



CHAMPIONNAT CANADIEN DES MAÎTRES-NAGEURS  
CANADIAN MASTERS SWIMMING CHAMPIONSHIPS  
24-26 MAI/MAY

*May 24th to 26th, 2019  
Complexe sportif Claude-Robillard, Montréal*

Sanctioned by:



*Hosted on behalf of*



*By*



## Contents

ORGANIZING COMMITTEE .....	4
FACILITY INFORMATION.....	4
Dates .....	4
Facility .....	4
Competition Pool .....	4
Warm-up Facilities .....	4
Timing system .....	4
Banners .....	4
Lockers.....	4
Canteen.....	4
Facility Parking .....	4
Public transportation .....	4
COMPETITION INFORMATION.....	5
Session Start Times.....	5
Meet Entry Standards .....	5
Eligibility .....	5
Individual Events .....	6
Rules .....	6
Para-swimmers.....	6
Relays .....	6
Results .....	7
Awards .....	7
Team awards.....	7
Bonus event – 25m.....	7
Backstroke start.....	7
Registration and Payment.....	9
Cancellations & Refunds.....	9
Psych Sheets.....	9
Relay Check-in and substitutions.....	9
Swimmers' Food.....	9
Hotels .....	9
Souvenirs .....	9
MEET PROCEDURES .....	10
Procedures .....	10
Warm-up / Cool-down.....	10

Montreal 2019 - Canadian Masters Swimming Championships  
Centre sportif Claude Robillard May 24th to 29th, 2019

Breaks.....	10
The Start .....	10
Swimmer Readiness .....	10
<b>MSC Warm-Up/Warm-down Procedures.....</b>	<b>11</b>
Order of Events .....	13

## ORGANIZING COMMITTEE

<b>Meet Chair</b>	Yannick Forget	<a href="mailto:championnatcanadienmn2019@gmail.com">championnatcanadienmn2019@gmail.com</a>
<b>Meet Manager</b>	Francine Grondin	<a href="mailto:championnatcanadienmn2019@gmail.com">championnatcanadienmn2019@gmail.com</a>
<b>Registrar</b>	Catherine Turcotte	<a href="mailto:championnatcanadienmn2019@gmail.com">championnatcanadienmn2019@gmail.com</a>
<b>Meet Referee</b>	Lucie Speich	<a href="mailto:lspeich@videotron.ca">lspeich@videotron.ca</a>
<b>National Meet Referee</b>	Greg King	<a href="mailto:dcoach_1@hotmail.com">dcoach_1@hotmail.com</a>
<b>MSC Liaison</b>	Chrystian Gauvin	<a href="mailto:chrystiangauvin@videotron.ca">chrystiangauvin@videotron.ca</a>

## FACILITY INFORMATION

<b>Dates</b>	Friday, May 24 <sup>th</sup> to Sunday, May 26 <sup>st</sup> , 2019 inclusively
<b>Facility</b>	Complexe sportif Claude-Robillard 1000 avenue Émile Journault, Montréal, (Qc) H2M 2E7
<b>Competition Pool</b>	50 meter pool configured as 2 x 25 meters, 10 lanes with anti-wave lane ropes.
<b>Warm-up Facilities</b>	The diving tank will be available throughout the competition.
<b>Timing system</b>	Omega electronic timing system equipped with 8 touch pads per starting end and an electronic display board at the north end of the pool.
<b>Banners</b>	Team banners are welcome. They can be displayed in the seating areas throughout the competition and the diving platforms.
<b>Lockers</b>	Free lockers are available in the change rooms. Swimmers must provide their own lock.
<b>Canteen</b>	Light snacks for swimmers will be offered during the meet. No food is permitted on pool deck. Good Earth and Jugo Juice are available onsite.
<b>Facility Parking</b>	Paid parking on Friday and free on Saturday and Sunday is available but in limited quantities.
<b>Public transportation</b>	Métro Crémazie (orange line), bus #146

