



**Friday, April 27th - Sunday, April 29th, 2018**

**SANCTION #: SBCM 1807**



2018 MSABC Provincial Championships  
Hosted by English Bay Swim Club



## Our Sponsors





## HOSTING COMMITTEE

Committee Directors	Regis Denefle	<a href="mailto:provincials2018@englishbay.org">provincials2018@englishbay.org</a>
	Alex Muir	
Officials Coordinator	David Webb	<a href="mailto:dgwebb1965@gmail.com">dgwebb1965@gmail.com</a>
Registration Coordinator	Suyang Duan	<a href="mailto:provincialRegistration@englishbay.org">provincialRegistration@englishbay.org</a>
Volunteers Coordinator	Michael DiPietro	<a href="mailto:provoluteer@englishbay.org">provoluteer@englishbay.org</a>
Hospitality Coordinators	Matt & Tracy Steele	<a href="mailto:tracy.e.steele@gmail.com">tracy.e.steele@gmail.com</a>
Treasurer	Peter Heusel	

## COMPETITION INFORMATION

<b>Facility</b>	Richmond Watermania - Aquatic Centre 14300 Entertainment Blvd., Richmond, BC V6W 1K3
<b>Information</b>	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 warmup and cool down throughout the meet.
<b>Sanction</b>	SBCM 1807
<b>MSABC members meeting and AGM</b>	The MSABC Annual general Meeting will be held approximately 30 minutes after the final event on Saturday, April 28th in the Multipurpose room at Watermania.
<b>Meet information and check-in</b>	Swimmers must check-in in person to be eligible to compete. Please check-in at the designated desk located either in the Watermania Lobby or on the pool deck (signage will be set up to confirm the location).  Operating hours: Friday 1:00pm-5:00pm, Saturday and Sunday 8:00am-10:30am.  <b>No disposable water bottles will be provided, so we URGE all ATTENDEES to bring refillable bottles and take advantage of the many water fountains around the Watermania Aquatic Centre facilities.</b>  <i>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.</i>
<b>Eligibility</b>	Open to any Canadian or international registered masters swimmer 18 years and older by December 31, 2018.  Age grouping determined by age as of December 31, 2018.  Maximum of 250 swimmers will be accepted.
<b>Entries and Payment</b>	<b>Entry deadline for online registration is April 15, 2018 at 11:59 pm.</b>  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](http://mastersswimmingcanada.ca)), warm up procedures (see last page) and the **Swim BC Technical Guide** (found at [swimbc.ca](http://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.

## Relay 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 names and/or scratches may be submitted on the first day of the meet. See [Masters Swimming Canada 2013 – 2017 Rule Book](http://mastersswimmingcanada.ca) for further clarification.

## Meet start times

### Warm up in competition pool

### Meet start time

Friday	2:15-3:15pm	3:30pm
Saturday	8:00am-8:45am	9:00am
Sunday	8:00am-8:45am	9:00am



- Awards** Lapel pins will be awarded to the 1st, 2nd and 3rd place finishers of individual events in each age group. Lapel pins will be awarded to the first place relay team in each age group for relays.  
*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 Watermania throughout the meet as well as on Meet Mobile. Location of results posting will be announced during the meet. Psych Sheets, Heat Sheets, Session reports and results will also be posted on the EBSC website <http://englishbay.org>  
There will be no published results booklet.
- 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.

#### HEAD MEET OFFICIALS

Meet Manager	Alex Muir
Meet Referee	Joe Elsinga
Head Timer	Paul Johnson & Victor Leung
Clerk of Course	Steve Ogden & Gregg Ambrosi

#### ENTRY INFORMATION

- Entry fee** \$95.00 per swimmer.
- Refunds** No refunds will be issued after April 9th, 2018 and will only be issued with a valid medical reason accompanied by physician's note.
- Entries** **For Credit Card Payment**  
Register online via Club Assistant  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=2195&smid=10164](https://www.clubassistant.com/club/meet_information.cfm?c=2195&smid=10164)
- 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 15, 2018**.  
For Interac e-Transfer payments, please send to [registrar@englishbay.org](mailto:registrar@englishbay.org) and use security answer: swim2018
- For cheque payment, mail cheque in Canadian funds payable to "English Bay Swim Club" and address to EBSC RE: Suyang Duan.
- Meet Manager Contact Information - Alex Muir**  
e-mail – [provincials2018@englishbay.org](mailto:provincials2018@englishbay.org)
- Mail – English Bay Swim Club  
1050 Beach Ave



Vancouver, BC V6E 1T7

- Deadlines** Individual event registrations must be received by **April 15, 2018** by 11:59pm.  
Relay team registrations must be received by **April 22, 2018** 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 on MSABC and at [englishbay.org](http://englishbay.org)
- Mandatory positive check in** Mandatory in-person positive check-in deadline for the 1500m freestyle event is 2:30pm on Friday, April 27th 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 28th.  
  
