

2016 MSABC Provincial Swimming Championships

April 22-24 at Richmond Watermania

Hosted by **North Shore Masters**

And **North Shore Aquatics Society**

On behalf of Masters Swimming Association of BC



SBCM 1602



HOSTING COMMITTEE

| | | |
|-----------------------------------|--------------------------------|---------------------|
| Meet Manager/Registration | Khosro Mansuri | Khosro_38@yahoo.com |
| Officials | Sheila Lencoe and Mel Chandler | |
| Sponsorships | North Shore Aquatics Society | |
| Treasurer | Bruce Tout | |
| Equipment | Linda Sullivan | |
| Volunteers | Mike Dowling | |
| Media & Communications | Mike Dowling | |
| Photographer | Lisa Fung | |
| Deck food | | |
| Banquet Coordinator | Natalie Lauzon | |
| Master of Ceremonies | Al Woolf | |

COMPETITION INFORMATION

| | |
|--------------------------------------|--|
| Facility | Richmond Watermania 14300 Entertainment Blvd, Richmond, BC V6W1K3 |
| Information | The competition pool will be set up for 8 lanes of 25 metre (short course) competition. There will be three 25 metre lanes available for warm up and cool down throughout the meet. All events will be timed finals. |
| Sanction | Sanction number SBCM1602 |
| MSABC members meeting and AGM | The MSABC Annual general Meeting will be held approximately 30 minutes after the final event on Saturday, April 23 rd in the Multipurpose room at Watermania. |
| Information and meet check-in | Swimmers must check-in in person to be eligible to compete. Please check-in at the designated desk located either in the Watermania Lobby or on the pool deck (signage will be set up to confirm the location). Operating hours: Friday 4:00pm-6:00pm, Saturday and Sunday 8:00am-10:30am. <i>Individual goodie bags, including the program and some other fun items must be picked up prior to athlete's first swim and will be available at the check-in desk.</i> |
| Eligibility | Open to any Canadian or international registered Masters swimmer 18 years and older by the end of December 31, 2016 Age grouping determined by age as of December 31, 2016. |



| Entries and Payment | <p>Entry deadline for online registration is April 19, 2016 at 7:00pm</p> <p>Deck entries will not be accepted</p> <p>All swimmers must provide governing body registration number (i.e., MSABC, USMS or FINA)</p> <p>Each swimmer may enter a maximum of 7 events plus relays</p> <p>Entry times must be included for seeding purposes. Entries with a “No time” or “N/T” will not be accepted</p> | | | | | | | | | | | | | | | | | | | | |
|---|--|---------------------------------|---------|--|--|-------|-------|---------------------------------|--|-------------------------|--|--|--|-------|---------|---------|---------|---|--|--|--|
| Age groups | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="4" style="text-align: center;">Individual events</th> </tr> <tr> <td style="text-align: center;">18-24</td> <td style="text-align: center;">25-29</td> <td colspan="2" style="text-align: center;">Five year increments thereafter</td> </tr> <tr> <th colspan="4" style="text-align: center;">Relay Events Age Groups</th> </tr> <tr> <td style="text-align: center;">72-99</td> <td style="text-align: center;">100-119</td> <td style="text-align: center;">120-159</td> <td style="text-align: center;">160-199</td> </tr> <tr> <td colspan="4" style="text-align: center;"><i>Forty year increments thereafter</i></td> </tr> </table> | Individual events | | | | 18-24 | 25-29 | Five year increments thereafter | | Relay Events Age Groups | | | | 72-99 | 100-119 | 120-159 | 160-199 | <i>Forty year increments thereafter</i> | | | |
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| Relay Events Age Groups | | | | | | | | | | | | | | | | | | | | | |
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| <i>Forty year increments thereafter</i> | | | | | | | | | | | | | | | | | | | | | |
| Rules | <p>Master Swimming Canada 2013 – 2017 Rule Book and warm up procedures and the Swim BC Technical Guide will be in effect at this meet.</p> | | | | | | | | | | | | | | | | | | | | |
| Para-swimmers | <p>Para-swimmers, who are registered Masters swimmers, are welcome to compete in the meet.</p> | | | | | | | | | | | | | | | | | | | | |
| Seeding | <p>All events will be pre-seeded, timed finals. Seeding will be by time, slowest to fastest. Males and Females will be seeded together in the same events.</p> | | | | | | | | | | | | | | | | | | | | |
| 800m/1500m | <p>The 800m and 1500m freestyle events will be deck-seeded and the heats will run from slowest to fastest.</p> <p>The 1500m freestyle will be limited to the first 32 entries (4 heats).</p> <p>The 800m freestyle will be limited to the first 48 entries (6 heats).</p> <p>A limited number of Lap Counter boards will be available for swimmers to use. Their use is optional and swimmers are responsible for and finding people to operate them.</p> | | | | | | | | | | | | | | | | | | | | |
| Relays Rules | <p>No swimmer may swim more than once in any relay event.</p> <p>Relay teams that include swimmers under the age of 25 will not be eligible for Masters World Records</p> <p>Mixed relays must be composed of two men and two women from the same club or affiliation</p> <p>By registration deadline (April 19, 2016 by 7:00pm), clubs/affiliations must submit the number of relay teams they will be entering for each event. Relay card submission deadlines will be announced throughout the meet.</p> <p>See Master Swimming Canada 2013 – 2017 Rule Book for further clarification.</p> | | | | | | | | | | | | | | | | | | | | |



