



# MONTRÉAL 2015

Championnats canadiens  
des maîtres nageurs



Canadian Masters  
Swimming Championships

*ENGLISH VERSION / LA VERSION FRANÇAISE SUIT*

*May 15 to May 18, 2015*

*Claude Robillard sport Center, Montreal*

Sanctioned by:



*Hosted on behalf of*



Masters Swimming Canada - Maîtres Nageurs Canada

*by:*

**CASE**  
SAINT-EUSTACHE



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## ORGANISING COMMITTEE

<b>Meet Chair</b>	Christian Turpin	<a href="mailto:president@cmssc2015.com">president@cmssc2015.com</a>
<b>Meet Manager</b>	Annie Mercure/Martin Simard	
<b>Registrar</b>	Sylvie Potvin	<a href="mailto:registration@cmssc2015.com">registration@cmssc2015.com</a>
<b>Officials</b>	Martin Simard	<a href="mailto:officials@cmssc2015.com">officials@cmssc2015.com</a>
<b>Meet Referee</b>	Annie Mercure/Martin Simard	
<b>MNC Liaison</b>	Chrystian Gauvin	<a href="mailto:chrystiangauvin@videotron.ca">chrystiangauvin@videotron.ca</a>
<b>MSC Open Forum</b>	Visit <a href="http://www.cmssc2015.com">www.cmssc2015.com</a> for more information.	

## FACILITY INFORMATION

<b>Dates</b>	Friday, May 15 <sup>th</sup> 2015 to Monday, May 18 <sup>th</sup> , 2015 inclusively
<b>Facility</b>	Claude-Robillard Sports Complex 1000 Émile Journault avenue Montreal (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 pool, adjacent to main competition pool, will be available throughout the competition.
<b>Timing system</b>	Timing system used is OMEGA equipped with 20 touch pads and 2 scoreboards.
<b>Banners</b>	Team banners are welcome. They can be displayed on the deck throughout the competition.
<b>Lockers</b>	A limited number of free lockers will be available in the locker room. Participants must provide their own padlocks. Note that the lockers will be emptied at the end of each day.
<b>Canteen</b>	Light snacks will be available on the poolside. Meals and snacks will be distributed to volunteers and coaches. Swimmers please plan to pack your own lunches.
<b>Parking</b>	Visit <a href="http://www.cmssc2015.com">www.cmssc2015.com</a> for more details.
<b>Public Transit</b>	Visit <a href="http://www.cmssc2015.com">www.cmssc2015.com</a> for more details.

## COMPETITION INFORMATION

**Meet Format** Timed Finals  
Short Course (25 m); double ended.  
**North pool:** Women: Saturday May 16<sup>th</sup> and Monday May 18<sup>th</sup>  
-----Men: Friday May 15<sup>th</sup> and Sunday May 17<sup>th</sup>  
**South pool:** Women: Friday May 15<sup>th</sup> and Sunday May 17<sup>th</sup>  
-----Men: Saturday May 16<sup>th</sup> and Monday May 18<sup>th</sup>

**Sanction** Sanctioned by Fédération de natation du Québec on behalf of MSC

**Information, Meet Welcome and Awards Desk** Signs will guide you to the Welcome desk will be located Claude-Robillard Sports Complex. Meet information, team heat sheets, pre-ordered merchandise and awards available for pick-up.  
Operating hours:  
Thursday: 5:00 pm – 8:00 pm  
Friday: 10:00 am – end of events  
Saturday: 7:00 am – end of events  
Sunday: 7:00 am – end of events  
Monday: 7:00 am – noon

<b>Session Start Times</b>	<u>Warm up in competition pool</u>	<u>Start</u>
Friday, May 15 2015	12:00 pm – 12:50 pm	1:00 pm
Saturday, May 16 2015	7:45 am – 8:35 am	9:00 am
Sunday, May 17 2015	8:00 am – 8:50 am	9:00 am
Monday, May 18 2015	8:00 am – 8:50 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 15 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 15, 2015. Age as of December 31, 2015 determines age groups.

Canadian (and U.S.) swimmers must indicate their provincial registration number (or USMS #) and club affiliation with their entries. No unattached swimmers will be allowed to swim at the meet.

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

## Record Attempts

Swimmers from any country 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
			100-104

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

## Para-swimmers

Para-swimmers registered Masters swimmers are welcome to participate in the meet. See Rules CMGR 2.5 and Appendix B: Referee Guidelines.

