

43rd Annual  
**POP SIDWELL**



**MASTERS SWIM MEET**



## **MID- CAN MASTERS SWIM CLUB**

Saturday November 17th, 2018

Joyce Fromson Pool (Short Course 25 Meters 6 lanes)  
Frank Kennedy Building, University of Manitoba  
25 Dafoe Road Winnipeg MB

<http://www.midcanmasters.ca/pop-sidwell/>

**SNC Sanction number:** 32116

**Facility & Timing:** Joyce Fromson Pool (manual timing)

**Dates and Times:**

Saturday November 17th, 2018  
Warmup 2:00 pm  
Start 2:45 pm

**Eligibility:** All swimmers must be registered with Masters Swimming Canada or affiliated FINA recognized organizations. Swimmer should provide the same name used when registering with their swim organization. No qualifying times but do provide a time as NT is not acceptable.

**Event List:** See Appendix 5

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

**Relays:** See Appendix 6 (complete club summary form with payment)

**Entry Fees:** - Individual \$5.00 - \$10.00/swimmer/event (see Entry Form Appendix 5)  
- Relay \$16.00/team/event  
- Swim Manitoba Entry Fee: - \$6.00/entrant  
(There is an Officials fee each swim \$1.00 per swim included in the price per event)  
- \$33.00 1 adult **banquet** ticket (**Aaltos on Pembina**)

Provide 1 cheque per club payable to: **MID- CAN MASTERS SWIM CLUB** or send interact e transfer to **MidCanMasters@shaw.ca**

Fees must be paid prior to the start of the meet; no swimmer is allowed to swim if their fees are outstanding.



**Entries:** All entries should be submitted with a time. A best guess is acceptable.

Entry Deadline: November 13, 2018

Meet Entries Contact: [Bob Groff rkgroff@shaw.ca](mailto:rkgroff@shaw.ca)  
143 Syracuse Cres  
Winnipeg, MB R3T 4R8

**Deck Entries:** No deck entries allowed

**Scratches:** SNM Scratch Rule in effect (Appendix 2)

**Competition:** MSC rules and SNC/SNM policies apply.

**Awards:** The Mickey Stokotelny 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

Meet Management Team	Email address
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: Bob Modrcin	<a href="mailto:modrcin@hotmail.com">modrcin@hotmail.com</a>

**Safety:** SC 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.

Warm up and warm down lanes are provided.

**Timing:** Manual stop watches are used to record times.



## Appendix 1:



**September 26, 2016**

### **COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

#### **GENERAL WARM-UP:**

- Swimmers must enter the pool FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warmup time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

#### **EQUIPMENT:**

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions



## **VIOLATIONS:**

*It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.*

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.

September 26, 2016

- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

## **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

## **PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”**

## Appendix 2

### Swim Manitoba (SNM) Provincial Scratch Rule

This scratch rule WILL be in effect at ALL Swim Manitoba sanctioned meets, in accordance with Swimming Canada rule CSW 3.6.

It is superseded by:

- Swimming Canada (SNC) rule **SNC 3 (3.1 to 3.4)** at SNC designated meets held in Manitoba.
- The scratch rule for Manitoba / Saskatchewan Championships, when they are held in Manitoba.

#### **SCRATCHES:**

##### **1. Time Final Events**

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

##### **2. Prelims/Final Events**

- a) Scratches from **preliminary heats:**
  - i. May be made at any time.
  - ii. Scratches, no-shows, and unexcused incomplete swims simply create empty lanes, as there shall be no re-seeding.
  - iii. Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee
- b) Scratches from **finals:**
  - i. Must be made within 30 minutes after the end of the preliminary session.
  - ii. **Penalties:** Scratches after the scratch deadline and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day. No monetary penalty fee is to be assessed.
  - iii. **ALTERNATE SWIMMERS:** Alternates **MUST** report to the Clerk of Course at least 10 minutes prior to the event and be ready to swim if necessary.
  - iv. If a swimmer has not reported to the blocks when the race is called, the Referee shall replace the contestant with an alternate who has reported to the Clerk of Course and is present and ready to swim. The alternate shall become one of the finalists.

