

You are invited to attend the:
Manitoba 2009
Masters Swimming Provincial Championships

Date: Saturday, April 18
Sunday, April 19

Place: Pan Am Pool – Training Tank

Please join us for the Provincial Championships at the Pan Am Pool in Winnipeg, venue of the aquatic events for the 1999 Pan Am Games.

This year we will be swimming two sessions; one Saturday afternoon and one Sunday morning allowing lots of travel time for our out of town competitors. On Saturday evening, following the meet, there will be a banquet with lots of great food and door prizes??. **The banquet will be held as a private function in the Boston Pizza Lounge, 1160 Taylor Avenue, just down the road from Pan Am Pool. Each banquet ticket will qualify for a draw to win a door prize. Banquet price includes all you can eat pizza, salad and soft drinks... and everyone knows BP makes Great pizza.**

This meet is open to swimmers from 18 years to 100 or older. Awards are broken into five year increments, 18-24, 25-29, 30-34, etc.

The relays are fun events where we combine the ages of all four swimmers into the following age groups: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320 and over.

Attached is a meet package with all the details. Please contact us if you require further assistance, information or wish to volunteer.

Meet Manager:

Paul Boulding
Box 38, Group 5, RR 2
Dugald, MB, R0E 0K0
Phone: (204) 444-2632
E-mail: swim4life@highspeedcrow.ca

Officials: David Brault

Officials Chair: TBD

Timers/Runners: TBD

Phone: TBD
E-mail: TBD

Manitoba 2009 Masters Swimming Provincial Championships

Sanction # ????????

Session 1: Saturday, April 18 Warm-up: 12:30 p.m. Start: 1:30 p.m.

Session 2: Sunday, April 19 Warm-up: 8:30 a.m. Start: 9:30 a.m.

Place: Pan Am Pool 25 Poseidon Bay Winnipeg, MB
Training Tank
(25 Meter, Short Course Competition)

Entry Fees: Individual Events: \$ 6.00/event
Swim MB Fee: \$ 2.00/swimmer
Banquet: \$ 21.00/ticket
or
Total Individual Package Price: \$50.00
- includes up to 8 individual events, Swim MB fee plus 1 banquet ticket

Relay Events: \$10.00/relay team

Entry Limitations: Open to all Masters swimmers registered with a provincial or national swimming association.
Limit of **4 individual** events plus **unlimited** relay events **per day**.
Deck entries will be allowed to fill empty lanes \$10 cash.

Seeding: All events will be seeded by entry time without regard for the gender of the swimmer. In all events, both men and women will be seeded in heats together. Results will be broken down by gender and age group. All events are swum as timed finals.

Entry Deadline Requirements: By **Friday, April 3, 2009** each Club Coordinator must send:
Per swimmer: Registration Form (including time estimates)
Per Club: Payment Form and cheque for total club entries

Coaches: A scratch meeting will take place 15 minutes before the start of events, outside of the timing booth. Attendance is mandatory for all coaches.

Volunteers: For anyone interested in a position as a Swim Official at the meet, contact (Timers and runners) TBD,
(All other Official positions) Jim Morakis – see contact info below

Meet Manager: Paul Boulding
Phone: (204) 444-2632 E-mail: swim4life@highspeedcrow.ca

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Sanction # ????????

Meet Procedure Rules

It is the Coaches' responsibility to inform swimmers of the Safety Procedure Rules to ensure understanding and observance of these rules.

General Warm-up:

1. No running on the deck. Climbing to and from the balconies is prohibited.
2. During warm-up, no swimmer shall enter the pool by a dive. Entry must be from the deck (feet first 'SLIP IN'). **NO DIVING ALLOWED!**
3. All lanes will be used for general warm-up with circle swimming only.
4. Flutter boards and pull buoys are allowed. Hand paddles and flippers are not permitted.

Specific Warm-up:

1. This portion of the warm-up will begin 20 minutes prior to the clearing of the pool.
2. Outside lanes may be designated as sprint lanes. Diving is only allowed from the normal starting end of the pool. During this time, only one way swimming is allowed. On completing one length, the athlete must leave the lane.
3. The meet manager may designate additional lanes if necessary to ensure safety, which may be jeopardized by over crowding.
4. Inner lanes will be used for general warm-up.

False Start Procedures:

1. Any swimmer starting before the starting signal has been given shall be disqualified. (Masters Swimming Canada Competition Rule).



Harassment and Abuse Committee Recommendations

"All sanctioned Swim Manitoba or SNC meets under the jurisdiction of the Provincial Section shall be governed by the Swim/Natation Manitoba Harassment and Abuse Policy. A recommendation coming from the Harassment and Abuse Committee states that the deck be reserved for swimmers, coaches and volunteers assigned specific tasks in the running of the meet. The referee and meet management will have the full authority to request that any individual, who is perceived to be interfering with the peace and security required for any athlete to achieve his/her best potential, is to leave the deck, or indeed the spectator area should their conduct be viewed as having a negative impact on any athlete in the competition."

