

2017 MSABC Provincial Championships

KELOWNA, APRIL 21-23



SBCM 1708



HOSTING COMMITTEE

Committee chair	Norma Lachance	norma.lachance@okmasters.com
Hospitality Chair	Judy Flamank	judyflamank@gmail.com
Facilities Chair	Jennifer Trask-Leach	JLTimage@gmail.com
Officials Chair	Carmelle Guidi-Swan	Carmelle.guidi-swan@okmasters.com
Awards Chair	Sandra Hobbs	intelloplus@yahoo.fr
Banquet Chair	Curtis Schreiber	Curtis.Schreiber@sd23.bc.ca
Meet Referee	Norma Lachance	
Data Manager	Elisa Hoover	elisa.hoover@outlook.com
Sponsorship Chair	Cailla Patterson	homesweethomekelowna@gmail.com
Treasurer	Greg Harris	greg.harris@okmasters.com

COMPETITION INFORMATION

Facility	H2O Adventure – Fitness Centre 4075 Gordon Drive, Kelowna, BC. V1W 5J2
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	SCBM 1708
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 at H2O
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 H2O lobby or on the pool deck. Operating hours: Friday 4:00pm-6:00pm, Saturday and Sunday 8:00am-10:30am.



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.

Eligibility

Open to any Canadian or international registered masters swimmer 18 years and older by December 31, 2017

Age grouping determined by age as of December 31, 2017.

Maximum of 275 swimmers will be accepted

Entries and Payment

Entry deadline for online registration is April 16, 2017 at 7:00pm

Deck entries will not be accepted

All swimmers must provide governing body registration number (i.e., MSABC, USMS or FINA)

Each swimmer may enter a maximum of 7 events plus relays

Entry times must be included for seeding purposes. Entries with a "No time" or "NT" will not be accepted

Age groups

Individual events

18-24

25-29

Five year increments thereafter

Relay Events Age Groups

72-99

100-119

120-159

160-199

Forty year increments thereafter

Rules

Masters Swimming Canada 2013 – 2017 Rule Book (found at mastersswimmingcanada.ca) and warm up procedures (see below) and the **Swim BC Technical Guide** (found at swimbc.ca) will be in effect at this meet.

Para-swimmers

Para-swimmers, who are registered Masters swimmers, are welcome to compete in the meet.

Seeding

All events will be mixed gender, timed finals seeded slowest to fastest.



800m/1500m The 800m and 1500m freestyle events will be deck-seeded and the heats will run from slowest to fastest.

The 1500m freestyle will be limited to the first 32 entries (4 heats).

The 800m freestyle will be limited to the first 48 entries (6 heats).

A limited number of Lap Counter boards will be available for swimmers to use. Their use is optional and swimmers are responsible for finding volunteers to operate them.

Relays Rules

No swimmer may swim more than once in any relay event.

Relay teams that include swimmers under the age of 25 will not be eligible for Masters World Records

Mixed relays must be composed of two men and two women from the same club or affiliation

Relay team entries must be submitted by entry deadline (April 16, 2017). Relay names and/or scratches may be submitted on the first day of the meet. See [Master Swimming Canada 2013 – 2017 Rule Book](#) for further clarification.

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

All participants will receive a certificate for the meet. Swimmers placing 1st, 2nd or 3rd in their individual event by age group will receive a label for the certificate. All 1st place finishers will be placed in for a draw (by individual event) for a bottle of wine from the Okanagan Valley!

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.

Results

Meet results will be posted at H2O throughout the meet as well as on Meet Mobile. Psych Sheets, Heat Sheets, Session Reports and



results will also be posted on OMSC website <http://okmasters.com>

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

Entry fee \$85.00 per swimmer.

Refunds No refunds will be issued after April 10th, 2017 and will only be issued when a valid medical reason accompanied by physician's note.

Entries **For Credit Card Payment**

Register online via Club Assistant at
https://www.clubassistant.com/club/meet_information.cfm?c=2195&smid=8827

Register by mail or email and pay by Interac e-Transfer or by Cheque

Event entry information and payment must be received by the Meet Manager on or before **April 16, 2017**.

For Interac payments, use the email below to send funds.

For cheque payment, mail cheque payable to "OMSC" and send to Norma Lachance.

Meet Manager Contact Information

e-mail – norma.lachance@okmasters.com

Mail – Norma Lachance

#431 4205 Gellatly Road,

West Kelowna, BC V4T 2K2

Deadlines Individual and relay team registrations must be received by April 16, 2017 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 30 minutes prior to the start of the session in which the relay event is scheduled. Relay cards will be in the Team packages available at check in on the first day of the meet.

Psych sheets Psych sheets will be posted at <http://okmasters.com>



- Mandatory positive check in** Mandatory in-person positive check-in deadline for the 1500m freestyle event is 4:30 pm on Friday, April 21st at the clerk of the course desk.
- Mandatory in-person positive check-in deadline for the 800 freestyle event is conclusion of event 13 (200 Freestyle) on Saturday, April 22nd.
- Swimmers not checking in for the 1500m and/or 800m freestyle events will be removed from the event.
- Scratches** Final scratch deadline is April 19, 2017 to Norma Lachance at norma.lachance@okmasters.com



ORDER OF EVENTS

Friday, April 21st

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

Women	Event	Men
1	1500 Freestyle	1
	20 minute break*	
2	4 x 100 Mixed Freestyle Relay	2

Saturday, April 22nd

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

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

Sunday, April 23th

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

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

Host Hotel for 2017 MSABC Masters Championships is the **Coast Capri**

1171 Harvey Avenue, Kelowna, British Columbia V1Y 6E8 Canada
Country Code: 1 Telephone: 250-860-6060 Facsimile: 250-860-9664

www.coastcaprihotel.com

Use: **MSABC provincials championships** when booking
Located 8 minute drive from the pool

Guest Room Rates:

Coast Comfort Room: **\$120.00**

Coast Superior Room: **\$135.00**

Coast Premium Room: **\$150.00**

- i. Rates are based on single or double occupancy. Additional adult occupying the same room is \$15.00 per night. Children under the age of 18 years of age stay free, in the same room as a paid adult.
 - ii. Room rates are net, non-commissionable.
1. a) Negotiated room rates are available to your guests three days pre / post actual convention dates. Check in time is 3:00 p.m. and check out time is 12:00 noon.
 2. b) Rates are quoted in Canadian Dollars and are subject to taxes.
 3. c) No show reservations will be charged one night's room rental fee. An early departure fee of \$70.00 per room for group bookings will be made for guests departing before their confirmed departure dates. Guests will be exempt from this charge if they change their departure dates prior to check in or at time of check in.
 4. d) **Room Release & Reservation cutoff date: March 21, 2017.** All guest rooms will be returned to the hotel's inventory on this date. Each guest room reservation should be guaranteed to a valid credit card, or to the master account (if approved by hotel). Should the guest room not be guaranteed, the hotel reserves the right to release the guest room back for re-sale, 48 hours prior to the arrival date. Individual guest rooms within the block may be cancelled up to 4:00 p.m. two days prior to the initial arrival date of the group, without penalty. Cancellations after this point will be billed to the party which has guaranteed the reservation.



Social events MSABC Annual General Meeting

The MSABC Annual General meeting will be held approximately 30 minutes after the conclusion of competition on Saturday, April 23rd at H2O.

Awards & Appetizers Event - Saturday April 22rd 2017

A welcoming and lively reception (in lieu of our traditional sit-down dinner) will be held at the **Coast Capri Hotel** on Saturday, April 23rd. MSABC will host the event to award the best and brightest from the BC swim community.

Doors will open at 5:00pm with appetizers served from 5:30 to 7 pm. Menu to include:

Spiced Cheese on cherry tomatoes

Nori maki & west coast sushi

Bocconcini & tomato skewers

Tempura prawns

Beef brochettes

Chicken & coriander corn fritters

Tickets are \$20.00 person to be paid for at the time of meet entry. Beer and wine will be available for purchase at the event. A maximum of 150 tickets are available for purchase. **DEADLINE for ticket purchase is April 10th, 2017.**

This will be a licensed event, all attendees must be 19 years of age or older.

OMSC greatly appreciates the support of our sponsors:

GOLD

The Patterson Group RE/MAX Kelowna
Pushor Mitchell LLP
Work In Balance Coaching Services
Orchard Chiropractic & Physiotherapy
Kelowna Cycle
Prospera Granfondo Axel Merckx
John Antle Mortgage Brokers

SILVER

Team Aquatic Supplies
Save-On-Food
Wilson M Beck



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.

CMSW1.6.6 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.

