

GREATER LENGTHS



GREATER LENGTHS NEWSLETTER

The MSABC newsletter *Greater Lengths* is published four times during the year.

May 15 **August 15**
November 15 **February 15**

Our short news bulletins with important updates and approaching deadlines are published 1-2 times each month.

Submissions from the membership are welcome and encouraged. Submissions must be non-commercial in nature and must be word-processed.

Submit your article, photos, news, and ideas to Linda:
communications@msabc.ca

Find us online: msabc.ca



PROVINCIALS ARE ON THE WAY

Welcome to the winter 2026 Newsletter. It feels more like spring in the Okanagan. This is the mildest winter I can remember in my 20+ years in the Okanagan. I hope everyone is enjoying the swimming season. As I write this, the "I Love to Swim" meet is wrapping up in Vancouver. The Vernon Masters Splash meet is ready to go (read all about it in this issue—you may be inspired to train for an 800 IM next year). The Chilliwack meet is completely full—so I know a lot of you are participating.

PROVINCIALS: APRIL 17-19 IN KELOWNA

The Provincials planning committee has been working hard to plan the MSABC 2026 Provincial Championship, presented by Across the Lake. The meet package is available on the front page of our website (msabc.ca). Registration opens on Feb. 17 at noon. The good news for those of us who organize swim meets is that REMS now accepts Masters entries, so registration should go smoothly. Be sure to read the important registration instructions on the last pages of this newsletter (they are also included in the meet package). Kelowna in April is a lovely spot. There are many vineyards, wineries, and cideries to visit all along the valley; Big White *may* still be open (see the first comment above!). The sailboats will be out on the lake, and open water swimmers will already be testing their new gear for an adventurous open water season.

PROVINCIAL VOLUNTEERS NEEDED

Catch all the excitement of the Provincial meet as a volunteer. Every meet relies on volunteers; if you or your friends and family can take a volunteer shift at the Provincials, the meet organizers would truly appreciate it. Sign up here: <https://bit.ly/OKprov26>

*Read more from the
MSABC President on page 2*



**MSABC BOARD
2025-2026**

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president@msabc.ca
President

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pastpresident@msabc.ca
Past President

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competition@msabc.ca
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UPCOMING MEMBERSHIP CHANGES

Changes are coming to our organization this fall. For nearly a decade, Swim BC and MSABC have worked together to support, encourage and facilitate Masters Swimming in the province of BC. This fall, Swim BC informed our board that they wanted to remove MSABC from their By-Laws as a Special Association. The upside of this decision is that all Masters clubs registering with Swim BC will now be full members, equivalent to any other (e.g. age group) club with a vote at their AGM (October). So, each club and its head coach will have a vote at their AGM (rather than just one vote for all of MSABC).

The downside is that MSABC and Swim BC will no longer be affiliated starting next year. Registering with Swim BC will not register you with MSABC; registering with MSABC will not register you with Swim BC. MSABC will be implementing a separate registration system in September. For most of you, I don't believe this will make much difference. If your club is comprised mostly of fitness/recreational swimmers, join MSABC next year; your fees will likely decrease significantly. If your club is mostly competitive swimmers or the Masters component of an age-group club, join Swim BC. I have been informed that those fees won't increase much next year.

For a small number of us, there will be some decisions to make. If your club joins MSABC and you want to swim in a meet sanctioned by Swim BC, Swim Canada, or World Aquatics (in another province, the US or internationally), then you will also have to join Swim BC as an individual (a member of their Dogwood Masters Swim Club) or perhaps create a Masters component of your local age group club.

Another option would be a team that joins both organizations. One requirement of the insurance carriers is that everyone participating in a session or event must belong to the same association (Swim BC or MSABC). So a club could have one session of competitive swimmers (i.e. a Monday and Wednesday group) registered with Swim BC and a different session of Fitness/Recreation swimmers (i.e. a Tuesday and Thursday group) registered with MSABC. That might be more complicated to manage. For example, swimmers could not change sessions. A simpler approach is to have everyone register with MSABC, and then only competitive swimmers register with Swim BC. Even so, I think that if there were an incident, the insurance situation could become very complicated. Anyway, enough of the heavy thoughts. If you have any questions or comments, please feel free to contact me.

~John Holmwood, MSABC President

VERNON WINTER SPLASH



TRIPLE CROWN CRAZINESS –800 IM?!

