



# 2025 MSABC PROVINCIAL CHAMPIONSHIPS

## HOSTED BY NANAIMO EBBTIDES

Nanaimo Aquatic Centre – April 25, 26 & 27

Sanctioned by Swim BC: # 24123

<b>HOSTS</b>	Nanaimo Ebbtides		
<b>VENUE</b>	Nanaimo Aquatic Center 741 Third Street, Nanaimo BC V9R 7B2 Free parking Purchase \$0.25 tokens for day lockers at reception.		
<b>POOL</b>	8-lane 25 metre competition pool w/Colorado timing Minimum 2-lanes warm-down pool		
<b>MEET MANAGER</b>	Karlene Clapham <a href="mailto:karleneclapham@shaw.ca">karleneclapham@shaw.ca</a> Sean Pendergast <a href="mailto:srpendermail@gmail.com">srpendermail@gmail.com</a>		
<b>OFFICIALS COORDINTOR</b>	Karlene Clapham <a href="mailto:karleneclapham@shaw.ca">karleneclapham@shaw.ca</a>		
<b>MEET REFEREE</b>	Glenn Greig <a href="mailto:glgreig@gmail.com">glgreig@gmail.com</a>		
<b>CHECK-IN</b>	Please visit the check-in desk located in the pool lobby. Welcome bags and pre-purchased banquet tickets will be provided at the time of check-in.		
<b>CHECK-IN DESK</b>	Friday: 12:00 pm- 6:00 pm Saturday: 8:30 am-12:00 pm Sunday: 8:30 am- 12:00 pm		
<b>MSABC AGM</b>	The MSABC AGM will be held approximately 30 minutes after the final event on Saturday, April 26, in the room adjacent to the pool deck.		
<b>SESSION TIMES</b>	<b>Date</b>	<b>Warm-Up</b>	<b>Competition</b>
	Friday April 25	1:00 - 1:45 pm 4:00 -4:30 pm	2:00 pm 4:45 pm
	Saturday April 26	8:30 - 9:15 am	9:30 am
	Sunday April 27	8:30 - 9:15 am	9:30 am
<b>LAND ACKNOWLEDGE-MENT</b>	NANAIMO EBBTIDES would like to acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Snuneymuxw First Nation.		
<b>SAFE SPORT</b>	<ol style="list-style-type: none"> <li>1. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.</li> <li>2. Deck changes are explicitly prohibited.</li> <li>3. Volunteers, coaches, and officials please use the washrooms in the lobby of the NAC. Swimmers, please use the washrooms on deck and in the change rooms</li> </ol>		
<b>ELIGIBILITY</b>	<ol style="list-style-type: none"> <li>1. All swimmers must be registered with a Swim BC, SNC, or other World Aquatics recognized club.</li> <li>2. <b>Athletes must be registered in a “Masters” category.</b></li> <li>3. Proof of registration may be required for International Masters swimmers.</li> <li>4. Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc (five-year age groups increments)</li> <li>5. Swimmer age is as of December 31, 2025.</li> <li>6. The meet limit is <b>350</b> swimmers. Entries will be considered on a first-come-first-serve basis.</li> </ol>		

