

**Manitoba Masters March Madness Swim Meet
(Short Course)
Host Club: Manitoba Masters Aquatic Club
Pan-Am Pool 25 Poseidon Bay, Winnipeg, Manitoba R3M 3E4
T: (204) 986-5890**

SANCTION No.: *SNM2013-05*

Session	Date and Time		
1	Saturday, March 22 nd 2014 Timed finals	Warm-up Start	12:00 p.m. 1:00 p.m

Meet Management Team	Email address
Meet Managers Sheila Sapirstein Maura Kenny	sapir@mts.net maurak@mts.net
Meet Entries: Ruth Horne	rghorne@yahoo.com
Officials Coordinator: Barb Waters	barbpwaters@shaw.ca

1. **Competition:**
 - a. MSC rules will be in effect. http://mymsc.ca/Rules_en.jsp
 - b. It is the responsibility of the swimmer to be informed of the safety rules and ensure they are followed.

2. **Facility:**
 - a. Eight lane 25 meter competition pool
 - b. OMEGA ARES electronic timing systems
 - c. Warm-up/down lanes available

3. **Eligibility:**
 - a. Open to all swimmers currently registered with a provincial or national Masters swimming association.

4. **Age:**
 - a. Open to all swimmers 18 years and older
A swimmer's age shall be as of December 31, 2014.

5. **Entry Deadline:**
 - a. **Wednesday, March 12, 2014, 11:59 p.m.**
 - b. All entries and cheques payable to **MMAC**.

6. **Entries: Please read carefully**

CLUB REGISTRATIONS

- a. Entries may be submitted via Hy-Tek Team Manager entries file and Team Report file OR by paper entry
- b. Hy-Tek entries via Team Manager are strongly encouraged
- c. Submit Hy-Tek entries and Team Report to rghorne@yahoo.com
- d. Relay entries can be submitted using Hy-Tek or by using form "Relay Entries"
- e. The form "Club Registration Summary" must be submitted along with payment and signed "Waiver and Release Form" for each swimmer, for either Hy-Tek entries or paper entries to:
**Ruth Horne
190 Ferndale Ave
Winnipeg, MB
R2H 1V5**

INDIVIDUAL REGISTRATIONS

- f. Individual entries should be submitted to the designated Hy-Tek person for your Club (coach, registrar, etc.) using "Individual Registration Form" along with payment and signed "Waiver and Release Form".
- g. Paper entries will be accepted but Hy-Tek is preferred. Use form "Individual Registration Form" and send, along with payment and signed "Waiver and Release Form", to
**Ruth Horne
190 Ferndale Ave
Winnipeg, MB
R2H 1V5**
- h. Questions or requests for additional information related to the Meet Entries to be sent to: Ruth Horne; email: rghorne@yahoo.com and Sheila Sapirstein: email: sapir@mts.net
- i. Questions or requests for additional information related to the meet results to be sent to: Sheila Sapirstein; email: sapir@mts.net

7. **Entry Fees**

- a. **INDIVIDUAL EVENTS:**
 - I. \$50.00 Individual Swimmer Package, includes:
 - Up to 6 individual events
 - Swim Manitoba participant fee (\$6.00)
 - Swim Manitoba per event fee (\$1.00 per event)
 - Social Event (\$7.00)OR
 - I. \$10.00 per individual event (includes \$1.00 Swim Manitoba per event fee)
 - II. \$6.00 Swim Manitoba participant fee per swimmer
 - III. \$7.00 social event ticket
- b. **RELAY EVENTS:**
 - I. \$16.00 per relay team event
- c. All entry fees must be received by the first day of meet
- d. Swimmers will not be allowed to swim if meet entry fees have not been paid
- e. Cheques payable to **MMAC**

8. **Refunds:**
a. Meet Management is not obligated to refund entry fees after the entry deadline date

9. **Entries and Limitations:**
a. Entry times are required for all individual events (NT's are not permitted). Please make your best guess if needed
b. Swimmers ARE NOT limited on the number of relay events they can swim

10. **Relay Events:**
a. All relay events will be Timed Finals
b. Age groups for relay events combine the ages of all four swimmers as follows:
i. 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 and 320 and over

11. **Deck Entries:**
a. Deck entries are NOT ALLOWED for this competition

12. **Scratches: SNM Scratch Rule applies**

Time Final Events

- a. There is no scratch deadline for timed final events. Coaches are encouraged to report scratches to the clerk of course as soon as possible.
b. **Penalties:** Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee.

13. **Safety**
MSC Warm Up Procedures are in effect (Appendix 1). It is the responsibility of the swimmer to know the safety rules and ensure they are followed.

14. **Seeding:**
a. All individual events will be seeded slowest to fastest, mixed gender
b. All relay events will be seeded slowest to fastest, mixed gender

15. **Changes:**
a. Meet management reserves the right to modify the meet program to allow for maximum number of swims in time allotted. Coaches will be advised of any changes to the program.

16. **Results:**
a. Results will be posted on MMAC website www.mmac.mb.ca under meets.

17. **Social Event:**
a. To be held at the Buccacino's restaurant, 155 Osborne St. in the lounge which will be sectioned off for the event
b. Free parking is available behind the Vita Health and across the street behind the Zoo in the Vendor Parking Lot (166 Osborne)
c. \$7.00 ticket includes appetizers
d. Attendees can order meal/additional appetizers/salads/beverages off the menu and pay accordingly. Reasonably priced entrée's available.
e. See link:
Home: <http://www.buccacinos.com/home>.
Menu: http://www.buccacinos.com/images/stories/menus/Dinner_Full_Menu-web_July2013.pdf
f. Open to non-swimmers, but tickets must be purchased in advance and requested and paid for by March 12th 2014.

17. Event List

Saturday, March 22, 2014 Warm-up: 12:00 p.m. Start: 1:00 p.m.	
Event	Description
1	100 IM
2	50 Back
3	200 OPEN (Br or Bk or Fly) - can swim only one
4	800 Free - * see note below
5	100 Free
6	50 Breast
7	200 IM
8	100 Fly
9	1500 Free - * see note below
10	200 Mixed/Male/Female Free Relay
11	100 Back
12	200 Free
13	50 Fly
14	400 OPEN (Free or IM) - can swim only one
15	100 Breast
16	50 Free
17	200 Mixed/Male/Female Medley Relay
*Note: 800 & 1500m events may be limited to 1 heat per event and/or 2 swimmers may be assigned to a lane	

Hy-Tek Team Manager Guidelines:

An Event file will be available on MMAC website www.mmac.mb.ca under Meets. Import this file into your Team Manager program. This will setup the events for the swim meet.

Enter each swimmer registered for the meet into your Team Manager database. Make sure to include sex, birthdate and SNC # (if available). This may already be done in Team Manager. Once names are entered into your database you will not have to do this step for the next swim meet (only new swimmers). Entries can then be done for the swimmers. Make sure to enter a time for each individual entry. Relays can also be easily managed in Hy-Tek. Entries for both individual and relays can then be exported for Meet Manager (MM). Please generate an Entries Team Report for verification. This is needed to make sure the transfer from one computer to the other went smoothly.

Any inquiries regarding Team Manager to Ruth Horne – email: rghorne@yahoo.com



COMPETITION CODE OF CONDUCT

All sanctioned Manitoba swim meets are under the jurisdiction of SNM and shall be governed by its current policies and rules, including SNM 2011 Harassment and Abuse Policy.

The deck shall be reserved solely for SNM approved personnel, swimmers, coaches, officials and volunteers assigned specific tasks in the running of the meet.

By Swimming Canada rule and policy, the referee and meet management have full authority over the competition, the deck and the spectator areas during swim meets. The spectator area is considered part of the field of play, and as such, it falls under SNM authority and all SNM bylaws, policies, and rules, apply.

