

2019 MSABC



Provincial Championships

Friday April 12th - Sunday April 14th

Sponsored By



Wealth
Management

Hosted By



Sanction # SBCM 1906

RBC Wealth Management
2019 MSABC Provincial Championships
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Hosted by VMSC
April 12 – 14, 2019
Saanich Commonwealth Place

Our Sponsors



Wealth Management

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**TEAM AQUATIC
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HOSTING COMMITTEE

Meet Manager	Jennifer Gunning	VMSCmeetmanager@gmail.com
Officials Coordinator	Rod Carmichael	jrcarmichael@telus.net
Volunteers Coordinator	Lauren Westmacott	Lauren_westy@yahoo.ca
Banquet and Corporate Sponsorship Coordinator	Mark Langdon	MLLTD@shaw.ca
Treasurer	Paul Nasmith	

COMPETITION INFORMATION

Facility Saanich Commonwealth Place - 4636 Elk Lake Drive, Victoria, BC V8Z 5M1. Phone # - 250-475-7620

Information The competition pool will be set up for 8 lanes of 25 metre (short course) competition.

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MSABC AGM The MSABC Annual General Meeting will be held approximately 30 minutes after the final event on Saturday, April 13th in the MP Studio at the Commonwealth Pool (signage will be set-up to confirm the location).

Check-in Please visit the check-in desk located in the foyer overlooking the competition pool (signage will be set up to confirm the location). Swimmers must check-in **in person** to be eligible to compete. Each registered swimmer will receive an official provincial swim cap courtesy of Team Aquatics and other items in their swag bag when they check-in in person prior to their first swim. Registered swimmers will also be entered to win door prizes that will be drawn at each event. Banquet tickets will be provided at the time of check-in. Please note swimmer swag bags will only be provided on deck and will not be mailed.

Operating hours of the check-in desk:

- Friday 2:30pm-6:00pm
- Saturday 8:30am – 11am
- Sunday 8:00am-10:00am

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Eligibility The meet is open to any Canadian or international registered master swimmer, age 18 years and older by December 31, 2019. Para-swimmers, who are registered master’s swimmers, are welcome to compete in the meet. A maximum of 250 swimmers will be accepted.

Site Information The Victoria Commonwealth Pool has free parking. A limited number of token operated lockers are available in the change rooms. Lockers must be cleared out at the end of each day. Team banners are welcome on deck.

Site Services Team Aquatics will be present during the meet with various swim equipment, including wet suits for sale. Their location will be announced during the meet.

Rules **Current Masters Swimming Canada Rule Book** (found at mastersswimmingcanada.ca), and other procedures (included in meet package) and will be in effect at this meet.

Seeding All events will be mixed gender (unless indicated otherwise), timed finals and seeded slowest to fastest.

Meet start times The 8 lane competition pool and 8 lanes in Pool B will be available for warm up 45 minutes before the meet starts each day (see schedule below). Throughout the meet lanes 5 - 8 in Pool B will be available for warm up and cool down.

Competition Warm Up and Meet Starting Times:

Date	Warm Up	Meet Starting Time
Friday, April 12, 2019	4:00 pm - 4:45 pm	5:00 pm
Saturday, April 13, 2019	9:00 am - 9:45 am	10:00 am
Sunday, April 14, 2019	8:00 am - 8:45 am	9:00 am

Awards Lapel pins will be awarded to the 1st, 2nd and 3rd place finishers of individual events in each age group. Lapel pins will be awarded to the first-place relay team in each age group for relays. Please note that awards must be picked up in the awards area (location to be announced at the meet) and awards will not be mailed to participants.

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Psych Sheets and Heat Sheets Psych Sheets and Heat Sheets will be made available on the MSABC website prior to the start of the swim meet. Swimmers are asked to look at these sheets online and print their own if required. Printed Heat Sheets will be available for coaches and officials only on deck. Printed Heat Sheets for all swimmers to refer to will be posted on deck.

Results Meet results will be posted at the Commonwealth Pool throughout the meet as well as on Meet Mobile. Location of results posting will be announced during the meet. The results will also be posted on MSABC and MSC websites as soon as confirmed after the meet. There will be no published results booklet.

