

WHITE ROCK WAVE

April 19-21, 2024 Sanctioned by Swim BC: # 41426

HOSTS White Rock Wave

VENUE Grandview Heights Aquatic Centre

16855 24th Avenue, Surrey. B.C. 604-590-7800 Free parking and day lockers are available

POOL 10-lane competition pool w/Colorado timing

4-lane warm-down pool

MEET MANAGERS Craig Slater

Linda Stanley Wilson

MEET CONTACT wrwaveinfo@gmail.com

MEET REFEREE Barry Parish

CHECK-IN Please visit the check-in desk located in the pool lobby. Welcome bags and pre-purchased banquet tickets will

be provided at the time of check-in.

CHECK-IN DESK HOURS

Friday: 3:00 pm - 6:00 pm Saturday: 8:00 am -10:00 am Sunday: 8:00 am - 10 am

MSABC AGM The MSABC AGM will be held approximately 30 minutes after the final event on Saturday, April 20, in the

room adjacent to the pool deck.

WARM-UP & SESSION TIMES

Date	Warm-Up	Competition		
Friday, April 19	4:00 - 4:45 pm	5:00 pm		
Saturday, April 20	9:00 - 9:45 am	10:00 am		
Sunday, April 21	9:00 - 9:45 am	10:00 am		

SAFE SPORT

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both "open" and "observable" to others.

ELIGIBILITY

- All swimmers must be registered with a Swim BC, SNC, or other WORLD AQUATICS-recognized club.
- Proof of registration may be required for International Masters swimmers.
- Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39, etc. (five-year age group increments).
- The swimmer's age is as of December 31st, 2024.
- · The meet will be limited to 300 swimmers. Entries will be considered on a first-come-first-serve basis.

ENTRIES

- Swimmers are limited to a maximum of seven individual entries plus relays.
- Swimmers must submit an entry time for each event. Entries with NT will not be accepted.
- EARLY BIRD REGISTRATION: Meet fees are \$100 per swimmer or for relay entry only. Available until March 10, 2024, at 11:59 pm.
- GENERAL REGISTRATION: Meet fees are \$110 per swimmer or for relay entry only. Available until April 7, 2024, at 11:59 pm.
- REGISTRATION: Only online registration through the Swimming Canada website will be accepted. No late or deck entries will be accepted. (Online Entries Link)
- Requests to change an individual race entry time received after April 7, 2024, will not be accepted.
- PAYMENT INFORMATION: please etransfer the fee to wrwavemeet@gmail.com upon completion of your event entry.
 Indicate the swimmer name(s) and club code in the message body of the etransfer.
 For alternative payment methods, send an email to wrwavemeet@gmail.com.
- All meet fees must accompany entries. No refunds.
- RELAY DEADLINE ENTRY: April 12, 2024 at 5:00 pm.
- Psych Sheets will be sent to participants as soon as they become available.
- Heat Sheets will be posted on the Wave Provincial website (www.whiterockwave.com/provincials) no later than April 17, 2024. Heat sheets will also be sent to participants no later than April 17, 2024.

GENERAL MEET RULES

- This meet will observe the World Aquatics Technical Rules as outlined in the current World Aquatics Masters Rulebook. Additionally, starts shall be permitted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
- Swim BC Competition Safety Warm-up Procedures will be in effect and monitored.
- All swimmers are permitted to race with swimwear of their choosing at all competitions sanctioned by Swim BC. It is not
 required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and
 would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
- · All events will be swum as timed finals.
- 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.
- Meet management reserves the right to reduce the number of entries for all events if the meet timelines do not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed.
- Coaches are asked to check in with the Administration Desk immediately upon arrival to pick up Meet Info packages and receive information regarding any changes.
- Any act of theft, vandalism, or similar action will result in immediate disqualification from the meet.
- · All participants are to respect the facility rules, including no deck changing and no outside shoes on deck.

1500/800 FREESTYLE

There will be a limit of **40** entries for these events (4 heats). Mandatory in-person positive check-in for the 1500 Freestyle event closes at 4:30 pm, April 19, 2024, at the Meet Administration Desk. Mandatory in-person positive check-in for the 800 Freestyle event closes at the conclusion of event 15 on Saturday, April 21, 2024, at the Meet Administration Desk. Swimmers not checking in in-person for the 1500 and 800 freestyle events will be removed from the events at the above respective deadline times.

RELAYS

- 1. Relay team entry deadline is April 12, 2024 at 11:59 pm. Each club must complete a relay form for each team entry and event. Forms are available in the Meet Package. Please email the completed relay forms to the Meet Manager (wrwaveinfo@gmail.com) and bring a copy with you to the meet.
- 2. The women's, men's, and mixed relay events may be combined. Swimmers may only swim either on the men's, women's, or mixed team in each relay event.
- 3. Relay name changes and/or scratches may be submitted each day no later than 30 minutes prior to the start of the session in which the relay event will be swum.
- 4. No swimmer may swim more than once in any relay event.
- 5. Mixed relays must be composed of two females and two males from the same club or affiliation.
- 6. Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 (forty-year increments as high as necessary).

