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Canadian Masters  
Swimming  
Championships

Championnats  
canadiens  
des maîtres nageurs



*May 20<sup>TH</sup> to May 23<sup>RD</sup>, 2016*

*At the Etobicoke Olympium*

*Sanctioned by:*

*Masters Swimming Ontario*

*Hosted on behalf of*



*Masters Swimming Canada - Maîtres Nageurs Canada*

*by*

**eomac**

*Etobicoke Olympium Masters Aquatic Club*

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## ORGANIZING COMMITTEE

<b>Meet Chair</b>	Brian Sheridan	<a href="mailto:bl.sheridan@gmail.com">bl.sheridan@gmail.com</a>
<b>Meet Manager</b>	Steve Goodwin	<a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a>
<b>Registrar</b>	Steve Goodwin	<a href="mailto:registration@cmssc2016.com">registration@cmssc2016.com</a>
<b>Meet Referee</b>	Cameron Dewar	<a href="mailto:camerondewar@gmail.com">camerondewar@gmail.com</a>

## FACILITY INFORMATION

<b>Dates</b>	Friday, May 20 <sup>th</sup> to Monday, May 23 <sup>rd</sup> , 2016 inclusively
<b>Facility</b>	Etobicoke Olympium 590 Rathburn Rd, Etobicoke, (Ont) M9C 3T3
<b>Competition Pool</b>	50 meter pool configured as 2 x 25 meters, 8 lanes with anti-wave lane ropes.
<b>Warm-up Facilities</b>	6 lane 25 yard pool
<b>Timing system</b>	Swiss Timing
<b>Banners</b>	Team banners are welcome. They can be displayed in the seating areas throughout the competition.
<b>Lockers</b>	Lockers are available in the change rooms
<b>Canteen</b>	Food for purchase will not be offered. Light snacks will be offered during the meet.
<b>Parking</b>	Visit the event website <a href="http://www.cmssc2016.com">www.cmssc2016.com</a> for more details
<b>Public Transit</b>	TTC to the front door.

## COMPETITION INFORMATION

### Meet Format

Timed Finals  
Short Course (25 m); double ended.  
**Shallow End:**  
Women: Saturday May 21<sup>st</sup> and Monday May 23<sup>rd</sup>  
Men: Friday May 20<sup>th</sup> and Sunday May 22<sup>nd</sup>  
**Deep End:**  
Women: Friday May 20<sup>th</sup> and Sunday May 22<sup>nd</sup>  
Men: Saturday May 21<sup>st</sup> and Monday May 23<sup>rd</sup>

### Sanction

Masters Swimming Ontario

### Information, Meet Welcome and Awards Desk

Operating hours in the Olympic Lounge:  
Friday: 10:00 am – 8:00 pm  
Saturday: 7:30 am – 4:00 pm  
Sunday: 7:30 am – 4:00 pm  
Monday: 7:30 am – 4:00 pm

### Session Start Times

#### Warm up in competition pool

#### Start

Friday, May 20 2016	2:00 pm	3:00 pm
Saturday, May 21 2016	7:45 am	9:00 am
Sunday, May 22 2016	8:00 am	9:00 am
Monday, May 23 2016	8:00 am	9:00 am

**Note:** The competition pool will also be available during the lunch break each day. A separate warm-up pool will also be available throughout the meet and 30 minutes after the last heat.

### Meet Entry Standards

There are no qualifying standards to enter the meet.

### Eligibility

Open to any Canadian or International registered Masters swimmer 18 years old as of May 20, 2016. Age as of December 31, 2016 determines age groups.

Canadian (and U.S.) swimmers must indicate their provincial registration number (or USMS #) and club affiliation with their entries. No unattached swimmers will be allowed to swim at the meet.

Other International swimmers must provide proof of affiliation with their National FINA affiliated master organization when they enter.

### Record Attempts

All swimmers attempting to set a record MUST inform meet management.

## Individual Events

### Age Groups

18-24	40-44	60-64	80-84
25-29	45-49	65-69	85-89
30-34	50-54	70-74	90-94
35-39	55-59	75-79	95-99

**Note:** Swimmers under the age of 25 are not eligible for masters **World records**

## Rules

Rules of Masters Swimming Canada from the present edition will be applied. [http://mymsc.ca/Rules\\_en.jsp](http://mymsc.ca/Rules_en.jsp)

## Para-swimmers

Para-swimmers, who are registered Masters swimmers, are welcome to participate fully in the meet. See Rules CMGR 2.5 and Appendix B: Referee Guidelines.

