**SUMMERSIDE MASTERS SWIM CLUB MARCH MADNESS MEET**

SATURDAY MARCH 29,2014

**Host**: Summerside Dolphins Swim Club

**Sanctioned by**: Swim PEI Website: [www.swimpei.com](http://www.swimpei.com)

**Location:** Credit Union Place (6 lane, 25m pool)

511 Notre Dame Street,

Summerside, PEI

**Meet Manager:** Michael Tynski

E-mail -[tmtynski@pei.sympatico.ca](mailto:tmtynski@pei.sympatico.ca)

902-436-5794

**Meet Referee**: TBD

**Eligibility**: This event is open to all MSC registered master swimmers.

The Meet Manager reserves the right to limit participation.

**Format:** Swimmers may swim 4 events

**Times:** Warm-Up: 8:30am

**Facility:** 6 Lane CUP pool with Electronic timing.

**Entry Deadline:** Entries must be received on Swimming Canada website [www.swimming.ca](http://www.swimming.ca) **or** e-mailed to the Summerside Masters Swim Club at ([smsc@live.ca](mailto:smsc@live.ca)) no later than Tuesday, March 25, 2014

For additional information, contact Meet Manager.

**Fees:** Cost is $25 per swimmer

*Cheque payable to Summerside Dolphins must be presented to Meet Manager before swimmers enter the pool for warm-up.*

**NO DECK ENTRIES WILL BE PERMITTED**

**Scratches**: Scratch sheets available at the pool.

Names for relay entries must be submitted by the start of warm-up.

**Missed Swims: There is no penalty for a missed swim or for step downs.**

**Officials**: Help with officials and volunteers would be greatly appreciated.

**Officials Coordinator:** TBD

**Meet Rules**: MSC meet rules and warm-up protocol will be in effect at this meet.

**Pool Rules**: Credit Union Place lifeguards will be on duty.

The Leisure pool and hot tub are strictly off-limits.

No outdoor footwear is allowed on deck.

All swimmers must shower before entering the pool.

**Allergy Alert PLEASE NOTE**: No **peanuts** or **nut products** are permitted at the meet due to some swimmers being severely allergic.

EVENTS; All events will be swum slowest seed time to fastest and heats will combine male and female athletes.

#1) 400 IM

#2) 50 FLY

#3) 200 FREE

#4) 50 BACK

#5) 100 FLY

#6) 200 BREAST

#7) 50 FREE

#8) 100 BACK

#9) 200 IM

#10) 50 BREAST

#11) 400 FREE

#12) 100 BREAST

#13) 200 BACK

#14) 100 FREE

#15) 200 FLY

#16) 800 FREE

SUMMERSIDE MASTERS SWIM CLUB

MARCH MADNESS MEET

Warm-Up : 8:30 – 9:15am

Start: 9:20am

Event Order

|  |  |  |
| --- | --- | --- |
| **Mixed** | **Event** | |
| 1 | OPEN - Mixed | 400m IM |
| 2 | OPEN - Mixed | 50m Fly |
| 3 | OPEN - Mixed | 200m Free |
| 4 | OPEN - Mixed | 50m Back |
| 5 | OPEN - Mixed | 100m Fly |
| 6 | OPEN - Mixed | 200m Breast |
| 7 | OPEN - Mixed | 50m Free |
| 8 | OPEN - Mixed | 100m Back |
| 9 | OPEN - Mixed | 200m IM |
| 10 | OPEN - Mixed | 50mBreast |
| 11 | OPEN - Mixed | 400m Free |
| 12 | OPEN - Mixed | 100m Breast |
| 13 | OPEN- Mixed | 200m Back |
| 14 | OPEN – Mixed | 100m Free |
| 15 | OPEN – Mixed | 200m Fly |
| 16 | OPEN - Mixed | 800m Free |

**RISK MANAGEMENT / 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:

**"MSC 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.

SNC Board Approved July 6, 2009

 **Summerside Masters Swim Club Registration Form**

# March 29th, 2014 March Madness Meet

Swimmer’s Name:

Address:

City: Province: Postal Code:

Birthdate (dd/mm/yyyy): Age as of December 31, 2014:

Phone: Email:

Gender: Male  Female  Master’s Registration number (if known):

Club:

Club Contact:

These events are MIXED events. Please select maximum (4) events and enter entry time. Check off male or female also.

|  |  |  |  |
| --- | --- | --- | --- |
| EVENT | WOMEN | MEN | ENTRY TIME |
| 400m IM | 1 | 1 |  |
| 50m Fly | 2 | 2 |  |
| 200m Free | 3 | 3 |  |
| 50m Back | 4 | 4 |  |
| 100m Fly | 5 | 5 |  |
| 200m Breast | 6 | 6 |  |
| 50m Free | 7 | 7 |  |
| 100m Back | 8 | 8 |  |
| 200m IM | 9 | 9 |  |
| 50m Breast | 10 | 10 |  |
| 400m Free | 11 | 11 |  |
| 100m Breast | 12 | 12 |  |
| 200m Back | 13 | 13 |  |
| 100m Free | 14 | 14 |  |
| 200m Fly | 15 | 15 |  |
| 800m Free | 16 | 16 |  |

Please email entries to the Summerside Masters Club [SMSC@live.ca](mailto:SMSC@live.ca) by March 25th, 2014 or if needed entries can be sent to Swim Canada web site [www.swimming.ca](http://www.swimming.ca) if using SNC system.

Please either have exact change or cheques can be payable to Summerside Dolphins Swim Club.