

**Annual**  
**CATHERINE KERR PENTATHLON**  
**MASTERS SWIM MEET**

**BOULDING BELUGA MASTERS AND SELKIRK DOLPHINS SC**  
Saturday February 4th, 2017

Lord Selkirk Pool (Short Course 5 lanes)  
Lord Selkirk Regional Comprehensive Secondary School  
204 482-6926 (pool)  
221 Mercy Street, Selkirk, MB  
<http://www.belugaswimming.com>

**SNC Sanction number:** SNM pending

**Facility & Timing:** Lord Selkirk Pool (manual timing)

**Dates and Times:** Saturday February 4th, 2017  
Warmup 8:00 am  
Start 8:45 am

**Eligibility:** All swimmers must be registered with Masters Swimming Canada or affiliated FINA recognized organizations. Swimmer should provide to same name used when registering with their swim organization. .

**Event List:** See Appendix 5

**Entry Limitations: Unlimited**

**Relays:** See Appendix 6 (complete club summary form with payment)

**Entry Fees:** - **Each** Individual event will cost \$6.00 each (see Entry Form Appendix 5)  
- Relay \$10.00/team/event  
- Swim Manitoba Entry Fee: - \$6.00/entrant  
(The Officials fee of \$1.00 per swim is included in the price per event)

**LUNCH:** Following the conclusion of the meet. Location: Selkirk Golf & Country Club 100 Sutherland Ave. Please confirm attendance for the lunch. Pay at the location.

Provide 1 cheque per club payable to: **SELKIRK DOLPHINS SWIM CLUB**

Fees must be paid prior to the start of the meet; no swimmer is allowed to swim if their fees are outstanding.

**Entries:** All entries should be submitted with a time. A best guess is acceptable.

Entry Deadline: January 28, 2017

Meet Entries Contact: Paul Boulding [pmb.swimmer@gmail.com](mailto:pmb.swimmer@gmail.com)  
Box 38, Group 5, RR2,  
Dugald, MB R0E 0K0  
204 444-3072

**Deck Entries:** Deck entries are allowed \$10 per swim

**Scratches:** SNM Scratch Rule in effect (Appendix 1)

**Competition:** MSC rules apply.

**Awards:** The Catherine Kerr Volunteer Award will be presented by Assiniboine Masters SC.

Individual Events: Under 19, 19-24 & every 5 years from age 25

Relay Events: 80-99, 100-119 & for every 40 years from 120

**Scoring:** Ranking of pentathlon times for swimmers

The total of five individual events: 25 m fly, back, breast, free and 100 im or  
50m fly, back, breast, free and 200 im.

**Meet Management Team**

**Email address**

Meet Management Team	Email address
Meet Manager: Paul Boulding	<a href="mailto:pmb.swimmer@gmail.com">pmb.swimmer@gmail.com</a>
Meet Entries: Paul Boulding	<a href="mailto:pmb.swimmer@gmail.com">pmb.swimmer@gmail.com</a>
Officials Coordinator: Michelle Stamm	<a href="mailto:mstamm@lssd.ca">mstamm@lssd.ca</a>

**Safety:** MSC Warm Up Procedures are in effect (Appendix 1). It is the responsibility of the swimmer to know the safety rules and ensure they are followed.



## **SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank 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 either in pre-competition handout, 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.
- 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 scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

### **VIOLATIONS:**

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be scratched without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

## **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 tank and when applicable, similarly situated in designated warm-up tanks 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.

## **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 WARM-UP COMPETITION SAFETY PROCEDURES  
WILL BE IN EFFECT AT THIS MEET.”**

## **Appendix 2 - Swim Manitoba (SNM) Provincial Scratch Rule**

This scratch rule WILL be in effect at ALL Swim Manitoba sanctioned meets, in accordance with Swimming Canada rule CSW 3.6.

It is superseded by:

- Swimming Canada (SNC) rule **SNC 3 (3.1 to 3.4)** at SNC designated meets held in Manitoba.
- The scratch rule for Manitoba / Saskatchewan Championships, when they are held in Manitoba.