SCORING

Individual: 20 - 17 - 16 - 15 - 14 - 13 - 12 - 11 Relay: 40 - 34 - 32 - 30 - 28 - 26 - 24 - 22

AWARDS

Lapel pins will be awarded to the 1st, 2nd, and 3rd place finishers of individual events in each age group. Lapel pins will be awarded to the 1st place relay in each age group. Awards must be picked up at the awards desk located on the pool deck. Awards will not be mailed.

RESULTS

Meet results will be posted on the pool deck throughout the meet. Results will also be posted on the MSABC and Wave websites after the meet.

RECORDS

Please submit an electronic copy of the record attempt forms when you submit your relay entries. Additionally, bring a hard copy of the record attempt forms to the Meet Administration Desk at least 30 minutes prior to the start of the meet on the day on which the event is scheduled. World Record attempts also require a World Aquatics form to be completed and submitted (both forms are attached to the meet package).

AWARDS BANQUET

Saturday, April 20, 6:00 to 10:00 pm Elgin Hall 14250 Crescent Road Surrey, B.C. V4P 1M3

CATERED DINNER MENU

Vegetable + dip platter Vegetarian Pasta Dish Medley of Vegetables

Charcuterie Platter Roasted Chicken Artisan buns

Choice of 3 salads Rice Pilaf Dessert Platter & Coffee Service

Tickets are \$30.00 per person, paid for at registration.

Indicate your name in the transfer, and transfer to wrwavemeet@gmail.com.

Banquet tickets can be picked up at the check-in table in the pool lobby. Maximum seating is 140 attendees. Extra tickets can be purchased during the meet (if there are any still available), cash only. Alcohol will not be available at this venue.

ACCOMMODATIONS

Ocean Promenade Hotel (https://oceanpromenadehotel.com/)

15611 Marine Drive, White Rock, B.C. 604 542-0102/1-888-976-2326 Ask For: Masters Swim Provincials Rate

Deluxe 2 Queen Room \$159.00 Deluxe King Room \$179.00
Deluxe King Room \$179.00 King Studio Suite \$199.00

One Bedroom Suite \$ 249.00

WARM-UP 4:00 - 4:45 P	M Sprint/Dive Lanes open 4:30 pm	Competition Starts 5:00 pm			
EVENT NUMBER	EVEN ⁻	Γ			
1	1500 Freestyle				
15 MINUTE BREAK *					
2	2 200 Breaststroke				
15 MINUTE BREAK *					
3	400 Freestyle Relay—Mixed				
4	400 Freestyle Relay—Female				
5	400 Freestyle Relay—Male				

WARM-UP 9:00 - 9:45 AM	SPRINT/DIVE LANES OPEN 9:30 AM	Competition Starts 10:00 am					
EVENT NUMBER	EVENT						
	OPENING CEREMONIES						
6	400 Freestyle						
	15 minute break *						
7	100 Backstroke						
8	200 Butterfly						
9	200 Medley Relay—Mixed						
10	10 200 Medley Relay—Female						
11	11 200 Medley Relay—Male						
	30 minute break *						
12	100 Breaststroke						
13	50 Freestyle						
14	200 IM						
15	15 50 Backstroke						
16	800 Freestyle Relay—Mixed						
17	800 Freestyle Relay—Female						
18	800 Freestyle Relay—Male						

SCHEDULE OF EVENTS

Warm-up 9:00 - 9:45 /	am Sprint/Dive Lanes open 9:30 am	Competition Starts 10:00 am				
EVENT NUMBER	EVEN	Т				
19	800 Freestyle					
	15 minute break *					
20	100 Butterfly					
21	200 Backstroke	200 Backstroke				
22	100 IM					
23	200 Freestyle					
24	200 Freestyle Relay—Mixed					
25	200 Freestyle Relay—Female					
26	200 Freestyle Relay—Male					
	30 minute break *					
27	50 Butterfly					
28	400 IM					
29	50 Breaststroke					
30	100 Freestyle					
31	400 Medley Relay—Mixed					
32	400 Medley Relay—Female					
33	400 Medley Relay—Male					
*The Me	et Manager reserves the right to adjust the t of the breaks based on the progress of the					

