

**Regina Masters Swim Club
Mary Brown Invitational
Long Course Masters Swim Meet**

Saturday, March 28, 2026

ENTRY DEADLINE – Thursday March 19, 2026, at 8:00pm



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**RMSC Mary Brown Invitational Long Course Masters Swim Meet
Hosted by Regina Masters Swim Club**

- Swimming Canada Warm-up Competition Safety Procedures will be in effect at this competition. [LINK](#)
- Current Swimming Canada Masters Rules will apply except as specifically modified in this meet package - [Rules](#)
- World Para Swimming Rules and Regulations will apply except as modified in this meet package for Para swimmers – [Rules](#)
- All participants in this event are reminded that they are bound by Swimming Canada's and Swim Saskatchewan Policies including but not limited to, the Code of Conduct and Ethics, Athlete Protection Policy, Social media policy as found in the Swim Sask's Safe Sport manual, which can be found [HERE](#)

1. Name of Meet:

- RMSC Mary Brown Invitational Long Course Masters Swim Meet – Saturday March 28, 2026

2. Session Times:

- Coaches Meeting: Provided through technical bulletin presentation emailed to coaches prior to the start of the swim meet.
- Officials Briefings:
 - Session #1: 7:45 a.m.
 - Session #2: 12:00 p.m.
- Session #1 (Morning):
 - Warm-up: 7:45 a.m. to 8:25 a.m.
 - Competition: 8:35 a.m.
- Session #2 (Afternoon):
 - Warm-up: 12:00 p.m. to 12:40 p.m.
 - Competition: 12:50 p.m.
- Mandatory 800-metre check-in at Administration Desk: 7:30 a.m. to 8:00 a.m.

Warm up is only for swimmers registered in the competition. Meet Management reserves the right to change session start times once entries are received. Coaches will be notified should the session start times change.

3. Location: Lawson Aquatic Centre, 1717 Elphinstone Street, Regina, SK S4N 0A1. (306) 777-7529

4. Facility:

- 8 lane pool (intent to run in 8 lanes, but may reduce depending on # of entries)
- 1 X 50M Competition Pool
- Non-turbulent lane markers
- There will be warm-up/cool-down width lanes available in the shallow tank
- Backstroke ledges will be available
- Quantum Electronic timing system
- Depth at Start End: 4.9 meters
- Depth at Turn End: 2.2 meters

5. Meet Management:

Meet Manager: Fiona Cribb, (306) 535-1032, fdcribb@sasktel.net

Meet Co-Managers: Sarah Erickson, (306) 551-9196, ericksonrea@hotmail.com
Doug Farenick, (306) 536-8005, douglas.farenick@gmail.com

6. Officials Coordinator: Sarah Erickson, (306) 551-9196, ericksonrea@hotmail.com



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7. Officials

- Anyone attending is encouraged and welcome to register as an official and/or volunteer at this meet.
- Officials can sign-up online at this [LINK](#) or contact Sarah at (306) 551-9196 or ericksonrea@hotmail.com
- Hospitality will be available. Officials are encouraged to bring their own refillable water bottles.

8. Eligibility:

- Entries will only be accepted for Masters swimmers currently registered with a Swimming Canada or World Aquatics affiliated club.
- Masters swimmers must be a minimum of 18 years of age as of March 28, 2026.
- Age as of December 31, 2026, determines age groups for results.
- Masters swimmers that are also classified PARA swimmers who are registered with Swimming Canada, or a World Aquatics affiliate are eligible to compete. Canadian Para swimmers must have a valid classification listed on the Swimming Canada website at: [Classification – Swimming Canada](#)
- Open to any registered Canadian Masters Swimmer.

9. Qualifying Times:

- There are NO qualifying times for this meet.

10. Entry Deadline Date:

- Entries must be received by: **Thursday March 19, 2026, at 8:00pm**
- All Attending coaches must be listed when uploading the entry file.

11. Entry Fees:

- Entry fee: \$60 per swimmer, which includes all individual and relay events
- Entry fees can be paid by:
 - cheque made payable to Regina Masters Swim Club OR
 - e-transfer to: payments@rmc.ca using the password *rmc2026mar* no later than Wednesday, March 25, 2026
 - All meet entry fees are to be paid prior to warm-up.
 - No swimmer/team will be allowed to start warm-up until entry fees have been paid.

12. Entries Refund Policy:

- Entry fees are non-refundable.

13. Entry Limit:

- Each swimmer is limited to entering six (6) individual events plus any number of relays.

14. Entries:

Entries Chair – Doug Farenick (douglas.farenick@gmail.com)

- **All entries must be uploaded to the Swimming Canada Online Entries System. No entries will be accepted by email.**
 - i. Entry times are to be entered in Long Course (LC); converted times will be accepted.
 - ii. No Time (NT) will not be accepted. Coaches or swimmers may use estimated or practice times as entry times.
 - iii. Please contact Doug Farenick if you have any further questions regarding entries.
 - iv. Registered Independent Masters swimmers to contact their provincial section to help them with your entries. Sask swimmers please contact Nicole at: programcoordinator@swimsask.ca advising the event number and name that you wish to be entered in and an entry time.



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15. Relay Entries:

- Relay entries will include Women, Men, and Mixed competition categories, with Mixed relays consisting of teams composed of two (2) Men and two (2) Women.
- Age groups: 72-99, 100-119, 120, 159, etc.
- Relay-only swimmers are permitted.
- **The names of swimmers on relay teams are to be submitted on all relay-team entries.**

16. Deck Entries:

- No deck entries will be permitted.

