

**2009 Saskatchewan Short Course
Masters Provincial Swim Meet**
May 31, 2009
Regina Masters Swim Club



Sanction #: 08-09-02

Host: Regina Masters Swim Club

Meet Manager: Sandy McEachern
swims@sasktel.net
(306) 790-7078

Location: Lawson Aquatic Centre
1717 Elphinstone Street

Facility: 25 metre, 8 lane pool
Non-turbulent lane markers
Warm down lanes will be available.
Manual watches

Date: Sunday, May 31, 2009.

Entry Deadline – Friday May 22, 2009
Only paid entries will be accepted. No deck entries.

Times: Sunday Warm-up: 9:00 a.m. Events: 10:00 a.m. to 5:00 p.m.

Eligibility: Open to all Masters swimmers registered with Swim Saskatchewan Inc. or any other FINA affiliated province or country.

Age Groups: Age determined as of December 31, 2009.
Age categories for individual events: 18 -24, 25 -29, 30 - 34, etc.
Age categories for relay events will be determined by the sum of the total age of the team members: 72 - 99, 100 - 119, 120 - 159, etc.

Competition:

- Events will be swum as timed finals.
- Male and female events will be swum separately; however, events may be combined as male/female events depending upon the number of participants and the anticipated length of the meet.
- Events/heats may be combined to fill empty lanes.
- 800 m Freestyle and 1500 m Freestyle may be swum two or more per lane, with a staggered start, depending upon the number of participants and the anticipated length of the meet.
- Masters Swim Canada (MSC) and Swimming Nation Canada (SNC) Rules will apply. When a conflict occurs between an SNC rule and an MSC rule, the MSC interpretation shall apply.

Seeding:

- Seeding for each event will be done by entry time alone, no preference given to age.
- Events will be seeded slowest to fastest.

Scratches:

- Please submit scratches to the Clerk of Course.
- Scratches within a heat will not alter the pre-seeding and the heat will be swum with empty lanes.

Start:

- Swimmers may start from the water, deck or the blocks.
- The One False Start Rule will be in effect.

Protests: In accordance with SNC Rule GR 9.2.

Events: Order of events can be found on the attached entry form.

Relays:

- Relays will be swum time permitting.
- Relays can be deck entered.
- Relays where team members are not from the same club will be swum as exhibition.
- For relay events, please complete the attached Relay Entry Form.

Deck Entries: Deck entries will be permitted for relay events **only**.

Entries:

- Masters Registration Numbers **must** be submitted with all entries. Entries from outside Canada should include a copy of the swimmer's Masters Registration Card.
- Times are to be submitted in Short Course Metres.
- Swimmers may enter a maximum of eight (8) individual events plus relays. Each relay swimmer must swim in at least one (1) individual event.
- All entries must be submitted on the grid sheets provided. Please fill in the grid sheet fully.
- Events 17/18, 25/26, 29/30 will only to be swum as one event, but you may choose the stroke you wish to swim.

Entries and Payment must be received on or before Friday, May 22, 2009.

Please send entries to:**Regina Masters Swim Club**

c/o Sandy McEachern
2915 Quinn Drive
Regina, SK S4P 2W2
Email: swims@sasktel.net
Phone: Home (306) 790-7078

Fees: \$5.00 per event to a maximum of \$30.00 per swimmer. (Meet entry fee only).

All cheques and money orders payable to: **Regina Masters Swim Club**
Fees must be included with entries.

No refund will be given for scratches after the entry deadline.

Heat Sheets: Heat sheets will be posted on the Internet approximately one week prior to the swim meet in PDF format at the Swim Sask web site (www.swimsask.ca).

Results: Results will be posted on the Internet after the swim meet in PDF format at the Swim Sask web site (www.swimsask.ca).

Social: To be announced. Will be held after the meet.

Meet Safety Rule:

SNC Warm Up Procedures will be in effect at this meet, as per Appendix F in the SNC Rulebook.

- During the warm-up, no swimmer shall enter the pool by a dive.

NO DIVING ALLOWED.

- Exception, during the last fifteen (15) minutes of the warm-up time, lanes one (1) and eight (8) are designated as diving lanes, during this period only one way swimming (away from the diving blocks) is permitted. No fins and paddles allowed during warm-up.