Officiating opens a different window into our sport. You get the adrenaline of the race day, but none of the jitters or worries that your aches and pains will hold you back or be aggravated.

It was one of those days when we, Vernon officials, were witnesses to a young swimmer, now swimming for Team Canada, pushing herself in an endurance race a number of us had never seen before.

It was an 800 free, and Alexanne Lepage started it out fly. She was racing it as an 800 IM. Many of us officiating broke our more stoic demeanour and just gaped, mouths wide open.

WHO DOES THIS? Turns out—she’s not alone. There are swimmers, even *communities* of swimmers, who swim an 800 IM as an endurance set. To this, we offer MUCH respect.

When we set a day of Triple Crowns (the traditional 200 fly, 400 IM, and 1,500 free) and Tiara 1/2 Crown (100 fly, 200 IM, and 800 free), we were not sure the type of response we'd get for an Alexanne Lepage variation (800 IM, 400 IM, & 200 IM).

Turns out, very positive! The IM Triple Crown filled in the first 7 hours (unheard of for our region), so we had to open more spots, which filled to capacity almost immediately afterwards.

Valentine’s weekend, we were thrilled to host swimmers from Alberta, the interior, the lower mainland, and the island for our meet, and we hope the event was as memorable for those of us observing as for the grit-filled athletes racing throughout the weekend.

Sobr Markets, our Triple Crown Sponsor, is providing custom-designed challenge coins to each participant, awarded by the much-loved Conny Stamhuis. Read more about the race on page 4.

Kurt Ouchi from Vernon and Victoria Wallace from Coast were crowned King and Queen



Conny Stamhuis presenting the commemorative Challenge Coin to Victoria



Conny with Francesca Furlanetto (also from Coast) who participated in the Tiara Division (1/2 Triple Crown)



Custom Triple Crown coin for each participant

CHLORINE, CHUCKLES, AND A WHOLE LOT OF SOUL: THE VERNON WINTER SPLASH

If you happened to wander onto the pool deck at the Vernon Winter Splash, you might have wondered whether you'd walked into a family reunion, a stand-up comedy set, or a fiercely competitive sporting event.

The answer, of course, was yes.

Masters swimmers arrived from Alberta, across BC's Interior, through the Lower Mainland, and over from Vancouver Island—bringing fast racing, big laughs, and that unmistakable buzz that only lifelong sport can create.

This was never just another swim meet. It was a joyful mash-up of people who love the water, crave a good challenge, and delight in proving—again and again—that passion doesn't come with an expiration date.

From the first warm-up lengths to the final touch at the wall, swimmers weren't only chasing times. They were chasing cleaner turns, braver race strategies, and the deeply satisfying act of stepping behind the blocks simply because they still *want* to. Masters swimming lives in that sweet spot where ambition meets perspective: you race hard, cheer even harder, and then congratulate the swimmer who out-touched you . . . while quietly asking where they got their goggles.

One of the weekend's most memorable moments came with the ringing of the bells—those glorious, echoing celebrations of special swims—presented by the legendary **Conny Stamhuis**. Bellringers lit up, the deck erupted, and for a few perfect moments, the pool felt like the very centre of the Masters swimming

universe. These weren't just fast swims; they were personal milestones, honoured with applause, pride, and a touch of joyful disbelief.

Sunday delivered endurance, determination, and a strong dose of "this seemed like a good idea at the time" with the Triple Crown distance races. Stealing the spotlight was the Alexanne Lepage IM Triple Crown variation, launching boldly with an 800 IM. Yes—eight hundred metres of everything. Butterflies were survived, backs were endured, breaststroke was contemplated deeply, freestyle was the reward in the home stretch, and every finisher climbed out a little more heroic—and a lot more exhausted—than when they began. Equal parts jaw-dropping and utterly impressive. Triple Crown Warriors voted a King and a Queen from amongst their ranks. Kurt Ouchi, likely for his legendary butterfly and slightly gravity-defying speed—he descended the 400 and 200 IM's. Victoria Wallace was nominated queen, which made her extraordinary recovery from open heart surgery just a short time ago all the more special by her peers' recognition of the challenging path that didn't stop her for a second.