| Meet start times | | Warm up in competition pool | Meet start time |
|------------------|---|-----------------------------|-----------------|
| | Friday | 4:15pm-5:15pm | 5:30pm |
| | Saturday | 8:00am-8:45am | 9:00am |
| | Sunday | 8:00am-8:45am | 9:00am |
| Awards | Lapel pins will be awarded to the 1 st , 2 nd and 3 rd 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. <i>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.</i> | | |
| Results | Meet results will be posted at Watermania throughout the meet. Location of results posting will be announced during the meet. There will be no published results booklet. | | |
| Records | Swimmers challenging a current record (provincial, national or world) are required to notify the referee, starter and head timer prior to their race. This is in order to ensure adequate timers are available to meet record requirements. | | |

ENTRY INFORMATION

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|---------------------------|--|
| Participation fees | Registration is \$85.00 per swimmer. |
| Refunds | No refunds will be issued after April 10 th , 2016 and will only be issued for a valid medical reason. |
| Entries | <p>Entries and payments can be made online, by Interac e-Transfer, or by mail:</p> <p><u>For Credit Card Payment</u></p> <p>Register online via Club Assistant at Club Assistant</p> <p><u>Register by mail or email and pay by Interac e-Transfer or by Cheque</u></p> <p>Event entry information and payment must be received by the Meet Manager on or before April 19, 2016.</p> <p>Step 1 – Make event, banquet and polo shirt choices with Meet Entry Form. Mail or email the form to the Meet Manager (See below).</p> <p>Step 2 – Choose Interac e-Transfer or Cheque payment options.</p> <p>For Interac e-Transfer, email payment using instructions at this Link.</p> <p>For cheque payment, mail cheque payable to "North Shore Aquatics Society" to the Meet Manager.</p> <p><u>Meet Manager Contact Information</u></p> <p>e-mail - khosro_38@yahoo.com</p> <p>Mail - Khosro Mansuri c/o Harry Jerome Pool 123 East 23rd Street, North Vancouver, V7L3E2.</p> |



| | |
|------------------------------------|---|
| Deadlines | Individual and relay team registrations must be received by April 19, 2016 by 7:00pm |
| Relay team confirmation | For relay events, each club must submit final names, ages, gender and order of swimmers for each team to the clerk of the course prior to deadlines announced throughout the meet, except for event 2 (4 x 100 Mixed Freestyle Relay) which has an entry deadline of 4:30pm Friday, April 22 nd . |
| Psych sheets | Psych sheets will be posted at http://www.NorthShoreMasters.com . |
| Mandatory positive check in | Mandatory in-person positive check-in deadline for the 1500m freestyle event is 4:30 pm on Friday, April 22 nd at the clerk of the course desk. Mandatory in-person positive check-in deadline for the 800 freestyle event is conclusion of event 12 (100 Backstroke) on Saturday, April 23 rd . Swimmers that do not check in by the check in time for their 1500m and 800m freestyle events will not be permitted to swim these events. |
| Scratches | By April 20, 2016 email khosro_38@yahoo.com |

SITE INFORMATION

| | |
|----------------|---|
| Parking | Free parking at Watermania |
| Lockers | Coin operated lockers are available in the change rooms. Lockers must be cleared out at the end of the day. |
| Banners | Team banners are welcome. |



ORDER OF EVENTS

Friday, April 22th

Warm up: 4:15pm – 5:15pm Sprint lanes open: 4:45pm
 Start time: 5:30pm

| Women's event | Event | Men's event |
|---------------|-------------------------------|-------------|
| 1 | 1500 Freestyle | 1 |
| | 20 minute break* | |
| 2 | 4 x 100 Mixed Freestyle Relay | 2 |

