

# SWIMMING

All participants must be at least 55 years of age by December 31 of the year of the Games.

## AGE CATEGORIES / EVENTS:

AGE	EVENTS	NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY
55+	Women	3
55+	Men	3
60+	Women	3
60+	Men	3
65+	Women	3
65+	Men	3
70+	Women	3
70+	Men	3
75+	Women	3
75+	Men	3
80+	Women	3
80+	Men	3
85+	Women	3
85+	Men	3
<b>TOTAL NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY = 42</b>		

Participants can enter a maximum of four (4) events, PLUS the fun relay.

50m Freestyle	100m Freestyle
50m Backstroke	100m Backstroke
50m Breaststroke	100m Breaststroke
50m Butterfly	100m IM

FUN Relay 4 x 50m (women)

FUN Relay 4 x 50m (men)

NOTE: This is a NON-medal event.

- Relay teams to be determined on site.
- Participants may come from any/all Provs/Terrs to make up a team.

## RULES INFORMATION

### Masters Swimming Canada Rules will apply.

1. The following defines the strokes permitted.
  - Freestyle –Any stroke you wish to use.
  - Breaststroke –Any stroke that resembles a breast stroke (arms must be pushed forward simultaneously above or below the water).
  - Backstroke –Any stroke executed on the back.
  - Butterfly – a stroke in which the arms are thrown together out of the water while the feet kick up and down. Recent changes to the Masters swimming rules have occurred which necessitate the following changes:
    - MSW 8 Butterfly
    - MSW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed after the start or turn. It is not permitted to roll onto the back at any time, except at the turn after the touch on the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.
    - MSW 8.2 Both arms shall be brought forward simultaneously together over the water and brought backward simultaneously under the water throughout the race, subject to MSW 8.5.
    - MSW 8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kick is permitted for butterfly. Only one breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.
    - MSW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.
    - MSW 8.5 At the start and at turns, a swimmer is permitted one or more kicks then one arm pull under the water, which must bring him/her to the surface. It is permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each

turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

2. Swimmers are required to touch end of pool during turns. Swimmers using butterfly or breaststroke must have both hands touch at ends of the pool.
3. Starts are permitted from blocks, edge of pool, or push off in the water supported by a hand on the end of the pool.
4. False start rule: Any participant who commits a false start during a third or subsequent attempt at a start shall be disqualified, no matter if the participant has been blameless in all previous attempts at starting the race.
5. 100m Individual Medley: four (4) different strokes must be used in the order of Butterfly, Backstroke, Breaststroke and Freestyle. Timers will be provided with special cards provided by the CSGA to help keep track of this event.
6. Participants are to be timed to a tenth (1/10) of a second. If a tie still exists, then both participants are declared winners.
7. All swimmers must be in the possession of ID Cards at poolside. These are to be given to the timers when they race.
8. The competition must be split into two different four (4) hour sessions, and each session must be held on separate days.

#### **PREDICTED TIME SWIM**

<b>55+</b>	<b>WOMEN</b>	<b>3</b>
<b>55+</b>	<b>MEN'S</b>	<b>3</b>

#### **NUMBER OF PARTICIPANTS:**

Predicted swimmers can enter two (2) predicted times events: 100m each day for two (2) days (total of 200m) and 200m each day for two (2) days (total of 400m) and cannot enter the timed events, but can enter the relay.

#### **TIME PREDICTED SWIM**

- Swimmers will be required to predict their time each day, a half hour prior to competing. The combined total difference for the two days will determine the winners. For example, if six (6) seconds over on the first day and three (3) seconds under on the second day; combined total time difference is nine (9) seconds.

- Swimmers are not to use watches or receive pacing information from the sidelines. In the case of a tie, the swimmer with the fastest time will be declared the winner.
- A medical examination two months prior to the games is strongly recommended.