17. Meet Format/Competition

- All events will be swum as timed finals.
- Men and Women individual events will be combined and swum together. Results will be separated into Men/Women.
- There are no PARA-specific events or entry standards.
- **Event 13 and Event 14 will be swum together; swimmers may enter only one of these events.**

18. Seeding:

- No age categories.
- Event #1 (800 metre freestyle) will be seeded fastest to slowest; all other events will be seeded slowest to fastest.
- Para swimmers will be seeded according to their entry time.

19. Start

- Starts will be conducted from Starting Platforms (blocks) as per World Aquatic rule II.16.14 and Swimming Canada Rules 4.1
- Starts will be conducted from the Deck or Bulkhead as per Swimming Canada Rule C4.1.1
- In-water starts will also be allowed and will be conducted as per Swimming Canada Rule C4.1.2
- Backstroke starting ledges will be available at this swim meet.
- This competition can provide the following accommodation for swimmers who are D/deaf or Hard of hearing:
 - Non-verbal instruction provided by a support person that has a status of "Active: in the Swimming Canada Registration system.
 - Hand signals given by the starter/referee
 - An external strobe light

20. Scratch rules:

- Scratches simply create empty lanes, as there will be no re-seeding.
- Clubs are requested to report any scratches 30 minutes prior to the start of each session.

21. Scoring

- There will be no scoring of the Masters events.

22. Awards

- There are no awards presented.

23. Results

- Official results will be uploaded to REMS following the completion of the competition.
- Unofficial results may be made available during the event on the Meet Mobile app.
- Results will be published in age groups as specified in the Swimming Canada Masters Rule [C3.1.0](#)
- Results will be published as Men or Women, as applicable.



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24. Official Splits

- Official split requests must be submitted to Meet Management a minimum of 30 minutes prior to the start of the session.
- The team requesting the official split may be required to provide additional trained timers to help take the official split.

25. Meet Safety Rules

- Safety Marshals will be stationed around the competition pool during the Warm-Up session.
- Diving lanes will be available 20 Minutes from the end of the Warm-Up session.
- A Para swimming lane may be designated based on coach request. Please contact the Meet Manager to make this request.

26. General or Facility Information

- Any changes to the meet format will be shared with the coaches in the Coaches Technical Bulletin that will be emailed to attending coaches prior to the start of the swim meet.
- No deck changing will be allowed. Swimmers must use the change rooms. Swimmers who change on deck may be removed from the competition.
- Glass containers and breakables are not allowed on the pool deck.
- The Regina Masters Swim Club will not accept responsibility for lost or for stolen items. It is the responsibility of each swimmer entered into the meet to ensure their personal belongings are stored in a secure manner.
- Team spaces will not be assigned. Tables and chairs will be set up along the pool deck for coaches. The space that each team uses will be the responsibility of that team. Teams are expected to keep the areas that they use clean and tidy. Food is allowed on deck.
- Spectators may view events from bleachers on the north side of the pool only.

27. Other Meet Related Events

- On the evening of March 28, 2026, a social will be held at a time and location that will be announced in the week prior to the event. All swimmers, officials, coaches, and volunteers are invited to attend.

28. Community Information and Accommodations

- City of Regina information may be found at <https://www.regina.ca>, and nearby hotels include [Four Points by Sheraton](#) and [Delta Hotels Regina](#).

29. Photography/Videography

- To minimize risk, all photographs and video taken at Swimming Canada/Swim Saskatchewan 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.
- For full details see the Event Photography and Videography Procedure Policy found [HERE](#)
- Clubs may appoint one official photographer for their club to be granted access to a designated area/working deck. Please contact Meet Manager prior to the competition for permission.
- Meet Management may issue an accreditation/name tag identifying such person.
- If a tag is issued; then it must be worn at all times.

Swimwear

- All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Saskatchewan. 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 reasonable be seen to create a technical advantage in terms of speed, buoyancy, or endurance.



Safe Sport

- Swimming Canada and Swim Saskatchewan believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.
- All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both “open” and “observable” to others.
- Swimming Canada Safe Sport Policy found [HERE](#) and Swim Sask Safe Sport Policy and Resources [HERE](#).
- Only participating swimmers, officials, registered coaches, and authorized people are allowed on deck.

30. Event Schedule/Order of Events

Session #1, Warm-Up 7:45 to 8:25 am. Racing starts at 8:35 am.

Event #	Event
1	800 Free
2	4x100 Free Relay -- Mixed
3	100 Breast
4	50 Free
5	200 Fly
6	100 Back
7	4x100 Medley Relay -- Women
8	4x100 Medley Relay -- Men
9	200 Free
10	50 Fly
11	200 Breast

Session #2, Warm-Up 12:00 to 12:40pm. Racing starts at 12:50 pm.

Event #	Event
12	100 Free
13	400 Free**
14	400 IM**
** May swim only one of 13 or 14	
18	50 Breast
19	200 Back
20	4x100 Free Relay -- Women
21	4x100 Free Relay -- Men
23	100 Fly
24	50 Back
25	200 IM
26	4x100 Medley Relay -- Mixed

****These events will be combined. Swimmers may only choose one of event 13 or 14.**

Mixed Relays must consist of 2 Females and 2 Males.