Swimmers not checking in for the 1500m and/or 800m freestyle events will be removed from the event.
- Scratches** Final scratch deadline is **April 24, 2018** to Suyang Duan at [provincialRegistration@englishbay.org](mailto:provincialRegistration@englishbay.org).

## SITE INFORMATION

- Parking** Free parking at Watermania.
- Lockers** Coin operated lockers are available in the change rooms. Lockers must be cleared out at the end of each day.
- Banners** Team banners are welcome.

**ORDER OF EVENTS****Friday, April 27th**

Warm up: 2:15 pm – 3:15 pm Sprint lanes open: 2:45 pm

Start time: 3:30 pm

Women	Event	Men
1	1500 Freestyle	1
<b>15 MIN BREAK*</b>		
2	200 IM	2
<b>15 MIN BREAK*</b>		
3	400 Freestyle Relay (M/W/MIXED)	3

**Saturday, April 28th**

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

Start time: 9:00 am

Women	Event	Men
<b>OPENING CEREMONIES</b>		
4	400 Freestyle	4
5	50 Backstroke	5
6	100 Breaststroke	6
7	100 Butterfly	7
8a	200 Freestyle Relay (M/W)	8b
<b>30 MIN BREAK*</b>		
9	100 Freestyle	9
10	400 IM	10
11	50 Breaststroke	11
12	100 Backstroke	12
13	200 Medley Relay (MIXED)	13

**Sunday, April 29th**

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

Start time: 9:00 am

Women	Event	Men
14	800 Freestyle	14
<b>15 MIN BREAK*</b>		
15	50 Freestyle	15
16	200 Backstroke	16
17	100 IM	17
18	200 Butterfly	18
19a	200 Medley Relay (M/W)	19b
<b>30 MIN BREAK*</b>		
20	200 Freestyle	20
21	50 Butterfly	21
22	200 Breaststroke	22
23	200 Freestyle Relay (MIXED)	23

*\*The meet manager reserves the right to adjust the timing and length of the break based on the timing of the meet.*



## **MASTERS SWIMMING WARM-UP SAFETY PROCEDURES**

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

1.6.7 Warm-up procedures shall be prominently posted at various areas of the pool deck. CMSW

### **Equipment:**

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. CMSW





## SOCIAL EVENTS

### MSABC Annual general Meeting

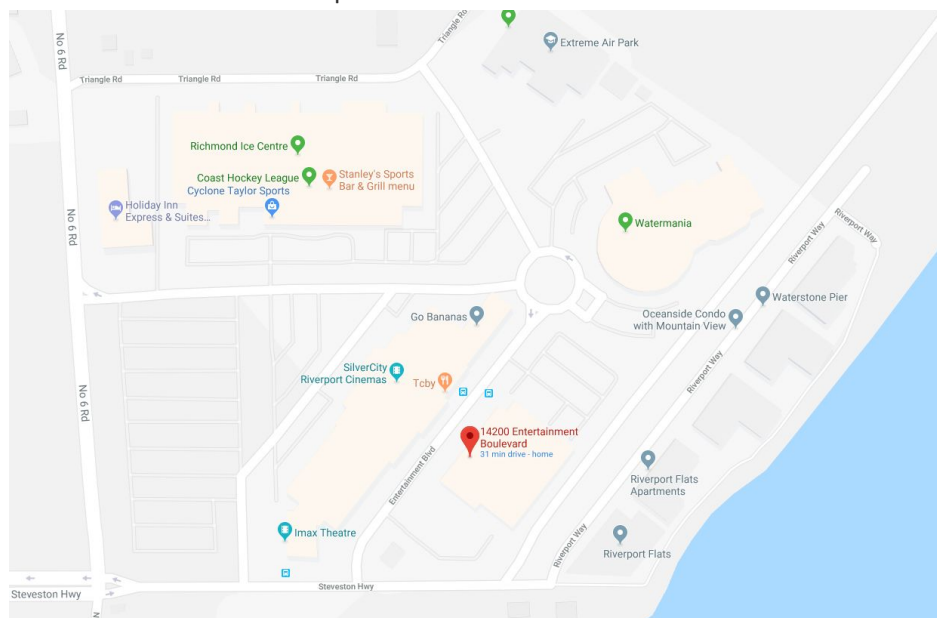
The MSABC Annual General meeting will be held approximately 30 minutes after the conclusion of competition on Saturday, April 28rd in the Multipurpose Room at Watermania.