What truly set the weekend apart, though, was the wave of support that carried the meet from start to finish. Volunteer officials travelled from Alberta, across BC, and from Vancouver Island to be part of it. Over two days, **68 volunteers** gave their time and energy to create a deck that ran smoothly, fairly, and with genuine care for every athlete. In a powerful sign of growth and mentorship, **50 deck evaluations** took place—an investment that will pay dividends for years to come. And the momentum is only building. *Cont. on page 5*



Officials Briefing



With the **Active Living Centre** just months from opening, Vernon finds itself in an exciting period of expansion and possibility. The energy in the community is palpable. During this meet alone, over 20 local community members reached out—some returning to officiating roles they last held when their kids were swimming years ago, others stepping forward to train as officials for the very first time. That kind of response doesn't happen by chance. It happens when people feel welcome, valued, and inspired.

From the laughter echoing across the deck, to the cheers ringing out from the stands, to the quiet focus behind the blocks, the Vernon Winter Splash was a beautiful reminder of what lifelong sport looks like at its best. It's challenging. It's supportive. It's occasionally a little ridiculous. And it's deeply meaningful.

From the bottom of my heart, and on behalf of the meet management committee: thank you. Thank you to the swimmers whose energy truly *made* this event—who travelled far, raced bravely, and reminded us why we love this sport. And thank you to the volunteer officials—seasoned, returning, and brand-new—who gave their time, knowledge, and care so others could

chase their goals and live out the remarkable dream of lifelong sport.

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**SPONSOR LOVE –THEY SUPPORT US
SUPPORT THEM BACK!**

Okanagan Valley of Massage Therapy, Anna's Ukrainian Kitchen, Energy Economics, Nixon Wenger, Sobr Markets, Total Restoration, Jake Russell Realty, Cedar & Soak, Nolan's Pharmasave, Wild Farms, Elderberry Fields Organic Farms, Dragonfly Soups & Snacks, Safeway, Margarita Coffee and Tourism Vernon.

They are the underpinnings of funding that met and exceeded baseline needs! Thank you for your contributions that made this competition so special.

Robynne Ouchi (she/her)
Meet Manager for Vernon Winter Splash 2026
Vernon Masters Swim Club

THE MSABC FUN MONTHLY CHALLENGE—DECEMBER

The **MSABC Monthly Challenge** is a fun activity that you and your teammates can participate in. You do not need to go any further than your own training pool. You are invited to contribute photos, videos, and/or stories each month to qualify your whole team for special commemorative trinkets.

Our **December theme was Fellowship** with an emphasis on community connections. Here are a few examples of contributions MSABC teams have recently made to their community.

VICTORIA

The Victoria Masters team typically donates about \$2000-\$2500 to Island Swimming, who help put on the popular January Victoria Long Course meet each year.

EBSC

As the English Bay Swim Club planned its annual “Love to Swim” meet in February, it focused on the charity that would receive a portion of its proceeds. EBSC’s bylaws require the team to donate at least 10% of its fundraising profits to a community-based organization. They recently held a holiday Swim Camp in addition to their annual swim meet. This year, EBSC is supporting the **Vancouver Pride Society (VPS)**. VPS was chosen because the EBSC exec wanted to better align with the club’s history as an LGBTQ+ community, and because VPS faced financial challenges last year.



The Flamingo Relay at the 2026 EBSC meet

WESTSHORE MASTERS

The Westshore Masters team collected food for their local food bank in December. They delivered several boxes of food to the Goldstream Food Bank.



Westshore Masters

WHITE ROCK WAVE

White Rock Wave has hosted two Provincial Championships in the last few years and uses its proceeds to support its Young Coach Mentoring program. This year, their board voted to donate \$3,000 to the **Sources Community Resource Centre** and Food Bank in South Surrey. Several team members also volunteer for Sources.



White Rock Wave team members dropping off a cheque to Sources

THE MSABC FUN MONTHLY CHALLENGE—JANUARY

In **January**, the theme was **Leadership** with a special focus on coaches. We greatly appreciate the many contributions MSABC coaches make to create a fun and successful swimming experience for their club members. Here are a few of the photos from January.



Nanaimo's Coaching Team



Ellie from White Rock Wave



Spirit Orca coaches at the Victoria meet



Leon Politano, Westshore Masters Coach—our favourite contributor to the Monthly Challenge



Royal Masters coach Amman with legendary coach Brent Arckey at the Swim BC Congress



Ravensong coaches Chris and Donna



Canadian Dolphin coach Santi debriefs his team at the pub

VERNON'S COACH JACOB

Coach Jacob is a Paralympic swimmer for Team Canada. There are more than a few Vernon swimmers in menopause taking advantage of hormone therapy—this is sometimes a topic of conversation around the pool. One day at practice, we were talking about testosterone pellets and laughing about Jacob's interest and knowledge about "drug enhancers." When he went home that day, the drug-testing team was there to collect a required random urine sample. We laughed that the phones were definitely tapped into our chat and linked with the drug testing group.