## Seeding

All events will be run slowest to fastest. The 800m and 1500m events may be seeded to be swum two (2) per lane at the discretion of the Meet Manager.

## 800m/1500m freestyle

Please note that when swimming two per lane, front crawl is the only stroke permitted. Some lap counters will be provided. Swimmers are to provide their own volunteer to operate.

**800m free swimmers MUST check-in** with the Clerk of Course on the pool deck prior to 4pm Friday, May 20<sup>th</sup>. **1500m free swimmers MUST check-in** with the Clerk of Course prior to 10:00am on May 23<sup>rd</sup>. Swimmers may check-in on site or via email at [sdg9@rogers.com](mailto:sdg9@rogers.com).

## Relays

### Relay age groups

72- 99	120-159	200-239	280-319
100-119	160-199	240-279	320-360

Note: Relay teams that include swimmers **under the age of 25 are not eligible for Masters World Records.**

## Results

The official results will be organised by event, gender and age group. The results will be posted on both the event website and the MSC website as soon as possible after the meet.

Live results will be posted at [www.cmssc2016.com](http://www.cmssc2016.com).

## **Awards**

Official CMSC 2016 Medals will be awarded to the first 3 finishers in Individual and Relay Events. CMSC 2016 Ribbons will be awarded to individual swimmers for places 4 to 8 in each age group.

The awards table will be located in the Olympic Lounge. Swimmers or their representative must come to pick up their awards during the course of the meet.

**Please note, awards will NOT be mailed.**

## **Team Awards**

Points will be awarded to swimmers finishing from 1st to 8th place as follows:

9, 7, 6, 5, 4, 3, 2, 1; double for relays

At the conclusion of the meet Division Banners will be awarded to the team with the most points. Team size placement will be determined after the close of registration.

Division 1 – Large teams

Division 2 – Medium teams

Division 3 – Small teams

## **MERCHANDISE AND SOCIAL EVENTS**

The organizing committee is pleased to offer you the opportunity to buy souvenirs bearing the logo of the meet. These items will be available through the event website. Please make your order at the same time as your registration.

Please visit the event website [www.cmssc2016.com](http://www.cmssc2016.com) or Facebook page <https://www.facebook.com/cmssc2015> for more details.

### **Accommodations:**

Please visit the event website [www.cmssc2016.com](http://www.cmssc2016.com)

### **MSC Awards BBQ**

Saturday May 21<sup>st</sup> 4:00 – 7:00 pm in the Olympium Gymnasium  
Details to be confirmed. Please visit the event website [www.cmssc2016.com](http://www.cmssc2016.com)

## ENTRY INFORMATION

### Participation Fees

Flat fee of \$100.00 per swimmer for 7 events.

Flat fee of \$50.00 per swimmer for 1 event and the opportunity to swim relays

Relay fees are \$24.00 per relay team per event. Medals for 1<sup>st</sup> to 3<sup>rd</sup> this year.

### Entry Limit

A total of 7 individual events are allowed per swimmer plus all admissible relay events.

### Individual & Team Entries

**Deadline: Midnight Sunday May 1st, 2016**

No late entries or deck entries will be accepted.

Swimmers must enter electronically at [www.cmssc2016.com](http://www.cmssc2016.com)

No manual entries will be accepted

No "NT" entries will be accepted

Please include an email address, for each registrant, so that each entry can be confirmed

### Relay Entries

**Deadline: Midnight Sunday May 8th, 2016**

Relays must be submitted and paid online by the coach or relay captain.

All members of a relay team must be from the same club and must swim in at least one individual event during the meet.

A swimmer may swim only once in each relay event. Mixed relays must be composed of 2 men and 2 women.

Relay details must be submitted to Meet Management by 9 am on Saturday, Sunday and Monday for that day's relays.

### Individual Entry Confirmation

Confirmation of receipt of your registration and entries will be sent to the email address provided at the time of registration.

You may also check your registration on the meet website:

[www.cmssc.2016.com](http://www.cmssc.2016.com)



**Registration and Payment**

Registration will be done on-line. Payment will be accepted by Pay Pal or credit card. Your registration will be activated once payment is received. If you require an alternate process, please contact the registrar at the email stated above.

Relay registration and payment must be submitted on-line by the coach or relay team captain.

**Cancellations & Refunds**

Cancellations for individual events must be received by **Midnight Sunday May 1st, 2016.**

After this date, no refund will be granted. There will be no refunds for relays.

**Psych Sheets**

Psych Sheets will be generated at least 7 days prior to the meet and posted to the meet website.

**Heat Sheets / Session Reports**

Session reports will be generated 5 days prior to the meet and posted to the meet website.

