

Le Club aquatique À Contre-Courant présente

La Coupe de Montréal des maîtres nageurs

2011



Invitation officielle - Official Invitation

26 novembre 2011 / November 26, 2011

Piscine du Centre sportif Claude-Robillard

www.acontrecourant.qc.ca

À Contre-Courant Aquatic Club presents

La Coupe de Montréal des maîtres nageurs 2011

Centre sportif Claude-Robillard
November 26, 2011

Version: 2011-10-02 15:10

GENERAL INFORMATION

Swimming pool

Centre sportif Claude-Robillard
1000 Émile-Journault Avenue, Montreal
Tel.: (514) 872-6911

Public Transit: A ten-minute walk from the Crémazie metro station (orange line), or take the 146 bus eastbound. (www.stm.info, then click on “Tous azimuts”).

By car: Boulevard Métropolitain (Highway 40), exit Saint-Hubert/Christophe-Colomb; take Christophe-Colomb North and follow the signage.

Parking: Free on-site parking behind the sports centre.

Food: Vending machines are located on the same level as the bleachers. A number of restaurants are also located nearby on Fleury Street, north of the sports centre.

Steering Committee

Monica Dunn, Meet Manager and Registrar
(514) 990-2582
coupe @acontrecourant.qc.ca

Jonathan Ouellet, Officials Manager
coupe.officiels@acontrecourant.qc.ca

Benoit Éthier, Sponsorships
coupe.commandites@acontrecourant.qc.ca

Website

www.acontrecourant.qc.ca/en/coupe

Information will be updated regularly.

Please consult the site the week before the meet to obtain last minute announcements, the technical bulletin and the meet's final schedule.

SCHEDULE

Saturday, November 26

Pool of the Centre sportif Claude-Robillard

7:00 a.m. Welcome and distribution of participants' kits

7:30 to 8:45 a.m. Warm-up

7:45 a.m. Officials' meeting

8:30 a.m. Technical meeting for coaches or team representatives

8:50 a.m. Official opening of the meet

9:00 a.m. Start of events

400 m free

100 m IM

50 m backstroke

100 m breaststroke

50 m butterfly

100 m free

4 X 50 m free relay

4 X 50 m free medley

200 m choice (butterfly, backstroke, breaststroke, IM) *

100 m backstroke

50 m free

100 m butterfly

50 m breaststroke

4 X 200 m free relay

* Each swimmer may register for only one 200 meters event.

4:00 p.m.

End of events

7:00 p.m.

Dinner with entertainment

Restaurant Steak Frites (bring your own wine)

1302, rue Ste-Catherine Est, Montréal.

Ticket for the evening: 12 \$. The cost of meal and drink are extra, at the participant's expense.

For more information, please consult the website: www.acontrecourant.qc.ca/en/coupe

TECHNICAL INFORMATION

Facilities

The competition will take place in one 25m, 10-lane pool with an electronic timing system, complete with touch pads and alphanumerical scoreboards. Splash Meet Manager software will be used to manage the meet. There will be also a 25m warm-up pool during the whole duration of the meet.

Sanction and Regulations

The competition will be sanctioned by the Fédération de natation du Québec (FNQ). Master Swimming Canada (MSC) regulations will be in effect during the competition (<http://mymssc.ca/Documents/CMSWSwimmingRules20100307.pdf>) as well as the FNQ regulation on pool security (www.fnq.qc.ca/doc/doc/00000516_securite.pdf - available in French only, our apologies) and the start rule MSW 4.4. Bathing caps are recommended. Individual races and relays will be swum as timed finals, from slowest to fastest, regardless of age or sex. Lanes will be assigned according to times submitted at registration..

Eligibility

All swimmers must be affiliated with the FNQ or with a swimming federation recognized by FINA and be at least 18 years of age by November 26, 2011. Swimmers who are not affiliated with the FNQ (i.e., swimmers from outside the province of Quebec) must be covered by their federation's accident insurance or a private insurance policy. In the latter case, they will have to show a certificate of proof at registration.

Relays

Relay team members must belong to the same club and be duly registered in the competition. Relay teams with athletes from different clubs are not allowed to compete unless they get special approval from the meet manager. In that case, they will compete in the 'exhibition' category and times from swimmers will not be recognized. Relay teams can be male, female or mixed. Mixed relay teams are made up of two women and two men who may swim in any order. Relay cards for the event 7 (4 X 50 m free relay) and 8 (4 X 50 m medley relay) must be submitted to the clerk of course **by the end of event 3, the 50 m backstroke**. Relay cards for the event 14 (4 X 200 m free relay) must be submitted to the clerk of course **by the end of event 10, the 100 m backstroke**. No swimmer may be a member of more than one team per relay event.