ENTRIES	<ul style="list-style-type: none"> <li>Swimmers are limited to a maximum of seven individual entries plus relays.</li> <li>Swimmers must submit an entry time for each event. Entries with No Time (NT) will not be accepted.</li> <li>REGISTRATION MEET fees are <b>\$110 per swimmer</b> or for relay entry only.</li> <li>REGISTRATION CLOSES: <b>April 12, 2025 at 11:59 pm.</b> or when the meet limit is reached</li> <li><b><u>REGISTRATION FORM LINK</u></b>. No late or deck entries will be accepted.</li> <li>Requests to change an individual race entry time received after April 12, 2025, will not be accepted.</li> <li>Questions regarding eligibility and entries to <a href="mailto:ebbtidesinfo@gmail.com">ebbtidesinfo@gmail.com</a></li> <li>PAYMENT INFORMATION: etransfer to <a href="mailto:BCmastersprovpayment@shaw.ca">BCmastersprovpayment@shaw.ca</a> upon completion of your event entry. Indicate the swimmer name(s) and club code in the message body of the etransfer..</li> <li>All meet fees must accompany entries. No refunds.</li> <li>Psych Sheets will be sent to participants as soon as they become available.</li> <li>Heat Sheets will be posted on the Ebbtides website <a href="http://www.ebbtides.ca">www.ebbtides.ca</a> no later than April 23, 2025. Heat sheets will also be sent to participants no later than April 23, 2025.</li> </ul>
GENERAL MEET RULES	<ol style="list-style-type: none"> <li>This meet will observe the World Aquatics Technical Rules as outlined in the current World Aquatics Masters Rulebook as well as:             <ol style="list-style-type: none"> <li>Starts shall be permitted from Starting Platforms (blocks) as per World Aquatics FR 2.3 and SW 4.1.</li> </ol> </li> <li>Swim BC Competition Safety Warm Up Procedures will be in effect</li> <li>All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. 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 reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.</li> <li>This competition can provide the following accommodations for swimmers who are deaf or hard of hearing: An external strobe light. Clubs must contact Meet Management by Apr 19, 2025, 5:00PM PST of the need for accommodation.</li> <li>In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC 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.</li> <li>During events only one (1) swimmer per lane is permitted.</li> <li>All events will be swum as TIME FINALS.</li> <li>Events will be swum slowest to fastest with all age groups and genders swimming together.             <ol style="list-style-type: none"> <li>In the results, swimmers will be separated into the different genders and age groups.</li> </ol> </li> <li>Meet management reserves the right to reduce the number of entries for all events if the meet timelines do not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed.</li> <li>Coaches are asked to check in with the Meet Manager immediately upon arrival to pay outstanding entry fees, pick up Meet Info packages and receive information regarding any changes.</li> <li>Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.</li> <li>All participants are to respect the facility rules including: no deck changing and no outside shoes on pool deck.</li> </ol>

<b>1500/800 FREESTYLE</b>	There will be a limit of 32 entries for these events (4 heats). Mandatory in-person positive check-in for the 1500 Freestyle event closes at 1:00 pm, Friday April 25, 2025, at the Clerk of the Course desk. Mandatory in-person positive check-in for the 800 Freestyle event closes at 12:00pm Saturday, April 26, 2025, at the Clerk of the Course desk. Swimmers not checking in in-person for the 1500 and 800 freestyle events will be removed from the events at the above respective deadline times
<b>RELAYS</b>	<ol style="list-style-type: none"> <li>1. Relay team entry deadline is <b>April 15, 2025 at 11:59 pm</b>.</li> <li>2. Each club must complete a relay form for each team entry and event. Forms are available in the Meet Package. Please email the completed relay forms to the Meet Manager and bring a copy with you to the meet.</li> <li>3. The women's, men's, and mixed relay events may be combined. Swimmers may only swim either on the men's, women's, or mixed team in each relay event.</li> <li>4. Relay name changes and/or scratches may be submitted each day no later than 30 minutes prior to the start of the session in which the relay event will be swum.</li> <li>5. No swimmer may swim more than once in any relay event.</li> <li>6. Mixed relays must be composed of two females and two males from the same club or affiliation.</li> <li>7. Age groups for relay events will be: 72-99, 100-119, 120-159, 160-199, 200-239 (forty-year increments as high as necessary).</li> </ol>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>• Individual: 20 - 17 - 16 - 15- 14 - 13 - 12 – 11</li> <li>• Relay: 40 - 34 - 32 - 30 - 28 - 26 - 24 - 22</li> </ul>
<b>AWARDS</b>	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 1st place relay in each age group. Awards must be picked up at the awards desk located on the pool deck. Awards will not be mailed.
<b>RESULTS</b>	Meet results will be posted on the pool deck throughout the meet. Results will also be posted on the MSABC website after the meet.
<b>RECORDS</b>	Please submit an electronic copy of the record attempt forms when you submit your relay entries. Additionally, bring a hard copy of the record attempt forms to the Clerk of Course at least 30 minutes prior to the start of the meet on the day on which the event is scheduled. World Record attempts also require a World Aquatics form to be completed and submitted (both forms are attached to the meet package).
<b>AWARDS BANQUET</b>	Saturday, April 26, 5:30 - 9:30 pm Royal Canadian Legion Mount Benson Branch 256 1630 East Wellington Road, Nanaimo BC V9S 5P8
<b>CATERED DINNER MENU</b>	Menu includes options for those with Food Allergies on <a href="http://www.ebbtides.ca">www.ebbtides.ca</a> Doors open at 5:30 with Dinner at 6:15 pm Tickets are <b>\$30.00 per person</b> , paid for at registration. Indicate your name in the transfer, and transfer to <a href="mailto:BCmastersprovpayment@shaw.ca">BCmastersprovpayment@shaw.ca</a> . Banquet tickets can be picked up at the check-in table in the pool lobby. Maximum seating is 150 attendees. Extra tickets can be purchased during the meet (if there are any still available), cash only. Cash Bar will be available at this venue.
<b>ACCOMMO- DATIONS</b>	<u>Best Western Dorchester Hotel</u> (250) 754-6835 Group Id = 5L3NJ1Y1 <u>Coast Bastion Hotel</u> Courtyard Marriott (250) 824-2705 Ramada by Wyndham (250) 716-2009

