

POP SIDWELL



MASTERS SWIM MEET



## MID- CAN MASTERS SWIM CLUB

36<sup>th</sup> Annual

Saturday November 19<sup>th</sup>, 2011

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

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**SNC Sanction number:** M2011201201

**Facility & Timing:** Joyce Fromson Pool (Short Course 6 lanes)  
Frank Kennedy Building, University of Manitoba  
25 Dafoe Road Winnipeg MB

**Dates and Times:** Warm up: 2:00 pm Warmup/down area available all meet  
Meet Start: 2:45 pm Saturday, November 19, 2010

**Eligibility:** All swimmers must be registered with Masters Swimming Canada or FINA affiliated organizations.

**Event List:** See Appendix 1

**Seeding:** All events will be seeded by time, slowest to fastest. Meet management reserves the right to combine events so no athlete swims alone. All events are timed final.

**Entry Limitations:** Limit of 6 individual events plus 3 relays.

**Bonus Swims:** None

**Relays:** See Appendix 1

**Entry Fees:**

- Individual \$6.00/swimmer/event
- Relay \$12.00/team/event
- Swim Manitoba Entry Fee: - \$6.00/entrant
- There is a new Official fee each swim \$0.55 per swim included in the price per event
- >\$60 covers all fees + 1 adult banquet ticket
- Provide 1 cheque per club payable to: **MID- CAN MASTERS SWIM CLUB**
- Fees must be paid prior to the start of the meet; no swimmer is allowed to swim if their fees are outstanding.



– **NO DECK ENTRIES will be accepted**

**Entries:** **All entries must be submitted with a time.** “No Time” (NT) entries will not be accepted. Teams will upload entries using a Hytek Entry File. Each swimmer must have a valid swimmer ID number, and a correct birth date and gender. Errors or omissions in the entry file will cause delays in accepting the file and posting the results. Send file to [rkgroff@shaw.ca](mailto:rkgroff@shaw.ca).

All entries must be accompanied by a signed “Waiver and Release Form” for each swimmer (see Appendix 4 two copies – good for 2 swimmers)

Entry Deadline: November 13 2011  
Meet Entries Contact: Bob Groff [rkgroff@shaw.ca](mailto:rkgroff@shaw.ca)

**Late or Deck Entries:** **None**

**Scratches:** **Allowed**

**Banquet:** This year’s banquet will be back to the University Centre. Tickets are still \$30 per adult as the cost is subsidized by Masters Swimming Manitoba and Mid Can Masters. Children 12 & under are half price.

**Competition:** Masters Swimming Canada rules apply.

**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. The Mickey Stokoteln Award will be presented to the senior swimmer (65+) with the most points at the meet.

Individual Events: Under 19, 19-24 & every 5 years from age 25  
Relay Events: 80-99, 100-119 & for every 40 years from 120

**Scoring:** Placing Points  
-Points are by event and age category  
-3 points for each swimmer or relay team placing 1st  
-2 points for each swimmer or relay team placing 2nd  
-1 point for each swimmer or relay team placing 3rd

<b>Meet Management Team</b>	<b>Email address</b>
Meet Manager: Bob Groff	<a href="mailto:rkgroff@shaw.ca">rkgroff@shaw.ca</a>
Meet Entries: Bob Groff	<a href="mailto:rkgroff@shaw.ca">rkgroff@shaw.ca</a>
Officials Coordinator:	

**Safety:** MSC Warm Up Procedures are in effect (Appendix 2). It is the responsibility of each athlete to be aware of the safety rules and ensure they follow them.



# Club Payment Summary Form

Club Name:

Total Events (\$6.00/ Event)	
Total Relays (\$12.00 / Relay)	
Total Swim Manitoba Fee ( \$6.00)	
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 (\$60)	
Total	

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

## **ENTRY DEADLINE:**

November 13, 2011

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

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

Entries to include payment and signed "Athlete Waiver and Release Form" for each athlete.

Two copies good for two swimmers are included in appendix 4



## Appendix 1

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

### Individual Entry Form

Mixed Event	Time	Stroke		Fees
1	_____ : _____ : _____	A 200 free B 200 back C 200 breast		\$
2	_____ : _____	25 Fly		\$
3	_____ : _____	200 Mixd Fr Relay		\$
4	_____ : _____	100 Back		\$
5	_____ : _____	25 Back		\$
6	_____ : _____	200 I M		\$
7	_____ : _____	50 Free		\$
8	_____ : _____	100 Fly		\$
9	_____ : _____	50 Breast		\$
10	_____ : _____	400 Free		\$
11	_____ : _____	200 Mixd M Relay		\$
12	_____ : _____	100 Breast		\$
13	_____ : _____	25 Free		\$
14	_____ : _____	100 I M		\$
15	_____ : _____	50 Fly		\$
16	_____ : _____	50 Back		\$
17	_____ : _____	25 Breast		\$
18	_____ : _____	100 Free		\$
Female 19	_____ : _____	200 Fr Relay	Male 20	\$

Total Events (\$6.00/ Event)	
Total Relays (\$3.00 / Relay / Swimmer)	
Swim Manitoba Fee ( \$6.00)	
Banquet Fee (\$30.00)	
Banquet Fee Children (\$15.00)	
or -->Pay \$60.00 ( Includes all fees for Meet, Swim Manitoba, & Banquet Fee):	
Total (send with fees to your club meet coordinator)	

# Relay Entry Form

Club:	Age Group:
Team Name:	Sex:
Swimmers	Birth Date
Events	Entry Times
3 - 200 Mixd Fr Relay	
11 - 200 Mixd M Relay	
19/20 - 200 Fr Relay	
Team Name:	Age Group:
	Sex:
Swimmers	Birth Date
Events	Entry Times
3 - 200 Mixd Fr Relay	
11 - 200 Mixd M Relay	
19/20 - 200 Fr Relay	
Team Name:	Age Group:
	Sex:
Swimmers	Birth Date
Events	Entry Times
3 - 200 Mixd Fr Relay	
11 - 200 Mixd M Relay	
19/20 - 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.  
 Team name must be assigned A, B, C designate with club code if more than one in total age group (i.e. Two MMAC 200 Free Male relay in 120 age group then one is MMAC A and other is MMAC B)



## **Appendix 2**

### **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.



## 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.”



## **Athlete Waiver and Release Form**

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.

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

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Signed: \_\_\_\_\_ Dated: \_\_\_\_\_