### Awards Banquet - Saturday April 28th, 2018 @ 6pm to 8:30pm

Location - [Monkey 9 Brewing Co.](#)

14200 Entertainment Boulevard  
Richmond, BC

Five minute walk from the Aquatic Centre



**Price** - Discounted entry fee of \$25.00 per attendee until **April 15th, 2018**. Full entry fee of \$35.00 per attendee will be available on [englishbay.org](#) until Friday, **April 27th, 2018**.

**Entry Tickets will be picked up at check-in.**

**Food** - Buffet style, sit down dining.

Included is THREE salads, ONE pasta dish, ONE veggie dish, Roast Beef and a choice of ONE House Beer/Well Highball

**Maximum of 150 attendees will be accepted.**

Please e-mail the banquet organizers at [provincials2018@englishbay.org](mailto:provincials2018@englishbay.org) with any dietary accommodation requests by no later than 11:59pm, April 9th, 2018. We will do our best to accommodate any such requests, within reason.

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



## ACCOMODATIONS

Please use the reservation codes provided by each hotel to obtain the negotiated room rate. If you book any Richmond hotel without these codes, please send an e-mail to [Provincials2018@englishbay.org](mailto:Provincials2018@englishbay.org) advising which hotel and how many days were booked. This could impact the grant received from the City of Richmond.



### RIVERPORT/RICHMOND

#### **Holiday Inn Express & Suites at Riverport**

*(5 minute walk to Watermania or Banquet Venue)*

CAD\$125-145.00 per night (there are three room categories available to choose from);

Standard room (2 queen beds or 1 king bed)

Premium room (king bed with separating wall and couch/sofa bed)

Suites

Rooms include: mini fridge, microwave, coffee maker, free wireless high speed internet and complimentary Express Start breakfast.

This is the only hotel that is walking distance from the aquatic complex.

To book, quote the block name: **Masters Provincial Swimming Championships**. Book online by clicking on this special designated online reservation link;

[Click here to book your room!](#)

Once the link is clicked, the block code will already pre-populate on the reservation screen.

From there please input your arrival date (April 26 or 27) and departure dates (April 29) and select "Check Availability"

Call our guest services directly at **(1) 604-241-1830** or Toll Free at **(1) 855-604-1830**.

Email: [reservations@hierichmond.com](mailto:reservations@hierichmond.com).

All rooms provided in this group block are to be reserved on a first come first serve basis



**GUEST ROOM RATES**

Accent Inns Vancouver Airport	April 26-29, 2018
Room Type	Rate
Standard Double (2 Queen Beds)	\$115.00 plus tax
Standard Double + Kitchenette	\$130.00 plus tax

About 10 minutes drive from Watermania

**GROUP ID 5413973**

**Release date: March 26**

**For individual reservations:\***

1-800-663-0298 and quote **GROUP ID 5413973 "Masters Swimming"**

On Line: <https://www.accentinns.com/locations/vancouver-airport-hotel/> and enter **Code 5413973** as **"Group Attendee"**

*\*All reservations must be made prior to the release date of March 26th.*



## Sandman Hotel

### VANCOUVER AIRPORT

3233 St Edwards Drive, Richmond BC V6X 4K4

About 12 minutes drive from Watermania

**Check In Date: April 26-, 2018**

**Check Out Date April 29, 2018**

We thank you for choosing Sandman Hotel- Vancouver Airport for **2018 Masters Swimming BC Provincials** accommodation needs. We are pleased to offer the following arrangements listed below:

#### GUEST ROOM RATES

Sandman Hotel Vancouver Airport	April 26-29, 2018
Room Type	Rate
Standard Double	\$129.00

#### GUEST ROOM ACCOMMODATIONS

Date	Standard Double
26/04/2018	30*
27/04/2018	30*
28/04/2018	30*

Hotel room rates are subject to applicable taxes and fees in effect at the time of check-out. Rates are non-commissionable and quoted per room per night based on single or double occupancy, and quoted in Canadian funds. Rooms and the preferred rates will be held until **March 26, 2018**. Reservations made after the release date will be subject to availability and best available rate.

