



Vernon Masters Winter Splash

Jan. 14, 2024

Sanctioned by Swim BC: #41276

COMPETITION HOSTS: Vernon Masters

VENUE: Vernon Recreation Centre

3310-37 Ave, Vernon BC V1T 2Y5

Free onsite parking, no concession and coin operated lockers

POOL: 6-lane 25 metre competition pool

(Lane 8 will be for Warm-up/Warm Down)

MEET MANAGER: Sharon Slater (sl Slater@shaw.ca)

MEET REGISTRAR: John Holmwood (holmwoodbc@gmail.com)

MEET REFEREE: Ian Johnstone

OFFICIALS COORDINATOR: Mike Stamhuis

WARM UP AND SESSION TIMES

Sunday January 14th

Session #1	Warm-up	7:30 - 8:15am
	Competition	8:30 - 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, 2024.
5. The meet will be limited to a maximum of 90 of swimmers. Entries will be considered a first-come-first-serve basis.

ENTRIES

1. Swimmers are limited to a max of **FOUR** individual entries plus relays.
2. **Registration method:** Entries will be excepted through Swim Canada. [Online Entries Link](#)
3. Meet Fees are **\$50.00** per swimmer. Payment should be transferred immediately upon confirmation of registration through the RTR system. **Payable via e-transfer** to holmwoodbc@gmail.com. The **DEADLINE** for both registration and payment is Jan. 5, 2024 at **11:59 pm**.
4. Swimmers must submit a time for each event. **NT entries will not be accepted.**
5. **Late and/or deck entries for individual events will not be accepted. No refunds.**
6. Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.
7. Heat sheets will be emailed to all registered swimmers by Friday, January 12, 2024. Please print and bring your own copy.

GENERAL MEET RULES

1. Note: Age Group Swimming events will be embedded between certain Master events as shown on the event schedule. Age Group swimmers will swim separately from Masters. These will provide rest time between events for Masters.
2. This meet will observe the World Aquatics Technical Rules as outlined in the current World Aquatics Masters Rulebook.
 - a. Starts from deep end: shall be permitted from starting platforms(blocks) as per World Aquatics FR 2.3 and SW. 4.1
3. Swim BC warm-up procedures will be in effect.
4. All events will be swum as **TIMED FINALS**.
5. Events will be swum slowest to fastest with all age groups and genders swimming together. In the results, swimmers will be separated into the different genders and age groups.
6. The 200 Butterfly, 200 Backstroke, and 200 Breaststroke events will be combined and the 400 Freestyle and 400 IM events will be combined. Swimmers will only be allowed to enter in one of the combined 200's as well as one of the combined 400's.
7. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.
8. All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of the swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile that would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

RELAYS

1. Deck entries will be allowed for Relays only, provided they are submitted by 8:30 am. Relay cards will be available at administration desk.
2. Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 etc. (forty-year increments thereafter)
3. Women's, Men's, and Mixed relays events will be combined. Swimmers may only swim either on the men's, women's, or mixed team in the relay events. The Relay events will be separated out in the results.
4. Mixed relay teams **MUST** have 2 females and 2 males per team.
5. Deadline for all freestyle and medley relay name/order changes will be 9:00 am. Relay cards are included with the meet package.

SCORING

1. Individual scoring: 20-17-16-15-14-13-12-11
Relay scoring: 40-34-32-30-28-26-24-22
2. Scores from this meet will be included in the League Trophy Award as per the MSABC League Trophy policy.

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 to the administration desk 30 minutes prior to the start of their event.

Schedule of Events

Event Number		Event Name	Event Number		Event Name
1	Mixed	100 Freestyle	105	Boys	50 Breaststroke
2**	Mixed	200 Butterfly	106	Girls	50 Breaststroke
3**	Mixed	200 Backstroke	13	Mixed	50 Backstroke
4**	Mixed	200 Breaststroke	14	Mixed	50 Butterfly
101	Boys	50 Fly	15	Mixed	100 Breaststroke
102	Girls	50 Fly	16**	Mixed	400 Freestyle
5	Mixed	100 IM	17**	Mixed	400 IM
6	Mixed	50 Breaststroke	107	Boys	50 Freestyle
7	Mixed	100 Butterfly	108	Girls	50 Freestyle
8	Mixed	100 Backstroke	18	Mixed	50 Freestyle
103	Boys	50 Backstroke	19	Mixed	200 IM
104	Girls	50 Backstroke	20	Women	200 Medley Relay
9	Mixed	200 Freestyle	21	Men	200 Medley Relay
10	Women	200 Freestyle Relay	22	Mixed	200 Medley Relay
11	Men	200 Freestyle Relay			
12	Mixed	200 Freestyle Relay			

Reminder: Swimmers can only swim **ONE** event of the combined events. Please specify which event in your meet registration form (i.e., 400 Free or 400 IM)

****Events 2, 3 & 4 will be combined events and events 16 & 17 will be combined events. ****

Events 101,102, 103, 104, 105, 106 107, and 108 are for VKSC Spring meet. Youth swimmers eligible only. All other events are Masters eligible only.

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 _____

Masters Relay Entry Forms

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					



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.”