Friday April 25	WARM UP 1:00 -1:45 pm		COMPETITION START 2:00 pm
	EVENT NUMBER	EVENT	
	1	1500 Freestyle	
	WARM UP 4:00-4:30 pm		SPRINT/DIVE LANES
			COMPETITION START 4:45 pm
	2	200 IM	
	3	50 Backstroke	
	4	400 Freestyle Relay - Mixed	
5	400 Freestyle Relay - Female		
6	400 Freestyle Relay - Male		
Saturday April 26	WARM UP 8:30-9:15 am		SPRINT/DIVE LANES 9:00AM
			COMPETITION START 9:30 am
	EVENT NUMBER	EVENT	
	OPENING CEREMONIES		
	7	400 Freestyle	
	8	200 Backstroke	
	9	100 Freestyle	
	10	50 Breaststroke	
	11	100 IM	
	12	200 Medley Relay - Mixed	
	13	200 Medley Relay - Female	
	14	200 Medley Relay - Male	
	60 MINUTE BREAK*		
	15	200 Fly	
	16	50 Freestyle	
	17	100 Breaststroke	
	18	800 Freestyle Relay - Mixed	
	19	800 Freestyle Relay - Female	
	20	800 Freestyle Relay - Male	
	Sunday April 27	WARM UP 8:30-9:15 am	
		COMPETITION START 9:30 am	
EVENT NUMBER		EVENT	
21		400 IM	
22		200 Freestyle	
23		100 Backstroke	
24		50 Fly	
25		200 Freestyle Relay - Mixed	
26		200 Freestyle Relay - Female	
27		200 Freestyle Relay - Male	
60 MINUTE BREAK*			
28		200 Breaststroke	
29		100 Fly	
30		400 Medley Relay - Mixed	
31		400 Medley Relay - Female	
32		400 Medley Relay - Male	
33		800 Freestyle	
* Meet Manager reserves the right to adjust the timing and length of the breaks based upon the progress of the meet			

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SCHEDULE OF EVENTS

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## SCHEDULE OF EVENTS

## Masters Relay Entry Forms

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer			Age	Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

## BC, CANADIAN, & WORLD RECORD APPLICATION FORM

BC Record

Canadian Record

World Record

Distance: \_\_\_\_\_ Stroke: \_\_\_\_\_ Pool Length: 25 metres \_\_\_\_\_ 50 metres \_\_\_\_\_

Official Time: \_\_\_\_:\_\_\_\_.\_\_\_\_ Event # \_\_\_\_\_ Date of Swim \_\_\_\_\_ (yy/mm/dd) Sanction # \_\_\_\_\_

Electronic: \_\_\_\_:\_\_\_\_.\_\_\_\_ Manual: 1) \_\_\_\_:\_\_\_\_.\_\_\_\_ 2) \_\_\_\_:\_\_\_\_.\_\_\_\_ 3) \_\_\_\_:\_\_\_\_.\_\_\_\_ **Time**

**cards and/or Electronic Tape must be attached.**

Swimmer's Name: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Swimmer's Address: \_\_\_\_\_ City, Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Birthdate (yy/mm/dd) \_\_\_\_/\_\_\_\_/\_\_\_\_ Age (as of Dec 31) \_\_\_\_\_

