



2026 North Shore Masters Sprint Meet

Sanctioned by MSABC: MSABC262701NSM

North Shore Masters Spring Sprint Meet Oct 17th, 2026

COMPETITION HOST: North Shore Masters/Hollyburn Hurricane SC

VENUE: Hollyburn Country Club

950 Cross Creek Road, West Vancouver, BC V7SL 2S5

POOL: 6-lane 25 metre competition pool with Swiss and DOLPHIN WiFi timing system as a backup timing.

MEET MANAGER: Khosro Mansuri (khosro_38@yahoo.com)

MEET REFEREE: Rob Smith

OFFICIALS COORDINATOR: Rob Smith (rasgrpinc@gmail.com)

WARM UP AND SESSION TIMES

Saturday, October 17, 2026

Session #1	Warm-up	1:00 – 1:50pm
	Dive Lane 5-6 one way direction	1:40 – 1:50 pm
	Competition	2:00 - 7:00pm

Note: Session completion time is approximate

SAFESPORT STATEMENT

All interactions between an athlete and an individual who is in a position of trust should be in an environment or space that is both "open" and "observable" to others.

ELIGIBILITY

1. All swimmers must be registered with MSABC. Proof of registration may be required for International Masters swimmers.
2. Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39 etc. (five-year age groups increments)
3. Swimmer age is as of December 31st, 2026.
4. The meet will be limited to 150 swimmers. Entries will be considered on a first-come-first-served basis.

ENTRIES

1. Swimmers are limited to a maximum of **Four (4)** individual entries plus **Two** relays.
2. Entries with NT will not be accepted.
3. Meet Fees are **\$60.00** per swimmer.
4. **Registration Methods:**
 - a. **Online:** Swimmers must register through Google Form for the meet with their MSABC ID. Go to this [LINK](#)
 - b. **Deadline: Mon Oct 12, 2026, at 5:00pm**
 - c. **Payment by ETRANSFER ONLY:** to catherineschier@shaw.ca
 - d. You must, also, email proof of payment to Catherine Schier, so that she can approve your entry to Khosro.
5. **Late/or deck entries will not be accepted.** There will be No refunds Once you are registered.
6. Psych Sheets will be posted on the MSABC website as soon as possible after the entry deadline.
7. Heat Sheets will be emailed to all registered swimmers by Friday, Oct 16, 2026. Please print out and bring your own copy.

Meet Payment and MSABC online Registration Date:

For meet payment click [HERE](#), for Meet Entry registration click [HERE](#).

GENERAL MEET RULES

1. This meet will observe the Swimming Canada Technical Rules as outlined in the current Swimming Canada Masters Rulebook as well as:
 - a. From the deep end: Starts shall be permitted from Starting Platforms (blocks) as per World Aquatic FR 2.3 and SW 4.1.
 - b. From the shallow end: Starts shall be permitted from the Deck or Bulkhead as per Canadian Facility Rule CFR 2.3.1 and CSW 4.1.1;



2. All swimmers are permitted to race with swimwear of their choosing at all competitions sanctioned by MSABC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
3. All events will be swum as TIMED FINALS.
4. Events will be swum Fastest to Slowest with all age groups and genders swimming together.
 - a. In the results, swimmers will be separated into the different genders and age groups.
5. Meet management reserves the right to reduce this number of entries for all events if the meet timelines do not fit a reasonable time frame. Clubs/swimmers will be notified in advance and will have 24 hours to re-submit entries if needed and/or possible.
6. Any act of theft, vandalism or similar action will result in immediate disqualification from the meet.
7. All participants are to respect the facility rules including: no deck changing and no outside shoes on deck.
8. Fina warm-up procedures will be in effect and will be monitored by safety marshals.
9. The organizing committee is unable to provide official only washrooms due to facility constraints.
10. **For swimmers who are D/deaf or hard of hearing please email meet manager to provide you the potiones for seeding/lanes available at the facility.**
11. To minimize risk, all photographs and video taken at MSABC sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
12. During events only one (1) swimmer per lanes is permitted.

RELAYS

1. Age groups for relay events will be: 76-99, 100-119, 120-159, 160-199, 200-239 (forty-year increments as high as necessary)
2. **Women's, Men's and Mixed relays events will be combined if needed. Swimmers may only swim either the Men's, Women's or Mixed team in the relay events.**
 - a. The Relay events will be separated out in the meet results.
3. Mixed relay teams **MUST** have 2 females and 2 males per team.
4. Deadline for relay name/order changes will be:
 - a. **Thursday, October 15 5:00pm**
5. The Relay card form is attached to this meet package. Clubs are responsible for bringing their own copies to the meet and submitting them to the Admin Desk.

SCORING

1. Individual scoring: 20-17-16-15-14-13-12-11
Relay scoring: 40-34-32-30-28-26-24-22
2. Scores from this meet will be included in the League Trophy Award as per the MSABC League Trophy policy.

RECORD ATTEMPTS

1. Record attempt forms for MSABC, is not attached to this meet package. It is the swimmer and/or coach's responsibility to provide the info and submit it to the Admin Desk prior to the start of the session.



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Schedule of Events

Event Number		Event Name
1	Mixed	200m IM
2	Mixed	25m Back
3	Mixed	50m Back
4	Mixed	200m Breast
5	Mixed	100m IM
6	Mixed	25m Fly
7	Mixed	50m Fly
8	Mixed	100m Back
9	Mixed	200m Fly
10	Mixed	4x50 Free M/F/X

Event Number		Event Name
11	Mixed	25m Breast
12	Mixed	50m Breast
13	Mixed	200m Free
14	Mixed	100m Free
15	Mixed	100m Breast
16	Mixed	4x50m Medley Relay, M/F/X
17	Mixed	25m Free
18	Mixed	50m Free
19	Mixed	100m Fly
20	Mixed	200m Back

Please note: - X=Mixed Gender 2 Male and 2 Female; M= All male; F= All female



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Masters Relay Entry Forms

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer		Age		Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer		Age		Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
Swimmer		Age		Swimmer	Age
1.				3.	
2.				4.	
Total Age:					

Event #:	200 / 400	Free / Medley	Men / Women / Mixed	Age Group:	Entry Time:
Club:			Club Code:		
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1.				3.	
2.				4.	
Total Age:					



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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned MSABC swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together 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 pool **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 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 through a pre-competition handout or announcement and visible through on deck signage.
- **MSABC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up. • Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for national events or senior competitions. • At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



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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 competition pool and when applicable, similarly situated in designated warm-up pools 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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA SWIMMER NOTIFICATION:

Coaches are requested to notify Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all sanctioned meet information and posted notices: **"COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**