## COMPETITION INFORMATION

**Meet Format** Timed Finals  
Short Course (25 m); double ended.  
Pool "A" : North Competition Pool  
Pool "B" : South Competition Pool

**Sanction** Fédération de natation du Québec

**Information, Meet  
Welcome and Awards  
Desk** Operating hours:

Thursday: 5:00 pm – 8:00 pm  
Friday: 7:00 am – 5:00 pm  
Saturday: 7:00 am – 5:00 pm  
Sunday: 7:00 am – 3:00 pm

<b>Session Start Times</b>	<u>Warm up in competition pool</u>	<u>Start</u>
Friday May 24 2019	12 :00 pm	13 :00 pm
Saturday, May 25 2018	7:45 am	9:00 am
Sunday, May 26 2018	8:00 am	9:00 am

**Note:** The competition pool will also be available during the lunch break each day. A separate warm-up pool will also be available throughout the meet and 30 minutes after the last heat.

**Meet Entry Standards** There are no qualifying standards to enter the meet.

**Eligibility** Open to any Canadian or International registered Masters swimmer 18 years old as of May 24th, 2019. Age as of December 31, 2019 determines age groups.

Canadian (and U.S.) swimmers must indicate their provincial registration number (or USMS #) and club affiliation with their entries. All Canadian swimmers must have an active Swimming Canada registration and ID #.

Other International swimmers must provide proof of affiliation with their National FINA affiliated master organization when they enter.

All swimmers attempting to set a record **MUST** inform meet management.

Individual Events	Age Groups			
	18-24	40-44	60-64	80-84
	25-29	45-49	65-69	85-89
	30-34	50-54	70-74	90-94
	35-39	55-59	75-79	95-99

Note: Swimmers under the age of 25 are not eligible for Masters World records

**Rules** Rules of Masters Swimming Canada from the present edition will be applied. <https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/rules-of-competition/>.

**Para-swimmers** Para-swimmers, who are registered Masters swimmers, are welcome to participate fully in the meet.

**Seeding** All events will be run slowest to fastest. The 800m and 1500m events may be seeded to be swum two (2) per lane at the discretion of the Meet Manager.

Only front crawl will be permitted in any event swum 2 swimmers per lane.

**800m/1500m freestyle** An official proof of time at registration is requested for 800m and 1500m events. Official time must be less than 24 months old from May 11<sup>th</sup> 2019. Please note that when swimming two per lane, front crawl is the only stroke permitted. Some lap counters will be provided. Swimmers are to provide their own volunteer to operate.

**1500m free swimmers MUST check-in** with the Clerk of Course on the pool deck prior to 12:30pm Friday, May 24<sup>th</sup>. **800m free swimmers MUST check-in** with the Clerk of Course prior to 10:00am Sunday on May 26<sup>st</sup>.

Relays	<u>Relay age groups</u>			
	72- 99	120-159	200-239	280-319
	100-119	160-199	240-279	320-360

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

- Results** The official results will be organised by event, gender and age group. The results will be posted on both the event website and the MSC website as soon as possible after the meet. At the end of the meet they will also be posted on the SNC website.  
<http://www.mastersswimmingcanada.ca/WP/fr/default/?loc=/stats/meets/narrowMeet.php&MeetID=997>
- Live results will be posted on the SplashMe and LiveResults app.  
For more info visit our website.
- Awards** Official CMSC 2019 Medals will be awarded to the first 3 finishers in Individual and Relay Events. There will be no ribbons this year.
- The awards table will be located in the Riverview Room. Swimmers or their representative must come to pick up their awards during the course of the meet.  
**Please note, awards will NOT be mailed.**
- Team Awards** Points will be awarded to swimmers finishing from 1st to 8th place as follows:  
9, 7, 6, 5, 4, 3, 2, 1; double for relays
- At the conclusion of the meet Division Banners will be awarded to the team with the most points. Team size placement will be determined after the close of registration.  
Division 1 – Large teams  
Division 2 – Medium teams  
Division 3 – Small teams
- Bonus Event – 25m** This year we will have a bonus event at no cost!
- Event will be swum under 3 categories for both men and women: 18-34, 35-49 and 50 +
- We will have 2 rounds: Saturday morning will start with a seeding round, and after lunch we will have a final round for the 10 fastest swimmers in each category. Each winner will receive a prize.
- It's FREE! So sign up.**
- Backstoke start** Backstoke ledge start system will be available.

