**KISU Masters – Triple Crown Challenge**

**Penticton Community Centre, 325 Power Street, Penticton BC**

**Session Time:**

Saturday, December 9, 2017

 Warm Up: 3pm

 Start: 3:45 pm

 Projected Finish: 7pm

**Location:**

Penticton Community Centre, 325 Power Street

Penticton, BC

**Pool:**

6 lanes x 25m competition pool, plus cool down lanes available.

Colorado Timing System

**Meet Format:** The Triple Crown events are – 200 Fly, 400 IM and 1500 Free. The Half Crown events are 100 Fly, 200 IM and 800 Free. Swimmers are also welcome to race in only one or two of the events.

Seeding : All events are timed finals. Men and women will be seeded together in the same events based on entry time. This is a Cardless meet.

Meet manager reserves the right to double lane the freestyle events if needed.

All events will be timed finals. No team points or awards.

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| **Meet Rules:** | All MSABC and Swimming Canada rules will be in effect.All swimmers must be registered properly with MSABC or other FINA affiliated organization.Swimming Canada warm-up procedures will be in effect and will be monitored by safety marshals.Current Swimming Canada swimsuit rule will be in effect.The one start rule will apply. All events are timed finals. |
| **Awards:** | There will be a prize for those completing the Triple Crown, the Half Crown or the one event challenge.Swimmers age is calculated as of December 31, 2017 |
| **Eligibility:** | Open to Canadian or International registered Masters swimmers who are a current members of a recognized masters swim club or affiliate (written confirmation of affiliation may be required for International Masters swimmers and shall form part of the registration package).Maximum of 3 individual events per swimmer.  |
| **Entry Fees:** | Entry fees are $50/swimmer, includes Award.Entry Fees are to be paid to the meet manager prior to swimmers entering the water for warm-up on Saturday at the meet. Cheques must be made out to KISU Swim Club. |
| **Entry Deadline:** | Online entry through Club Assistant . . . . with a deadline of Nov. 29 at midnight. We will accept Deck Entries at a fee of $75 per person (and no award). |

MEET MANAGER:Jacki Kliever, j\_kliever@yahoo.ca

MEET REGISTRAR: Terry Kowal, terry\_kowal2006@hotmail.com

REFEREE: Wayne Williams.

**Events**

|  |  |
| --- | --- |
| **Mixed**  | **Event** |
| 1 | 200 Fly |
| 2 | 100 Fly |
| 3 | 400 IM |
| 4 | 200 IM |
| 5 | 1500 Free |
| 6 | 800 Free |

**Saturday, December 9, 2017**

**Sanction SBCM ####**

**Meet Entry Form**

Entries must be received no later than 12 noon, Wednesday, Nov. 29, 2017

First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please Print Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender: \_\_\_\_\_\_\_\_\_\_\_\_

Email Address: **(Please Print)**………………………………………………..

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team Code\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Contact Person**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \***MSABC** # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Date of Birth D/M/Y \_\_/\_\_\_/\_\_\_\_

 Event # Name of Event Time

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Method of Payment: Mail in Cheque, credit card, online or by phone.

\* If your MSABC registration number is not included you will not be registered for the meet.

For any other questions related to this meet contact the Meet Manager,

Jacki Kliever at j\_kliever@yahoo.ca

**Appendix F - MSC Warm-Up/Warm-Down Procedures**

**CMSW 1.6** MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters’ swimming competitions in Canada.

**CMSW 1.6.1** The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

**CMSW 1.6.2** There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

**CMSW 1.6.3** There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

**CMSW 1.6.4** All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

**CMSW 1.6.5** Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

**CMSW 1.6.6** The wearing of watches, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

**CMSW 1.6.7** Warm-up procedures shall be prominently posted at various areas of the pool deck.

Masters Swimming Canada 2013-2017 Rule Book v2013-12-16