

# 2016 Nepean Masters Long Course Swim Meet

Nepean Sportsplex, Nepean, Ontario

February 21st, 2016

Proudly hosted by:



Sanctioned by:



**MASTERS SWIMMING ONTARIO**

**Host:** Nepean Masters Swim Club  
**Sanctioned By:** Masters Swimming Ontario  
**Meet Managers:** Megan Dodge and David Schneiderman  
**Meet Referee:** Doug Nielsen

**Location:** **Nepean Sportsplex**  
1701 Woodroffe Ave, Nepean, Ontario, K2G 1W2 (see map on website)

**Dates:** Sunday February 21, 2016  
Warm-up: 8:00am – 8:45am  
Meet Start: 9:00am

Officials will take a 45 minute lunch break after event 18. This schedule will be subject to change if required.

**Format:** 1 day meet with timed finals. The meet will be run long course.

**Facilities:** The Nepean Sportsplex pool will be configured as a seven lane, 50 M pool. The eighth lane will be open to swimmers for warm-up and warm-down. The relays may use all 8 lanes. Electronic timing will be used.

**Website:** <http://ottawa.ca/en/residents/parks-and-recreation/recreation-facilities/nepean-sportsplex/nepean-sportsplex-facility>

**Parking:** There is limited parking at the front of the complex (between the building and Woodroffe Ave.) with overflow parking located at the rear of the complex.

**Lockers:** A limited number of lockers are available in the change rooms. Users must supply own locks.

**Order of Events:**

Women	Event	Men
1	200 Freestyle	2
3	100 Backstroke	4
5	50 Breaststroke	6
7	50 Freestyle	8
9	100 Butterfly	10
11	200 Mixed Freestyle Relay	11
13	200 Backstroke	14
15	100 Breaststroke	16
17	200 Individual Medley	18
	45 Minute Break	
19	200 Butterfly	20
21	100 Freestyle	22
23	200 Breaststroke	24
25	50 Butterfly	26
27	50 Backstroke	28
29	200 Mixed Medley Relay	29
31	800 Free Mixed	32
33	4 x 200 Medley Relay	34

## Warm up:

Shall follow the Master Swim Canada Rules as outlined at:

<http://mymsc.ca/Rules/10-2013MSC-Rules-App-F-Warm-Up-v2013-12-16.pdf>

Lane 8 will be available for warm up and cool down throughout the meet, including during the lunch break.

The Safety Marshals will indicate when lanes 1 and 2 will be opened for dives and sprints for part of the warm up.

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 shall report those infractions to the Referee. The Referee has the authority to expel swimmers from the competition.

## Rules:

Current MSC Rules apply: [http://mymsc.ca/Rules\\_en.jsp](http://mymsc.ca/Rules_en.jsp)

## Meet Entry Process:

### Registration:

To register, please visit the following website: <http://meet.nmsc.org>

If there are any questions or concerns, please contact meet management at <http://meet.nmsc.org/contact.php>

### Eligibility:

Open to any Canadian or International registered Masters Swimmer 18 years old as of February 21, 2016. Age as of Dec. 31, 2016 will determine age groups.

Canadian (and US) swimmers must indicate their Provincial registration number (or USMS #) and club affiliation with their entries.

Other International swimmers must send in proof of affiliation with their National FINA affiliated Master organization when they enter.

### Maximum Entries/Events

There will be a maximum of 200 swimmers accepted. Each swimmer may enter a maximum of 5 individual events. The 800m Freestyle event will be limited to 32 entries and will be run with two swimmers per lane. Swimmers accepted into the 800m race will be notified when the final heat sheets are posted.

### No Deck Entries:

There shall be no deck entries.

## Individual Entries:

### Entry Deadline is February 14, 2016.

Individual entries **must be submitted online.**

Age groups are 18-24, 25-29, 30-34, etc. (in five year increments).

Please submit entry times for seeding purposes.

Swimmers may enter a maximum of 5 individual events.

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

## Relay Entries:

### Relay Entries are due February 14, 2016.

Relay entries must be submitted online. Only coaches may submit relay entries.

All members of a relay team must be from the same club or affiliation.

Relay age groups are 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-360.

There are men, women or mixed relays. Mixed relays have 2 women and 2 men only.

Relay Teams that include swimmers under the age of 25 are not eligible for Masters World Records.

A swimmer may swim only once in each relay event.

Relay cards (available online) must be completely filled out clearly stating Event number, Age Category, Relay Type (e.g. Mixed, Male, Female), Stroke (e.g. Freestyle or Medley), Entry Time and Name of each swimmer in the order that they are swimming. Relay cards are to be submitted on the day of the meet, by 10 am, to the Clerk of Course.

The heat and lane positions for all relay teams will be posted on the wall at both ends of the pool.

Relay team members must swim in the order shown on the relay card. This order will be reflected on the lane timer sheets.

Relay substitutions must be submitted to the Clerk of Course by 10 am on Sunday. All substitutions submitted must have swimmer's name, age as of Dec 31, 2016, relay gender (men, women or mixed), order of swimmers and age group. A substitution may not change the age group of the relay.

## Confirmation:

**Registration confirmation will be sent to the email address provided at registration.**

## Fees:

Entry fees are per individual

Registration and payment before January 24, 2016: \$40.00

Registration and payment after January 24, 2016: \$45.00

Relays are \$10.00 per relay team.

## Payment:

On-line payment is preferred as completion of the registration. All online registration payments must be completed by **February 14, 2016**. Alternatively, cheques must be received by **February 14, 2016** (payable to "Nepean Masters Swim Club"). No postdated cheques will be accepted.

Cheques may be sent to the following address:

Nepean Masters Swim Club – Meet Management  
28 Meadowbank Drive  
Nepean, ON  
K2G 0N9

**Note:** If paying by cheque, please put your MSO (or affiliation) # on the cheque.

Cancellations, with a refund, will be accepted until **February 7, 2016**.

**Swimmer Check In:**

There will be a positive check-in for the 800m freestyle. Swimmers must check-in for this event with the Clerk of Course no later than the beginning of event 23 (200m breaststroke).

**Food & Social:****Swimmers' Food:**

Light refreshments and water will be available for the swimmers during the meet. Swimmers must supply their own water bottle at the swimmer's table for water.

**Meet Procedures:****The Start:**

The "No False Start" rule will be in effect.

**Event Seeding:**

All events will be run slowest to fastest. All 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 event will be at the Meet Manager's discretion.

**There will be no deck entries.**

**Swimmer Readiness:**

It is most important that swimmers follow the Program heat sheets and are ready in the area behind their designated block prior to their heat. In 50m events they should be there three heats before their heat, in 100m events, two heats before their heat and in 200m or over and in relays one heat before their heat. Any swimmer who misses their heat will be scratched from that event.

Please notify the Referee and/or Chief Timer before your swim if there is a chance you could set a record, including a split for the first swimmer in a relay or an interim distance in a long distance event.

**Results:**

The official results will be organized by gender and age group  
The results will be posted on both the Meet website and the MSC website as soon as possible after the meet. The MSC website ([www.mymisc.ca](http://www.mymisc.ca)) will show the results for all swimmers.

**Volunteers:**

A large number of volunteers are required to properly run a swim meet.  
Help is needed for Officials and timers.

If you or someone you know is interested please contact the meet manager at <http://meet.nmsc.org/contact.php>

**YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOSTS**