Vernon Masters Winter Splash
February 13-14 2027

Competition Host: **Vernon Masters Swim Club**

WARM UP AND SESSION TIMES		
Saturday February 13, 2027		
Session #1	**Warm-up:**	3:00pm-3:45pm
	Competition:	4:00pm-7:00pm
Sunday February 14, 2027		
Session #2	**Warm-up:**	7:45am-8:30am
	Competition:	8:45am-12:45pm
Note: Session completion times are approximate		

New Location: **Active Living Centre**
3501 43rd Avenue, Vernon, BC V1T 8P5

Pool Set Up:
- SCM, 25 metre pool, 8 lanes
- Omega timing system with eight-lane scoreboard
- 8 lanes for racing, and additional lane for continuous Warm-up/Warm Down

Meet Registrar: Registrar*:* vernonmasters.payment@gmail.com
Meet Manager: Kylie Tucker: vernonmasters.meets@gmail.com
Meet Referee: Mike Stamhuis*:* mstamhuis17@gmail.com

Land Acknowledgment: Vernon Masters would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Syilx people of the Okanagan Nation.

Safe Sport:
- 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.
- Deck changes are explicitly prohibited.
- Adult-only washrooms are not available at this facility.
- In order to minimize risk, all photographs and videos taken at MSABC sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff, or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.

Meet Format:
- All events are timed finals. Events will be swum slowest to fastest with all age groups and genders swimming together.
- Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc. (five-year age group/ increments). Swimmers age is as of December 31, 2027.
- Relay age groups will be: Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 etc. (forty-year increments thereafter)

Eligibility: All swimmers are required to be registered with MSABC. Non-MSABC members can register as a Spirit Bear with MSABC.

Max Number of Participants: The meet will be limited to 130 swimmers on Saturday.
The first 8 entries for the Triple Crown will be entered. The first 16 entries for the Alexanne Triple Crown will be entered. The first 8 entries for the Half Triple Crown will be entered. Entries will be considered a first-come-first-serve basis. A waiting list will be kept if entries exceed space available.

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Entries:

1. Swimmers are limited to a maximum of **FOUR** individual entries plus relays on Saturday.
2. Swimmers are limited to entering either the Triple Crown (200 Fly, 400 IM, 1,500 Free), or the Half Triple Crown (Tiara) (100 Fly, 200 IM, 800 Free) or the Alexanne Lepage IM Triple Crown (800 IM, 400 IM, 200 IM) on Sunday.
3. Saturday and Sunday swimmers can participate in Sunday Relays.
4. Swimmers must submit an entry time for each event; entries with NT will not be accepted.
5. To register please complete this Registration form (click for link)

Entry Deadline:

Entries will open **Sunday, November 29th at noon.**
Entry Deadline for submitting entries is **February 3rd, 2027 by 11:59pm**

Deck Entries:

Deck entries for individual events will not be allowed.

Entry Fees:

Saturday events $75.00.
Sunday Triple Crown events $75.00.
Sunday Relays $20 per relay per team.
Registration fees for swimmers swimming Saturday and Triple Crown on Sunday will be $100.00.
Registration fees are payable by e-transfer to vernonmasters.payment@gmail.com

Psych Sheets:

- Psych sheets will be posted on the MSABC website as soon as possible after the registration deadline.
- Heat sheets should be emailed to all registered swimmers by Tuesday, February 9th, 2027.
- Please print and bring your own copies of Heat Sheets as paper copies will not be provided. Heat sheets will be electronically available via Meet Mobile.