Masters Relay Entry Forms

Event #:	200 / 400	Free / Medley		/ Women / Mixed	Age Group:	Entry T	ime:
Club:			Club C	Code:	•		
Swimmer			Age		Swimmer		Age
1.				3.			
2.				4.			
Total Age:			•				
Event #:	200 / 400	Free / Medley		/ Women / Mixed	Age Group:	Entry T	ime:
Club:	-		Club C	Code:	!	-	
Swimmer			Age		Swimmer		Age
1.				3.			
2.				4.			
Total Age:							
Event #:	200 / 400	Free / Medley		/ Women / Mixed	Age Group:	Entry T	ime:
Club:			Club C	Code:	-		
Swimmer			Age		Swimmer		Age
1.				3.			
2.				4.			
Total Age:							
Event #:	200 / 400	Free / Medley		/ Women / Mixed	Age Group:	Entry T	ime:
Club:			Club C	Code:			
Swimmer			Age		Swimmer		Age
1.				3.			
2.				4.			
Total Age:			-				_

BC, CANADIAN, & WORLD RECORD APPLICATION FORM

BC Record	Canadian Reco	rd			World R	ecord		
Distance:S	troke:		1	Pool Lengtl	n: 25 metre	s	_50 metres	
Official Time: : .	Event #Da	ite of	Swii	n	(yy/m	m/dd) Sa	nction #	
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	l)	/	/	Age ((as of De	c 31)	
Name of Club:					C	lub Code	<u>;</u>	
Location of Meet:		_Nar	ne of	Pool				
RELAY EVENT:								
Team Name:					C	lub Code	:	
AGE GROUP:								
□ Name:		M	ale	_Female	_Birthdate	:/_	_/(yy/mm/dd)	
□ Name:		M	ale	_Female_	Birthdate	e:/	_/(yy/mm/dd)	
□ Name:		M	ale	_Female_	Birthdate	e: <u>/</u>	_/(yy/mm/dd)	
□ Name:		M	ale	Female	Birthdate	e:/	_/(yy/mm/dd)	
Certifying Official:	Name		D	ate		Signatur	·e	
Referee OR Chief Timer	:		_					
Provincial Recorder:								
National Recorder:	Christian Berger 1130 rue Emma Longueuil, Quebec J4J 3A3		_					
FINA Bureau			Date	•		Signatu	re	
Ratification: Yesn	o							
Reason for non-ratificati	on:							
WODI D DECORE	ONLY							
	CONLY: ertificate or Passportification Attached_				on file	_		

			MASTERŞ SWIMI	VING WORLD REC	ord application fo	the following safe	ty procedures are
	NOTE: World Records can	only be established in	n a Masters meet 96	ficialis aquareri	utogether to co	mply with these pro	ocedures during all
1	STROKE	DISTANCE	Male	encourage s Female Mixe	wimmers to coo d (Check One)	operate with Safety	Marshals.
2	OFFICIAL TIME	sec	sec/100 3)	AGE GROUP			
4	POOL LENGTH	(Check One)	Short course	a cautious ma (25m)	nner, entering f	from a start or turn ourse (50m)	end only and
5 •	ROPATION OF OTHER	poontderkeandar	TERRAMES TEATH PAS	Fi AteWhe poo	are prohibited.		
•	Meet Managem	ent may design	ate the use of	sprint or pace	lanes during th	e scheduled warm	-up time. Any
	sruchName usage	must be comm	ıuni cate dythrou	ighata oprosvico(n	apetvitiom) hando	it or announcemer	at and vicible
6	through on deck CONFIRMATION OF F Swim BC recom	: signage. 'OOL LENGTH BY A R mends that , wi	responsible persoi nere lane densi	N: (Check One) ty exceeds 20	Attached On I	File	
7	Mæret Mawagren	ent.split.warm-	uptoensure a	_svafe_emviron	·		
	or age). A split w						
8	thelay beam rames	impetition han	dout or email,	a technical m	of Birth (Name Month)	
•	 Diving starts sha sprint lanes is per 	ill be permitted	only in design	ated sprint la	ne.		
					designated land		who at we are
•						for backstroke sta	for the number of
	swimmers in the	meet:	MF			e space is available	Tor the number of
	Notices or barrie			blocks to ;			
9	Pre-event training	ng shall be man	aged by the co	aches a	ON FILE		
10	0.6.		•	_			
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EQUI	PMENT:	C TIME:	minsec	sec/10	0		
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	warm-up. (1)minsec Hand paddles ar	sec/100 (2)mir nd flippers are r	nsecsec/100 permitted for u	(3)mir se in a secon	secsec/100 darv warm-up p	ool only (where av	ailable), at meet
13						nior competitions.	,,
14	At meet manage						
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	reliability and us	e. This is recor	mm _{DATE}				
	1710110						
							Masters Swimming World Record
	ecognized that ther elines _{r:} Diving head	-	•	on.		appliea aot the same as	
	wded lane. Judgme						not equipment.
•	_		-			dangerous fashion	
16						owing the warm-up led event be a final. T	
	rReasonation occ	owening from t	he Safety Mare	halSwimm	rea siloula tilat ers.receiving.ver	bal warnings will	
						ions occur the sv	
	removed by the	Referee withou	ut warning fron	n their first in	dividual event a	s noted above.	
			_			may be removed	
	of the competiti		•	•			

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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."

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