

# 2017 Nepean Masters Short Course Invitational

## “Red versus Blue”

Nepean Sportsplex, Nepean, Ontario

December 16, 2017

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:** Yik Hon Yu

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

**Dates:** Saturday December 16, 2017  
Warm-up: 3:30pm – 4:15pm  
Meet Start: 4:30pm

**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 minute break	
5	150 Mixed freestyle relay	5
6	50 Backstroke	7
8	100 Butterfly	9
	5 minute break	
10	150 Freestyle Relay	11
12	100 Breaststroke	13
14	50 Freestyle	15
16	50 Kick with board	17
	5 minute break	
18	50 Butterfly	19
20	100 Backstroke	21
22	200 Medley Relay	23

**Warm up:**

All MSO rules apply including warm-up and warm down <http://www.mastersswimmingontario.ca/wp-content/uploads/2017/09/MSO-Rules-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:** Masters Swimming Canada rules 2013-2017 will apply

**The 150 Mixed Freestyle Relay (event 5):**

In honour of Canada's 150<sup>th</sup>, this will be a 3 x 50m relay. Each relay team shall consist of 2 women and 1 man or 2 men and 1 woman. This is at the discretion of the team captain.

**The 150 Freestyle Relay (event 10 and 11):**

In honour of Canada's 150<sup>th</sup>, this will be a 3 x 50m relay. Each relay team shall consist of 3 women for event 10 and 3 men for event 11.

**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: [meet.nmsc.org](http://meet.nmsc.org)

If there are any questions or concerns, please contact meet management at [meetmgr@nmsc.org](mailto:meetmgr@nmsc.org)

**Eligibility:**

Swimmers must have reached their 18th birthday on or before Jan 21, 2018. All swimmers will be accepted. Swimmers not registered with MSO must swim as Single-Event Registrants (SER). SER participants must fill out the Single Event Insurance Form and Waiver (attached) and pay the associated \$5.00 fee.

**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 usually be assigned lanes 1, 3, and 5. Team Blue will usually 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 4, 2017.**

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 in addition to the 50 meter Kick with board.

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

### **Relay Entries:**

**(For team captains only: Relay Entries are due December 13, 2017.)**

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.

**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.**

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, 2017).

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, 2017).

**Confirmation:**

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

**Fees:**

\$40.00 per individual. **This fee includes relay events.** Payment is online. All online registration payments must be completed by **December 4, 2017**. Cancellations, with a refund, will be accepted until **December 1, 2017**.

**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 the meet website. All results will also be posted to the MSO database at <https://ms.mastersswimmingontario.ca>. Single-Event Registrants will swim and be reported under the club code "SER".

**Records**

Only swimmers registered with MSO will be eligible for records.

**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: [meetmgr@nmsc.org](mailto:meetmgr@nmsc.org)

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

**Athlete Waiver & Release (required from all participants at the time of entry)**

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the (Nepean Masters Swim Club) and Masters Swimming Ontario from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

## 2017 Single Event Insurance Registration Form (for non-MSO participants)

Register with the same name you will use for competition. Please print clearly.

Last Name		First Name		Middle Initial
Street Address				
City/Province/Postal code			Phone (including area code)	
Date of Birth (yyyy/mm/dd)	Age	Gender (circle) M    F	E-mail address	
Event Name and Location <b>MSO – Ontario Masters Swimming Championship 2018 – Nepean Sportsplex</b>				
Signature (required)			Today's Date (required)	

## 2017 Single Event Waiver and Release Form (for non-MSO participants)

The Canadian Personal Information Protection & Electronic Documents Act (and equivalent provincial legislation) requires that consent be obtained prior to the collection and use of all personal information. The personal information you provide via this *Single-Event Registration* will be used for insurance coverage and results publication. The completed *Single-Event Registration* form will be retained for one year and then destroyed unless otherwise needed for insurance purposes.

Should you wish to review the personal information held by Masters Swimming Ontario or the club hosting the event for which you are registering, you must make a request to the appropriate organization.

**I hereby consent to the collection and use of personal information as described above.**

### ATHLETE Waiver and Release

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the organizers of the event for which I am registering and Masters Swimming Ontario from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

**I agree**

Last Name	First Name	Middle Initial or Name
Signature of Participant		Date Signed