Coach Jacob from Vernon

UPCOMING THEMES



WINTER TO SPRING THEMES

Join the fun and have your team featured in our newsletter and on MSABC social media platforms. This year, our MSABC Monthly Challenge themes come from our [MSABC Constitution](#). The purposes of MSABC are to promote fun, friendship, fitness, health, fellowship, and participation. This quarter, our monthly themes focus on **Participation**. Send in **photos, videos, or stories** (or tag us in your social media posts #mastersswimbc) to communications@msabc.ca. Use these general participation themes as inspiration:

- February** Pink/red-themed team activities
- March** Your favourite drills, skills, and techniques
- April** Swim meets; fun team races; team activities
- May** Open water training; cross training



NEWS BITS

OPEN MSABC BOARD POSITIONS

Each year, several board members reach the end of their term. New board members will be elected at the AGM held in conjunction with our Provincial Championships, April 17-19. Positions are for a 2-year term unless otherwise noted. The following positions are available:

- Vice President
- Secretary
- Communications Director
- Director at Large
- Registrar (1-year term)

Interested parties for any position up for election may send in a written notice before the AGM to president@msabc.ca or stand in person at the AGM. Please feel free to reach out to the board members directly if you wish to learn more about the roles above and the board's general responsibilities and requirements (email addresses can be found on page 2).

ANNUAL MSABC AWARDS

Each year, at our Annual Banquet (held on Saturday evening in conjunction with the Provincials), the MSABC Board presents the Ted Simpson Achievement Award and the Stan Powell Memorial Service Award. We encourage you to consider deserving MSABC members you'd like to nominate. The nomination form is included in this newsletter. You can read more about the awards and last year's recipients on our website (msabc.ca/awards)

The nomination form can be found on page 11 of this newsletter. Please return the form on or before March 27, 2026. Send to president@msabc.ca.

OFFICIALS TRAINING

It takes a village—a trained, water-resistant *team*, and that's what we are striving towards in Vernon, as the looming shadow of the new **Active Living Centre** takes form. Operating a meet takes many hands coming together. Planning and organizing beforehand and on the day of operations.

A tricky thing about a swim meet is that many hosting clubs have only one or two a year . . . which is enough time to forget many of the nuances of Hy-Tek, the rhythm of an officiating role, and fall out of step with changes on the horizon (*Can swimmers finish under the water in backstroke now? How far is a Judge of Strokes' jurisdiction now? Is there one or two Judges of Stroke per side?*). The rules of our sport are a moving target, and keeping up with the evolution can be tricky if you are not attending meets regularly.

There is also the challenge of maintaining a deep enough bench across all the diverse officiating roles required for a meet. Few sports are as "official-heavy" as swimming, often requiring 40 to 60 volunteers per session to run.

We're happy to share two discoveries we've made that are helping us build our team. Perhaps this will help other clubs at a similar stage of development.

WHY VOLUNTEER?

Why volunteer and enter a training/certification program for officiating? One compelling reason is that involvement in community activities provides a social outlet—we made sure to capitalize on that.

Another reason is to give back to the sport that was an important part of their life in the past.

RECRUITMENT STRATEGIES

By posting notices to the public, we have attracted more than 20 new-to-us volunteers who have opened Swim BC officials' accounts and completed the online timing course, providing grassroots support for our upcoming meet. Castanet.net and the local paper

were instrumental in spreading the word (for free!), and we received more follow-up responses than with on-site flyers—although we've tried those too!

Many of these new officials were former age-group parents who had been at meets and are retraining after years away. Triathletes, retired masters, former coaches, and aquafit participants have all come forward and, funnily enough, many of them know each other!

We followed up their timer training with an on-deck orientation, or, for those out of area or unavailable, Zoom calls. We reviewed dioramas of the pool setup for the meet, demonstrated the plunger technology so they know which timing system they will be using, and went over the volunteer roster so they know who they will see on the day they volunteer. Many had great questions, and meeting each other ahead of time was key to building a team and critical to retention.

