be required to swim front crawl and no other stroke will be allowed.
v. Distance Lap Counters will not be available. Please provide your own.

RELAYS

1. There will be no relays.

SCORING

1. Individual scoring: 20-17-16-15-14-13-12-11
2. Scores from this meet will be included in the League Trophy Award as per the MSABC League Trophy policy.

AWARDS

1. Meet Management will select one male and one female as per MSABC Provincial Rankings, WORLD AQUATICS Masters World Rankings, and/or 2023 WORLD AQUATICS Points to receive a bottle of wine. Sponsor TBA.

RECORD ATTEMPTS

1. Record attempt forms are attached to this meet package. It is the swimmer and/or coach's responsibility to fill out the form and submit it to the Administration Desk prior to the start of the session.

GAS CARD DRAW:

1. Each meet participant will be entered into a draw for a \$100 gas card as an appreciation for their attendance. Sponsor TBA.

Schedule of Events

Event Number		Event Name	Event Number		Event Name
1	Mixed	1500 Freestyle	13	Mixed	200 Back
2	Mixed	50 Back	14	Mixed	50 Breast
3	Mixed	100 Breast	15	Mixed	100 Fly
4	Mixed	200 Fly	16	Mixed	200 Free
5	Mixed	50 Free	17	Mixed	100 IM
6	Mixed	200 IM	18	Mixed	800 Freestyle
7	Mixed	400 Freestyle	19/20	Mens/ Womens	50 Free Handicapped ChaseDown ***
8	Mixed	100 Back			
9	Mixed	200 Breast			
10	Mixed	50 Fly			
11	Mixed	100 Freestyle			
12	Mixed	400 IM			

***Event 19/20 - the ChaseDown - is run as the last event. 5 female and 5 male swimmers who have competed in the 50 free will be selected. The start is staggered, with the slowest entry times going first. Each swimmer will be given a start signal based on their entry time. For example, Swimmer A :35.00, Swimmer B :40.00, Swimmer C :25.00. Etc. Swimmer B will be started by the starter (the slowest time). Swimmer A will be delayed 5 seconds. Swimmer C will be delayed by 15 seconds. The timers will have stop watches that start on the clock. The timers will signal to the swimmer when it is their time to start.

BC, CANADIAN, & WORLD RECORD APPLICATION FORM

BC Record

Canadian Record

World Record

Distance: _____ Stroke: _____ Pool Length: 25 metres _____ 50 metres _____

Official Time: _____ : _____ : _____ Event # _____ Date of Swim _____ (yy/mm/dd) Sanction # _____

Electronic: _____ : _____ : _____ Manual: 1) _____ : _____ : _____ 2) _____ : _____ : _____ 3) _____ : _____ : _____ **Time**

cards and/or Electronic Tape must be attached.

Swimmer's Name: _____ Male _____ Female _____

Swimmer's Address: _____ City, Province _____

Postal Code _____ Birthdate (yy/mm/dd) _____ / _____ / _____ Age (as of Dec 31) _____

Name of Club: _____ Club Code _____

Location of Meet: _____ Name of Pool _____

RELAY EVENT:

Team Name: _____ Club Code _____

AGE GROUP: _____

- Name: _____ Male _____ Female _____ Birthdate: _____ / _____ / _____ (yy/mm/dd)
- Name: _____ Male _____ Female _____ Birthdate: _____ / _____ / _____ (yy/mm/dd)
- Name: _____ Male _____ Female _____ Birthdate: _____ / _____ / _____ (yy/mm/dd)
- Name: _____ Male _____ Female _____ Birthdate: _____ / _____ / _____ (yy/mm/dd)

Certifying Official: Name _____ Date _____ Signature _____

Referee OR Chief Timer: _____

Provincial Recorder: _____

National Recorder: Christian Berger
1130 rue Emma
Longueuil, Quebec
J4J 3A3 _____

FINA Bureau _____ Date _____ Signature _____

Ratification: Yes _____ no _____

Reason for non-ratification: _____

WORLD RECORD ONLY:

- Copy of Birth Certificate or Passport Attached _____ or on file _____
- Pool Length Certification Attached _____ or on file _____



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- ☐ Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- ☐ Running on the pool deck and running entries into the pool are prohibited.
- ☐ Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- ☐ **Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- ☐ Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- ☐ Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- ☐ Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- ☐ Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- ☐ Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

EQUIPMENT:

- ☐ Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- ☐ Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for national events or senior competitions.
- ☐ At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.

- ☐ Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- ☐ In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- ☐ Be visible by safety vest;
- ☐ Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled;
- ☐ Actively monitor all scheduled warm-up periods;
- ☐ Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA SWIMMER NOTIFICATION:

Coaches are requested to notify Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."