

North Shore Masters Sprint Meet

Saturday, October 13, 2018

Sanction # SBCM 1900

Time: Warm up: 2:00pm-3:00pm
Events: 3:00pm-7:00pm

Meet Manager: Khosro Mansuri
Location: Ron Andrews Community Recreation Centre
931 Lytton Street, North Vancouver, BC V7H 2M5

Eligibility: Registered Masters Swimmers.

Entry limit: Registration is limited to 150 swimmers. Each individual may swim up to 4 events plus 2 relay.

Entry Fee: \$31.50 (tax incl) per swimmer.

By Mail: All mail in entries MUST be received by **October 10, 2018**. No late entries will be accepted. Please make cheques payable to the NVRC and include registration form. Mail to:
Attn: Khosro Mansuri
931 Lytton Street, North Vancouver
V7H3M5

By Phone: Call **604-987-PLAY (7529)**. You must set up an account prior to registering. The **barcode** is **406428**. Email your event choices and your swim team with the proof of payment to Khosro at khosro_38@yahoo.com

Online: <http://www.nvrc.ca>. *Click register online*. The **barcode is 406428**. You must set up an account prior to registering. Email your event choices and your swim team to Khosro at khosro_38@yahoo.com.

Entry deadline: 11:00am Wednesday October 10, 2018.

NO REFUNDS AFTER THE Wednesday OCTOBER 10, 2018 DEADLINE.

Late registrations will NOT be accepted. **Relays Deadline is Thursday Oct 11 by 5pm.**

Age Groups: All Masters Swim age categories

Meet Rules: **Current MSC Rules, Warm Up Procedures, and Swim BC Tech Guide Procedures will be in effect at this meet.** For MSC complete rules please click [here](#)

BC/CA Record: For BC record click [here](#). For Canadian Record click [here](#)

Awards: All participants will receive one participation ribbon and labels will be given to put on a card.

Pool Space: 25m, 6 Lanes. Also **Shallow tank available for warm up / down during the swim meet.**

Event Schedule:

1- 200m Open choice of Back, Fly, Breast, Free or I.M. Seeding is based on time.

2- 25m Back 3- 100m Fly 4- 50m Breaststroke 5- 100m Free 6- 25m Breast

7- 50m Back **8- 4x50 Free Relay** 9- 100m I.M. 10- 50m Fly 11- 25m Free

12- 100m Breast 13- 100m Back 14- 25m Fly 15- 50m Free **16-4x50m Medley Relay**

Free parking, Electronic / manual timing system will be used. **Event seeding is by time: Slow to Fast.**

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Meet Entry Form

Entries must be received no later than 11am Wed October 10, 2018

First Name: _____ Last Name: _____

Please Print Address: _____

Phone Number: _____ Gender: _____

Email Address: **(Please Print)**.....

Team Name: _____ Team Code _____

Contact Person: _____ ***MSABC #** _____

Date of Birth D/M/Y ___/___/____

Event #	Name of Event	Time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Method of Payment: Mail in Cheque, credit card, online or by phone.

You could also pay by eTransfer to Khosro_38@yahoo.com password nsm2018

*** If your MSABC registration number is not included you will not be registered for the meet.**

For any other questions related to this meet contact the Meet Manager,
 Khosro Mansuri, at khosro_38@yahoo.com
 Mail to: Khosro Mansuri
 123 E 23rd Street
 North Vancouver, BC V7M 3E2

Appendix F - 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.