Saturday, April 23th

Warm up: 8:00am-8:45am Sprint lanes open: 8:25am
 Start time: 9:00am

| Women's event | Event | Men's event |
|--------------------|------------------------------|-------------|
| 3 | 400 Freestyle | 3 |
| Opening Ceremonies | | |
| 4 | 50 Backstroke | 4 |
| 5 | 200 Breaststroke | 5 |
| 6 | 50 Butterfly | 6 |
| 7 | 200 IM | 7 |
| 8 | 4 x 50 Freestyle Relay (M,W) | 8 |
| | 30 minute break* | |
| 9 | 100 Freestyle | 9 |
| 10 | 50 Breaststroke | 10 |
| 11 | 200 Butterfly | 11 |
| 12 | 100 Backstroke | 12 |
| 13 | 4 x 50 Mixed Medley Relay | 13 |

Sunday, April 24th

Warm up: 8:00am-8:45am Sprint lanes open: 8:25am
 Start time: 9:00am

| Women's event | Event | Men's event |
|---------------|------------------------------|-------------|
| 14 | 800 Freestyle | 14 |
| 15 | 100 IM | 15 |
| 16 | 200 Freestyle | 16 |
| 17 | 100 Butterfly | 17 |
| 18 | 200 Backstroke | 18 |
| 19 | 4 x 50 Medley Relay (M,W) | 19 |
| | 30 minute break* | |
| 20 | 100 Breaststroke | 20 |
| 21 | 400 IM | 21 |
| 22 | 50 Freestyle | 22 |
| 23 | 4 x 50 Mixed Freestyle Relay | 23 |

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

| | |
|----------------------|---|
| Social events | <p>MSABC Annual general Meeting The MSABC Annual General meeting will be held approximately 30 minutes after the conclusion of competition on Saturday, April 23rd in the Multipurpose Room at Watermania.</p> <p>Awards Banquet - Saturday April 23rd A buffet dinner and awards ceremony will be held on Saturday, April 23rd. It will be held at the BRB Brewery + Eatery at 180-14200 Entertainment Blvd #180, Richmond, BC V6W 1K4. Doors will open at 5:30pm and dinner will be served at approximately 6:30pm.</p> <p>Tickets are \$15.00 per member and \$20.00 per non-member to be paid for at the time of meet entry. Beer and wine will be available for purchase at the dinner. A maximum of 150 tickets are available for purchase. DEADLINE for ticket purchase is April 15th, 2016.</p> <p>Please note that the BRB Brewery + Eatery is located about 200m from the Watermania Complex (across the street from the <i>SilverCity</i> Riverport movie theatre) and about 300m from the Holiday Inn Express & Suites (so walking distance to both). There is also free parking.</p> <p>There will be both a vegetarian and vegan option available in the banquet menu. Please e-mail Natalie Lauzon at ndlauzon@gmail.com with any dietary accommodation requests by no later than 11:59pm, April 9th, 2016.</p> <p>This will be a licensed event, all attendees must be 19 years of age or older.</p> |
|----------------------|---|

Merchandise

2016 Provincials commemorative polo shirts can be ordered for \$25 by April 3 for delivery on April 22 in a number of sizes and colours.



Sky Blue



Red



Grey



Blue

Black

White

Navy

Shirts will be available for Pick-up at Watermania Pool during the Friday session and Saturday Morning sessions.

Order DEADLINE Monday April 3 at 12:59 PM

Order using the same method that you used to register for the meet. Click on [Entries](#) to see instructions.

Holiday Inn

Express & Suites at Riverport (5 minute walk to Watermania or Banquet Venue) - CAD\$125-145.00 per night (there are three room categories available to choose from); standard room (2 queen beds or 1 king bed), premium room (king bed with separating wall and couch/sofa bed), and Suites. Rooms include: mini fridge, microwave, coffee maker, free wireless high speed internet and complimentary Express Start breakfast. This is the only hotel that is walking distance from the aquatic complex. To book, quote the block name: Masters Provincial Swimming Championships. Book online by clicking on this special designated online reservation link;

[Click here to book your room!](#)

Once the link is clicked, the block code will already pre-populate on the reservation screen.

From there please input the **Arrival date as: April 21st 2016 and Departure Date: April, 24th 2015** and select "Check Availability"

Call our guest services directly at [\(1\) 604-241-1830](tel:16042411830) or Toll Free at [\(1\) 855-604-1830](tel:18556041830). Email: reservations@hierichmond.com.

All rooms provided in this group block are to be reserved on a first come first serve basis

Click to View Guest Rooms

[HLEX Riverport Richmond & Rooms-Suites](#)

Please book as soon as possible to get your preference of room category. Room block will be released on March 21st, 2016. `

Hotel provides complimentary airport shuttle from YVR airport. Please call 1-800-241-1830 when you arrive as shuttle is on demand.

