

February 1, 2019

HALIFAX CHRONOS MASTERS MEET

- Hosted By:** Halifax Chronos Masters Swim Club
- Sanctioned By:** Swim Nova Scotia
- Date/Time:** Saturday March 30, 2019
12:00pm Warm-Ups
12:45pm Meet Start
- Location:** Centennial Pool, 1970 Gottingen St. Halifax, N.S. (6 lanes, long course)
- Head Referee:** Diane Bell: dianesbell15@gmail.com
- Meet Manager & Registration:** Bette El-Hawary swimming@sportnovascotia.ca
- Entry Fees:** \$45.00/swimmer cheques payable to Halifax Masters Swim Club.
- Registration:** Received electronically to meet manager; form on page 3 **no later than Wednesday March 27, 2019 at Noon**
- Format:**
- All events will be swum as open and mixed, seeded by time.
 - Social to follow, details will be circulated prior to the swim meet.
 - Door prizes.

ORDER OF EVENTS

MIXED	EVENT
EVENT NUMBER (Mixed Genders)	EVENT
1	400m Freestyle
2	50m Butterfly
3	200m Backstroke
4/5	800m Freestyle/1500m Freestyle*
6	200m Breaststroke
7	100m Freestyle
8	50m Backstroke
9	400m IM
10	50m Freestyle
11	200m Butterfly
12	100m Breaststroke
13	200m IM
14	100m Backstroke
15	50m Breaststroke
16	100m Butterfly
17	200m Freestyle
18	400m Freestyle Relay

*800m Free or 1500m Free, these events may be swum 2 per lane. You must choose one of these events.

Official splits may be requested by swimmers, please notify your lane timers if you would like an official split.

Relays conducted on the total age of team members in whole years. Age groups of relay events are as follows: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279... (Forty year increments as high as necessary). Clubs should specify on their entry which age group their team is competing in. All relays may be deck entered.

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Compliments of Rob Taylor and Emily Rae

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REGISTRATION FORM

Swimmer's Name: _____
Address: _____
City: _____ Province: _____ Postal Code: _____
Birthdate (dd/mm/yyyy): _____ Age as of December 31, 2019 _____
Phone: _____ Email: _____
Gender: Male Female Master's Registration number: _____
Club: _____ Planning to Attend the Social After: Yes No

Fill in the events you are swimming in the appropriate column and put your entry time in the last column.

EVENT		ENTRY TIME
400m Freestyle	<input type="checkbox"/>	
50m Butterfly	<input type="checkbox"/>	
200m Backstroke	<input type="checkbox"/>	
800m Freestyle/1500m Freestyle <i>Select One</i>	<input type="checkbox"/>	
200m Breaststroke	<input type="checkbox"/>	
100m Freestyle	<input type="checkbox"/>	
50m Backstroke	<input type="checkbox"/>	
400m IM	<input type="checkbox"/>	
50m Freestyle	<input type="checkbox"/>	
200m Butterfly	<input type="checkbox"/>	
100m Breaststroke	<input type="checkbox"/>	
200m IM	<input type="checkbox"/>	
100m Backstroke	<input type="checkbox"/>	
50m Breaststroke	<input type="checkbox"/>	
100m Butterfly	<input type="checkbox"/>	
200m Freestyle	<input type="checkbox"/>	
400m Freestyle Relay	<input type="checkbox"/>	

Please choose either: 800 Free OR 1500 Free |

You may print this form and mail it and your registration fee to:

Bette El-Hawary, 5516 Spring Garden Rd 4th Floor, Halifax, N.S. B3J 1G6/Fax: (902) 425-5606 **Deadline:** Wednesday March 27, 2019 at NOON

OR

You may email this form by saving it as Swim Reg- Your Name and clicking on the email address right here: swimming@sportnovascotia.ca. Payment may be mailed (preferred) or paid at the meet. Cheques should be made out to Halifax Masters Swim Club.

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.”