Age Groups

Age categories will be determined by the age swimmers will be on December 31, 2011. Age groups for individual events will cover 5-year periods with the exception of the youngest group, which ranges from 18 to 24.

The age group for a relay team is determined by totaling the ages in whole years of all 4 team members as of December 31, 2011. Age groups for relays will cover periods of 40 years with the exception of the first two groups, which range from 72 to 99 years, and from 100 to 119 years, respectively.

Individual events:

18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, etc.

Relay events (total age of four members):

72-99, 100-119, 120-159, 160-199, 200-239, 240-279, etc.

Warm-up

Two warm-up periods have been planned. If necessary, a schedule for the official warm-up periods will be established for participating teams. SNC regulations (2009 revised edition), FNQ pool safety regulations from January 2009 and SNC masters warm-up procedures (<https://www.swimming.ca/docs/Rulebook/2009-SNC-Rulebook-Appendix-D-Risk-Management-Warm-Up-Procedures-2009.pdf>) will be in effect during the competition. **No jumping or diving will be allowed during the warm-up, except in designated lanes. Swimmers must enter the pool gently with one hand on the pool edge or bulkhead at all times.**

Awards

Awards will be given out at the Steak Frites, 1302, rue Ste-Catherine Est (Saturday evening, see location and time above) or sent by mail. The team with the most points will win the Coupe de Montréal des maîtres nageurs (certificate in lieu of trophy). In addition, awards of distinction will be given in the following categories: team of six or more who has accumulated the greatest number of points per swimmer; male swimmer with the most points; female swimmer with the most points. Self-adhesive labels will be printed on site for each performance earning points, subject to later verification of results. (Unclaimed labels will not be mailed out after the competition, however.)

Scoring

Individual Events

1st place: 9 points; 2nd: 7 points; 3rd: 6 points; 4th: 5 points; 5th: 4 points; 6th: 3 points; 7th: 2 points; 8th: 1 point.

Relay Events

1st place: 18 points; 2nd: 14 points; 3rd: 12 points; 4th: 10 points; 5th: 8 points; 6th: 6 points; 7th: 4 points; 8th: 2 points.

Results

Results will be posted on the À Contre-Courant website (www.acontrecourant.qc.ca/fr/coupe) as well as on the Swimming Canada results site (<https://www.swimming.ca/MeetList.aspx>) no later than 8 days after the meet.

REGISTRATION - ATHLETES

The official deadline for registration is **Friday, November 11, 2011, at midnight.**

Registrations received after that date may be accepted, however, provided the clerk of course has not yet established the seeding at his convenience. After that, registration will be closed once and for all. Additional registrations may be accepted the day of the competition, at the discretion of the clerk of course, but only to complete the first heat of an event; any such registrations will carry “exhibition” status. **The meet will be limited to 350 athletes, and priority will be given to registrations in the order they arrive, no matter what medium is used to register.** Those from outside Quebec registering by mail should allow sufficient time for delivery. (Teams from Quebec must register online through <https://www.swimming.ca/MeetList.aspx>, as indicated below.) Each swimmer may register for up to five (5) events and for only one 200 meters event, not counting relay. Any swimmer who has not paid the registration fee will not be allowed to participate.

Registration fees

Registration fees for the competition are set at \$6.25 per individual event and \$9 per relay. This amount covers participation in the competition. In accordance with FNQ regulations, payment must be made at the time of registration in order to facilitate and accelerate the welcome process on the day of competition.


The exchange rate for US currency is CA\$1.00 = US\$0.96. A surcharge of CA\$2.50 will be applied to all payments in US currency made by cheque in order to cover bank fees.

Cancellation and Refund Policy

Anyone who has registered and cannot attend the competition must inform the registrar by Friday, November 5 2011, in order to receive a complete refund. This policy also applies to billing of registration fees to anyone who registers without sending payment, whether or not he or she attends the meet. Substitutions will not be accepted for events.

How to Register

Teams from Quebec

- The Splash events structure file (.lxf) is available on the À Contre-Courant Web site at www.acontrecourant.qc.ca/en/coupe or at <https://www.swimming.ca/MeetList.aspx>
- The registration files (.lxf) must be created with Splash Team Manager software from the events structure and uploaded via <https://www.swimming.ca/MeetList.aspx> (under 'Upcoming Meets', find the swim meet entry, then click on the icon  in the 'Entries' column)
- Each athlete's 2011-2012 affiliation number must be indicated in your Team Manager registration.