##### **3. Relay Events**

- a) For time final events scratch rules for **Time Final Events** apply.
- b) For prelims/final events scratch rules for **Prelims/Final Events** apply.
- c) Relay names can be changed up to 30 minutes prior to start of relay event.



## Appendix 3



### **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.

## Appendix 4

### **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 Mid-Can Masters Swim 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: \_\_\_\_\_

Appendix 5

Pop Sidwell 2018  
Individual Entry Form

Name \_\_\_\_\_ Club \_\_\_\_\_ SEX \_\_\_\_\_

Birth date \_\_\_\_\_ ID# \_\_\_\_\_

Event	Time	Stroke	Fee
1	_____ : _____ . _____	Mixed 800 Freestyle	10
2	_____ : _____ . _____	Mixed 200 im free,bk,brst,fly	7
3	_____ : _____ . _____	Mixed 25 Butterfly	5
4	_____ : _____ . _____	Mixed 100 Backstroke	7
5	_____ : _____ . _____	Mixed 50 Freestyle	7
6	_____ : _____ . _____	Mixed 200 im free,bk,brst,fly	7
7	_____ : _____ . _____	Mixed 100 Breaststroke	7
8	_____ : _____ . _____	Mixed 25 Backstroke	5
9	_____ : _____ . _____	Mixed 200 Freestyle Relay	16
10	_____ : _____ . _____	Mixed 50 Butterfly	7
11	_____ : _____ . _____	Mixed 400 Freestyle	8
12	_____ : _____ . _____	Mixed 100 IM	7
13	_____ : _____ . _____	Mixed 25 Freestyle	5
14	_____ : _____ . _____	Mixed 50 Breaststroke	7
15	_____ : _____ . _____	Mixed 200 Medley Relay	16
16	_____ : _____ . _____	Mixed 100 Butterfly	7
17	_____ : _____ . _____	Mixed 200 im free,bk,brst,fly	7
18	_____ : _____ . _____	Mixed 50 Backstroke	7
19	_____ : _____ . _____	Mixed 25 Breaststroke	5
20	_____ : _____ . _____	Mixed 100 Freestyle	7
21	_____ : _____ . _____	Women 200 Freestyle Relay	16
22	_____ : _____ . _____	Men 200 Freestyle Relay	16
	MSM membership \$40	Event Total \$4 per relay per swimmer Swim Manitoba \$6 per swimmer \$33 Banquet Fee	
<b>Total</b>			

**Appendix 6: Relay Entry Form**

Club:	Age Group:
Team Name:	Sex:
Swimmers	Birth Date
Events	Entry Times
9 - 200 Mixed Fr Relay	
15 - 200 Mixed M Relay	
21/22 - 200 Fr Relay	
Team Name:	Age Group:
	Sex:
Swimmers	Birth Date
Events	Entry Times
9 - 200 Mixed Fr Relay	
15 - 200 Mixed M Relay	
21/22 - 200 Fr Relay	
Team Name:	Age Group:
	Sex:
Swimmers	Birth Date
Events	Entry Times
9 - 200 Mixed Fr Relay	
15 - 200 Mixed M Relay	
21/22 - 200 Fr Relay	
Relay Fees (\$16.00 / 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)



# Club Payment Summary Form

Club Name:

Total Events (\$5.00-\$10.00/ Event)	
Total Relays (\$16.00 / Relay)	
Total Swim Manitoba Fee ( \$6.00)	
Total Banquet Fee (\$33.00)	
<b>Total</b>	

Meet management reserves the right to combine events and cut the number of lanes to make the best use of pool time.

**ENTRY DEADLINE:**

November 13, 2018

To: Bob Groff      OR e-mail **rkgroff@shaw.ca**

143 Syracuse Crescent

Winnipeg, Manitoba R3T 4R8

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

Appendix 4