## Seeding

All events will be run by slowest to fastest heats. All 50m and 100m events will be seeded by age groups. Events 200m and longer will be seeded by entry time and swum Open. The 800m and 1500m events may be seeded to be swum two (2) per lane at the discretion of the Meet Manager.

## 800m/1500m freestyle

Please note that if double-laned, front crawl is the only stroke permitted (no backstroke, breaststroke or butterfly). Some counter boards 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 15<sup>th</sup>. **800m free swimmers MUST check-in** with the Clerk of Course prior to 10:00am on May 18<sup>th</sup>.

<b>Relays</b>	<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 at the pool as well as on both the Meet website and the MSC website as soon as possible after the meet.

Live results will be available on SplashMe and LiveResults, please check [www.cmssc2015.com](http://www.cmssc2015.com) for further information.

**Awards** Official CMSC 2015 Medals will be awarded to the first 3 finishers in Individual Events. CMSC 2015 Ribbons will be awarded to relay in each age group (1<sup>st</sup> to 3<sup>rd</sup>) and individual swimmers for places 4 to 8 in each age group.

The awards table will be located in proximity of the warm-down pool (diving tank). 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 point(s); Points are 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

## ENTRY INFORMATION

<b>Participation Fees</b>	<p>Flat fee of \$100.00 per swimmer for 7 events.</p> <p>Flat fee of 50.00\$ per swimmers for 1 event and the opportunity to swim relays</p> <p>Relay fees are \$20.00 per relay team per event.</p>
<b>Entry Limit</b>	<p>A total of 7 events are allowed per swimmer and all swimmers can participate at each relay events.</p>
<b>Individual &amp; Team Entries</b>	<p><b>Deadline: Monday April 27<sup>th</sup> 2015</b></p> <p>No late entries or deck entries will be accepted. Swimmers must enter electronically at <a href="http://www.cmssc2015.com">www.cmssc2015.com</a> No manual entries will be accepted No "NT" entries will be accepted, all entries must have a time.</p> <p>Hy-Tek and Splash files will be accepted for team entries if desired. They must be emailed directly to the registrar at <a href="mailto:registration@cmssc2015.com">registration@cmssc2015.com</a> .</p> <p>Please include an email address when registering, so that each entry can be confirmed. Upon reception of entries, an email detailing fees and providing a link for internet payment will be sent. Payment must be completed through PayPal or credit card. No other payment method will be accepted. No entries will be confirmed until payment is received. For individual entries, an access code will be provided which will allow swimmers to view their entries and make modifications if needed up to the meet deadline.</p>
<b>Relay Entries</b>	<p><b>Deadline: Monday May 4<sup>th</sup> 2015</b></p> <p>No late entries or deck entries will be accepted. Relays must be entered electronically at <a href="http://www.cmssc2015.com">www.cmssc2015.com</a> . No manual entries will be accepted.</p> <p>Hy-Tek and Splash files will be accepted if desired. They must be emailed directly to the registrar at <a href="mailto:registration@cmssc2015.com">registration@cmssc2015.com</a> . Relays must be submitted and paid online by the coach or relay captain.</p> <p>Please include an email address when registering, so that each entry can be confirmed. Upon reception of entries, an email detailing fees and providing a link for internet payment will be sent. Payment must be completed through PayPal or credit card. No other payment method will be accepted. No entries will be confirmed until payment is received.</p> <p>.</p>



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 substitutions must be submitted to the Clerk of Course by 2 p.m. on Friday and 9 a.m. on Saturday, Sunday and Monday for that day's relays. A relay substitution may not change the age group of the team (CMSW 10.19).

**Registration and Payment**

Registration will be done on-line. Payment will be accepted by Pay Pal or credit card. No other method of payment will be accepted. Your registration will be activated once payment is received.

**Cancelations & Refunds**

Cancellations for individual events must be received by April 27 2015. After this date, no refund will be granted. There will be no refunds for relays.

**Psych Sheets**

Psych Sheets will be generated at least 7 days prior to the meet and posted to the meet website.

**Heat Sheets / Session Timeouts**

Session timeouts will be generated at least 7 days prior to the meet and posted to the meet website.  
A full set of heat sheets will be provided to the coach or representative of each team at the registration desk. Heat Sheets will also be available for purchase throughout the meet.

**Relay Check-in and substitutions**

Relay substitutions must be submitted to the Clerk of course by 2 p.m. on Friday and 9 a.m. on Saturday, Sunday and Monday for that day's relays. All substitute submissions must specify the age group of the team, swimmers' names, ages as of Dec 31, 2015, relay gender (Men, Women or mixed) and the order of swimmers. The heat and lane positions for all relay teams will be posted on the wall at both ends of the pool 1 hour before the start of the relay event.  
Relay team members must swim in the order shown on the card as presented to the lane timers or else they will be disqualified.

