

**2010 CANADIAN MASTERS  
LONG COURSE  
SWIMMING CHAMPIONSHIPS**

**HOSTED BY  
NANAIMO EBBTIDES MASTERS SWIM CLUB**



**MAY 21 TO MAY 24, 2010**

**NANAIMO, B.C.  
SANCTION # SBCM 1004**



# 2010 Canadian Masters Long Course Swimming Championships



Hosted by

**Nanaimo Ebbtides Masters Swim Club**

May 21 – May 24, 2010, Nanaimo, BC

## ORGANIZING COMMITTEE

|                 |                      |  |
|-----------------|----------------------|--|
| Chair           | Terry Ryan           | <a href="mailto:tm-ryan@shaw.ca">tm-ryan@shaw.ca</a>   |
| Meet Manager    | Nancy Ryan           | <a href="mailto:nancyjr@shaw.ca">nancyjr@shaw.ca</a>   |
| Officials Chair | Don Irwin            | <a href="mailto:donaldbi@shaw.ca">donaldbi@shaw.ca</a>   |
| Registrar       | Joan Irwin           | <a href="mailto:islandtyme@shaw.ca">islandtyme@shaw.ca</a>   |
| Sponsorships    | Tim Goater           | <a href="mailto:tim.goater@viu.ca">tim.goater@viu.ca</a>   |
| Social          | Christina Pendergast | <a href="mailto:clpendergast@yahoo.com">clpendergast@yahoo.com</a>                                 |
| Website         | Karina Younk         | <a href="mailto:kyounk@shaw.ca">kyounk@shaw.ca</a>   |
| MSC Liaison     | Lindsay Patten       | <a href="mailto:LindsayPatten@MastersSwimmingCanada.ca">LindsayPatten@MastersSwimmingCanada.ca</a> |

Web site: [www.CMSC2010.ca](http://www.CMSC2010.ca) or [www.ebbtides.ca](http://www.ebbtides.ca)

## COMPETITION INFORMATION

|                                      |   |
|--------------------------------------|---|
| <b>FACILITY INFORMATION</b>          | <b>Nanaimo Aquatic Centre</b><br>741 Third Street, Nanaimo B.C. V9R 7B2<br>(250) 756-5200<br>One 8 lane 50 m competition pool that is wheel chair accessible, 4 lanes 25 m warm up/cool down, hot tub and sauna available. Colorado timing system |
| <b>SANCTION #</b>                    | <b>SBCM1004</b> - issued by MSABC on behalf of MSC  |
| <b>MSC MEMBERS MEETING and AGM</b>   | The meeting will start at 10:00 Friday May 21, 2010 <b>in Room A</b> at the Nanaimo Aquatic Centre. Light snacks will be provided for those who attend.   |
| <b>INFORMATION AND MEET CHECK-IN</b> | <b><u>Nanaimo Aquatic Centre – Room B</u></b><br>Friday           noon to end of events<br>Saturday       7:00 am to end of events<br>Sunday         7:00 am to end of events<br>Monday         7:00 am to noon                                   |

**Note: Swimmers must register in person before they can swim.** The registration desk is **in Room B** at the Nanaimo Aquatic Centre. Individual goody bags including a program as well as pre-ordered merchandise can be picked up in the same area.

**MEET ENTRY STANDARDS**

There are no qualifying times necessary to enter the meet.

**ELIGIBILITY**

Open to any Canadian or International registered Masters swimmer 18 years old as of May 21, 2010. Age as of Dec. 31, 2010 will determine age groups. Canadian (and US) swimmers must indicate their Provincial registration number (or USMS no.) and club affiliation (or status as unattached) with their entries. Other International swimmers must send in proof of affiliation with their National FINA affiliated Masters organization when they enter.

**ENTRY LIMIT**

**Registration is limited to 600 swimmers** including International swimmers. Each individual may swim up to seven (7) individual events.

**AGE GROUPS**

18-24, 25-29, 30-34 and in 5 year increments thereafter

**RULES**

The current MSC rules, as of the date of the meet, and warm up procedures will be followed.  
All events will be timed finals.

**PARA SWIMMERS**

Paralympic swimmers, who are registered Masters swimmers, are welcome.