General: Swimmers shall be responsible for their own valuables. Coin operated lockers and limited number of padlock lockers are available. All areas of the building are smoke-free. Lap counters are NOT available on the pool deck.

Accommodations:

Attached after the entries is a listing of some hotels in Regina. Additional listings can be found in the directory at www.mysask.com.

**2009 Saskatchewan Short Course Masters Provincials Swim Meet
May 31, 2009, Lawson Aquatic Centre**

Name: _____ Sex: _____ Date of Birth: _____
 Address/City: _____ Age as of Dec. 31, 2009: _____
 Prov.: _____ Postal Code: _____ Club: _____
 Phone:() _____ Email: _____ Club Abbrev: _____
 Masters Reg. #: _____ Emergency Contact (Name/Ph.#): _____

Schedule of Events

Sunday May 31, 2009

Warm-up: 9:00 am – 10:00 am ~ Events: 10:00 am - 5:00 pm

Female Event #	Time	Event	Time	Male Event #
1	_____	800 m Free	_____	2
3	_____	25 m Back	_____	4
5	_____	200 m Free	_____	6
7	_____	50 m Breast	_____	8
9	_____	100 m IM	_____	10
11	_____	25 m Free	_____	12
13	_____	50 m Back	_____	14
15	_____	4 x 50 m Mixed Free Relay	_____	15
16	_____	4 x 25m Mixed Medley Relay	_____	16
17A	_____	400 m Free	_____	18A
17B	_____	400 m IM	_____	18B
19	_____	25 m Fly	_____	20
21	_____	200 m IM	_____	22
23	_____	50 m Free	_____	24
25A	_____	100 m Fly	_____	26A
25B	_____	100 m Back	_____	26B
25C	_____	100 m Breast	_____	26C
27	_____	25 m Breast	_____	28
29A	_____	200 Fly	_____	30A
29B	_____	200 m Back	_____	30B
29C	_____	200 m Breast	_____	30C
31	_____	100 m Free	_____	32
33	_____	50 m Fly	_____	34
35	_____	4 x 25 m Mixed Relay	_____	35
36	_____	4 x 50 m Mixed Free Relay	_____	36
37	_____	1500 m Free	_____	38

Fees:

Meet Entry Fee \$5.00 per event to \$30.00 \$
maximum of \$30.00

Cheque or money order payable to Regina Masters Swim Club must be included with entry form.

2009 MASTERS PROVINCIALS RELAY ENTRY FORM

EVENT # _____

TEAM: _____

SWIMMER NAME

Swimmer Reg #

AGE

GENDER

EVENT # _____

TEAM: _____

SWIMMER NAME

Swimmer Reg #

AGE

GENDER

EVENT # _____

TEAM: _____

SWIMMER NAME

Swimmer Reg #

AGE

GENDER

EVENT # _____

TEAM: _____

SWIMMER NAME

Swimmer Reg #

AGE

GENDER

Listing of Accommodations

Best Western Seven Oaks Inn 777 Albert St (306) 757-0121

Budget Inn Express 4255 Albert St (306) 584-8800

Comfort Inn 3221 E Eastgate Dr (306) 789-5522

Country Inn & Suites By Carlson 3321 Eastgate Bay E (306) 789-9117

Days Inn 3875 Eastgate Dr 1-800-329-7466

Delta Regina Hotel 1919 Saskatchewan Dr 1-800-209-3555

Holiday Inn Express (306) 569-4600

Holiday Inn Hotel 1800 Prince of Wales Dr. 1-866-789-3883

Hotel Saskatchewan Radisson Plaza 2125 Victoria Ave (306) 522-7691

Quality Hotel - Regina 1717 Victoria Ave 1-888-569-1717

Ramada Hotel & Convention Centre 1818 Victoria Ave (306) 569-1666

Regina Inn 1975 Broad St (306) 525-6767

Sherwood House Motel 3915 Albert St (306) 586-3131

Super 8 Motel 2730 Victoria Ave E (306) 789-8833

Travel Inn 1735 Prince Of Wales Dr (306) 789-2223

Travelodge Hotel 4177 Albert St (306) 586-3443

West Harvest Inn Regina 4025 Albert St (306) 586-6755