Name of Club: \_\_\_\_\_ Club Code \_\_\_\_\_

Location of Meet: \_\_\_\_\_ Name of Pool \_\_\_\_\_

### **RELAY EVENT:**

Team Name: \_\_\_\_\_ Club Code \_\_\_\_\_

AGE GROUP: \_\_\_\_\_

☐ Name: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ (yy/mm/dd)

☐ Name: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ (yy/mm/dd)

☐ Name: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ (yy/mm/dd)

☐ Name: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ (yy/mm/dd)

### **Certifying Official:**

Name

Date

Signature

Referee OR Chief Timer: \_\_\_\_\_

Provincial Recorder: \_\_\_\_\_

National Recorder:

Christian Berger  
1130 rue Emma  
Longueuil, Quebec  
J4J 3A3

FINA Bureau

Date

Signature

Ratification: Yes \_\_\_\_\_ no \_\_\_\_\_

Reason for non-ratification:

### **WORLD RECORD ONLY:**

☐ Copy of Birth Certificate or Passport Attached \_\_\_\_\_ or on file \_\_\_\_\_

☐ Pool Length Certification Attached \_\_\_\_\_ or on file \_\_\_\_\_

**MASTERS SWIMMING WORLD RECORD APPLICATION FORM**

**NOTE: World Records can only be established in a Masters meet per World Aquatics Rule MSW 5.3.**

- 1 STROKE ..... DISTANCE ..... ☐ Male ☐ Female ☐ Mixed (Check One)
- 2 OFFICIAL TIME .....min.....sec.....sec/100 3) AGE GROUP .....
- 4 POOL LENGTH (Check One) ☐ Short course (25m) ☐ Long course (50m)
- 5 LOCATION OF OFFICIAL AUTHORIZED MASTERS MEET and DATE OF SWIM

.....  
Pool Name City Country Date Of Swim (Name Month)

- 6 CONFIRMATION OF POOL LENGTH BY A RESPONSIBLE PERSON: (Check One) ☐ Attached ☐ On File
- 7 NAME OF SWIMMER ..... ☐ M ☐ F .....  
First Name / Last Name Sex (Check One) Age Date of Birth (Name the Month)

- 8 RELAY TEAM NAMES – In order of competing (Check One) Age Date of Birth (Name Month)
- 1 ..... ☐ M ☐ F .....  
2 ..... ☐ M ☐ F .....  
3 ..... ☐ M ☐ F .....  
4 ..... ☐ M ☐ F .....

- 9 COPY OF BIRTH CERTIFICATE OR PASSPORT (Check One) ☐ ATTACHED ☐ ON FILE
- 10 CLUB NAME: ..... FEDERATION: .....
- 11 PRIMARY ELECTRONIC TIME: .....min.....sec.....sec/100
- 12 BACKUP SEMI-AUTOMATIC TIMES (needed if primary system fails SW 12.7)
- (1).....min.....sec.....sec/100 (2).....min.....sec.....sec/100 (3).....min.....sec.....sec/100
- 13 A COPY OF THE TIMING SYSTEM PRINTOUT MUST BE ATTACHED

- 14 CERTIFYING OFFICIAL–All World Aquatics Rules were followed including the use of a legal swimsuit (SW 12.8)
- PRINTED NAME..... SIGNATURE.....
- OFFICIAL TITLE ..... DATE .....

- 15 NATIONAL RECORDER – This Masters Meet has fulfilled the rules mentioned in World Aquatics Rule MSW 5.3 and in the Masters Swimming World Record Application Instructions.
- PRINTED NAME ..... SIGNATURE .....
- FEDERATION ..... DATE .....

- 16 WORLD AQUATICS RECORDER Long Course/Short Course Approved / Not Approved
- Reason for Non Approval .....
- Signature..... Date.....



## COMPETITION WARM-UP SAFETY PROCEDURES

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Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

### GENERAL WARM-UP:

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- **Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

### EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for national events or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

### VIOLATIONS:

***It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.***

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.





#### **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest;
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled;
- Actively monitor all scheduled warm-up periods;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

#### **PARA SWIMMER NOTIFICATION:**

Coaches are requested to notify Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

**"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**