**SEEDING**

All events will be run slowest to fastest.  
50m and 100m events will be seeded in the 5 year age groups in male and female categories.  
Events 200m and longer will be seeded by time in male and female categories.  
The seeding of the 800m and 1500m events will be at the Meet Manager's discretion.

**800m/1500m FREESTYLE**

May be swum 2 per lane at Meet Manager's discretion. Please note that **if** double-laned, front crawl is the only stroke permitted. The number of entrants in these events may be limited at the discretion of the Meet Manager.  
Counter boards will be provided but swimmers are responsible for finding volunteers to operate them.

**RELAYS**

No swimmer may swim more than once in any relay event.  
Relay teams that include swimmers under the age of 25 are not eligible for Masters World Records.  
Relay age groups are 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and so on maintaining forty (40) year increments.

**MEET START TIMES**

|                  |         |         |               |
|------------------|---------|---------|---------------|
| Friday, May 21   | Warm-up | 1:00 pm | Start 2:00 pm |
| Saturday, May 22 | Warm-up | 8:00 am | Start 9:00 am |
| Sunday, May 23   | Warm-up | 8:00 am | Start 9:00 am |
| Monday, May 24   | Warm-up | 8:00 am | Start 9:00 am |

**AWARDS** Awards will be given to the top three swimmers in all individual and relay events.

Swimmers finishing first in an individual event or a relay are entitled to receive a Canadian Champion patch. A swimmer who qualifies may only receive ONE patch for the duration of the meet.

All awards MUST be PICKED up at the meet.

**Awards will NOT be mailed.** Engraving services will be available on-site.

**POOL TEMPERATURE** 79-80°F in the 50m competitive pool.

**MASSAGE** Students from the West Coast College of Massage Therapy will be available. \$5 donation for a 15-minute treatment. Book on arrival.

**RESULTS** Award recipients will find the results posted in Room B and are then able to pick up their award.  
Electronic copies of results will be posted on the meet website. There will be NO published results booklet.

## **ENTRY INFORMATION**

**PARTICIPATION FEES** Base fee of \$65.00 per swimmer.  
\$6.00 for each individual event entered.  
Relay fees are \$20.00 per relay team and per event.

**ENTRY LIMITS** Entries are limited to the first **600 swimmers** including International swimmers.

**REFUNDS** No refunds will be given out after the entry deadline and there will be no refunds for relays.

**DEADLINES** Swimmers are encouraged to enter electronically at [www.cmssc2010.ca](http://www.cmssc2010.ca)  
Payment is by Visa or MasterCard.  
**Individual On line registration:** April 30, 2010  
**Relay team entries:** May 7, 2010 – No late entries and no deck entries will be accepted. Relays must be entered **online** by coach/team captain. When an individual swimmer ticks “available for this relay” beside a particular relay, this data is displayed on the Team Roster. Coaches/team captains may view the Team Roster (available to the public) and organize relays. Registration and payment for relays occur after individual registration closes. **By 3 pm the day before the relay event**, each club must submit the final names, ages and order of events for each team to the relay clerk of course.  
**Mail in individual entries:** must be received by March 31, 2010  
Mail in cheques are payable to: ‘**Nanaimo Ebttides**’  
Send cheque and paper entry forms with signed waiver to:  
Joan Irwin  
6362 Icarus Dr., Nanaimo, BC V9V 1N4  
Entries will be considered on a first come first served basis.  
There will be immediate confirmation following the on-line entries.

**PSYCH SHEETS** Check the meet website following the entry deadline.

## MERCHANDISE

We are pleased to offer you a range of souvenir merchandise available for **pre-order**. Check our website [www.cmasc2010](http://www.cmasc2010) for more information. Please order when you enter!

## SOCIAL EVENTS

1. MSC Annual General Meeting Friday May 21, 10:00 a.m. in Room A NAC. Snacks will be available.
2. Friday evening - Wine/beer and cheese "meet and greet" at the Nanaimo Aquatic Centre – (pre-order).
3. Saturday evening – Dinner and Awards Night at Vancouver Island University – (pre-order).
4. Sunday evening – Dinner downtown, with participating restaurants offering a discount to Masters swimmers. Fireworks display after dark in the harbour at Maffeo Sutton Park.

## AQUATIC CENTRE INFORMATION

|                  |  |
|------------------|--|
| <b>PARKING</b>   | Lots of it and free!   |
| <b>LOCKERS</b>   | Token operated lockers available at 25 cents per entry. Please empty lockers out at the end of each day.         |
| <b>AMENITIES</b> | Lobby café, TAS swim shop and Fitness centre are on site.<br>Team Banners are welcome. Bring your own duct tape! |

**Volunteers are always welcome! If you know of anyone who is able and willing to help out in any way – e.g. officiating, registration, food preparation, etc. please contact Terry Ryan at [tm-ryan@shaw.ca](mailto:tm-ryan@shaw.ca)**

## NANAIMO INFORMATION

**TRAVEL** Updated travel information is on our website [www.cmasc2010.ca](http://www.cmasc2010.ca)

**NOTE: If travelling by vehicle on BC Ferries, we strongly recommend making a reservation as it is the May long week-end and traffic can be very heavy.**

**ACCOMMODATION** Blocks of rooms have been set aside in all of the hotels listed in the Nanaimo Tourism Guide book. Please say that you are registering under the 2010 Canadian Swim Championships in order to receive reduced rates. A spreadsheet is available on our website [www.cmasc2010.ca](http://www.cmasc2010.ca) Check out the Nanaimo Tourism Maps and Attractions Guide 2009 for B and B's and RV sites.  
Any questions - contact Terry Ryan at [tm-ryan@shaw.ca](mailto:tm-ryan@shaw.ca) or 250 756-7853.



**SEE YOU IN NANAIMO!**



# ORDER OF EVENTS

| <b>FRIDAY, MAY 21, 2010</b>  |  |   |
|--|--|---|
| <b>Warm up:</b> 1:00 pm to 1:50 pm<br><b>Start:</b> 2:00 pm                              |  |   |
| <b>Women's Event #</b>   |  | <b>Men's Event #</b>                              |
| 1<br>Warm up<br>3<br>5   | 1500 Free<br>Officials Break<br>200 IM<br>4 x 50 Mixed Free Relay  | 2<br>Warm up<br>4<br>5                            |
| <b>SATURDAY, MAY 22, 2010</b>  |  |   |
| <b>Warm up:</b> 8:00 am to 8:50 am<br><b>Start:</b> 9:10 am<br><b>OPENING CEREMONIES</b> |  |   |
| <b>Women's Event #</b>   |  | <b>Men's Event #</b>                              |
| 7<br>9<br>11<br>13<br>Warm up<br>15<br>17  | 200 Breast<br>50 Free<br>100 Back<br>50 Fly<br>Officials Break<br>400 Free<br>4 x 100 Mixed Medley Relay   | 8<br>10<br>12<br>14<br>Warm up<br>16<br>17        |
| <b>SUNDAY, MAY 23, 2010</b>  |  |   |
| <b>Warm up:</b> 8:00 am to 8:50 am<br><b>Start:</b> 9:00 am                              |  |   |
| <b>Women's Event #</b>   |  | <b>Men's Event #</b>                              |
| 19<br>21<br>23<br>Warm-up<br>25<br>27<br>29<br>31  | 100 Fly<br>200 Back<br>4 x 50 M/W Medley Relay<br>Officials Break<br>200 Free<br>50 Breast<br>400 IM<br>4 x 100 M/W Free Relay                                 | 20<br>22<br>24<br>Warm up<br>26<br>28<br>30<br>32 |
| <b>MONDAY, MAY 24, 2010</b>  |  |   |
| <b>Warm up:</b> 8:00 am to 8:50 am<br><b>Start:</b> 9:00 am                              |  |   |
| <b>Women's Event #</b>   |  | <b>Men's Event #</b>                              |
| 33<br>Warm up<br>35<br>37<br>39<br>41<br>43<br>45  | 800 Free<br>Officials Break<br>4 x 50 M/W Free Relay<br>200 Fly<br>100 Free<br>50 Back<br>100 Breast<br><b>CLOSING CEREMONIES</b><br>4 x 50 Mixed Medley Relay | 34<br>Warm up<br>36<br>38<br>40<br>42<br>44<br>45 |