**Food for Swimmers**

Light snacks will be provided for free to swimmers during the meet. Swimmers must plan for their own meals if needed. No water bottles will be provided, participants must bring their own and fill up at the available water stations on the pool deck. Meals will be offered to officials.

## ACCOMODATIONS

The organizing committee has selected different hotels that could suit your needs and offer preferred rates. Please consult our web site for more information:

[www.cmssc2015.com](http://www.cmssc2015.com) .

## MERCHANDISE AND SOCIAL EVENTS

The organizing committee is pleased to offer you the opportunity to buy souvenirs bearing the logo of the meet. To ensure the availability of your items, make your order at the same time as your registration. Different social events will also be offered.

Please visit our website [www.cmssc2015.com](http://www.cmssc2015.com) or our Facebook page at <https://www.facebook.com/cmssc2015> for more details.

## MEET PROCEDURES

### Rules

Rules of Masters Swimming Canada from the present edition will be applied. [http://mymsc.ca/Rules\\_en.jsp](http://mymsc.ca/Rules_en.jsp)

### 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 0 and 9 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 20 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 45 minutes following the end of the session.

Canadian Masters Swimming Warm-Up Rules (CMSW 1.6) apply and will be posted at the pool. These rules are reproduced below.

<b>Equipment during Warm-ups</b>	There will be no use of equipment (pull boys, fins, etc.) permitted during warm ups. (CMSW 1.6.6)
<b>Breaks</b>	If needed, breaks may be scheduled throughout the day. They will be announced with the final schedule of the meet.
<b>The Start</b>	The “No False Start” rule will be in effect.
<b>Swimmer Readiness</b>	<p>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.</p> <p>Swimmers missing their heat will be automatically scratched from that event.</p>

## **MSC WARM-UP/WARM-DOWN PROCEDURES**

**CMSW 1.6** MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

**CMSW 1.6.1** The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

**CMSW 1.6.2** 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 15 minute warm-down period at the conclusion of the meet

**CMSW 1.6.3** There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

**CMSW 1.6.4** All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

**CMSW 1.6.5** 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 in CMSW 1.6.4, 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.

**CMSW 1.6.6** The wearing of watches, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

**CMSW 1.6.7** Warm-up procedures shall be prominently posted at various areas of the pool deck.

## ORDER OF EVENTS

### Friday, May 15<sup>th</sup> - Afternoon

Warm up: 12:00p.m. – 12:50p.m.

Start Time: 1:00p.m.

Women's Event #	Event	Men's Event #
1	1500m freestyle	2
	Break	
3	200m backstroke	4
5	50m butterfly	6
7	4x50m freestyle relay MIXED	

### Saturday, May 16<sup>th</sup> - Morning

Warm up: 7:45a.m. – 8:35a.m.

Opening Ceremonies – 8:40a.m.

Start Time: 9:00a.m.

Women's Event #	Event	Men's Event #
9	200m freestyle	10
11	50m backstroke	12
13	100m breastroke	14
15	4x50m Medley relay	16

### Saturday, May 16<sup>th</sup> - Afternoon

Warm up: 12:00p.m. – 12:50p.m.

Start Time: 1:00p.m.

Women's Event #	Event	Men's Event #
17	4x100m freestyle relay	18
19	4x100m freestyle relay MIXED	
21	200m butterfly	22
23	50m freestyle	24
25	100m IM	26

### Sunday, May 17<sup>th</sup> - Morning

Warm up: 8:00a.m. – 8:50a.m.

Start Time: 9:00a.m.

Women's Event #	Event	Men's Event #
27	400m freestyle	28
29	50m breastroke	30
31	100m backstroke	32
33	4x50m freestyle relay	34

**Sunday, May 17<sup>th</sup> – Afternoon**

Warm up: 12:00p.m. – 12:50p.m.

Start Time: 1:00p.m.

Women's Event #	Event	Men's Event #
35	4x100m Medley relay	36
37	4x100m Medley relay MIXED	
39	200m IM	40
41	100m freestyle	42

**Monday, May 18<sup>th</sup> – Morning**

Warm up: 8:00a.m. – 8:50a.m.

Start Time: 9:00a.m.

Women's Event #	Event	Men's Event #
43	400m IM	44
45	100m butterfly	46
47	200m breaststroke	48
49	4x50m Medley relay MIXED	
	Break	
51	800m freestyle	52