



EBSC 2019

'Love to Swim!'

Sunday, February 10th,
2019

English Bay Swim Club

Location:	Vancouver Aquatic Centre 1050 Beach Ave Vancouver BC, Canada	Warm-up:	9:30 to 10:15 am <i>MSC warm-up procedures will be in affect at this meet.</i>
		Events:	10:30 am – 4 pm
		Pool:	25m x 8 lane competition pool with electronic timing. 25y x 6 lane warm-up pool

Sanction No: 1908

Rules: MSC rules and Swim BC Tech Guide will be in effect at this meet.

STARTS WILL BE CONDUCTED FROM STARTING PLATFORMS (BLOCKS) AS PER FINA FR 2.3 AND SW 4.1 AND / OR FROM THE DECK OR BULKHEAD AS PER CANADIAN FACILITY RULE CFR 2.3.1 AND/OR CSW 4.1.1 AND/OR IN-WATER STARTS WILL BE CONDUCTED PER CANADIAN FACILITY RULE CFR 2.3.1 AND CSW 4.1.2

Seeding: All events are timed finals. Men and women will be seeded together in the same events by time. This will be a cardless meet with the exception of relays.

Awards: All swimmers will receive a certificate of participation. Award labels showing name, event, time and placing will be given to each swimmer.

Eligibility: Swimmers currently registered with their provincial, state or national Masters organizations are eligible to compete. Must have proof of Masters affiliation.

Entry Info: The entry fee is CAD \$45 or USD \$45 per person and must accompany registration. No deck or phone entries.

We encourage all participants to enter as early as they can and to **register quickly and easily online using this [link](#)**. Online registration makes setting up the meet so much easier for the organizers. If you absolutely can't register online, please complete an entry form at the end of this meet package.

There is a limit of four (4) events per swimmer, plus relays. Relay entry forms will be available at the meet and must be submitted by 10am. Your club is also invited to take part in the exhibition and entertaining ***Pink Flamingo Relay*** (1 team entry per club, exhibition, deck entry, limit of 6 teams).

Meet limited to 200 entries.

Social Events: You are also welcome to join us at our Saturday afternoon practice. Check our website for practice time/location:: www.englishbay.org

Events:	M/F
400 Free	1
200 Medley Relay (mixed 2b) #	2a 2c
100 I.M.	3
50 Breast	4
100 Back	5
200 Fly	6
100 Free	7
200 Breast	8
50 Fly	9
400 Medley Relay (mixed 10 b) #	10a 10c
BREAK*	

	M/F
PINK FLAMINGO RELAY	Exhibition
200 I.M.	11
50 Free	12
200 Back	13
100 Breast	14
100 Fly	15
200 Free	16
50 Back	17
400 I.M.	18
200 Free Relay (mixed 19b) #	19a 19c
800 Free*	20

Deadline: Entries must be received on or by **Sunday, February 03, 2019.**

Meet Manager: Gilles Beaudin **Email:** lbs2018@englishbay.org

Relays (a) - Men's / (b) - Mixed / (c) - Women's

* Unfortunately due to time limits at the pool, the 800m may have to be scratched if the meet is running late.

Swimmers wishing to donate to ***A Loving Spoonful***, a non-partisan society that provides free, nutritious meals to people living with HIV/AIDS in the Greater Vancouver Area may do so by including a donation with your registration. www.alovingspoonful.org.

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, and the use of hand paddles or swim fins, shall be prohibited. Kick boards, pull-buoys, ankle bands, and snorkels are permitted for use.
 - 1.6.7 Warm-up procedures shall be prominently posted at the various areas of the pool deck.

Individual Entry Form

We encourage all swimmers to use the online registration system, but we understand some people are not online. Online registration link available at English Bay's [website](#).

Last Name	First Name	Club Name	Masters Number	Date of Birth	Gender
				D/M/Y	M / F

Select a maximum of four (4) events:

Event No.	Event Description		Minutes	Seconds
1	400 Free		XX	XX.XX
2	200 Medley Relay		<i>Deck Entry</i>	
3	100 I.M.			
4	50 Breast			
5	100 Back			
6	200 Fly			
7	100 Free			
8	200 Breast			
9	50 Fly			
10	400 Medley Relay		<i>Deck Entry</i>	
11	200 I.M.			
12	50 Free			
13	200 Back			
14	100 Breast			
15	100 Fly			
16	200 Free			
17	50 Back			
18	400 I.M.			
19	200 Free Relay		<i>Deck Entry</i>	
20	800 Free			

Payment:	
Swimmer Registration	\$45
Optional Donations to <i>A Loving Spoonful*</i>	\$
Total amount of cheque enclosed: \$	

* ***A Loving Spoonful*** is a volunteer driven, non-partisan Society that provides free, nutritious meals to people living with HIV/AIDS in the Greater Vancouver Area. More information: www.alovingspoonful.org.

Send entries to:

English Bay Swim Club – Love to Swim!

c/o Vancouver Aquatic Centre, 1050 Beach Avenue, Vancouver BC V6E 1T7 Canada

Entries must be received on or by **Sunday, February 3rd, 2019.**