

COMPETITION HOST: North Shore Masters

VENUE: Harry Jerome Community Recreation Centre
123 East 23rd Street, North Vancouver, BC V7L 3E2

Free Parking is available

POOL: 6-lane 25 metre competition pool with DOLFIN WiFi timing system and manual stop watches timing. There will be break available for warm up / down during the swim meet

MEET MANAGER: Khosro Mansuri (khosro_38@yahoo.com)

MEET REFEREE: Victor G/Barry P

OFFICIALS COORDINATOR: Khosro Mansuri khosro_38@yahoo.com

WARM UP AND SESSION TIMES

Saturday October 16, 2021

Session #1	Warm-up	2:00 - 3:00pm
	Competition	3:00 - 7:00pm

Note: Session completion time is approximate

ELIGIBILITY

- All swimmers must be registered with a Swim BC, SNC, or other FINA recognized club.
- Proof of registration may be required for International Masters swimmers.
- Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc (five-year age groups increments)
- Swimmer age is as of December 31st.
- The meet will be limited to 150 swimmers. Entries will be considered a first-come-first-serve basis.

ENTRIES

- Swimmers are limited to a max of **FOUR** individual entries plus **TWO** relays.
- Entries with NT will be accepted.
- Meet Fees are \$31.50 per swimmer.
- Registration Methods:**
 - Online:** Swimmers may use the NVRC website to register for meet and provide payment. Click register online for a Program. You must set up an account prior to registering. The barcode/Event ID is **TBD**. Email your event choices, your swim team name and proof of payment to Khosro Mansuri (khosro_38@yahoo.com). **Deadline: OCTOBER 14, 2021 at 11:00am**
 - Email:** Swimmers may email entry information to Khosro Mansuri (khosro_38@yahoo.com). **Deadline: OCTOBER 14, 2021 at 11:00am**
 - Club Entries:** Entries will not be accepted using this method.
 - Phone:** Call 604.987.7529. You must set up an account prior to registering. The barcode is **TBD**. Email your event choices, your swim team name and proof of payment to Khosro Mansuri (khosro_38@yahoo.com).
 - Paper Copy:** Swimmers may fill in the attached entry form and send in the form along with payment. **Deadline: OCTOBER 12, 2021 at 11:00am**
 - Cheques/bank drafts payable to: **NVRC**
 - eTransfer option: khosro_38@yahoo.com (use the password nsm2021)
 - Mailing Address: Khosro Mansuri 123 23rd St, North Vancouver, BC V7M 3E2

- Payments can be done by: cheque or eTransfer for email and/or paper registration and credit card for online and/or phone registration.
- Late and/or deck entries will not be accepted.** No refunds after October 11, 2021
- Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.**
- Heat Sheets will be emailed to all registered swimmers by Friday, Oct 15, 2021. Please print out and bring your own copy.**

GENERAL MEET RULES

- This meet will observe the FINA Technical Rules as outlined in the current FINA Masters Rulebook as well as:
 - From the deep end: Starts shall be permitted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.
 - From the shallow end: Starts shall be permitted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1;
- The FINA one start rule and Swim BC warm up procedures will be in effect
- Current SNC Swim Suit policy will be in effect at this meet.
- All events will be swum as TIME FINALS.
- Events will be swum slowest to fastest with all age groups and genders swimming together.
 - In the results, swimmers will be separated into the different genders and age groups.
- Meet management reserves the right to reduce this number of entries for all events if the meet time lines do not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed.
- Coaches are asked to check in with the Meet Manager immediately upon arrival to pay outstanding entry fees, pick up Meet Info packages and receive information regarding any changes.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
- All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.

RELAYS

- Age groups for relay events will be: 76-99, 100-119, 120-159, 160-199, 200-239 (forty year increments as high as necessary)
- Women's, Men's and Mixed relays events will be combined. Swimmers may only swim either on either the men's, women's or mixed team in the relay events.**
 - The Relay events will be separated out in the results.
- Mixed relay teams **MUST** have 2 females and 2 males per team.
- Deadline for relay name/order changes will be:
 - Thursday, October 17th 5:00pm**
- The Relay card form is attached to this meet package. Clubs are responsible to bringing their own copies to the meet and submitting them to the Clerk of Course/office.

SCORING

- Individual scoring: 20-17-16-15-14-13-12-11
Relay scoring: 40-34-32-30-28-26-24-22
- Scores from this meet will be included in the League Trophy Award as per the MSABC League Trophy policy.

AWARDS

1. Each swimmer will receive a Participation Certificate with space for result labels to be added.
2. An envelope will be available for each club at the Clerk of Course/Welcome desk. Result Labels will be sent to each club contact at the end of the meet.