Records Swimmers challenging a current record (Provincial, National, World) are required to provide a Record Attempt Card (included in meet package and available on deck at the clerk of the course desk) to the clerk of the course at least 30 minutes prior to the start of the meet on the day in which their event is scheduled. This is in order to ensure adequate timers are available to satisfy record attempt requirements.

Head Meet Officials

Meet Manager	Jennifer Gunning
Meet Referee	Leon Politano and Terry Ryan



ENTRY INFORMATION

Entry Costs & Deadlines

Early Bird Entry:

- Cost of \$95 for individual or relay only entry
- Deadline is March 12, 2019 at 11:59 pm.

Late Entry:

- Cost of \$110 for individual or relay only entry
- Deadline is March 31, 2019 at 11:59 pm.

Entries received after March 31, 2019 at 11:59 pm will not be accepted.

Entries

Online registration is available through the MSABC website:

<http://www.msabc.ca/swim-meets.html>

Deck and mail entries will not be accepted.

Change Requests

Requests to change an entry time received after March 31, 2019 will not be accepted.

Refunds

Refunds will not be provided for any entry received.

Registration Rules

Swimmers assume all responsibility for submitting an entry package that is complete and accurate. All swimmers must provide a governing body registration number (i.e. MSC, MSABC, USMS or FINA). An entry with a missing or inaccurate governing body registration number will be rejected and a refund will not be provided. Entries received for swimmers that are not members of the recognized governing bond indicated on their entry form will be rejected and a refund will not be provided.

Each swimmer may enter a maximum of 7 events plus relays.

Entry times must be included for seeding purposes. Entries with a “No time” or “NT” will not be accepted.



Age Groups

Age grouping is determined by age as of December 31, 2019:

- **Individual events**
 - 18-24, 25-29, and five-year increments thereafter.
- **Relay Events**
 - 72-99, 100-119, 120-159, 160-199, and forty-year increments thereafter.

1500m / 800m

The 800m and 1500m freestyle events will be deck-seeded and the heats will run from slowest to fastest. The 1500m and 800m freestyle events will each be limited to the first 32 entries (4 heats). The Meet Manager may choose to double up lanes in the 1500m and/or 800m.

Mandatory in-person positive check-in for the 1500m freestyle event closes on Friday, April 12, 2019 at 4:30pm at the clerk of the course desk.

Mandatory in-person positive check-in for the 800m freestyle event closes at the conclusion of event 13 (200 medley Relay) on Saturday, April 13, 2019 at the clerk of the course desk.

Swimmers not checking in in person for the 1500m and/or 800m freestyle events will be removed from the event at the above respective deadline times.

A limited number of Lap Counter boards may be available for swimmers to use. Their use is optional, and swimmers are responsible for finding volunteers to operate them.

Relay Teams

Relay team entry deadline is April 7, 2019 at 11:59 pm. Each club must complete a Relay Card (available in the meet package and on deck at the clerk of the course desk) for each team entry and event. Please email completed Relay Cards to the Meet Manager (VMSCmeetmanager@gmail.com), by the April 7, 2019 deadline. Relay names changes and/or scratches may be submitted on the first day of the meet and no later than 30 minutes prior to the start of the meet on the day in which the relay event is scheduled.

No swimmer may swim more than once in any relay event. Mixed relays must be composed of two males and two females from the same club or affiliation. Please note when planning your relay teams that events 3, 4 and 5 maybe seeded together and events 28, 29, and 30 may be seeded together. Relay teams that include swimmers under the age of 25 will not be eligible for Master's World Records. See current Master's Swimming Canada Rule Book for further clarification.

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**Backstroke
Start Aid**

If swimmers would like to use a Backstroke Start Aid, they will be available at the starting blocks for each lane.

**Bursary
Request**

If you would like to enter to swim at this event and are unable to for financial reasons, please email Susan Simmons, President of the VMSC before February 28, 2019 (susan@msathlete.org). to apply for a limited number of VMSC Bursaries available to cover the early bird entry cost for this meet.

