

OMSC **presents** **FRIGHT FEST** **OCTOBER 27 2019**

Sanctioned by Swim BC: #34559

Competition Hosts

Okanagan Masters Swim Club

Location

H2O Adventure – Fitness Centre

4075 Gordon Drive, Kelowna, BC. V1W 5J2

Pool

25 metres, 8 lanes, Keifer lane ropes, Quantum electronic timing,

Date and Time

Sunday, October 27, 2019

Warmup: 1:00 - 1:45 pm

Events: 2:00 to 5:00 pm

Social: **Boomers** located across the parking lot from the pool.

Please RSVP on your registration

Meet Manager/Meet Referee/Officials Coordinator

Norma Lachance norma.lachance@okmasters.com

Eligibility

- All swimmers must be registered with MSABC or FINA affiliated organizations.
- Age groups are based on the age of the swimmer as of December 31, 2019.
- Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc (five-year age groups increments)

Maximum entries: 150

Entries

- Swimmers are limited to a max of **SIX** individual entries.
- Some restrictions apply:
 1. **Swimmers may enter only one of 200 Backstroke, 200 Butterfly or 200 Breaststroke**
 2. **Swimmers may enter only one of 25 Freestyle or 25 Backstroke**
 3. **Swimmers may enter only one of 25 Butterfly or 25 Breaststroke**
- Swimmers must submit an entry time for each event. Entries with NT will not be accepted.
- **Meet Fees are \$35.00 per swimmer for non-OMSC members.** No fee for OMSC members, as complementary Fright Fest participation is part of the annual OMSC member benefits.
- All entries must be accompanied by the swimmer's Masters BC registration number or FINA registration number. Registration is limited to 150 swimmers.
- Registration Methods:
 - **Online:** Swimmers may use the Club Assistant link to submit their entries and payment. **Deadline: OCTOBER 24, 2019**
 - **Email:** Via email to **Norma Lachance** and e-transfer to norma.lachance@okmasters.com prior to the entry deadline.
 - **Club Entries:** Entries will not be accepted using this method.
 - **Phone:** Entries will not be accepted using this method.
 - **Paper Copy:** Swimmers may fill in the attached entry form and send in the form along with payment. **Deadline: OCTOBER 24, 2019**
 - Cheques/bank drafts payable to: **Okanagan Masters Swim Club**
 - Mailing Address: Norma Lachance, #431-4205 Gellatly Road, West Kelowna V4T 2K2
- All meet fees **MUST** accompany all entries.
- Deck entries for swimmers already registered may be accepted at the discretion of the Meet Manager.
 - A fee of \$7.00 per event must accompany a deck entry request.
- Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.
- Heat Sheets will be emailed to all registered swimmers by Friday, Oct 25, 2019
Please print out and bring your own copy.

All entries must be accompanied by the swimmer's Swimming Canada registration number or FINA registration number. Registration is limited to 150 swimmers.

General Meet Rules

- This meet will observe the FINA Technical Rules as outlined in the current FINA Masters Rulebook as well as:
- From the deep end: Starts shall be permitted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.
- The FINA one start rule and SNC warm up procedures will be in effect
- Current SNC swimsuit policy will be in effect at this meet.
- All events will be swum as TIME FINALS.
- Events will be swum slowest to fastest with all age groups and genders swimming together.
- Meet management reserves the right to reduce this number of entries for all events if the meet time lines do not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed.
- Coaches are asked to check in with the Meet Manager immediately upon arrival to pay outstanding entry fees, pick up Meet Info packages and receive information regarding any changes.
- Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
- All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.

Relays

- All relays will be exhibition only.
- Please email your relay teams (OMSC 'A', KISU 'B', etc) directly to Meet Management **prior to entry deadline** so that the relays may be seeded.
- Names can be confirmed on the day of the meet.
- Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 (forty year increments as high as necessary)
- There is no penalty for scratching a relay at the meet.

Scoring

- Individual scoring: 20-17-16-15-14-13-12-11
- Relay scoring: Exhibition only
- Scores from this meet will be included in the League Trophy Award as per the MSABC League Trophy policy.

Awards

- Results will be posted online and at the event.

**Bring along a 'Fright Fest' related costume for the
Mystery 4 X 50m Relay**

OMSC Fright Fest Invitational

October 27, 2019

EVENT LIST		ENTRY TIME
1	200 FLY	
2	200 BACK	
3	200 BREAST	
4	25 FREE	
5	25 BACK	
6	200 MIXED FREE RELAY	
7	100 BACK	
8	25 BREAST	
9	25 FLY	
10	50 BACK	
11	100 BREAST	
12	200 FREE	
13	100 IM	
14	50 FLY	
15	100 FLY	
16	50 BREAST	
17	100 FREE	
18	400 FREE	
19	400 IM	
20	50 FREE	
21	200 IM	
22	200 COSTUME RELAY	

**BREAKS WILL BE CONFIRMED AFTER THE ENTRY DEADLINE BASED ON
SUBSCRIPTION AND AT MEET MANAGEMENT DISCRETION**



OMSC Fright Fest Invitational

October 27, 2019

Name: _____ Gender: _____ M / F

Address: _____

Telephone Home: _____ Cell: _____

Email Address: _____

Date of Birth: _____ Year: _____ Month: _____ Day: _____

Age as of Dec 31st: _____

Club Name: _____ Club Code: _____

Swimming Canada ID Number: _____

REGISTRATION FEE OF \$35.00 MUST ACCOMPANY THE ENTRY FORM
PLEASE MAKE CHEQUES/BANK DRAFTS PAYABLE TO **OKANAGAN MASTERS SWIM CLUB**

MAIL ENTRY TO:
NORMA LACHANCE
#431 4205 GELLATLY ROAD
WEST KELOWNA, BC
V4T 2K2

ENTRIES MUST BE RECEIVED BY: **OCTOBER 24, 2019**





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 alternatives 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."