## **ENTRY INFORMATION**

### **Participation Fees**

<https://www.mastersswimmingcanada.ca/WP/en/msc-nationals/>

Flat fee of \$100.00 per swimmer for 7 events up to April 13<sup>th</sup> 2019.  
Flat fee of \$115.00 per swimmer for 7 events between April 14<sup>th</sup>  
and registration closing date of May 3<sup>rd</sup> 2019

Flat fee of \$50.00 per swimmer for 1 event and the opportunity to  
swim relays up to April 13<sup>th</sup> 2019.

Flat fee of \$60.00 per swimmer for 1 event and the opportunity to  
swim relays between April 14<sup>th</sup> and registration closing date of  
May 3<sup>rd</sup> 2019.

Relay fees are \$25.00 per relay team per event.

### **Entry Limit**

A total of 7 individual events are allowed per swimmer plus all  
admissible relay events.

### **Individual & Team Entries**

**Deadline: 11pm Friday May 3<sup>rd</sup>, 2019**

No late entries or deck entries will be accepted.  
Swimmers must enter electronically at  
No manual entries will be accepted  
No "NT" entries will be accepted

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

### **Relay Entries**

**Deadline: 11pm Friday May 10<sup>th</sup>, 2019**

Relays must be submitted and paid online by the coach or relay  
captain.

All members of a relay team must be from the same club and must  
swim in at least one individual event during the meet.

A swimmer may swim only once in each relay event. Mixed relays  
must be composed of 2 men and 2 women.

Relay details must be submitted to Meet Management by 3 pm on  
Friday and by 9 am on Saturday and Sunday for that day's relays.  
Any swimmers replacement must not change the age group  
category of the relay.

### **Individual Entry Confirmation**

Confirmation of receipt of your registration and entries will be sent  
to the email address provided at the time of registration.

You may also check your registration on the meet website:  
<https://www.mastersswimmingcanada.ca/WP/en/msc-nationals/>



<b>Registration and Payment</b>	<p>Registration will be done on-line. Payment will be accepted by Pay Pal. Your registration will be activated once payment is received.</p> <p>Relay registration and payment must be submitted on-line by the coach or relay team captain.</p>
<b>Cancellations &amp; Refunds</b>	<p>Cancellations for individual events must be received by <b>11pm Friday May 3<sup>rd</sup> 2019</b>. After this date, no refund will be granted. There will be no refunds for relays.</p>
<b>Psych Sheets</b>	<p>Psych Sheets will be generated approximately 5 days prior to the meet and posted to the meet website.</p>
<b>Heat Sheets / Session Reports</b>	<p>Session reports will be generated approximately 3 days prior to the meet and posted to the meet website.</p> <p>A full set of heat sheets will be provided to the coach or representative of each team at the registration desk. Heat sheets will be available for purchase at the registration desk during the meet.</p>
<b>Relay Check-in and substitutions</b>	<p>Relay details must be submitted to Meet Management 30 minutes prior to the day's session.</p> <p>All submissions must specify the age group of the team, swimmers' names, ages as of Dec 31, 2019, relay gender (Men, Women or Mixed) and the order of swimmers. Seeding for all relay teams will be posted on the wall at the end they swim in 1 hour before the start of the relay event.</p> <p>Relay team members must swim in the order shown on the card as presented to the lane timers or else they will be disqualified.</p>
<b>Swimmer's Food</b>	<p>Light refreshments will be available on site for the swimmers during the meet. Individual bottles of water will not be provided, so please bring your own bottle to fill up at the pool.</p>
<b>Hotels</b>	<p>Please visit our web site for more details</p>
<b>Souvenirs</b>	<p>Please visit our web site for more details</p>

## MEET PROCEDURES

### Procedures

Swimming Canada and FINA procedures will apply

### Warm-up / Cool-down

The competition pool will be available one hour prior to the start of the meet and during the lunch break each day. A separate warm-up pool will also be available throughout the meet.