COMMUNITY

A separate tier of our retention planning continues to host social events for our officials' team to participate in. Our last bowling night at BNA was hysterical. We'll resist the temptation to include videos of certain referees for our team in downward-dog yoga poses and foot-first belly-down stances (which may have led to a strike and higher bowling points). Suffice it to say, we challenged each other to get creative, get silly, and we had a lot of fun.

A side benefit: we got to know each other better. While most of us are masters swimmers, we don't all swim at the same time. Even when we do, we don't all swim in the same lane. The opportunity to get to know one another is limited in the pool. Social potlucks, early-season planning, and laddering information sessions all provided opportunities to learn new people's names and come together as a team, so that when on deck, we are already a functioning unit with a baseline of familiarity and trust.

TIME COMMITMENT

Does this take time and intention? Yes. Is it beyond exciting when you

Article continues on page 10



Continued from page 9

make a call out for volunteers, and the positions fill weeks in advance with spares at the ready? Also yes. Post-COVID, we've seen a decline in volunteering, exacerbated by the strain of the current cost of living. Dedicating time and resources to Officials development is likely a critical part of planning for a meet . . . and not one that can be done at the last minute.

For other clubs also in an expansion phase, we'd love to continue to share posts and ideas that are working for us. Hopefully, we can expand the competition portfolio in BC in the coming years to meet the needs of our excellent masters swimming community. We welcome your questions and input:

vernonmastersmeetmanager@gmail.com.

BC 55+ GAMES

Are you 55 or older? Did you know that there's a fun swim meet just for us? You do not even need to belong to a team. You swim with other fun-loving folks in the BC 55+ Games—this year in Kamloops, September 8-12.

Athletes from across the province compete in a wide variety of sports, including swimming.

The swim races take place over three days. You swim with others from your regional zone rather than your regular

MSABC training group. Registration opens in

March, but you can connect with your Zone representative now to find out how you can join:

55plusbcgames.org/zones. The whole city throws a party for the week of the Games—don't miss out!



Familiar faces in Zone 4 at the 2025 BC 55+ Games

UPCOMING MEETS

Chilliwack March Madness (FULL)

March 7, 2026

BC Provincials: Kelowna

April 17-19, 2026

Canada Nationals: Windsor

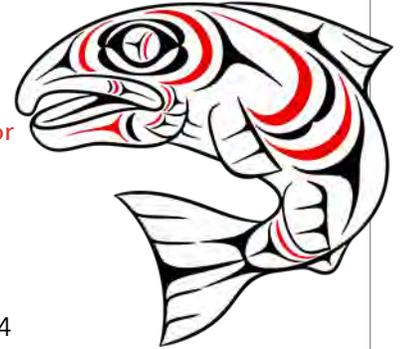
May 22-24, 2026

Meet Package

BC 55+ Games-Kamloops

September 8-12, 2026

Registration opens March 4



MASTERS RECORDS

British Columbia records are available on the Swim BC website ([MSABC records](#)). The records are updated periodically by Swim BC following MSABC meets. To submit records set outside of BC and/or Canada, follow the instructions on our records page. If you believe a record is missing or listed incorrectly, please get in touch with Carrie at Swim BC (carrie.matheson@swimbc.ca).

PROVINCIAL ELIGIBILITY & REGISTRATION

Before you can register for any meet, including Provincial & National

Championships, you must be properly registered with Swimming Canada (REMS).

Please note that if you are not currently an active member, this process may take up to three weeks. Plan ahead!



- You must sign up through your team or through the **Dogwood system**
- Your fees must be paid in full
- You must verify your contact information & sign the waivers through the Sportlomo system (REMS)
- AFTER completing the above steps, follow the instructions in **the meet package**
- **See pages 13 - 16 of this newsletter** for step-by-step instructions on how to register for Provincials

MSABC AWARD NOMINATION FORM

MSABC proudly presents two awards to deserving members yearly at our annual banquet. We are now accepting nominations for the Ted Simpson Achievement Award and the Stan Powell Memorial Service Award.

Ted Simpson Achievement Award

The Ted Simpson Achievement Award goes to the registered MSABC Masters Swimmer who has achieved distinguished results in the current swim season. Results from Worlds, Nationals, Provincials, and local meets, improvement in personal best times, and overcoming challenges such as injury, illness, and disability will be considered for this award.