Scratches

Final scratch deadline is April 5, 2019 and is to be submitted by emailing the Meet Manager (VMSCmeetmanager@gmail.com).



ORDER OF EVENTS

Friday, April 12th

Warm up: 4:00 pm – 4:45 pm Sprint/Dive lanes open: 4:30 pm Start time: 5:00 pm

Female	Event	Male
1	1500 Freestyle	1
15 MIN BREAK*		
2	200 IM	2
15 MIN BREAK*		
3	400 Freestyle Relay - MIXED	3
4	400 Freestyle Relay - Female	
	400 Freestyle Relay - Male	5

Saturday, April 13th

Warm up: 9:00 am - 9:45 am Sprint/Dive lanes open: 9:30 am Start time: 10:00 am

Female	Event	Male
OPENING CEREMONIES		
6	400 Freestyle	6
15 MIN BREAK*		
7	50 Backstroke	7
8	100 Breaststroke	8
9	100 Butterfly	9
10	200 Freestyle Relay – Female	
	200 Freestyle Relay - Male	11
30 MIN BREAK*		
12	100 Freestyle	12
13	400 IM	13
14	50 Breaststroke	14
15	100 Backstroke	15
16	200 Medley Relay - MIXED	16

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Sunday, April 14th

Warm up: 8:00 am-8:45 am

Sprint/Dive lanes open: 8:30 am

Start time: 9:00 am

Female	Event	Male
17	800 Freestyle	17
15 MIN BREAK*		
18	50 Freestyle	18
19	200 Backstroke	19
20	100 IM	20
21	200 Butterfly	21
22	200 Freestyle Relay - MIXED	22
30 MIN BREAK*		
23	200 Medley Relay - Female	
	200 Medley Relay - Male	24
25	200 Freestyle	25
26	50 Butterfly	26
27	200 Breaststroke	27
28	400 Medley Relay – MIXED	28
29	400 Medley Relay – Female	
	400 Medley Relay – Male	30

**The Meet Manager reserves the right to adjust the timing and length of the break based on the timing of the meet.*



PROCEDURES

Warm-up:

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 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one-way swimming only. Upon completion of the length the swimmer shall leave the lane. CMSW

1.6.6 The wearing of watches, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, and the use of hand paddles or swim fins, shall be prohibited. Kick boards, pull-buoys, ankle bands, and snorkels are permitted for use. CMSW

1.6.7 Warm-up procedures shall be prominently posted at various areas of the pool deck. CMSW

Pool Depth:

Starts will be conducted from Starting Platforms (blocks) as per FINA 2.3 and SW 4.1 and/or from the deck or bulkhead as per Canadian Facility Rule CFR 2.3 and CSW 4.1.1. In water starts will be conducted as per Canadian Facility Rules 2.3.1 and CSW 4.1.2.

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Awards Banquet

Location Ambrosia Centre, 638 Fisgard St, Victoria, BC V8W 1R6

Date and Time Saturday, April 13th, 2019 from 6:30pm to 10:30pm

Door Prizes Door prizes have been graciously donated by Team Aquatics and Pinnacle Fitness, including swimming equipment and a wetsuit valued at \$800!! All banquet attendees will be entered in the door prize draw.

Food The food is prepared on site by one of the top catering companies in Victoria, Ambrosia Centre and Island Gourmet Catering. You will enjoy freshly baked buns, salads, seasonal vegetables, entrée (vegetarian entrée available), and desert. Dinner will be served buffet style with plenty of round table seating in the private banquet room.

A cash bar will be available. This will be a licensed event; all attendees must be 19 years of age or older.

Please e-mail the Banquet Coordinator, Mark Langdon at MLLTD@shaw.ca with any severe dietary questions by April 5th, 2019 at 11:59pm. We will do our best to accommodate any such requests, within reason.

Costs and Deadlines

Early Bird Ticket:

- Cost of \$29 per person
- Deadline is March 12, 2019 at 11:59 pm.

Late Ticket:

- Cost of \$35 per person
- Deadline is March 31, 2019 at 11:59 pm.

Tickets

Banquet tickets can be picked up during positive check-in at the check-in desk on deck.