Referencing the SNM Harassment and Abuse policy, the referee and meet management will require an individual to leave, if the actions of the individual are perceived to be interfering with the peace and security required for any athlete to achieve his/her best performance.

CLUB REGISTRATION SUMMARY

CLUB NAME: _____

STREET: _____ PHONE: _____

CITY: _____ EMAIL: _____

CONTACT Person for Club: _____ Postal Code: _____

COACH: _____

Qty.	Description	Price Each	TOTAL
	Package	\$50.00	\$
	Individual events (per event) Includes SNM per event fee of \$ 1.00	\$ 10.00	\$
	Relay events (per event)	\$ 16.00	\$
	Swim Manitoba participant fee (per swimmer)	\$ 6.00	\$
	Social Event (includes appetizers)	\$ 7.00	\$
TOTAL DUE			\$

- Please forward completed **Club Registration Summary** with all completed Individual and Relay **Registration Forms**, payment and signed "Waiver and Release Form" for all swimmers to:
 Sheila Sapirstein
 625 Waterloo St.
 Winnipeg, MB
 R3N 0T2
 Ph: (204) 453-1605
- Registration deadline is Wednesday, March 12, 2014, 11:59 p.m.
- Make cheques payable to **MMAC**
- **Please estimate entry times for those who do not have competition times.**

INDIVIDUAL REGISTRATION FORM

Swimmer: First & Last Name – PLEASE PRINT

SWIMMER

Name: _____

BIRTHDATE: _____

MM

DD

YYYY

SNC #: _____

AGE: _____

SEX: _____

F M

CLUB: _____

COACH: _____

Please enter a time for each individual event (estimate, training or competition times are acceptable)

Qty.	Description	Price Each	TOTAL		
	Package - Includes: up to 6 individual events, Swim Manitoba participant fee , Swim Manitoba per event fee, Social Event	\$50.00	\$		
	Individual events (per event) Includes Swim MB per event fee of \$ 1.00	\$10.00	\$		
	Swim MB participant fee (per swimmer)	\$6.00	\$		
	Social Event (Buccacinos – includes appetizers)	\$7.00	\$		
TOTAL DUE			\$		
Event	Description	Entry Time	Event	Description	Entry Time
1	100 IM		10	200 Mixed/Male/Female Free Relay	
2	50 Back		11	100 Back	
3	200 OPEN (Br/Bk/Fly) - can swim only one		12	200 Free	
4	800 Free		13	50 Fly	
5	100 Free		14	400 OPEN (Free/IM) - can swim only one	
6	50 Breast		15	100 Breast	
7	200 IM		16	50 Free	
8	100 Fly		17	200 Mixed/Male/Female Medley Relay	
9	1500 Free				

Athlete Waiver and Release

In consideration of the acceptance of this entry, I, for myself, my executors, administrators and assigns, do hereby release and discharge the Manitoba Masters Aquatic Club, Masters Swimming Manitoba, and Masters Swimming Canada from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

First/Last Name (**Please Print**) _____

Signed: _____ Dated: _____

Relay Entries

Relay Name	Stroke (Medley Relay only)	Relay Event number:
Swimmer Name		Age
Swimmer Name		Age
Swimmer Name		Age
Swimmer Name		Age
		Total Age:

Relay Name	Stroke Medley Relay only	Relay Event number:
Swimmer Name		Age
Swimmer Name		Age
Swimmer Name		Age
Swimmer Name		Age
		Total Age:

Relay Name	Stroke Medley Relay only	Relay Event number:
Swimmer Name		Age
Swimmer Name		Age
Swimmer Name		Age
Swimmer Name		Age
		Total Age:

Appendix 1 - MSC Warm-Up/Warm-Down Procedures

CMSW 1.6 MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

CMSW 1.6.1 The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

CMSW 1.6.2 There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

CMSW 1.6.3 There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

CMSW 1.6.4 All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

CMSW 1.6.5 Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

CMSW 1.6.6 The wearing of watches, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

CMSW 1.6.7 Warm-up procedures shall be prominently posted at various areas of the pool deck.