August 2000

Manitoba 2009
Masters Swimming Provincial Championships
Individual Registration Form

Session 1: Saturday, April 18, 2009 Warm-up: 12:30 p.m. Start: 1:30 p.m.

Mixed Event Number	Event	Entry Time
1	200 Back	
2	25 Free	
3	200 Fly	
4	100 Free	
5	200 Mixed Free Relay	
6	1500 Free	
7	50 Back	
8	200 Individual Medley	
9	200 Free	
10	50 Fly	
11	25 Back	
12	100 Breast	
13	Female 200 Medley Relay	
14	Male 200 Medley Relay	

Session 2: Sunday, April 19, 2009 Warm-up: 8:30 a.m. Start: 9:30 a.m.

Mixed Event Number	Event	Entry Time
15	400 Free	
16	100 Individual Medley	
17	25 Breast	
18	200 Breast	
19	50 Free	
20	200 Mixed Medley Relay	
21	400 Individual Medley	
22	50 Breast	
23	100 Back	
24	800 Free	
25	25 Fly	
26	100 Fly	
27	Female 200 Free Relay	
28	Male 200 Free Relay	

Total Pkg (Events, Banquet, Swim MB Fee) @ \$50.00 or pay by the event \$

Total # events:		x \$6.00 =	\$
Banquet Ticket:		x \$21.00 =	\$
Swim MB Fee:	1	x \$2.00 =	\$2.00

Total Amount Payable \$

Swimmer Name:			MSM Reg#
Birth Date:	Dec 31/Age:	Sex	F M
Phone #:	Club Name: _____		

**Manitoba 2009 Masters Swimming Provincial Championships
Relay Entry Form**

Sanction # ??????????

Session 1: Saturday, April 18, 2009

Event 5: 200 Mixed Free Relay (two male, two female)

Team Name: _____ Entry Time: _____ Age Group: _____

Participants: _____

Team Name: _____ Entry Time: _____ Age Group: _____

Participants: _____

Team Name: _____ Entry Time: _____ Age Group: _____

Participants: _____

Event 13: Female 200 Medley Relay

Team Name: _____ Entry Time: _____ Age Group: _____

Participants: _____

Team Name: _____ Entry Time: _____ Age Group: _____

Participants: _____

Team Name: _____ Entry Time: _____ Age Group: _____

Participants: _____

Event 14: Male 200 Medley Relay

Team Name: _____ Entry Time: _____ Age Group: _____
Participants: _____

Team Name: _____ Entry Time: _____ Age Group: _____
Participants: _____

Team Name: _____ Entry Time: _____ Age Group: _____
Participants: _____

Session 2: Sunday, April 19 2009

Event 20: 200 Mixed Medley Relay (two male, two female)

Team Name: _____ Entry Time: _____ Age Group: _____
Participants: _____

Team Name: _____ Entry Time: _____ Age Group: _____
Participants: _____

Event 27: Female 200 Free Relay

Team Name: _____ Entry Time: _____ Age Group: _____
Participants: _____

Event 27: Female 200 Free Relay (Continued)

Team Name: _____ Entry Time: _____ Age Group: _____
Participants: _____

Team Name: _____ Entry Time: _____ Age Group: _____
Participants: _____

Event 28: Male 200 Free Relay

Team Name: _____ Entry Time: _____ Age Group: _____
Participants: _____

Team Name: _____ Entry Time: _____ Age Group: _____
Participants: _____

Team Name: _____ Entry Time: _____ Age Group: _____
Participants: _____

Total # of Relays: _____ X \$10 = _____

Club Name: _____

Reminder: Please send this form along with your Club payment form, Individual Registration Forms and Cheque.

**Manitoba 2009
Masters Swimming Provincial Championships**

Sanction # 08-03-05

Club Payment Form

Fill in this form to help you coordinate your club's total entry fees. Send this form along with ONE club cheque, which includes all entries by March 30, 2008.

Total Package (per person)	_____	x	\$50.00 =	_____
Individual Event Fee (per event)	_____	x	\$ 6.00 =	_____
Relay Event Fee (per relay team)	_____	x	\$10.00 =	_____
Swim MB Fee (per swimmer)	_____	x	\$ 2.00 =	_____
Banquet (per ticket)	_____	x	\$20.00 =	_____
			TOTAL \$	_____

Submit Club Payment Form with cheque payable to: ***Masters Swimming Manitoba*** (1 cheque per club) to:

Paul Boulding Box 38, Group 5, RR2, Dugald, MB R0E 0K0

Please fill in:

Your Name (Club Coordinator): _____

Club Name: _____

Address: _____

Street Address

City, Province

Postal Code

Phone #: _____

Coach Name: _____

Reminder: Please send in this form and your club cheque along with the:
- Individual Registration Form (complete with entry times)
- Relay Registration Form (complete with age & entry times)