Banquet tickets can be purchased at the late ticket price and will be available at the check-in desk. A maximum of 150 attendees will be accepted.

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ACCOMODATIONS

We have negotiated preferred rates with the below hotels as a courtesy, however you are, of course, welcome to stay at the hotel of your choice. There are several other hotels, most are located downtown Victoria. Swimmers are responsible for arranging their own accommodation.

Best Western Plus Carlton Plaza Hotel

Location 642 Johnson Street, Victoria, BC V8W 1M6

Room Blocking Date April 11, 2019 – April 14, 2019
Check in is at 4pm and check out is at 12pm.

Rate and Types \$139.00 plus 16% tax per night.

- 10 x Traditional room with 2 double beds
- 10 x Traditional room with 1 queen bed

Rates are based on double occupancy. Additional \$20 per extra adult may charge. The above rates are quoted in Canadian funds and do not include the 16% tax.

Reservation Procedures Guests must call Manami Watson (250-413-2193), Sales Manager and quote “Masters Swimming Room Block”. Guests must call in before March 10th, 2019 to receive the special discounted rate and provide Manami with their name, dates of stay and a valid credit card to book. Unreserved rooms will be released at noon on March 10, 2019.

Accent Inn

Location 3233 Maple Street, Victoria, BC V8X 4Y9

Room Blocking Dates April 11, 2019 – April 14, 2019
Please confirm with the hotel for check-in and check-out times.

Rate and Types

- 5 x Standard room with 2 queen beds - \$129.00 plus tax per night
- 10 x Kitchenette room with 2 queen beds - \$149.00 plus tax per night

Rates include continental breakfast. Rates are based on double occupancy. Additional charges may apply for extra adults. The above rates are quoted in Canadian funds and do not include applicable tax.

Reservation Procedures Guests must call 1-800-663-0298 or 1-250-475-7500 and quote group ID “5606338 BC Masters Swim”. Guests must call in before March 11th, 2019 to receive the special discounted rate and provide the hotel with their name, dates of stay and a valid credit card to book. Unreserved rooms will be released at noon on March 11th, 2019.

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Record Attempt Card

Swimmer's Name: _____

Event # _____ Heat # _____ Lane # _____

Swimmer's Name: _____

Event # _____ Heat # _____ Lane # _____

Swimmer's Name: _____

Event # _____ Heat # _____ Lane # _____

Swimmer's Name: _____

Event # _____ Heat # _____ Lane # _____



Relay Cards

Freestyle Relay Card

1. Club Name: _____
2. Circle Team Letter A B C D E F
3. Select Event:

<input type="checkbox"/> # 8a - 4X50 Free Relay Female	<input type="checkbox"/> # 19 - 4X50 Free Relay Mixed
<input type="checkbox"/> # 8b - 4X50 Free Relay Male	<input type="checkbox"/> # 24 - 4X100 Free Relay F/M/Mixed
4. Circle Age Group: 76-99 100-119 120-159 160-199 200-239 240-279 280-320
5. Seed Time: _____:_____:_____
6. Enter Swimmers Name and Age as of December 31,2019 (in the order they will be swimming):
 1. _____ age _____
 2. _____ age _____
 3. _____ age _____
 4. _____ age _____

TOTAL Age _____

Medley Relay Card

1. Club Name: _____
2. Circle Team Letter A B C D E F
3. Select Event:

<input type="checkbox"/> # 3 - 4X100 Medley Relay F/M/Mixed	<input type="checkbox"/> # 20a - 4X50 Medley Relay Female
<input type="checkbox"/> # 13 - 4X50 Medley Relay Mixed	<input type="checkbox"/> # 20b - 4X50 Medley Relay Male
4. Circle Age Group: 76-99 100-119 120-159 160-199 200-239 240-279 280-320
5. Seed Time: _____:_____:_____
6. Enter Swimmers Name and Age as of December 31,2019:

<input type="checkbox"/> Backstroke	_____	age _____
<input type="checkbox"/> Breaststroke	_____	age _____
<input type="checkbox"/> Fly	_____	age _____
<input type="checkbox"/> Freestyle	_____	age _____

TOTAL Age _____