Accent Inns

Richmond Vancouver Airport (8.6km from Watermania) – CAD\$95.00 per room per night (plus tax) for standard, two bed room. If kitchenettes are requested and available these are CAD\$105 plus tax. When booking, please quote Group # 191640. The room block will be released on March 22nd (so please book ahead). For reservations:

1. Call [1-800-663-0298](tel:1-800-663-0298) and quote group #191640 “Masters Swimming”, prior to release date
2. Online <http://www.accentinns.com/vancouver-airport> and enter Group ID 191640 , prior to the release date

There are a number of other chain hotels, most are located near the Vancouver International Airport or downtown Richmond, and are between 8 and 10kms away. These include Sheraton, Hilton, and Fairmont Hotels. We have only negotiated preferred rates with the above mentioned hotels, however you are, of course, welcome to stay at the hotel of your choice.

Sandman Signature Hotel & Resort Vancouver Airport – (Located right off the highway 9km and 9.4km from Watermania complex).

Bookings include complimentary parking, internet (Wi-Fi), complimentary shuttle to/from the airport, and use of the Steve Nash Sports Club.

Sandman Signature Hotel & Resort Vancouver Airport - 10251 St Edwards Dr, Richmond – Phone: (604) 278-9611

Master Swimming Provincial Championships: Group Reference: #588048

Room and rate requirements:

- \$109.00 – Signature King (Provincial Wing) - \$109.00 – Executive Two Queens (Columbia Tower)
- \$129.00 – Deluxe King (Columbia Tower) - \$149.00 – Signature King Suite (Provincial Wing)

Sandman Hotel Vancouver Airport - 3233 St Edwards Dr, Richmond, BC. Phone: (604) 303-8888

Master Swimming Provincial Championships: Group Reference: #692377

Room and rate requirements:

- \$89.00 – Standard Queen- \$89.00 – Standard Two Doubles
- \$109.00 – Executive King- \$119.00 – Corporate King Suite- \$139.00 – Loft Suite

*all rates per night + taxes

For reservations: Call 1-800-726-3626, email reservations@sandman.ca and quote “Masters Provincial Swimming Championships”.



Meet Entry Form

Swim Meet Events (Maximum of 7)

Friday, April 22nd – Start 5:30 pm

| Event Number | Event | Seed Time (min:sec) |
|------------------|----------------------------|---------------------|
| 1 | 1500 Free | |
| 20 minute break* | | |
| 2 | 4 x 100 Free Relay (Mixed) | Y / N |

Saturday, April 23th – Start at 9:00 am

| | | |
|--------------------|-------------------------|-------|
| 3 | 400 Free | |
| Opening ceremonies | | |
| 4 | 50 Back | |
| 5 | 200 Breast | |
| 6 | 50 Butterfly | |
| 7 | 200 IM | |
| 8 | 4 x 50 Free Relay (M,W) | Y / N |
| 30 minute break* | | |
| 9 | 100 Freestyle | |
| 10 | 50 Breast | |
| 11 | 200 Butterfly | |
| 12 | 100 Back | |
| 13 | 4 X 50 IM Relay (Mixed) | |

Sunday, April 24th – Start at 9:00 am

| Event Number | Event | Seed Time (min:sec) |
|------------------|---------------------------|---------------------|
| 14 | 800 Free | |
| 15 | 100 IM | |
| 16 | 200 Free | |
| 17 | 100 Butterfly | |
| 18 | 200 Back | |
| 19 | 4 x 50 IM Relay (M,W) | Y / N |
| 30 minute break* | | |
| 20 | 100 Breast | |
| 21 | 400 IM | |
| 22 | 50 Free | |
| 23 | 4 x 50 Free Relay (Mixed) | Y / N |

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

First Name: _____
 Please Print Address: _____
 Phone Number: _____
 Gender: _____
 Club Name: _____
 Contact Person: _____

Last Name: _____
 Email Address: _____
 Date of Birth (D/M/Y): _____
 Club Code: _____
 MSABC Number: _____

| Items | Options | Quantity | Price | Total Price |
|--|--|----------|-----------|-------------|
| Meet Entry Fee: | | 1 | 85 | 85 |
| Banquet Fee: | Member | | 15 | |
| | Non-Member | | 20 | |
| Polo Shirt Sizes (S,M,L,XL,XXL) | Colour (Sky Blue, red, Grey, Black, White, Navy Blue) | | | |
| | | | 25 | |
| | | | 25 | |
| | | | 25 | |

Total Owing: _____