*\*Availability number is due to change as reservations are made*

#### RESERVATION METHOD

**INDIVIDUAL RESERVATIONS:** Guests can make their own reservations by calling our 24 hour Central Reservations office at 1-800-726-3626 / 1-800-SANDMAN. In order to receive the correct rates, callers



must reference: **2018 Masters Swimming BC Provincials – #789437**. A valid credit card is required at the time of reservation to secure any guests rooms under the **2018 Masters Swimming BC Provincials**

### RESERVATION PAYMENT

#### PAYMENT PROCEDURE

Individuals responsible for payment of all charges

#### METHOD OF PAYMENT

Credit Card\* - to be swiped at the time of check in for all charges

*\*The hotel accepts all major credit cards. If the credit card will not be on site at the time of arrival, the hotel requires an approved 3<sup>rd</sup> Party Authorization Form accompanied by legible photocopies of credit card and card holder government approved photo ID.*

### CHECK IN AND CHECK OUT

Check in time is guaranteed for 3pm the day of scheduled arrival. Rooms may be checked into prior to 3pm based on availability but not guaranteed. Check out is 12 noon the day of scheduled departure. Exceptions to these times must be discussed and approved in writing prior to the date's arrival.

### CANCELLATION POLICY

**INDIVIDUAL CANCELLATION:** Must cancel by 3:00 PM local hotel time, 24 hours prior to scheduled arrival date, or the credit card provided will be charged one night room rate, tax and applicable fees. To cancel or change your reservation, contact our 24 hour Central Reservations office at 1-800-726-3626 / 1-800-SANDMAN

**NON ARRIVAL FEE:** If a reservation is not utilized and the hotel has not been contacted to cancel the reservation within the stipulated time period, as noted in the above cancellation policy, a non-arrival fee equivalent to the cost of the first night's stay fee will be charged.

### PARKING

Hotel parking is available on a space-available basis available for registered guests and meeting attendees, parking passes will be issued by the Front Desk. If space is needed for larger vehicles such as a bus please inquire in advance.

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There are a number of other chain hotels, most are located near the Vancouver International Airport or downtown Richmond, and are between 8 and 10 kms away. These include Sheraton, Marriott, Hilton, and Fairmont Hotels.

We have only negotiated preferred rates with the above mentioned hotels, however you are, of course, welcome to stay at the hotel of your choice.



## MEET ENTRY FORM FOR INDIVIDUAL

Event entry information and payment must be received by the Meet Manager on or before **April 15, 2018**. Maximum of 7 individual events.

Event Number	Event	Seed Time (min:sec.millisecond)
<b>Friday April 27th</b>	<b>Event Warm-up at 2:15pm, Races at 3:30pm</b>	
1	1500 Freestyle	
<b>15 MIN BREAK*</b>		
2	200 IM	
<b>15 MIN BREAK*</b>		
3a/b/c	400 Freestyle Relay (M/W/MIXED)	-----
<b>Saturday April 28th</b>	<b>Event Warm-up at 8:00m, Races at 9:00am</b>	
<b>OPENING CEREMONIES</b>		
4	400 Freestyle	
5	50 Backstroke	
6	100 Breaststroke	
7	100 Butterfly	
8a/b	200 Freestyle Relay (M/W)	-----
<b>30 MIN BREAK*</b>		
9	100 Freestyle	
10	400 IM	
11	50 Breaststroke	
12	100 Backstroke	
13	200 Medley Relay (MIXED)	-----
<b>Sunday April 29th</b>	<b>Event Warm-up at 8:00m, Races at 9:00am</b>	
14	800 Freestyle	
<b>15 MIN BREAK*</b>		
15	50 Freestyle	
16	200 Backstroke	
17	100 IM	
18	200 Butterfly	
19a/b	200 Medley Relay (M/W)	-----
<b>30 MIN BREAK*</b>		
20	200 Freestyle	
21	50 Butterfly	
22	200 Breaststroke	
23	200 Freestyle Relay (MIXED)	-----



**First Name** \_\_\_\_\_ Preferred (Nickname) \_\_\_\_\_

Middle Name \_\_\_\_\_ **Last Name** \_\_\_\_\_

Sex/Gender  Female  Male Birth Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
(yyyy-mm-dd)

Phone Home \_\_\_\_\_ Work/Cell \_\_\_\_\_

**Email** \_\_\_\_\_

Street \_\_\_\_\_

Street 2 \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Country \_\_\_\_\_

**Club/Team** \_\_\_\_\_

**Member Number** \_\_\_\_\_

	Quantity	Fee	
Meet Entry Fee:		\$95.00	
Banquet Fee:		\$25.00	
		<i>Sub-Total:</i>	
A Loving Spoonful Donation		<i>Amount:</i>	
		<b>Total:</b>	