

Edmonton Masters Swim Club
'Twas The Month Before Christmas IV



Sanction: # TBA

Date: Saturday, November 26, 2022

Session: Warm-up: **12:00 PM – 12:45 PM**
(additional warm-up lanes will be available throughout the meet)
Start: **1:00 PM**
Finish: **6:00 PM**

Location: Kinsmen Sports Centre
9100 Walterdale Hill, Edmonton, AB

Format: 25m indoor eight-lane competition pool.

- The competition is planned to run in 6 lanes, unless 8 lanes are required. Meet Management will determine if 8 lanes are required based on registration and session times.

Entry Process:

All club entries must be submitted through the Swimming Canada online system. Unattached masters must submit the following information to the meet manager.

- First Name
- Last Name
- Swimming Canada registration ID number
- Date of birth
- Club code (WILD – for Swim Alberta Unattached Masters)
- Events with entry times
- Entry fees (as per the individual meet information package)

Entries:

- Swimmers are limited to a maximum of five (5) individual swims plus relays.
- Entry times are required for all entries to facilitate timing of the meet by the meet manager. An entry of NT will not be accepted.
- A HY-TEK file will be available on the Swimming Canada website at www.swimming.ca
- Entries will also be accepted via email or by post to the meet manager (see contact information below).

Entry Fees: HY-TEK entries are \$40 per swimmer and non HY-TEK entries are \$50 per swimmer. Fees may be paid via cheque (made out to Edmonton Masters Swim Club), cash, or Interac e-transfer to edmontonmastersswimclub@gmail.com. If sending by e-transfer, please use "Registration 'Twas The Month Before Christmas" in the message and include your club name.

Deck Entries: No deck entries will be accepted, with the exception of relays.

Edmonton Masters Swim Club
'Twas The Month Before Christmas IV



Relay Entries: Relay entries are encouraged to be submitted at the same time as individual entries. The absolute cut-off for relay entries will be **12:30 PM** on the day of the meet, directly to the meet manager on deck. Please provide swimmers' names and ages for each relay entry. Relay events will combine men, women, and mixed teams and will be seeded by time. Therefore, it should be noted that a swimmer may only swim once per relay event.

Positive Check-in: Positive check-in is required for all entries in the **400 & 800 free. The 800 free will be limited to the first 18 entrants.** A club representative or swimmer must check-in at the Clerk of Course table before the start of the meet (**12:30 pm**) to confirm their intention of swimming these events.

Deadline for Entries: Entries and fees are due by 11:59pm on Saturday, November 19, 2022.

Meet Rules: The meet will be conducted under published FINA Masters rules and supplemented by published and approved Masters Swimming Canada (MSC), and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate, will also apply.

MSC Rules and Warm-up Procedures will govern the meet:

<https://www.mastersswimmingcanada.ca/WP/wp-content/uploads/2018/01/MSC-Warm-up-2017-18.pdf>

Diving Rules

- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.
 - If needed: Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1.

Changes to Swimming Canada rules effective September 1, 2018:

- Diving Rules for both competition and warm-up:
 - Diving will be allowed from the deck or starting platform, as Kinsmen Sports Centre complies with the 1.35m or greater depth rule

Seeding: All events will be swum male and female together, seeded by entry time, and swum slowest to fastest.

Eligibility:

- Entries will only be accepted for swimmers who are currently registered in the Swimming Canada registration database and have a Swimming Canada registration ID number (9 digits beginning with 12...) unless the swimmer is registered with and representing a foreign FINA-affiliated federation.

Edmonton Masters Swim Club
'Twas The Month Before Christmas IV



- Swimmers must be 18 years of age by November 19, 2022 to participate. For results purposes, the age of the swimmer will be as of December 31st, 2022 (as per FINA rules).

Program Changes: The meet manager reserves the right to alter, revise, limit enrolment, or otherwise modify the program to ensure maximum number of swims in a session of reasonable length following receipt of entries. Clubs will be advised of any changes prior to the start of the session.

Results: Results will be posted in PDF and HY-TEK format on the following websites:

- edmontonmasters.org,
- mastersswimmingcanada.ca, and
- swimming.ca

Results will be sorted according to age group and gender.

Meet Manager: Laura Huxley
Edmonton Masters Swim Club
#1450, The Phipps-McKinnon Building
10020 - 101A Avenue
Edmonton, AB T5J 3G2
Email: meetmanager@edmontonmasters.org

Edmonton Masters Swim Club
'Twas The Month Before Christmas IV



EVENT LIST:

1. 800 free
2. 200 free
3. 100 breast
4. 50 back
5. 25 fly
6. 200 breast
7. 100 back
8. 50 fly
9. 25 free

Break – 20 minutes – if time allows

10. 4 X 50 Medley Relay (Men, Women, Mixed)
11. 200 Back
12. 100 Fly
13. 50 Free
14. 25 Breast
15. 100 I.M.
16. 400 Free

Break – 20 minutes – if time allows

17. 4 X 50 Free Relay (Men, Women, Mixed)
18. 200 Fly
19. 100 Free
20. 50 Breast
21. 25 Back
22. 200 I.M.

Edmonton Masters Swim Club
'Twas The Month Before Christmas IV



Name: _____ Phone: (_____) _____

Sex: *M* or *F* Age on Nov 19, 2022: _____ Birthdate (mm/dd/yyyy):
_____/_____/_____

Club Name: _____ Masters Swimming Canada Registration Number: _____

Event #	Event Name	Seed Time (short course metres)
1	800 Free	
2	200 Free	
3	100 Breast	
4	50 Back	
5	25 Fly	
6	200 Breast	
7	100 Back	
8	50 Fly	
9	25 Free	

Break – 20 minutes – if time allows

10	4 x 50 Medley Relay (Men, Women, Mixed)	
11	200 Back	
12	100 Fly	
13	50 Free	
14	25 Breast	
15	100 I.M.	
16	400 Free	

Break – 20 minutes – if time allows

17	4 x 50 Free Relay (Men, Women, Mixed)	
18	200 Fly	
19	100 Free	
20	50 Breast	
21	25 Back	
22	200 I.M.	

Please check the appropriate entry fee box:

- | | |
|--|--|
| <input type="checkbox"/> \$40.00 per swimmer
● Entries submitted with a HY-TEK file through www.swimming.ca | <input type="checkbox"/> \$50.00 per swimmer
● Entries submitted on an entry form (not a HY-TEK file). |
|--|--|