

# EBSC's 'Love to Swim'

## Sunday, 01MAR 2020

Sanctioned by Swim BC: #35023

### COMPETITION HOSTS: English Bay Swim Club

**VENUE:** Vancouver Aquatic Centre  
1050 Beach Ave, Vancouver, BC V6E 1T7

Paid parking, 25cent operated lockers

**POOL:** 8-lane 25 metre competition pool w/electronic timing and a 5-lane (20m) warm down area

**MEET MANAGER:** Gilles Beaudin / LTS2020@englishbay.org

**MEET REFEREE:** Charles Tai

**OFFICIALS COORDINATOR:** Amelie Ha / LTS2020@englishbay.org

#### WARM UP AND SESSION TIMES

Sunday 01MAR, 2020

Session #1	Warm-up	09:30 - 10:15am
	Competition	10:30am - 5:00pm

**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 increment)
- Swimmer age is as of December 31<sup>st</sup>.
- The meet will be limited to 200. Entries will be considered a first-come-first-serve basis.

### ENTRIES

- Swimmers are limited to a max of **FOUR** individual entries plus relays.
- Swimmers must submit an entry time for each event. Entries with NT will not be accepted.
- Meet Fees are CAD\$45.00 (USD\$45.00 for US Masters) per swimmer.
- Registration Methods:
  - Online:** ClubAssist Deadline: 23FEB, 2020
  - Email Entries** will not be accepted.
  - Club Entries:** will not be accepted.
  - Phone Entries:** will not be accepted.
  - Paper Copy:** Swimmers may fill in the attached entry form and send in the form along with payment and must be received by -  
**Deadline: 22FEB, 2020**
    - Cheques/bank drafts payable to **English Bay Swim Club**  
**Mailing Address:** EBSC c/o Vancouver Aquatic Centre, 1050 Beach Ave, Vancouver, BC V6E 1T7
- All meet fees **MUST** accompany all entries.
- Late and/or deck entries will not be accepted. No refunds.**
- 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, 28FEB, 2020. 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.
- The FINA one start rule and SNC warm up procedures will be in effect
- Current SNC Swimsuit 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.

### 800 FREESTYLE

- There will be a limit of 16 male and 16 female swimmers for this event.
  - The Positive Check-in Deadline will be 60mins after the start of the meet. **(11:30am)**
- If deemed necessary due to limited time, heats will be combined (two swimmers per lane, similar gender) as per the Swim BC guidelines.
- Swimmers will be required to swim front crawl and no other stroke will be allowed.
- Distance Lap Counters will be available but are limited in number so please come prepared to provide own.

### RELAYS

- Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 (forty year increments as high as necessary)
- If deemed necessary due to limited time, Women's, Men's and Mixed relays events may be combined. Swimmers may only swim in one Medley Relay event and one Freestyle Relay event.
  - 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:
  - For the Medley Relays: **09:20am**
  - For the Free Relays: **12:00pm.**
  - 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.
- The 'exhibition' **Pink Flamingo Relay** will be run during the lunch break. There is space for 6 team entries (one entry per team) and you may register your team at the Clerk of Course Desk. Entries must be made prior to the start of the lunch break and are on a first come first serve basis.

### 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.

### DONATIONS: 'A Loving Spoonful'

Swimmers wishing to donate to **A Loving Spoonful**, a non-partisan society that provides free, nutritious meals to people living with HIV/AIDS in the Greater Vancouver Area may do so by including their donation amount with their registration.

**AWARDS**

1. Each swimmer will receive a Participation Certificate with space for result labels to be added. An envelope containing these certificates will be available for each club at the Welcome Desk upstairs or Clerk of Course on pool deck.
2. Result Labels will be available throughout the meet at the Clerk of Course desk.

**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
1	Mixed	400 Freestyle
2	Men	200 Medley Relay
3	Mixed	200 Medley Relay
4	Women	200 Medley Relay
5	Mixed	100 I.M.
6	Mixed	50 Breaststroke
7	Mixed	100 Backstroke
8	Mixed	200 Butterfly
9	Mixed	100 Freestyle
10	Mixed	200 Breaststroke
11	Mixed	50 Butterfly
12	Mixed	200 I.M.

Event Number		Event Name
Exib.	Mixed	Pink Flamingo Relay
13	Mixed	50 Freestyle
14	Mixed	200 Backstroke
15	Mixed	100 Breaststroke
16	Mixed	100 Butterfly
17	Mixed	200 Freestyle
18	Mixed	50 Backstroke
19	Mixed	400 I.M.
20	Men	200 Freestyle Relay
21	Mixed	200 Freestyle Relay
22	Women	200 Freestyle Relay
23	Mixed	800 Freestyle

**Masters Paper Entry Form**  
**Meet: EBSC's 'Love to Swim'**

Event Number		Event Name	Entry Time
1	Mixed	400 Free	
2	Men	200 Medley Relay	
3	Mixed	200 Medley Relay	
4	Women	200 Medley Relay	
5	Mixed	100 I.M.	
6	Mixed	50 Breaststroke	
7	Mixed	100 Backstroke	
8	Mixed	200 Butterfly	
9	Mixed	100 Freestyle	
10	Mixed	200 Breaststroke	
11	Mixed	50 Butterfly	
12	Mixed	200 I.M.	

Event Number		Event Name	Entry Time
13	Mixed	50 Freestyle	
14	Mixed	200 Backstroke	
15	Mixed	100 Breaststroke	
16	Mixed	100 Butterfly	
17	Mixed	200 Freestyle	
18	Mixed	50 Backstroke	
19	Mixed	400 I.M.	
20	Men	200 Freestyle Relay	
21	Mixed	200 Freestyle Relay	
22	Women	200 Freestyle Relay	
23	Mixed	800 Freestyle	

Name:

Gender: M / F

Address:

Telephone

Home:

Cell:

Email Address:

Date of Birth:

Year:

Month:

Day:

Age as of Dec 31<sup>st</sup>:

Club Name:

Club Code:

Swimming Canada ID Number:

REGISTRATION FEE OF CAD\$45.00 (USD\$45 for U.S. Masters) MUST ACCOMPANY THE ENTRY FORM PLEASE MAKE CHEQUES/BANK DRAFTS PAYABLE TO **ENGLISH BAY SWIM CLUB**

IF DONATING TO 'A LOVING SPOONFUL', DO SO ON A SEPARATE CHEQUE & THANK YOU!

**MAIL ENTRY TO:**

English Bay Swim Club  
 C/O Vancouver Aquatic Centre,  
 1050 Beach Avenue,  
 Vancouver, B.C. V6E 1T7

MAIL-IN ENTRIES MUST BE RECEIVED BY: **22FEB, 2020**

## 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	
1.				3.	
2.				4.	
Total Age:					

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

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

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



## 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 warm-up 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.
- 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."**