Meet Rules:

1. This meet will be conducted under MSABC rules and regulations (adapted from Swimming Canada).
2. This meet will observe the World Aquatics Technical Rules as outlined in the current World Aquatics Masters Rulebook.
    a. Starts will be conducted from Starting Platforms (blocks) as per WA FR 2.3 and SW 4.1
    b. In-water starts will be conducted as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.2
    c. Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1 **Note: 25-metre races will be in-water starts conducted from the bulkhead.**
3. MSABC warm-up safety procedures will be in effect and will be monitored by safety marshals.
4. All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by MSABC. 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.
5. This competition can provide the following accommodations for swimmers who are D/deaf or Hard of Hearing:
    - Non-verbal instruction provided by a support person
    - An individual strobe will also be available at the swimmer's lane

    NOTE: Clubs must contact Meet Management by the Entry Deadline **(Feb 3/27)** of the need for support person accommodations. Note that swimmers may request assistance

Meet Rules cont'd

from the deck officials in mounting and dismounting the blocks. These officials shall not be required to be designated as support persons.
6. During events only one (1) swimmer per lane is permitted.
7. All participants are to respect the facility rules and no outside shoes are permitted on deck.
8. Any act of theft, vandalism or similar action will result in immediate disqualification from the competition.
9. Meet Management reserves the right to change, alter or delete events in the event that the timelines run beyond the available pool time.
10. Requests for official splits must be sent to the meet manager in advance of the competition day.

Special Meet Rules:

The 200 Backstroke, 200 Breaststroke, and 200 IM events will be combined on Saturday. Swimmers will only be allowed to enter in one of the combined 200's.

Saturday Relays:

1. Deck entries will be allowed for Relays only, provided they are submitted before the start of the meet. Relay cards will be available at the administration desk.
2. Women's, Men's, and Mixed relay events will be combined. Swimmers may swim on only one Freestyle Relay team (event 12, 13 or 14) and only one Medley Relay team (event 21, 22, or 23). The Relay events will be separated out in the results.
3. Mixed relay teams MUST have 2 females and 2 males per team.
4. Exhibition Relays can have any combination of 4 swimmers.
5. Deadline for all Freestyle Relay and Medley Relay name/order changes will be before the start of the meet. Relay forms are included with the meet package.
6. Only one entry is permitted per club for event 24.

Sunday Relays:

1. Deck entries will be allowed for Sunday Relays only, provided they are submitted before the start of the meet on Sunday. Relay cards will be available at the administration desk.
2. Exhibition Relays can have any combination of 4 swimmers.
3. Swimmers may swim on only one Relay team per event.
4. Deadline for all Sunday Relay name/order changes will be before the start of the meet on Sunday. Relay forms are included with the meet package.
5. More than one entry per club is permitted for events 25, 26, 27, and 28.

Scratches:

There are no refunds once meet fees are submitted.
There is no scratch penalty for no-shows, step downs and unexcused and/or incomplete swims.

Scoring:

- Individual scoring: 20-17-16-15-14-13-12-11
- Relay scoring: 40-34-32-30-28-26-24-22
- Scores from this meet will be included in League Division Recognition as per the MSABC League Trophy policy (the policy is under review for 2026-27).
- No points will be awarded for exhibition relays.

Record Attempts:

Record attempt forms for MSABC are attached to this meet package. It is the swimmer's and/or coach's responsibility to fill out the form and submit to the administration desk at the start of the session (i.e. 4:00pm on Saturday and 8:45am on Sunday)

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Event List Saturday

Event Number		Event Name
1	Mixed	200 Freestyle
2	Mixed	50 Breaststroke
3	Mixed	50 Fly
4	Mixed	100 Free
5**	Mixed	200 Back
6**	Mixed	200 Breaststroke
7**	Mixed	200 IM
8	Mixed	25 Fly
9	Mixed	100 Back
10	Mixed	25 Breaststroke
11	Mixed	25 Freestyle
12*	Women	200 Freestyle Relay
13*	Men	200 Freestyle Relay
14 *	Mixed	200 Freestyle Relay
BREAK		

Event Number		Event Name
15	Mixed	50 Back
16	Mixed	100 IM
17	Mixed	100 Breaststroke
18	Mixed	100 Fly
19	Mixed	50 Freestyle
20	Mixed	25 Backstroke
21*	Women	200 Medley Relay
22*	Men	200 Medley Relay
23*	Mixed	200 Medley Relay
24	Exhibition	**200 Save Your Crown Relay***

*one swim cap per team. Swimmer 1 must wear a special swim cap and swim 50m, then pass swim cap to swimmer 2 to put on before starting to swim and so on. If swim cap breaks, team is assessed a penalty: one swimmer must do a cannonball into the pool after 4th swimmer touches the wall

MID MEET BREAK (10-15mins) WILL BE AT THE DISCRETION OF THE MEET MANAGER.