RECORD ATTEMPTS

1. Record attempt forms are attached to this meet package. It is the swimmer and/or coach's responsibility to fill out the form and submit to the Clerk of Course/office prior to the start of the session.

Schedule of Events

Event Number		Event Name
111	Mixed	200m Free
112	Mixed	200m Back
113	Mixed	200m Fly
114	Mixed	200m Breast
115	Mixed	200m IM
2	Mixed	25m Back
3	Mixed	100m Fly
4	Mixed	50m Breast
5	Mixed	100m Free
6	Mixed	25m Breast
7	Mixed	50m Back
8	Mixed	4x50 Free Relay

Event Number		Event Name
9	Mixed	100m IM
10	Men	50m Fly
11	Women	25m Free
12	Mixed	100m Breast
13	Mixed	100m Back
14	Mixed	25m Fly
15	Mixed	50m Free
16	Mixed	4x50 Medley Relay

Masters Paper Entry Form
Meet: North Shore Masters Sprint Meet

Event Number		Event Name	Entry Time
111	Mixed	200m Free	
112	Mixed	200m Back	
113	Mixed	200m Fly	
114	Mixed	200m Breast	
115	Mixed	200m IM	
2	Mixed	25m Back	
3	Mixed	100m Fly	
4	Mixed	50m Breast	
5	Mixed	100m Free	
6	Mixed	25m Breast	

Event Number		Event Name	Entry Time
7	Mixed	50m Back	
8	Mixed	4x50 Free Relay	
9	Mixed	100m IM	
10	Men	50m Fly	
11	Women	25m Free	
12	Mixed	100m Breast	
13	Mixed	100m Back	
14	Mixed	25m Fly	
15	Mixed	50m Free	
16	Mixed	4x50m Medley Relay	

Name: _____ Gender: M / F

Address: _____

Telephone Home: _____ Cell: _____

Email Address: _____

Date of Birth: Year: _____ Month: _____ Day: _____

Age as of Dec 31st: _____

Club Name: _____ Club Code: _____

Swimming Canada ID Number: _____

MEET FEES OF \$35.00 MUST ACCOMPANY THE ENTRY FORM
PLEASE MAKE CHEQUES/BANK DRAFTS PAYABLE TO NVRC
- Or - eTransfer to khosro_38@yahoo.com (use the password nsm2019)

MAIL ENTRY TO:
Khosro Mansuri
123 E 23rd Street
North Vancouver, BC V7M 3E2

ENTRIES MUST BE RECEIVED BY: **October 14, 2021 prior to 11:00am**

Please Note: If your Swimming Canada Registration Number is not included, you will not be registered for the meet.

BC, CANADIAN, & WORLD RECORD APPLICATION FORM

BC Record Canadian Record World Record

Distance: _____ Stroke: _____ Pool Length: 25 metres _____ 50 metres _____

Official Time: ____ : ____ . ____ Event # _____ Date of Swim _____ (yy/mm/dd) Sanction # _____

Electronic: ____ : ____ . ____ Manual: 1) ____ : ____ . ____ 2) ____ : ____ . ____ 3) ____ : ____ . ____ **Time**

cards and/or Electronic Tape must be attached.

Swimmer's Name: _____ Male ____ Female ____

Swimmer's Address: _____ City, Province _____

Postal Code _____ Birthdate (yy/mm/dd) ____ / ____ / ____ Age (as of Dec 31) _____

Name of Club: _____ Club Code _____

Location of Meet: _____ Name of Pool _____

RELAY EVENT:

Team Name: _____ Club Code _____

AGE GROUP: _____

Name: _____ Male ____ Female ____ Birthdate: ____ / ____ / ____ (yy/mm/dd)

Name: _____ Male ____ Female ____ Birthdate: ____ / ____ / ____ (yy/mm/dd)

Name: _____ Male ____ Female ____ Birthdate: ____ / ____ / ____ (yy/mm/dd)

Name: _____ Male ____ Female ____ Birthdate: ____ / ____ / ____ (yy/mm/dd)

Certifying Official: Name Date Signature

Referee OR Chief Timer: _____

Provincial Recorder: _____

National Recorder: Christian Berger
1130 rue Emma
Longueuil, Quebec
J4J 3A3

FINA Bureau Date Signature

Ratification: Yes ____ no ____

Reason for non-ratification:

WORLD RECORD ONLY:

Copy of Birth Certificate or Passport Attached ____ or on file ____

Pool Length Certification Attached ____ or on file ____

Masters Relay Entry Forms

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer		Age		Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer		Age		Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer		Age		Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer		Age		Swimmer	Age
1.				3.	
2.				4.	
Total Age:					



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC 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 warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

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 national events 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 national events 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 are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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 Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

“SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”