

2016 Nepean Masters Short Course Invitational

“Red versus Blue”

Nepean Sportsplex, Nepean, Ontario

December 17, 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: Saturday December 17, 2016
Warm-up: 8:00am – 8:45am
Meet Start: 9:00am

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

Facilities: The Nepean Sportsplex pool will be configured as a six lane, 25 M pool. The seventh and 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	100 Freestyle	2
3	50 Breaststroke	4
5	200 Mixed freestyle relay	5
6	50 Backstroke	7
8	100 Butterfly	9
10	200 Freestyle Relay	11
12	100 Breaststroke	13
14	50 Freestyle	15
16	50 Kick with board	17
18	50 Butterfly	19
20	100 Backstroke	21
22	200 Medley Relay	23

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 7 and 8 will be available for warm up and cool down throughout the meet except possibly for relay events.

The Safety Marshals will indicate when lanes 1 and 8 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 any warm up or cool down.

Safety Marshals will be vigilant regarding infractions during warm-up - **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

The 50m Kick with board (event 16 and 17):

This event is a 50 meter choice kick. Swimmers must use a kickboard. Team Red swimmers must use red kickboards. Team Blue swimmers must use blue kickboards. Using the wrong coloured kickboard is grounds for disqualification.

The process for the start will be similar to a backstroke event. At the first whistle, swimmers will enter their lane feet first. (Swimmers from the previous heat will also exit the pool at the first whistle.) Swimmers will then prepare for the start by having one hand on their kickboard and one hand on the grips that are used for the backstroke start. One or both feet may be placed on the wall ready to push off for the start. The second whistle indicates that the starter is about to start the heat. False starts will be judged as in a backstroke event.

Swimmers may enter the water with their own board or they may use the board from the previous swimmer in their lane.

No flippers are permitted.

After the start, swimmers must have both hands on the board for the whole race. The only exception is at the turn. At the turn, swimmers may remove one hand from their board. They may take one arm pull with this hand prior to touching the wall with the same hand. After pushing off from the wall, both hands must be on the board.

Both hands must be on the board at the finish.

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 or over as of December 17, 2016. Age as of December 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 6 individual events aside from the 50 meter Kick with board (event 16 and 17). In other words, swimmers may enter the 50 meter Kick with board in addition to a maximum of 6 other individual events.

No Deck Entries:

There shall be no deck entries for individual events. Deck entries for relays will be at the discretion of meet management and can only be made by team captains.

Dual Meet Format:

Two teams will be formed for this swim meet: Red and Blue. Each registrant will be assigned a team by meet management. **During on-line registration, each athlete will submit their time for a 100 meter freestyle (short course) even if they are not planning to swim this event.** These times will assist meet management in dividing the registrants into relatively equal teams.

Each team will have a team captain chosen by meet management. The team captain will be responsible for distributing the team caps at the swim meet. The team captain will also be responsible for submitting relay entries for their team by the relay entry deadline.

During the competition, Team Red will be assigned lanes 1, 3, and 5. Team Blue will be assigned lanes 2, 4, and 6.

Point System:

It is the intention of meet management that every swim will count for points, even the slowest swim in each event. The results for each individual event will be reported by age group. Within each age group, the fastest swimmer will be awarded the highest amount of points. The points will then decrease by 1 for each subsequent place up to and including the last placed swimmer in that age group.

For relays, there are no age groups for point calculations. In each relay event, the fastest relay will score the highest amount of points and the slowest relay will score the least.

Individual Entries:

Entry Deadline is December 5, 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 6 individual events.

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

Relay Entries:

Relay Entries are due December 14, 2016.

With online registration, swimmers will be able to indicate if they want to swim a relay and which type of relay.

Only team captains may submit relay entries.

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

For the purpose of results and points, there will be no designated age groups for relays. It will be at the discretion of the team captains to form men, women, and mixed relays.

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 entries must clearly state Event number, Relay gender (e.g. Mixed, Male, Female), Stroke (Freestyle or Medley), Entry time, Name of each swimmer in the order that they are swimming, and Age of each swimmer (as of December 31, 2016).

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

Relay team members must swim in the order submitted by the team captain. This order will be reflected on the lane timer sheets.

Relay substitutions must be submitted by the team captains to meet management by 9 am on the day of the meet. All substitutions submitted must clearly state Event number, relay gender (men, women or mixed), Stroke (Freestyle or Medley), Name of swimmer being substituted, Name of the new swimmer, Age of the new swimmer (as of December 31, 2016).

Confirmation:

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

Fees:

\$40.00 per individual. **This fee includes relay events.**

Payment:

On-line payment is preferred as completion of the registration. All online registration payments must be completed by **December 5, 2016**. Alternatively, cheques must be received by **December 5, 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 **December 1, 2016**.

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.

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 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.

Results:

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.mymssc.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: <http://meet.nmsc.org/contact.php>

YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOSTS