



2012 Saskatchewan Masters Provincial Swim Meet
Saturday, February 25, 2012

Dec 10\11

Sanction #: 11-12-01

Host: Regina Masters Swim Club

Meet Manager: Meta Woods
mwoods1@sasktel.net
(306) 585-0497

Location: Lawson Aquatic Centre
1717 Elphinstone Street, Regina

Facility: 25 metre, 8 lane pool
NOTE: 5 lanes will be used for competition while 2 lanes will be available for warm up / warm down throughout the day. 1 lane will be kept empty and used as a buffer lane between the competition and warm up / warm down lanes

Non-turbulent lane markers
Warm down lanes will be available
Manual timing

Date: Saturday, February 25, 2012

Entry Deadline – Friday, February 17, 2012

Times: Warm-up: 8:00 a.m. to 8:55 a.m.
Events: 9:00 a.m. – 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, 2012.
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 as separately; however events may be combined as male/female events depending upon the number of participants and the anticipated length of the meet.
- 5 lanes will be used for competition while 2 lanes will be available for warm up / warm down throughout the day. 1 lane will be kept empty and used as a buffer lane between the competition and warm up / warm down lanes.

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- Events/heats may be combined to fill empty lanes.
- 800 m Freestyle may be swum as two or more per lane, with a staggered start, depending upon the number of participants and the anticipated length of the meet.
- Swimmers may start from the water, deck or the starting blocks.
- The One False Start Rule will be in effect.
- Masters Swim Canada (MSC) and Swimming Natation Canada (SNC) Rules will apply. When a conflict occurs between an SNC rule and an MSC rule, the MSC interpretation shall apply.
- The order of events can be found on the attached entry form.

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 the Course.
- Scratches within a heat will not alter the pre-seeding and the heat will be swum with empty lanes.

Protests:

- Protests will be addressed in accordance with SNC Rule GR 9.2.

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. Where possible, estimate times should be provided to assist in seeding entries.
- Swimmers may swim a maximum of eight (8) individual events plus relays. Each relay swimmer must swim at least one (1) individual event.
- All entries must be submitted on the grid sheets provided. Please fill in the grid sheet fully.
- Events 23/34 and 35/36 will only be swum as one event. Swimmers may choose the stroke they wish to swim.
- Entries are to be sent electronically to mwoods1@sasktel.net or by mail to:
RMSC Meet Manager
2737 McDonald Street
Regina, SK S4N 2Z9

Entry Deadline – Friday, February 17, 2012 11:59 pm

Only paid entries will be accepted. No individual event deck entries.

Relays:

- Relays will be swum time permitting.
- Relays may be deck entered provided there is space available.
- Relay teams may consist of swimmers from more than one team, although these teams will be swum as exhibition swims.
- Deck entries will be permitted for relay events **only**.

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Fees:

- \$5.00 per event to a maximum of \$30.00 per swimmer.
- All cheques and money orders payable to: **Regina Masters Swim Club.**
- **Fees must be included with entry form.**

Heat Sheets:

- Heat sheets will be posted in PDF format on the Regina Masters Swim Club website at: <http://www.rmsc.ca/> approximately one week prior to the swim meet.
- Swimmers will be responsible for printing and bringing their own copy to the meet. Meet Management will provide each club with 1 printed copy of the heat sheets.

Results:

- Results will be posted in PDF format on the Regina Masters Swim Club website at: www.rmsc.ca and the Swim Sask web site (www.swimsask.ca) after the completion of the swim meet.

Social Event:

- The Regina Masters Swim Club will be hosting a social event following the conclusion of the swim meet. Details will be made available at a later date.

Meet Safety Rules:

- SNC Warm Up Procedures will be in effect in accordance with Appendix D of the SNC Rulebook.
- During the warm-up, no swimmer shall enter the pool by a dive. Diving will be permitted only in the designated diving lanes during the final 20 minutes of the warm-up time. During this period, only one way swimming (i.e. away from the starting blocks) is permitted.
- No fins or paddles are permitted during the warm-up.

General:

- Swimmers shall be responsible for their own valuables. Coin operated lockers and a limited number of padlock lockers are available.
- All areas of the building are smoke-free.
- Lap counters are not available on the pool deck. Swimmers may use their own lap counters.
- A list of hotels in Regina can be found at www.mysask.com.

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LOTTERIES



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Name:	Gender:
Address/City/Postal Code:	
Phone:	Email:
Masters Reg. #:	Club:
Date of Birth:	Age as of Dec. 31, 2012:
Emergency Contact (Name/Phone No.):	
Entry Fee Enclosed:	

Schedule of Events

Warm up: 8:00 a.m. Events: 9:00 a.m. – 5:00 p.m.

Female	Time	Event	Time	Male
1		400 m IM		2
3		200 m Free		4
5		25 m Fly		6
7		100 m IM		8
9		25 m Back		10
11		50 m Free		12
13		400 m Free		14
15		4 x 50 m Mixed Free Relay		16
17		4 x 25 m Mixed Medley Relay		18
19		50 m Fly		20
21		25 m Breast		22
23A		100 m Fly		24A
23B		100 m Back		24B
23C		100 m Breast		24C
25		200 m IM		26
27		50 m Back		28
29		25 m Free		30
31		50 m Breast		32
33		100 m Free		34
35A		200 m Fly		36A
35B		200 m Back		36B
35C		200 m Breast		36C
37		4 x 25 m Mixed Free Relay		38
39		4 x 50 m Mixed Medley Relay		40
41		800 m Free		42