



# Masters Provincials

## April 27-28, 2024

### Purpose

The Alberta Masters Provincial Championships is for adults who participate in masters swimming and is a preparation opportunity for swimmers who attend Masters Nationals.

Entry Deadline \* April 15, 2024

Scratch Deadlines Swim Alberta Scratch Rule (Appendix A)

**\* Withdrawals will not be refunded after the entry deadline**

### Facility

Okotoks Recreational Centre

99 Okotoks Dr

6x 25-meter pool with warm-up and cool down space available

<b>April 27</b>	Session 1: Warm-up: 10:00 am / Start: 11:00 am Session 2: Warm-up: 2:00 pm / Start: 3:00 pm
<b>April 28</b>	Session 3: Warm-up: 8:00 am / Start: 9:00 am Session 4: Warm-up: 10:00 am / Start: 10:30 am

*\* Start Time Approximate pending number of entries in Session 1 or Session 3.*

### Sanction

This meet is sanctioned by Swim Alberta

### Rules

The meet will be conducted under published World Aquatics and/or World Para Swimming rules and regulations supplemented by published and approved Swimming Canada and Swim Alberta rules and regulations. In addition, this meet package shall outline all changes to and specific application of the published rules. Swim Alberta policies and procedures, where appropriate will also apply.

### Hosts

Swim Alberta and Okotoks Masters Swim Club

Meet Manager	Krystof Lindenback	<a href="mailto:klindenback@me.com">klindenback@me.com</a>
Swim Alberta	Madeeha Rahman	<a href="mailto:mrahman@swimalberta.ca">mrahman@swimalberta.ca</a>

### Safe Sport

Swim Alberta provides a fun, healthy, inclusive, and safe environment. Swimming enriches the lives of everyone involved by ensuring that the training and competitive environment is one where athletes, coaches, officials, volunteers, and staff know they are safe, and are treated with respect and dignity. Swim Alberta believes that all members have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment, or discrimination.

Swim Alberta further recommends that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both "open" and "observable" to others.

## Eligibility

The 2024 Alberta Masters Provincial Championships is open to all Masters swimmers who are registered with Swimming Canada. All swimmers must provide their 9-digit Swimming Canada ID number with registration. Out of country swimmers must provide proof of affiliation from their respective country.

## Entries

Swimmers may enter any number\* of individual events. While there is not a limit to the number of entries, swimmers are required to only enter events they will race. Entries must be submitted using the [Swimming Canada Online Meet-List](https://www.swimming.ca) at [www.swimming.ca](https://www.swimming.ca)

Time (NT) entries will not be accepted, use estimated times for entry. Deck entries may be permitted at a cost of \$10.00 per swim provided an extra heat is not created. Deck entries will swim as exhibition and will be seeded with no time (NT).

*\*Meet management, in consultation with Swim Alberta, may make changes to the meet program to ensure a reasonable session length. Unattached swimmers can complete their entries on Swimming Canada at <https://www.swimming.ca/en/meet/41246/>*

For more information contact Madeeha Rahman at [mrahman@swimalberta.ca](mailto:mrahman@swimalberta.ca)

## Entry Fees

\$85.00 per swimmer

Entry Fees are payable to **Swim Alberta online or can be paid via cheque:** <https://www.tfaforms.com/403164>

Entry fees are refundable prior to the entry deadline. Entry fees received after the entry fee deadline will be considered late entries.

## Late Entries

\$100.00 per swimmer

Coaches may not upload an entry file after the Entry Deadline without first receiving permission from meet management. Late entries will be accepted at Swim Alberta's discretion. Once heat sheets are printed late entries will no longer be accepted.

## Scratches

Coaches are requested to submit any known scratches to the meet manager by April 27. Scratches not received by this deadline will need to be submitted to the Clerk of Course. Scratches for the session's events are to be submitted to the Clerk of Course 30 minutes prior to the start of each session. There shall be no penalty for swimmers who 'no show' or submit a 'late scratch' for their event.

## Format & Seeding

All events will be swum mixed gender.  
Events 50m-400m will be seeded slowest to fastest.

## 800 & 1500 Freestyle

The 800 freestyle and 1500 freestyle will be swum fastest to slowest and require positive check-in. The 800 freestyle and 1500 freestyle events may be swum with two swimmers per lane at meet management's discretion. Clubs will be advised of any changes prior to the start of the session.

## Positive Check-in

Positive check-in is required for the 800 and 1500 freestyle prior to the start of the session in which the event is to be swum; check-in deadlines are listed below.

1500 Freestyle	April 27	10:00AM
800 Freestyle	April 28	8:00 AM

## Diving

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics FR 2.3, FR 2.7 and SW 4.1.

## Relays

Individual names must be submitted to the Clerk of Course 30 minutes prior to the start of the session in which the relay event is scheduled.

Name changes or swimmer order changes must be provided to the clerk of course 30 minutes prior to the start of the first relay event, regardless of which age or gender the team is entered in.

## Awards

### Individual Awards

Random draw prizes will be presented.

**Team Awards.** Teams will compete in two categories: Large Team and Small Team. Team awards are restricted to Alberta Masters Clubs only. Team Size is based on number of swimmers registered for the competition. Small Team = under 15 swimmers / Large Team = 15 swimmers or more. Banners will be awarded to the top club in each category.

## Scoring

Team points will be awarded as follows:  
Individual Events: 3, 2, 1 / Relay Events: 3, 2, 1

## Results

Results will be sorted according to age group and gender.  
Results will be available on [www.swimming.ca](https://www.swimming.ca)

**Swimwear at Competitions**

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Alberta. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

<b>Saturday, April 27</b>		<b>Sunday, April 28</b>	
<b>Session 1</b>		<b>Session 3</b>	
Warm-up: 10:00 AM/ Start: 11:00 PM		Warm-up: 8:00 AM/ Start: 9:00 AM	
1	1500 Freestyle	14	800 Freestyle
<b>Session 2*</b>		<b>Session 4*</b>	
Warm-up: 2:00 PM/ Start: 3:00 PM		Warm-up: 10:00 AM/ Start: 10:30 AM	
2	Female 4 x 50 Free Relay	15	Female 4 x 50 Medley Relay
3	Male 4x 50 Free Relay	16	Male 4 x 50 Medley Relay
4	100 Butterfly	17	200 Backstroke
5	200 Breaststroke	18	100 Freestyle
6	50 Freestyle	19	50 Butterfly
7	400 Individual Medley	20	200 Individual Medley
8	4 x 50 Mixed Medley Relay	21	4 x 50 Mixed Free Relay
<b>BREAK^</b>		<b>BREAK^</b>	
9	100 Individual Medley	22	400 Freestyle
10	200 Freestyle	23	50 Backstroke
11	100 Backstroke	24	100 Breaststroke
12	50 Breaststroke	25	200 Butterfly
13	4 x 100 Mixed Medley Relay	26	4 x 100 Mixed Free Relay

\* Start Time Approximate pending number of entries in Session 1 or Session 3.

^ Meet management will communicate the duration of breaks.

## **Appendix A**

### **SWIM ALBERTA SCRATCH RULE**

Time Final Meets including Winter & Summer Festivals:

Coaches are requested to submit any known scratches to the meet manager prior to the start of the meet. The meet information package should clearly state the deadline for receiving scratches by the meet manager after the entry deadline. Any scratches that are not received by the published deadline will need to be submitted to the Clerk of Course. Scratches for the session's events are to be submitted to the Clerk of Course 30 minutes prior to the start of each session. There shall be no penalty for swimmers who 'no show' or submit a 'late scratch' for their event .