



2025 North Shore Masters Sprint Meet

Sanctioned by Swim BC: #58302

Date: October 18, 2025

COMPETITION HOST: North Shore Masters

VENUE: Harry Jerome Community Recreation Centre
123 East 23rd Street, North Vancouver, BC V7L 3E2

POOL: 6-lane 25 metre competition pool with Gen7 and DOLPHIN WiFi timing system as a backup timing.

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

MEET REFEREE: Dan Fassina/Mel Chandler

OFFICIALS COORDINATOR: Khosro Mansuri (khosro_38@yahoo.com)

WARM UP AND SESSION TIMES

Saturday October 18, 2025

Session #1	Warm-up	2:30 - 2:55pm
	Dive Lane 5-6 one way direction	2:45 - 3:10 pm
	Competition	3:15 - 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 Swim BC, SNC, or other World Aquatic recognized club. 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, 2025.
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 **ONE** relay.
2. Entries with NT will be accepted.
3. Meet Fees are **\$50.00** per swimmer. **Proof of Payment Mandatory.**
4. Registration Methods:
 - a. **Online:** Swimmers must register through Swim Canada for the meet. Go to this <https://forms.gle/xfnpGet2XFyECqoFA>
 - b. **Deadline: OCTOBER 15, 2025, at 5:00pm**
 - c. **Club Entries:** Entries will only be accepted by sending the zip file to khosro_38@yahoo.com
 - d. **Payment by ETRANSFER ONLY:** to etransfer@chenaswimclub.ca. You must, also, email proof of payment to khosro_38@yahoo.com so that he can approve your entry.
5. **Late/or deck entries will not be accepted.** No refunds after Wednesday October 15, 2025
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 17, 2025. Please print out and bring your own copy.

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

GENERAL MEET RULES

1. This meet will observe the World Aquatic Technical Rules as outlined in the current World Aquatic 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 Swim BC. 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 slowest to fastest 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. Swim BC 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 Hand signals given by the Starter/Referee, and able to start with assistants.**
11. To minimize risk, all photographs and video taken at Swimming Canada/Swim BC 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 results.
3. Mixed relay teams **MUST** have 2 females and 2 males per team.
4. Deadline for relay name/order changes will be:
 - a. **Wed, October 15th 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 are attached to this meet package. **You only need to submit the National and World** and It is the swimmer and/or coach's responsibility to fill out the form and submit it to the Admin Desk prior to the start of the session.

North Shore Masters would like to thank the Coast Salish people, specifically the Skwxwú7mesh Nation and Tsleil-Waututh Nation, upon whose unceded traditional territory the North Vancouver District resides. We value the opportunity to learn, share and grow on this traditional territory



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Schedule of Events

***Event 111 - 115 may be combined. Only one 200m event can be registered for. ***

Event Number		Event Name	Event Number		Event Name
*111	Mixed	200m Free	8	Mixed	4x50m Free Relay
*112	Mixed	200m Back	9	Female	4x50m Free Relay
*113	Mixed	200m Fly	10	Male	4x50m Free Relay
*114	Mixed	200m Breast	11	Mixed	25m Fly
*115	Mixed	200m IM	12	Mixed	100m IM
2	Mixed	25m Back	13	Mixed	50m Fly
3	Mixed	100m Fly	14	Mixed	25m Free
4	Mixed	50m Breast	15	Mixed	100m Breast
5	Mixed	100m Free	16	Mixed	100m Back
6	Mixed	25m Breast	17	Mixed	50m Free
7	Mixed	50m Back			

Please note: - Free Relays event 8, 9, 10 will be combined

Only 4 events plus one Relay

Warm up: 2:30pm

Race: 3:15pm



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Masters Relay Entry Forms

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

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

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

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



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Masters Record Attempt Form

Submit to Meet Admin Desk as per Meet Information Package

Record Type: Canadian World

Individual Event

Name: Male: Female:

Swimmer ID #:

Date of Birth:

Name of Club Club Code:

Event
(Distance and Stroke)

Relay Event

Name of Club: Club Code:

Event
(Distance and Stroke)

Age Group: Male: Female: Mixed:

#1 Name: DOB: Swimming Canada ID #:

#2 Name: DOB: Swimming Canada ID #:

#3 Name: DOB: Swimming Canada ID #:

#4 Name: DOB: Swimming Canada ID #:

**** For a World Record Attempt Request, a copy of swimmer's Birth Certificate or Passport must be submitted with this completed form ****

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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC swimming competitions must ensure the following safety procedures are applied. It is incumbent upon 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.

For all Swim BC sanctioned competitions, Meet Management must ensure the following warm-up safety procedures are implemented. Coaches, swimmers, and officials share responsibility for adhering to these guidelines during all scheduled warm-up periods. Coaches are encouraged to support Safety Marshals in promoting a safe environment.

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.
- Swimmers shall always be aware of their surroundings and keep the end walls clear.
- 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.
- **Swim BC 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.
- Swimmers exiting sprint lanes must exercise caution and remain aware of their surroundings. When crossing into other lanes, they shall ensure they do not interfere with ongoing sprint activities, pace work, or lanes designated for Para swimmers.
- Coaches shall decide if their swimmer is ready to safely participate in pace work in designated pace lanes and must be directly supervised by their coaches.
- 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 only be placed in the competition pool when warm-ups take place.

EQUIPMENT

- Only 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.

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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 Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer shall be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

SAFETY MARSHALS

The Safety Marshal is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official, whenever possible.

Safety Marshals shall:

- Be visible by safety vest.
- Be briefed thoroughly on the warm-up procedures
- Be situated at each end of the competition pool. Actively monitor all scheduled warm-up periods during competition days;
- 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 in helping 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.

PARA-SWIMMER NOTIFICATION

- Coaches are requested to notify Meet Management of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.
- Where a para lane is designated, only classified swimmers may use it. Violations may lead to disciplinary action.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

"SWIM BC COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."