Reminder: Swimmers can only swim **ONE** event of the combined events.

**Events 5, 6, 7 will be combined events.

** Events 12,13 & 14 will be combined events and events 21, 22 & 23 will be combined events.

Event List Sunday

Event Number		Event Name
101	**Mixed**	**800 IM**
102	**Mixed**	200 Butterfly
103	**Mixed**	100 Butterfly
24	**Exhibition**	**4 x 100 IM Relay** (each swimmer completes 100 IM, then next swimmer completes 100 IM, etc.)
104	**Mixed**	**400 IM**
25	**Exhibition**	**200 Share the Love Relay** (each swimmer must carry a red balloon for 50m swim then pass the red balloon to the next swimmer)
105	**Mixed**	**200 IM**
26	**Exhibition**	**200 Save Your Royalty Relay** (swimmers must safely transport their 5th team member 200 meters)
106	**Mixed**	1,500 Freestyle
107	**Mixed**	800 Freestyle
30	**Exhibition**	**200 Watermelon Relay**

Triple Crown	½ Triple Crown (Tiara)	Alexanne Lepage IM Triple Crown
200 Butterfly	**100 Butterfly**	**800 IM**
400 IM	**200 IM**	**400 IM**
1500 Freestyle	**800 Freestyle**	**200 IM**

Crown Swimmers on Sunday will enter 1 series – either The Alexanne Lepage IM Triple Crown events 101, 104, 105 or The Triple Crown events 102,104,106 or The ½ Triple Crown (Tiara) events 103, 105, 107

COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned MSABC 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 or announcement and visible through on deck signage.
- **MSABC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

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 national events 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 national events 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 are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternate in that event notified that event should 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 and should subsequent violations occur the swimmer maybe removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.

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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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.

PARASWIMMER NOTIFICATION:

Coaches are requested to notify Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all MSABC sanctioned meet information and posted notices:

“MSABC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

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Masters Relay Entry Forms

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:

Club:	Club Code:

Swimmer		Age		Swimmer	Age
1.			3.		
2.			4.		

Total Age:

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:

Club:	Club Code:

Swimmer		Age		Swimmer	Age
1.			3.		
2.			4.		

Total Age:

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:

Club:	Club Code:

Swimmer		Age		Swimmer	Age
1.			3.		
2.			4.		

Total Age:

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:

Club:	Club Code:

Swimmer		Age		Swimmer	Age
1.			3.		
2.			4.		

Total Age:

MSABC RECORD APPLICATION FORM

Beginning with the 2026-27 season, MSABC will maintain MSABC Records for all race distances conducted at MSABC Meets. Swimmers must be an MSABC-registered swimmer and reside in British Columbia to be eligible (residence must be no less than 6 months plus one day).

Name of Event and Sanction # _____ Date of Swim _____

Event # _____

Distance: _____ Stroke (Relays: list stroke in the Relay Swim section): _____

Pool Length: 25 metres_____ 50 metres_____

Current Record: _____ : _____ . _____

Official Time: _____ : _____ . _____ (yy/mm/dd)

Electronic: _____ : _____ . _____

Manual (if available) Or Split Times (for lead-off swimmer of a relay vying for a record)

1) _____ : _____ . _____

2) _____ : _____ . _____

3) _____ : _____ . _____

SWIMMER INFORMATION (age is as of December 31)

Name of Club: _____ Club Code _____

Swimmer's Name: _____ Age _____ Male _____ Female _____

RELAY SWIMS (list in swim order, age is as of December 31,

Swimmer's Name: _____ Age _____ Male _____ Female _____

Swimmer's Name: _____ Age _____ Male _____ Female _____

Swimmer's Name: _____ Age _____ Male _____ Female _____

Swimmer's Name: _____ Age _____ Male _____ Female _____

CERTIFYING OFFICIALS

Official's Name: _____

Certification: _____ Date _____

Official's Name: _____

Certification: _____ Date _____