

NANAIMO EBBTIDES 36th ANNUAL MASTERS SWIM MEET

Saturday, November 26th, 2016

SANCTION #: SBCM 1704

Warm-up 11:00am Events 12:00pm 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 Sunday, November 19th, 2016. No deck entries will be accepted with the exception of relays. Relays will be entered as deck entries prior to the end of event 1.

- ⇒ Events will be seeded by **TIME** only with men and women seeded together. “No times” will not be accepted.
- ⇒ Maximum events per swimmer: 4 individual events, plus relays.
- ⇒ 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=8261**
No refunds will be offered.
- ⇒ If you are unwilling/unable to use online entry, please contact Emily Huxter at ebbtides.meet.manager@gmail.com
- ⇒ Web Page: www.ebbtides.ca
- ⇒ Please check in at registration table

RULES: MSC rules and warm up procedures will apply (see below). Swim BC Technical Guide will be in effect.

AWARDS: Ribbons for 1st, 2nd, 3rd place finishes in each age group, no ribbons will be given for relays and ribbons 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: Ebbtides members will provide a ride from the ferry to the pool for participants arriving on the 8:30am Horseshoe Bay ferry. Please indicate on the entry form, in Club Assistant, the number of swimmers requiring a ride.

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

Event 1, 400 Free, will be limited to 5 heats.

Event 2, 400 IM, will be limited to 2 heats.

#	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

#	Sex	Event	
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

#	Sex	Event	
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 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, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited. CMSW 1.6.7 Warm-up procedures shall be prominently posted at various areas of the pool deck.