This award is presented in memory of Ted Simpson. Ted was a valued coach of the Vancouver Y Torpedoes from 1960 - 67. Ted continued his coaching and, in later years, coached Masters swimmers. Ted was valued as a coach who made swimming fun and made swimmers feel good about themselves. Ted was interested in all who came under his tutelage. As Ted valued achievement in all forms, this award is a fitting memorial to Ted and how he lived his life. The recipient will have their name engraved on the Ted Simpson trophy and will receive a framed MSABC limited edition print.

Stan Powell Memorial Service Award

The Stan Powell Memorial Service Award goes to the person who has contributed to the betterment of Masters Swimming in British Columbia and/or service to Masters Swimming (e.g., past service on the MSABC Board, club official, club or event organizer, meet volunteer and/or coach).

This award is in memory of Stan Powell, who died in November 1999. Stan played most sports throughout his lifetime and coached many at the secondary school level for more than thirty years. Nearest and dearest to his heart was swimming. So it was upon Stan's death that his family requested donations to establish a suitable memorial, which is a large oak perpetual shield, with a similar smaller plaque given to the recipient.

Stan believed that one should give something back to the community for the enjoyment received by participating in sports. With this in mind, Stan was personally involved with swimming, water polo, basketball, and baseball. Stan gave so freely of his time by volunteering for sports. Stan embodied Masters swimming as a lifestyle; the Stan Powell Memorial Service Award is a fitting tribute to his memory.

Submit your nomination form to president@msabc.ca by March 27, 2026

Your Name _____

Name of Nominee _____

Swim Club of Nominee _____

Circle One Ted Simpson Achievement Award Stan Powell Memorial Service Award

Describe in 2-3 paragraphs why the person you nominate deserves the award. Include details pertinent to the award as described above. Use additional pages as needed.



Subject: **Registration Details: MSABC Provincials & REMS Entry System**

Hi Swimmers,

It's time to get your race faces on! We are gearing up for the **MSABC Provincials in Kelowna (April 17-19)**, and we want to ensure your registration process is as smooth as a perfect streamline.

Here is everything you need to know to register for the meet:

The Entry System

For this meet, we will be using the **REMS Masters Individual Entries system**. To help you navigate the process, please find the "**How-to**" **guide attached** to this email. It covers the step-by-step instructions for submitting your entries.

Important: Check Your Status

Before you dive into the registration portal, please double-check your registration status. **All swimmers must have an "Active" status** for their Masters registration. If your status is "needs more info" or "expired", the system will not allow you to register for the meet.

Key Dates & Times

- **Registration Opens:** Feb 17th, 2026 at noon
- **Registration Closes:** April 01, 2026 at 11:59 pm or when the meet limit is reached (350). There will be a waiting list.
- **Payment:** You do not need to pay at the moment of entry however, it's advised that you pay asap as the first 350 who register **AND** pay, will be approved for entry.
- **Once you register, Meet Management** will contact you directly with payment information and the deadline for funds to be received in order to finalize your registration.

Quick Tip: Don't wait until the last minute to check your "Active" status! Handling any registration hiccups now means you won't miss the opening on February 17th.

If you have any questions after reviewing the attached guide, feel free to reach out to carrie.matheson@swimbc.ca.

We can't wait to see you in the water!

Best regards,
Brent Hobbs
OMSC Meet Manager

MASTERS MEET ENTRIES USING THE REMS ONLINE SYSTEM

Find a Meet to Enter

1. Login to REMS member account.

<https://swimming.canada.sportsmanager.ie/sportlomo/users/login>

You must have an **Active** registration status for the Masters registration category to proceed with meet entries.

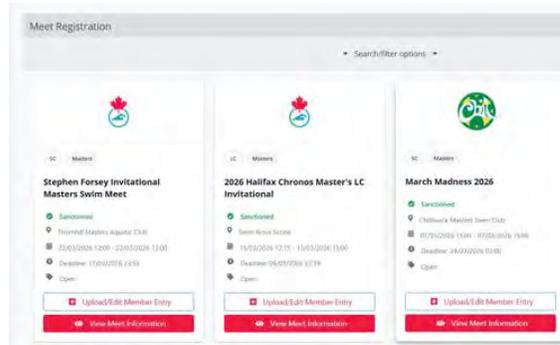
Please contact your club if you have questions about your registration status.

