

# **NANAIMO EBBTIDES 38th ANNUAL MASTERS SWIM MEET**

## **Saturday, January 26<sup>th</sup>, 2019 SANCTION #: SBCM 1903**

- Warm-up 1030am                      Events 11:30am                      Social to follow in Room B  
Nanaimo Aquatic Centre – 741 Third Street, Nanaimo Phone: (250) 756-5200  
25 meters / 8 lanes                      Warm up pool: Two 25 meter lanes                      Electronic timing

**Entries must be received on or before Saturday, January 19<sup>th</sup>, 2019.** No deck entries will be accepted with the exception of relays.

**Relay card deadlines:** for events 3 and 11, 20 minutes after the start of warm ups. For events 17 and 24 deadline prior to the start of event 6.

- Events will be seeded by **TIME** only with men and women seeded together. “No times” will not be accepted. All events are timed finals.
- Maximum events per swimmer: 4 individual events, plus relays. **Maximum total swimmers 150**
- Entry fees \$40.00 per person.
- **Please use Club Assistant for online entries at the following link**  
[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2195&smid=11085](https://www.ClubAssistant.com/club/meet_information.cfm?c=2195&smid=11085)

*No refunds will be offered.*

- If you are unwilling/unable to use online entry, please contact Karlene Clapham at [karleneclapham@shaw.ca](mailto:karleneclapham@shaw.ca) or cell 1-604-808-0518
- Web Page: [www.ebbtides.ca](http://www.ebbtides.ca)
- Please check in at registration table
- 400 FREE will be limited to 5 heats ( first 40 swimmers), 400 IM will be limited to 2 heats
- Relays: No swimmer may swim more than once in any relay- you may swim either on the men’s, women’s or mixed team in any relay event.

**RULES:** MSC rules and warm up procedures and the Swim BC Technical Guide will be in effect, Dated as of December 31, 2018.

**AWARDS:** Each swimmer will receive a participation certificate with labels for each event swam. Certificates must be collected at the meet (they will not be

mailed).

**ELIGIBILITY:** All Masters Swimmers registered with their Provincial, State or National M.S.O.

**TRANSPORTATION:** Ebttides members are available to provide a ride from the ferry to the pool for participants arriving on the 8:25am Horseshoe Bay ferry. Please indicate on the entry form, in Club Assistant, the number of swimmers requiring a ride.

**SOCIAL: Chili potluck immediately following swimming in the Jack Little room (Room B).**

**EVENTS:** Breaks may be added or removed at the discretion of the meet manager the day of the meet.

**STARTS WILL BE CONDUCTED FROM STARTING PLATFORMS (BLOCKS) AS PER FINA FR 2.3 AND SW 4.1 AND / OR FROM THE DECK OR BULKHEAD AS PER CANADIAN FACILITY RULE CFR 2.3.1 AND/OR CSW 4.1.1 AND/OR IN-WATER STARTS WILL BE CONDUCTED PER CANADIAN FACILITY RULE CFR 2.3.1 AND CSW 4.1.2**

#	Sex	Event	
1	Mixed	400 M	Free
2	Mixed	400 M	IM
3	Mixed	200 M	Free Relay - M/W
4	Mixed	50 M	Back
5	Mixed	100 M	Breast
6	Mixed	25 M	Fly
7	Mixed	200 M	Back
8	Mixed	50 M	Fly
9	Mixed	25 M	Breast
10	Mixed	200 M	IM
11	Mixed	200 M	Medley Relay - M/W
12	Mixed	100 M	Free
13	Mixed	25 M	Back
14	Mixed	200 M	Fly
15	Mixed	200 M	Breast

16	Mixed	50 M	Free
17	Mixed	200 M	Medley Relay - Mixed
18	Mixed	100 M	Fly
19	Mixed	200 M	Free
20	Mixed	50 M	Breast
21	Mixed	100 M	Back
22	Mixed	25 M	Free
23	Mixed	100 M	IM
24	Mixed	200 M	Free Relay - Mixed

**Fun, Friendship and Fitness for Life!**

## MSC Warm-Up/Warm-Down Procedures

CMSW 1.6 MSC: Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

CMSW 1.6.1: The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action.

CMSW 1.6.2: There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

CMSW 1.6.3: There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

CMSW 1.6.4: All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in

opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

CMSW 1.6.5: Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW