

# NANAIMO B.C. 2010 CANADIAN MASTERS NATIONAL SWIMMING CHAMPIONSHIPS

**May 21-24, 2010**



## **CONTACT INFORMATION:**

Terry Ryan (English)  
tm-ryan@shaw.ca / 250.756.7853

or

Karina Younk (en français)  
kyounk@shaw.ca / 250.756.1002

**[www.ebbtides.ca](http://www.ebbtides.ca)**  
**[www.cmssc2010.ca](http://www.cmssc2010.ca)**

**Hosted by Nanaimo Ebbtides  
Masters Swim Club**



*The Nanaimo Ebbtides Masters Swim Club invites you to the 2010 Canadian Masters Swimming Championships. Join us at the Nanaimo Aquatic Centre.*

*Nanaimo, BC, is the second largest city on Vancouver Island with a population of 80,000. The name "Nanaimo" derives from the Coast Salish term for "meeting place", and we invite you to meet with us to enjoy our beautiful city, its natural beauty and the many local and regional attractions. We are also known as the "Harbour City" for our spectacular coastal waterfront locations and our busy commercial and recreational boat basin.*

*Nanaimo is located on central Vancouver Island, about 110 km northwest of Victoria and 55 km west of Vancouver, separated by the Strait of Georgia but linked to the Mainland by air (airport and float planes) and by BC Ferries. A special destination itself, Nanaimo is also the gateway to many other destinations, including Parksville/Qualicum, Comox, Campbell River, Port Alberni and the spectacular Pacific Rim National Park on the west coast of the Island.*

*The Nanaimo Aquatic Centre was built in 2001 and features a state-of-the-art 8 lane, 50 m competitive tank, as well as a leisure pool, hot tub, sauna, wave pool and waterslides. NAC has hosted a number of provincial competitions, and we are excited to host the 2010 Canadian Masters Swimming Championships!*

## MEET INFORMATION

### ~MEET TIMES~

Friday, May 21	2:00 pm - 10:00 pm
Saturday, May 22	8:00 am - 4:00 pm
Sunday, May 23	8:00 am - 4:00 pm
Monday, May 24	8:00 am - 4:00 pm

### ~ELIGIBILITY~

The 2010 Canadian Masters Swimming Championships is open to any registered Masters swimmer who is at least 18 years of age on May 21, 2010. Your age as of December 31, 2010 will determine your age group. Entrants are required to indicate their club affiliation and SNC registration number on the entry form. The meet will be limited to the first 600 paid and registered swimmers. Don't be disappointed! Enter early.

### ~FORMAT~

This **long course** competition will be governed by the rules of the Swimming Natation SNC Canada Handbook (FINA) and by the rules of Masters Swimming Canada.

## SOCIAL ACTIVITIES

Friday, May 21	Registration and Wine/Beer & Cheese Reception
Saturday, May 22	Banquet
Sunday, May 23	Special Event

## ACCOMMODATIONS

The Vancouver Island University student residences are next door. There are a number of accommodations in the city centre and surrounding area. Hotels, motels, B&Bs and RV parks are all options to make your stay enjoyable. Visit our website at [www.cmsc2010.ca](http://www.cmsc2010.ca) to see our suggestions.



*Please join us at the Nanaimo Aquatic Centre.*