- a. If your status is **Needs More Info**, click the Update Information button on your member card to complete your registration.
- b. If your status is **Expired**, you will need to register for the season. Contact your club for more information

2. To search for Meets, click the **Add** button under Meets. This will list all sanctioned Masters meets that allow individual entries.

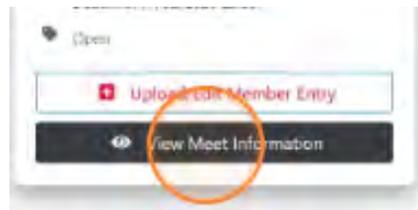


3. Meet list for meets allowing Masters Individual Entries



View Meet Information (Meet Packages)

1. Find the meet that you want to enter. Click **View Meet Information** to see meet details.



2. Click **Back** to go to the previous screen.

Add/Edit Meet Entries

1. Click **Upload/Edit Member Entry** to add or edit your entries for this meet.



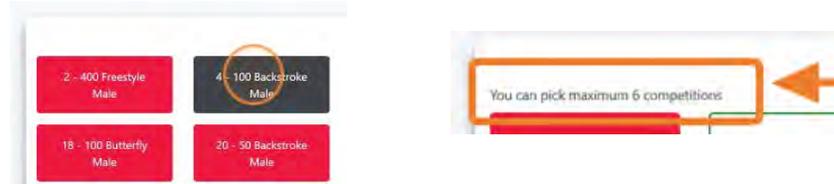
2. Click **Please Select...** for the **Select member to register** field and choose the Masters swimmer to register to the meet. *This list will only show Masters swimmers that have an Active Masters Registration status.*



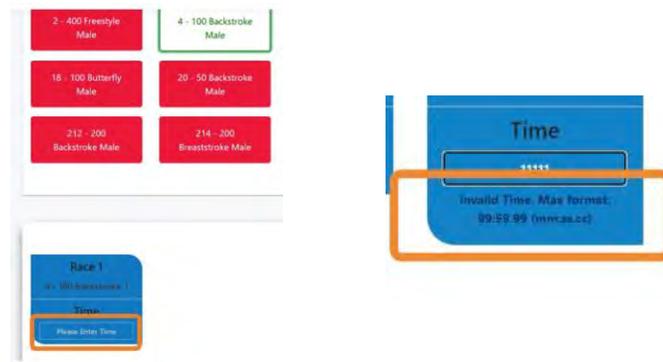
3. Choose the swimmer to register.



4. Click on the red boxes to select your events. You can only select up to the maximum number of events permitted by the meet.
 - a. If you try to select more events than are permitted, you will receive an error message at the top of the event list.



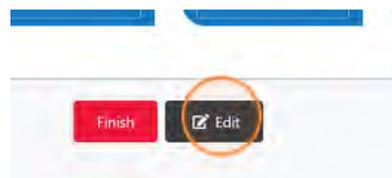
5. When you select an event, a blue box will appear below. Events that have been selected will be highlighted in green. To de-select an event, click on the green highlighted box. Click the “Please Enter Time” field. Enter your entry time using the format MM:SS.00 (e.g. 2:03.34, 50.45, 12:45.99)
 - a. If you enter the time in an incorrect format, you will receive an error message.



6. When you are done selecting your events, click **Continue**.



7. If you are finished with your meet entries, click the **Finish** button.
 - a. If you want to make changes to your entries, click **Edit**.
 - i. Click on any of the times to make updates.
 - ii. To de-select an event, click on the green highlighted box. Select a new event by clicking any red box.
 - iii. If you make changes, click the Save button.



Edit Submitted Meet Entries

1. If you need to go back later and edit your entries, find the meet that you entered and click **Upload/Edit Member Entry**
 - a. When you click the **Update/Edit button**, you will not see your entries; you must scroll down to the Meet Log Section and click **Edit** Icon.



- b. To remove an event, click the green highlighted box.
 - i. The blue box with the time will be removed.
- c. Select a new event by clicking on red box
 - i. Add the time for the new event
- d. When you are finished making changes, click **Save**.
 - i. If you did not make any changes, do not click the Save button.

Clicking the Save or Finish buttons creates the meet entry file for the Meet Manager. You will not receive any email notifications when you submit your entries. All communications will come the meet entries coordinator.



MSABC – fun, friendship, fitness, health, fellowship, and participation. Coast & Wave swimmers at the Nanaimo meet