

2017 Nepean Masters Winterlude Long Course Swim Meet

Nepean Sportsplex, Nepean, Ontario

February 25, 2017

Proudly hosted by:



Sanctioned by:



MASTERS SWIMMING ONTARIO

And



Host: Nepean Masters Swim Club

Sanctioned By: Masters Swimming Ontario and Swim 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 February 25, 2017
Warm-up: 8:00am – 8:45am
Meet Start: 9:00am

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

Facilities: The Nepean Sportsplex pool will be configured as a seven lane, 50m pool. The eighth lane will be open to swimmers for warm-up and warm-down. The relay and 800 freestyle 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	50 Open	4
5	200 Individual Medley	6
7	100 Freestyle	8
9	200 Open	10
11	50 Freestyle	12
13	100 Open	14
15	200 Freestyle Relay	16
17	800 Freestyle Mixed	17

Warm up:

Shall follow the Master Swim Canada Rules as outlined in Appendix F of the MSC Rule Book at: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/rules-of-competition/>.

Lane 8 will be available for warm up and cool down throughout the meet except during the relay and 800 FR.

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: <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/rules-of-competition/>

Meet Entry Process:**Registration:**

To register, please visit the following website: 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 25, 2017. Age as of Dec. 31, 2017 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 120 swimmers accepted. Each swimmer may enter a maximum of 5 individual events. The 800m Freestyle event will be limited to 32 entries and may be run with two swimmers per lane at the discretion of meet management. 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.

Open Events:

For 50m and 100m open events, swimmers may swim either butterfly, backstroke, breaststroke, or freestyle. For the 200m open event, swimmers may swim either butterfly, backstroke, breaststroke, freestyle, or individual medley. Swimmers will be judged according to the stroke that they swim. The official time achieved for the event will count as an official time for that stroke. For example, if a swimmer swims breaststroke for the 100 open event then they will be judged as if they were swimming 100 breaststroke and their official time will count as an official time for 100 breaststroke (assuming no disqualification).

Swimmers may not use the open event to swim the same event twice during the meet. For example, a swimmer may not swim 200 individual medley (event 5 or 6) and then swim individual medley during the 200 open (event 9 or 10).

Swimmers will notify their lane timekeepers which stroke they will be swimming for their open event.

Individual Entries:

Entry Deadline is February 20, 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 5 individual events.

Relay Entries:

Relay Entries are due February 23, 2017.

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 and women 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.

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 posted sheets. This order will be reflected on the lane timer sheets.

Relay substitutions must be submitted to meet management by 10 am on the day of the meet. All substitutions submitted must have swimmer's name, age as of Dec 31, 2017, relay gender, order of swimmers, and age group. A substitution may not change the age group of the relay.

Fees:

\$45.00 per individual

Payment:

On-line payment is preferred as completion of the registration. All online registration payments must be completed by **February 20, 2017**. Alternatively, cheques must be received by **February 20, 2017** (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 13, 2017**.

Swimmer Check In:

There will be a positive check-in for the 800 freestyle. Swimmers must check-in for this event with meet management no later than the beginning of event 9 (200 open).

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 except the 800 freestyle. The seeding of the 800 freestyle 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 (<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/meet-results/>) 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