**MEET NAME**

Club Logo can be added here.

**DATE**

Sanctioned by Swim BC: #

COMPETITION HOSTS: CLUB NAME

VENUE: POOL NAME

ADDRESS

Available parking? Concession? Access to lockers?

POOL: 8-lane 50 metre competition pool w/electronic timing and a small (23m) warm down tank

MEET MANAGER: NAME & EMAIL

MEET REFEREE: NAME

OFFICIALS COORDINATOR: NAME (EMAIL)

|  |  |  |
| --- | --- | --- |
| WARM UP AND SESSION TIMES | | |
| Date | | |
| Session #1 | Warm-up | 10:00 - 10:45am |
| Competition | 11:00am - 5:00pm |
| Note: *Session completion time is approximate* | | |

**LAND ACKNOWLEDGEMENT**

CLUB NAME would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the INSERT.

**SAFE SPORT**

1. 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.
2. Deck changes are explicitly prohibited.
3. Please indicate if there will be adult only washrooms (volunteers, coaches, officials) and swimmer only washrooms, or indicate that this configuration is not available due to facility constraints.

**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 # of swimmers. Entries will be considered a first-come-first-serve basis.

**ENTRIES**

1. Swimmers are limited to a max of **XXXX** individual entries plus relays.
2. Swimmers must submit an entry time for each event. Entries with NT will not be accepted.
3. Meet Fees are **$XX.XX** per swimmer.
4. Registration Methods:
   1. **Online**: Swimming Canada Link to be added in by Swim BC staff **Deadline:** Date
   2. Instructions on how to register are added to the end of this meet package.
5. All meet fees **MUST** accompany all entries.
6. **Late and/or deck entries will not be accepted**. **No refunds**.
7. Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.
8. Heat Sheets will be emailed to all registered swimmers by **DATE**. 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:
2. Starts shall be permitted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.
3. Swim BC Competition Safety Warm Up Procedures will be in effect
4. 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 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.
5. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:
   1. Non-verbal instruction provided by a \*support person
   2. Hand signals given by the starter/referee
   3. An external strobe light

\* Note that the support person must show a status of “Registered” as support staff in the Swimming Canada registration system.

Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.

1. In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC 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*.*
2. During events only one (1) swimmer per lane is permitted.
3. All events will be swum as TIME FINALS.
4. Events will be swum slowest to fastest with all age groups and genders swimming together.
   1. In the results, swimmers will be separated into the different genders and age groups.
5. The 400 Free event will be limited to 5 heats (the first 40 swimmers)
   1. Clubs/Swimmers will be notified in advance and will have 24 hours to re-submit entries.
6. Meet management reserves the right to reduce this number of entries for all events if the meet time lines 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.
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.
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.

**DISTANCE EVENTS**

1. There will be a limit of 16 male and 16 female swimmers for this event.
   1. Waitlists will be created in the event that 16 spaces of either gender are not filled. Waitlisted swimmers will be notified after DATE and prior to meet day.
   2. The Positive Check-in Deadline will be 30mins after the start of the session. **(11:30am)**
2. Heats will be combined (two swimmers per lane, similar gender) as per the Swim BC guidelines.
3. Swimmers will be required to swim front crawl and no other stroke will be allowed.
4. Distance Lap Counters will not be available. Provide own
5. Swimmers **MUST** provide 2 of their own timers for this event.

**RELAYS**

1. Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 (forty-year increments as high as necessary)
2. 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.
   1. The Relay events will be separated out in the results.
3. Mixed relay teams **MUST** have 2 females and 2 males per team.
4. Deadline for relay name/order changes will be:
   1. For the Medley Relays: **10:20am**
   2. For the Free Relays: **1:00pm.**
   3. The Relay card form is attached to this meet package. Clubs are responsible to bringing their own copies to the meet and submitting them to the Admin Desk/office.

**SCORING**

1. Individual scoring: 20-17-16-15-14-13-12-11

Relay scoring: 40-34-32-30-28-26-24-22

1. Scores from this meet will be included in the League Trophy Award as per the MSABC League Trophy policy.

**AWARDS**

1. Each swimmer will receive a Participation Certificate with space for result labels to be added.
2. An envelope will be available for each club at the Clerk of Course/Welcome desk. Result Labels will be sent to each club contact at the end of the meet.

**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 Admin Desk/office prior to the start of the session.
2. All new Provincial Records must be submitted to Swim BC for verification - Carrie Matheson ([carrie.matheson@swimbc.ca](mailto:carrie.matheson@swimbc.ca)).

**ACCOMMODATIONS**

**Schedule of Events**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Event Number** |  | **Event Name** |  | **Event Number** |  | **Event Name** |
| 1 | Mixed | 400 Free |  | 13 | Mixed | 400 Freestyle Relay |
| 2 | Mixed | 400 Medley Relay |  | 14 | Men | 400 Freestyle Relay |
| 3 | Men | 400 Medley Relay |  | 15 | Women | 400 Freestyle Relay |
| 4 | Women | 400 Medley Relay |  | 16 | Mixed | 50 Backstroke |
| 5 | Mixed | 200 Backstroke |  | 17 | Mixed | 100 Freestyle |
| 6 | Mixed | 100 Breaststroke |  | 18 | Mixed | 200 Butterfly |
| 7 | Mixed | 50 Butterfly |  | 19 | Mixed | 100 Backstroke |
| 8 | Mixed | 400 IM |  | 20 | Mixed | 200 Freestyle |
| 9 | Mixed | 200 Breaststroke |  | 21 | Mixed | 50 Breaststroke |
| 10 | Mixed | 100 Butterfly |  | 22 | Mixed | 800 Freestyle |
| 11 | Mixed | 200 IM |  |  |  |  |
| 12 | Mixed | 50 Freestyle |  |  |  |  |
| **MID MEET BREAK WILL BE AT THE DISCRETION OF THE MEET MANAGER**. | | | | | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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: | | | | | | | | | |