A full set of heat sheets will be provided to the coach or representative of each team at the registration desk.

Heat sheets will be available for purchase at the registration desk during the meet.

**Relay Check-in and substitutions**

Relay details must be submitted to Meet Management by 9 am on Saturday, Sunday and Monday for that day's relays. All submissions must specify the age group of the team, swimmers' names, ages as of Dec 31, 2016, relay gender (Men, Women or Mixed) and the order of swimmers. Seeding for all relay teams will be posted on the wall at the end they swim in 1 hour before the start of the relay event.

Relay team members must swim in the order shown on the card as presented to the lane timers or else they will be disqualified.

**Swimmers' Food**

Light refreshments will be available on deck for the swimmers during the meet. Individual bottles of water will not be provided, so please bring your own bottle to fill up at the pool.

## MEET PROCEDURES

### Rules

Rules of Masters Swimming Canada from the present edition will be applied. [http://mymsc.ca/Rules\\_en.jsp](http://mymsc.ca/Rules_en.jsp)

### Warm-up / Cool-down

The competition pool will be available one hour prior to the start of the meet and during the lunch break each day. A separate warm-up pool will also be available throughout the meet.

Lane 8 shall be reserved for slow swimmers or swimmers with a disability. The fastest swimmers are encouraged to use lanes 4 and 5 during general warm up. Swimmers are asked to warm-up in the pool designated for their gender that day.

Socializing is encouraged, however be careful not to block lanes being used for warm ups. Sprint lanes, in lanes 1 and 2, will be opened 25 minutes before the end of the warm-up session.

All swimmers are required to enter feet first into the pool and diving is **strictly prohibited** during general warm up. Safety Marshals will be vigilant regarding infractions during warm-ups, specifically diving, and will report those infractions to the Referee. The Referee has the authority to expel swimmers from the competition.

Pool space will be provided for cool-down up to 30 minutes following the end of the session.

Canadian Masters Swimming Warm-Up Rules (CMSW 1.6) apply and will be posted at the pool. These rules are reproduced below.

### Equipment during Warm-ups

There will be no use of equipment (pull boys, fins, etc.) permitted during warm ups. (CMSW 1.6.6)

### Breaks

If needed, breaks may be scheduled throughout the day. They will be announced with the final schedule of the meet.

### The Start

The “No False Start” rule will be in effect.

### Swimmer Readiness

It is important that swimmers are ready in the area behind their designated blocks prior to their heats. In 50m events, they should be there 3 heats in advance, in 100m events, 2 heats in advance and in 200m and over, and in relays, 1 heat in advance.

Swimmers missing their heat are automatically scratched from that event.

## **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 1.6.8** Warm-up procedures shall be prominently posted at various areas of the pool deck.

## Order of Events

### Friday, May 20<sup>th</sup>

Warm up: 2:00 pm – 2:55 pm

Start Time: 3:00 pm

Women's Event #	Event	Men's Event #
1	200m backstroke	2
3	50m butterfly	4
<b>Break until 5:00 PM both ends</b>		
5	800 freestyle	6

### Saturday, May 21<sup>st</sup>

Warm up: 7:45 am – 8:40 am

Opening Ceremonies – 8:45 am

Start Time: 9:00 am

Women's Event #	Event	Men's Event #
7	200m freestyle	8
9	50m backstroke	10
11	100m breaststroke	12
13	4x50m medley relay	14
<b>Break until 1:15 pm shallow/2:00 pm deep</b>		
15	Mixed 4x50m freestyle relay	15
17	200m butterfly	18
19	100 IM	20
21	50m freestyle	22

### Sunday, May 22<sup>nd</sup>

Warm up: 8:00 am– 8:55 am

Start Time: 9:00 am

Women's Event #	Event	Men's Event #
23	100m freestyle	24
25	200m IM	26
27	50m breaststroke	28
29	4x50m freestyle relay	30
<b>Break until 12:45 pm shallow/1:30 pm deep</b>		
31	Mixed 4x50m medley relay	31
33	100 backstroke	34
35	400 freestyle	36

**Monday, May 23<sup>rd</sup>**

Warm up: 8:00 am – 8:55 am

Start Time: 9:00 am

Women's Event #	Event	Men's Event #
37	400m IM	38
39	100m butterfly	40
41	200m breaststroke	42
43	4x100m freestyle relay	44
45	Mixed 4x100m freestyle relay	45
	<b>Break</b> until 1:15 pm both ends	
47	4x100m medley relay	48
49	Mixed 4x100m medley relay	49
51	1500m freestyle	52