



# POP SIDWELL MASTERS SWIM MEET



## MID- CAN MASTERS SWIM CLUB

35<sup>th</sup> Annual

Saturday November 20<sup>th</sup>, 2010

Swim Manitoba Sanction: SNM-M01-10

Meet Manager: Bob Groff

The meet is governed by the Swim/Natation Manitoba Harassment and abuse policy and will follow Swimming/Natation Canada Warm up procedures.

Warm up: 2:00 pm      Meet Start: 2:30 pm      Saturday, November 20, 2010

### POOL:

**Joyce Fromson Pool**  
**Frank Kennedy Building, University of Manitoba**

### ENTRY:

Open to all masters swimmers registered with a provincial or national swimming association. Limit of 6 individual events plus 3 relays.

### FEES:

- Individual \$5.00/swimmer/event
- Relay \$12.00/team/event
- Swim Manitoba Entry Fee: - \$5.00/entrant

Provide 1 cheque per club payable to: **MID- CAN MASTERS SWIM CLUB**

Fees must accompany entries; no swimmer is allowed to swim if their fees are outstanding.

NO DECK ENTRIES will be accepted

**Scratches are allowed.**

**Results will be posted at <http://www.midcanmasters.ca/PopSidwell/Default.htm>**

### ENTRIES:

Time cards are not required.

### VOLUNTEERS:

Contact Bob Groff at 261-1417 Timers are welcome.

### INTERMISSION:

There will be NO intermission due to the lack of time.

### AWARDS:

Awards will be presented to all competitors. The Pop Sidwell Award is given to the club with more than 10 members that has the highest percent of their swimmers participating. Clubs must supply a total membership count on the relay entry form.

### CATEGORIES:

Individual Events: Under 19, 19-24 & every 5 years from age 25

Relay Events: 80-99, 100-119 & for every 40 years from 120

### BANQUET:

There will be a banquet following the meet at the **University of Manitoba at UMSU**



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Name \_\_\_\_\_ Club \_\_\_\_\_ Birthdate mmm/dd/yy

## Individual Entry Form

Female Event	Time	Stroke	Male Event	Fees
1	____:____.____	A 200 free B 200 back C 200 breast	2	\$
3	____:____.____	25 Fly	4	\$
5	____:____.____	200 Mixd Fr Relay	6	\$
7	____:____.____	100 Back	7	\$
9	____:____.____	25 Back	10	\$
11	____:____.____	200 I M	12	\$
13	____:____.____	50 Free	14	\$
15	____:____.____	100 Fly	16	\$
17	____:____.____	50 Breast	18	\$
19	____:____.____	400 Free	20	\$
21	____:____.____	200 Mixd M Relay	21	\$
23	____:____.____	100 Breast	24	\$
25	____:____.____	25 Free	26	\$
27	____:____.____	100 I M	28	\$
29	____:____.____	50 Fly	30	\$
31	____:____.____	50 Back	32	\$
33	____:____.____	25 Breast	34	\$
35	____:____.____	100 Free	36	\$
37	____:____.____	200 Fr Relay	38	\$

Total Events (\$5.00/ Event)	
Total Relays (\$12.00 / Relay / Swimmer)	
Swim Manitoba Fee ( \$5.00)	
Banquet Fee (\$30.00)	
Banquet Fee Children (\$15.00)	
or -->Pay \$55.00 ( Includes all fees for Meet, Swim Manitoba, and Banquet Fee):	
Total (send with fees to your club meet coordinator)	



# POP SIDWELL MASTERS SWIM MEET



## Relay Entry Form

Team Name:	Age Group:
Club:	Sex:
Swimmers	Birth Date
Events	Entry Times
7 - 200 Mixd Fr Relay	
21 - 200 Mixd M Relay	
37/38 - 200 Fr Relay	
Team Name:	Age Group:
Club:	Sex:
Swimmers	Birth Date
Events	Entry Times
7 - 200 Mixd Fr Relay	
21 - 200 Mixd M Relay	
37/38 - 200 Fr Relay	
Team Name:	Age Group:
Club:	Sex:
Swimmers	Birth Date
Events	Entry Times
7 - 200 Mixd Fr Relay	
21 - 200 Mixd M Relay	
37/38 - 200 Fr Relay	
Relay Fees (\$12.00 / Event):	
Number of Swimmers in Club: :	Number Participating:

Note: All team names for your club must be unique.



# POP SIDWELL MASTERS SWIM MEET



## Club Payment Summary Form

Total Events (\$5.00/ Event)	
Total Relays (\$12.00 / Relay)	
Total Swim Manitoba Fee ( \$5.00)	
Total Banquet Fee (\$30.00)	
Total Banquet Fee Children (\$15.00)	
Do not include Package Deal events or banquet count in above totals	
Total Package (\$55)	
<b>Total</b>	

Meet management reserves the right to combine events to make the best use of pool time.

### ENTRY DEADLINE:

November 13, 2010

To: Bob Groff  
143 Syracuse Crescent  
Winnipeg, Manitoba  
R3T 4R8

OR e-mail [rkgroff@shaw.ca](mailto:rkgroff@shaw.ca)

## SNC Warm Up Procedures

### Safety:

SNC Warm Up Procedures are in effect (Appendix 2). Each athlete must be under the supervision of a head or deck coach. It is the responsibility of the head or deck coach to inform their swimmers of the safety rules and ensure they are followed.



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## Appendix 2: SNC Warm-Up Procedures 2005

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period ..... and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

### **General Warm-Up Rules:**

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck or Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & SWAD the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

### **Specific/Sprint Warm-Up Period:**

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.
- The following statement shall appear in the meet information and in posted notices: "SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

### **Equipment:**

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.



# POP SIDWELL MASTERS SWIM MEET



Appendix 3



**SWIM•NATATION  
MANITOBA**

## HARASSMENT AND ABUSE POLICY

“All sanctioned Swim Manitoba or SNC meets under the jurisdiction of the Provincial Section shall be governed by the Swim/Natation Manitoba Harassment and Abuse Policy. A recommendation coming from the Harassment and Abuse Committee states that the deck be reserved for swimmers, coaches and volunteers assigned specific tasks in the running of the meet. The referee and meet management will have the full authority to request that any individual, who is perceived to be interfering with the peace and security required for any athlete to achieve his/her best potential, is to leave the deck, or indeed the spectator area should their conduct be viewed as having a negative impact on any athlete in the competition.”