

Team Aquatic Supplies 2010 BC MASTERS SWIMMING PROVINCIAL CHAMPIONSHIPS



Hosted by

English Bay Swim Club
23, 24, & 25 April 2010



Early entry deadline (\$65) - 5th April
Final entry deadline (\$75) – 15th April

Team Aquatic Supplies



Location: Vancouver Aquatic Centre
1050 Beach Avenue
Vancouver BC, Canada
Tel.: 604-665-3424

Pool: 25m x 8 lane competition pool with
electronic timing
25y x 6 lane warm-up pool

Sanction No: SBCM 1001

Rules: Current FINA – MSC rules shall apply;
MSC warm up procedures in effect

Start times for:	Friday April 23	Saturday April 24	Sunday April 25
Registration	3:45 PM	7:30 AM	7:30 AM
Warm up	4:15 PM	8:00 AM	8:00 AM
Meet begins	5:30 PM	9:00 AM	9:00 AM

Meet Manager: Val Hadd -- e-mail: swimbc2010@englishbay.org or phone 604-430-9592

Meet information (including online entry and payment) is available at www.englishbay.org

- Seeding:** All events are timed finals. Men and women will be seeded together in the same events by time and at the meet manager's discretion. This will be a cardless meet with the exception of relays.
- Awards:** All swimmers will receive a participation award.
- Eligibility:** Registered Canadian Masters swimmers must provide 9-digit SNC# with their entry form. Out-of-country swimmers need proof of affiliation. Swimmers must have attained the age of 18 by April 22nd 2010.
- Entry Info:** **Entry fees are CAD \$65 (or USD \$65) per person until April 5th (fees go up to \$75 if received after April 5th but before the final entry deadline of April 15th).** No deck or phone entries are allowed. Entries are limited to the first 400 swimmers.
- Payment must be received within 5 days of submitting entries.
 - Entries must show swimmers' age as of December 31st 2010.
 - Swimmers may enter a maximum of 6 individual events plus relays.
 - Entry times must be included for seeding purposes. Entries with NO TIME will be rejected. However, registrants will have the opportunity to correct errors up until end-of-Wednesday April 23rd.
 - Clubs need to submit only the number of relay teams per event on the entry form.
 - No deck entries will be accepted for individual races.
 - A positive check-in will be in effect for the 800 and 1500 Freestyle events.
- Online Entry:** **We encourage all participants to enter as early as they can and to register online.** Online registration will be available beginning 1 Dec 2009. Entries can be submitted and paid for via www.englishbay.org. Please review the confirmation e-mail as soon as possible to correct any entry mistakes.

Mail-In Entry: Make cheques payable to English Bay Swim Club and submit with entry form to:
English Bay Swim Club – Provincial Championships
c/o Vancouver Aquatic Centre, 1050 Beach Avenue, Vancouver BC V6E 1T7 Canada

It is the participant's responsibility to ensure entries and payment are received on time. Psych Sheets will be posted on the EBSC website one week before the meet.

- Registration:** Starts Friday at 4:00 PM and Saturday at 7:30 AM. Registration will take place inside the lobby of the complex. Each swimmer must register in person to pick up their registration package.
- 800 and 1500M Freestyle:** Positive check-in must be completed at the clerk of course desk prior to warm-up on the day of the race (Friday for 1500 Freestyle and Sunday for 800 Freestyle). These two events may be swum with 2 per lane (same gender with both swimming front crawl) with the exception of the fastest heats. Heats will be ordered from fastest to slowest.
- Pool Lockers:** Costs 25 cents but you get your coin back after usage.
- Pink Flamingo:** All clubs are encouraged to submit at least one relay team (4 swimmers) for the Pink Flamingo Relay, which will be held on Saturday during the lunchtime break. The winning team(s) will be determined by a distinguished judging panel according to "objective criteria" including speed and grace, and will be awarded gift certificates at the Saturday night BBQ / banquet courtesy of Team Aquatic Supplies. All the required props will be provided and no previous experience, or specific training for that matter, is necessary! [The Pink Flamingo relay is now a regular fixture at nearly all swim meets hosted by gay and lesbian swimming clubs worldwide—and was first devised as a concept by English Bay Swim Club in 1989.]
- Merchandise:** T-Shirts will be available for order at the time of registration (\$10).
- Banquet:** A BBQ / banquet will be held on Saturday 24th April, beginning at 6pm at the [False Creek Yacht Club](#) - where you can enjoy a world class lounge featuring panoramic views of Vancouver's beautiful False Creek. The cost of the banquet is just \$10 (not including drinks), and should be paid for at the time of registration (each registrant may also purchase ONE additional ticket for a guest), However, **capacity is limited to 150 people**, in the order of ticket purchases. False Creek Yacht Club is located under the Granville St. Bridge and is a short 500m walk from the pool, and 700m from the Cascadia Hotel.
- Snacks:** On Saturday and Sunday during the meet a variety of snacks and drinks will be available for swimmers at no cost. There will also be a concession where additional items and energy drinks may be purchased.
- AGM:** The AGM will be held on Saturday 24th April 2010. It will start at 30 minutes following the last event of the day in a meeting room in the Aquatic Centre.
- Beneficiary:** Net profit from the meet will be shared with [A Loving Spoonful](#), a non-partisan society that provides free, nutritious meals to people living with HIV/AIDS in the Greater Vancouver Area. Swimmers may also include a direct donation when registering for the meet (all donations over \$20.00 will be eligible for a tax receipt).
- Hotels:** Cascadia Hotel and Suites (www.cascadiahotelvancouver.com) has blocked off 30 rooms for Friday and Saturday nights (23/23 April) at a discounted rate of \$109.00 per night (single or double occupancy, including a deluxe breakfast buffet). Accommodation is in spacious open plan studio suites with fully equipped kitchens. The cut-off date to book at this rate is **Friday 2nd April**, and guests should mention "BC Provincial Swim Meet". Cascadia Hotel is located at 1234 Hornby Street and is walking distance to the both the pool (600m) and the banquet (700m). Guest parking is available at \$12/day.
- Sponsors:** Please support our sponsors! Our major sponsors include:

**Gold & Title Sponsor - Team Aquatic Supplies**

Team Aquatic Supplies is a division of DB Perks and Associates LTD and 100% Canadian owned and operated.

**Silver Sponsor – Luxy Bistro**

1235 Davie St,
Vancouver

Pictured – owner
Afsi

Friday Events – 23 April

Warm-up: 4:15 – 5:15pm; Start: 5:30pm

Women's	Events	Men's
1	1500 Freestyle	2
3	4 x 100 Medley Relay	4
5	Mixed 4 x 100 Medley Relay	

Saturday Events – 24 April

Warm-up: 8:00 – 8:45am; Start: 9:00am

Women's	Events	Men's
6	200 Breaststroke	7
8	50 Backstroke	9
10	400 Freestyle	11
12	50 Butterfly	13
14	200 Individual Medley	15
16	4 x 50 Freestyle Relay	17
	BREAK 30 Minutes - Pink Flamingo Relay	
18	100 Freestyle	19
20	50 Breaststroke	21
22	200 Butterfly	23
24	100 Backstroke	25
26	4 x 50 Mixed Medley Relay	

Sunday Events – 25 April

Warm-up: 8:00 – 8:45am; Start: 9:00am

Women's	Events	Men's
27	800 Freestyle	28
	BREAK – 30 Minutes Warm Up	
29	100 Individual Medley	30
31	200 Freestyle	32
33	100 Butterfly	34
35	200 Backstroke	36
37	4 x 50 Medley Relay	38
39	100 Breaststroke	40
41	400 Individual Medley	42
43	50 Freestyle	44
45	4 x 50 Mixed Freestyle Relay	

Note: women's and men's events will be swum together. The 800 and 1500 Freestyle events may be swum with 2 per lane (same gender with both swimming front crawl) with the exception of the fastest heats, and will be ordered from fastest to slowest.

**Registrations are to be received by the Meet Manager in the mail or submitted online by:
5th April 2010 (early deadline) or 15th April (final deadline – plus \$10 late fee)**

This form is required only for mail-in entries. We encourage all participants to register online at: www.englishbay.org

Swimmer Information:

Name: _____ Masters ID # : _____
Please print clearly in block letters

Date of Birth (dd-mmm-yy): _____ Gender: M F Age as of Dec 31st, 2010: _____

Tel. _____ Email: _____

Individual Events:

Events#	Event Name	Entry Time	Event#	Event Name	Entry Time

Relays will be deck entered prior to the start of each session. Any entries received after the start of the first event on Friday and Saturday will not be accepted. Relay entries on Sunday will be accepted up to the start of Event 29. Any submission after the start of event 14 will not be accepted.

Fees Paid (please check all that apply):

- Registration Fee \$65 _____
- Late Fee (after 5 April) \$10 _____
- Banquet / Social \$10 X _____
(Maximum TWO per registration)
- T-Shirt _____ \$10 X _____
Size (s) How many
- Contribution to *A Loving Spoonful** _____



* Your donation will provide meals *and hope* to those in need as follows:

- \$25.00 will purchase 7 meals
- \$50.00 will purchase 14 meals
- \$100.00 will purchase 28 meals
- \$150.00 will purchase 42 meals

Total of Cheque: _____

Please make cheques payable to: English Bay Swim Club
Mail to: EBSC (Provincials 2010), C/O Vancouver Aquatic Centre, 1050 Beach Avenue, Vancouver BC, V6E 1T7