Lane 10 shall be reserved for slow swimmers or swimmers with a disability. The fastest swimmers are encouraged to use lanes 4 and 5 during general warm up. Swimmers are asked to warm-up in the pool designated for their gender that day.

Socializing is encouraged, however be careful not to block lanes being used for warm ups. Sprint lanes, in lanes 1 and 2, will be opened 25 minutes before the end of the warm-up session.

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

Pool space will be provided for cool-down up to 30 minutes following the end of the session.

Canadian Masters Swimming Warm-Up Rules apply and will be posted at the pool. These rules are reproduced below.

### Breaks

If needed, breaks may be scheduled throughout the day. They will be announced with the final schedule of the meet.

### The Start

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

### Swimmer Readiness

It is important that swimmers are ready in the area behind their designated blocks prior to their heats. In 50m events, they should be there 3 heats in advance, in 100m events, 2 heats in advance and in 200m and over, and in relays, 1 heat in advance.

Swimmers missing their heat are automatically scratched from that event.

## **MSC Warm-Up/Warm-down Procedures**

Meet Management for all sanctioned Masters Swimming Canada competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

### **GENERAL WARM-UP:**

- Swimmers must enter the water FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- 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 30-minute warm-down period at the conclusion of the meet.
- 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 per above, 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.
- The competition pool will be available one hour prior to the start of the meet and during the lunch break each day. A separate warm-up pool will also be available throughout the meet.
- Lane 10 shall be reserved for slow swimmers or swimmers with a disability. The fastest swimmers are encouraged to use lanes 4 and 5 during general warm up. Swimmers are asked to warm-up in the pool designated for their gender that day.
- Pool space will be provided for cool-down up to 30 minutes following the end of the session.

### **EQUIPMENT:**

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.

**VIOLATIONS:**

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be reported to the Referee and may be removed without warning from their first event following the warm-up period in which the violation occurred.

**SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the pool(s) and, when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

**PARA-SWIMMER NOTIFICATION:**

- Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Masters Swimming Canada sanctioned meet information and posted notices:

## Order of Events

### Friday May 24<sup>th</sup>

Warm up: 12:00 pm – 12:50 pm

Start Time: 13:00

Women	Events	Men
1	1500 FREE	2
	pause	
3 mixed	4 x 50 MEDLEY MIXED RELAY	
5	200 FREE	6
7	100 BR	8
9	100 BUTTERFLY	10
	Break	
11 mixed	4 x 50 FREE MIXED RELAY	
13	200 IM	14
15	50 BACKSTROKE	16

### Saturday May 25<sup>th</sup>

Warm up: 7:45 am – 8:40 am

Start Time: 9:00 am

Opening Ceremonies – 8:45 am

Women	Events	Men
17	25 FREE - Seeding	18
19	400 FREE	20
21	100 IM	22
23	200 BR	24
25	50 BUTTERFLY	26
27	4 x 50 FREE RELAY	28
	BREAK	
29	25 FREE - Finals	30
31	4 x 100 MEDLEY RELAY	32
33 mixed	4 x 100 MEDLEY MIXED RELAY	
35	200 BACKSTROKE	36
37	100 FREE	38

### Sunday May 26<sup>th</sup>

Warm up: 8:00 am– 8:50 am

Start time: 9:00

Women	Events	Men
39	400 IM	40
41	100 BACKSTROKE	42
43	50 FREE	44
45	4x50 MEDLEY RELAY	46
	BREAK	
47	4x100 FREE RELAY	48
49 mixed	4x100 FREE MIXED RELAY	
51	200 BUTTERFLY	52
53	50 BR	54
55	800 FREE	56