### **SCRATCHES:**

#### **1. Time Final Events**

- a) There is no scratch deadline for time final events. Coaches are encouraged to report scratches to the clerk of course as soon as possible.**
- b) Penalties:** Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee.

#### **2. Relay Events**

- a) For time final events scratch rules for Time Final Events apply.**

## Appendix 3



### COMPETITION CODE OF CONDUCT

All sanctioned Manitoba swim meets are under the jurisdiction of SNM and shall be governed by its current policies and rules, including SNM 2011 Harassment and Abuse Policy.

The deck shall be reserved solely for SNM approved personnel, swimmers, coaches, officials and volunteers assigned specific tasks in the running of the meet.

By Swimming Canada rule and policy, the referee and meet management have full authority over the competition, the deck and the spectator areas during swim meets. The spectator area is considered part of the field of play, and as such, it falls under SNM authority and all SNM bylaws, policies, and rules, apply.

Referencing the SNM Harassment and Abuse policy, the referee and meet management will require an individual to leave, if the actions of the individual are perceived to be interfering with the peace and security required for any athlete to achieve his/her best performance.

## Appendix 4

### **Athlete Waiver and Release Form**

In consideration of the acceptance of this entry, I, for myself, my executors, administrators and assigns, do hereby release and discharge the Mid-Can Masters Swim Club, Masters Swimming Manitoba, and Masters Swimming Canada from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

Appendix 5  
**CATHERINE KERR PENTATHLON**  
**Individual Entry Form**

Name \_\_\_\_\_ Club \_\_\_\_\_ SEX \_\_\_\_\_  
 Birth date \_\_\_\_\_

**Event List**

**Saturday February 4<sup>th</sup>**

**Warm-up: 8:00 a.m**

**Start: 8:45 a.m.**

<b>Event #</b>	<b>Event</b>	<b>Notes</b>	<b>Cost</b>
1	50 Fly		\$6.00
2	25 Fly		\$6.00
3	50 Back		\$6.00
4	25 Back		\$6.00
5	50 Breast		\$6.00
6	25 Breast		\$6.00
7	50 Free		\$6.00
8	25 Free		\$6.00
9	200 im		\$6.00
10	100 im		\$6.00
11	4x25 medley relay	You can enter male, female or mixed teams	\$10.00
12	4x 25 free relay	You can enter male, female or mixed teams	\$10.00
13	200 any stroke	Declare stroke on entry form	\$6.00
14	400 Open Free or IM	Declare stroke on entry form	\$6.00

**Appendix 6:**

**Relay Entry Form**

Club:	Age Group:
Team Name:	Sex:
Swimmers	Birth Date
Events	Entry Times
11 - 100 Mixed/M/F MED Relay	
12 - 100 Mixed/M/F Free Relay	
Team Name:	Age Group:
	Sex:
Swimmers	Birth Date
Events	Entry Times
11 - 200 Mixed/M/F MED Relay	
12 - 200 Mixed/M/F Free Relay	
Team Name:	Age Group:
	Sex:
Swimmers	Birth Date
Events	Entry Times
11 - 200 Mixed/M/F MED Relay	
15 - 200 Mixed M/F Free Relay	
Relay Fees (\$10.00 / Event):	
Number of Swimmers in Club:	Number Participating:

**Note: All team names for your club must be unique.**

Team name must be assigned A, B, C designate with club code if more than one in total age group (i.e. Two MMAC 200 Free Male relay in 120 age group then one is MMAC A and other is MMAC B)



## Club Payment Summary Form

Club Name:

Total Events (\$6.00/ Event)	
Total Relays (\$10.00 / Relay)	
Total Swim Manitoba Fee ( \$6.00)	
How many will come to lunch	
<b>Total</b>	

Meet management reserves the right to combine events and cut the number of lanes or events to make the best use of pool time.

**ENTRY DEADLINE:**      **January 30, 2017**

To:      Paul Boulding [pmb.swimmer@gmail.com](mailto:pmb.swimmer@gmail.com)  
   Box 38, Group 5, RR2,  
   Dugald, MB R0E 0K0  
   204 444-3072

Entries to include payment and signed "Athlete Waiver and Release Form" for each athlete. Appendix 4

The Athlete Waiver and Release can be signed at the pool.