Team and individual registrations from outside of Quebec

- Registrations can be submitted with a Hytek file (SDIF or SD3 format) or by using the attached form, sending it by mail or fax. If a fax is used, payment must be sent by mail.
- Each athlete's 2011-2012 affiliation number must be indicated in the registration
- Swimmers who wish to pay by cheque must print the registration form and mail it with their cheque to the following address.

NB: A hard copy of all electronic registrations must be provided, as well as the original copies of registrations sent by fax. Each swimmer's affiliation number must be indicated on the registration form (please make sure the number is correct).

Contact information

Registrar - Coupe de Montréal 2011
c/o Monika Dunn
5709 Boyer, Apt 25
Montréal, QC H2S 2H7

Fax: (514) 990-2582

E-mail: coupe@acontrecourant.qc.ca

Registrations will be confirmed, preferably by e-mail. If you have not received confirmation one week after registering, please contact us to make sure all is well.

Participant kit

When you arrive at the pool, we will give you a participant kit with your swimmer's card, the technical bulletin for the meet, the warm-up procedure and the details about the coaches' meeting.

REGISTRATION – OFFICIALS AND VOLUNTEERS

To register as an official or volunteer, please indicate your interest in one of the following ways:

- Respond to the direct recruitment call which may be sent directly to you.
- Call (514) 990-2582 to leave your name and contact information with Jonathan Ouellet.
- Send an e-mail to coupe.officiels@acontrecourant.qc.ca.
- Use the form provided on the À Contre-Courant Web site (www.acontrecourant.qc.ca/en/coupe) and send it by mail or fax to the registrar.

We will need a great many timers. As a token of our appreciation, each volunteer will receive a meal on Saturday morning (for those volunteering for the morning session) and lunch (for those volunteering for the afternoon session).

A confirmation email will be sent to all volunteers and officials. Your assignments will be sent by email on November 21, 2011, and will be posted on the Coupe 2011 Web page (www.acontrecourant.qc.ca/en/coupe).

HOUSING

The organizing committee will provide housing with local athletes or volunteers for those athletes who request it. Those interested in this service are asked to fill out the appropriate section of the registration form and to send it as soon as possible. Generally, hosts agree to provide housing from Friday until Sunday.

We invite you to support the Fédération de natation du Québec's sponsor hotels. Please consult the listing at www.fnq.qc.ca in the section "Nos partenaires".

You can also visit the website of Tourisme Montréal at www.tourisme-montreal.org for information on local travel. You can search by type of accommodation, area and classification.

YOUR VISIT TO MONTREAL

Montreal is an international city that is easily accessible from just about anywhere!

Montréal-Trudeau airport is conveniently located close to downtown. Taxis, limousines, shuttle buses and public transit make it easy to get to and from the airport quickly. Services are excellent and available in many languages.

Trains stop downtown at Montreal's Gare centrale (Central Station), which is connected to the Bonaventure metro station (subway) by a convenient pedestrian corridor.

Bus travelers arrive at the central bus terminal located next to Berri-UQAM metro station. The hub of Montreal's subway system, Berri-UQAM is located in the Quartier Latin between downtown and the Gay Village.

By car, Montreal is within a day's drive from Toronto, New York, and Washington, and only 47 km (29 miles) from the New York state border. The I-87 becomes autoroute 15. The I-89 becomes highway 133 after crossing the US-Canada border before connecting with autoroute 35 and then autoroute 10. From Toronto, Montreal is accessible via highway 401 and autoroute 20. Quebec road signs are in French, and speed limits are expressed in km/h (100 km/h = 62 mph). Gasoline is sold in liters (3.75L = 1 U.S. gallon).

The Claude-Robillard pool is located north of Boulevard Métropolitain (Highway 40) at 1000 Émile-Journault Avenue, between Rue Saint-Hubert and Avenue Christophe Colomb. It is easily accessible by metro: a short walk of 10 minutes from Crémazie station on the orange line.

Attachments to this invitation

- Registration form for the meet
- Registration form for officials or volunteers

Commanditaire principal / Main Sponsor



Desjardins

**CAISSES PARTENAIRES DES
COMMUNAUTÉS LGBT DE MONTRÉAL**

REGISTRATION

COUPE DE MONTRÉAL DES MAÎTRES NAGEURS 2011

Name: _____

Address: _____

City: _____

Province/State: _____

Country: _____

Postal code: _____

Telephone: (home) _____

(office) _____

Email: _____

Date of birth: _____

Team: _____

Gender: Male Female

Affiliation number: _____

Disabilities or health concerns (indicate): _____

November 26th, 2011

Entry time

Entry time

1. 400 m freestyle

2. 100 m IM

3. 50 m backstroke

4. 100 m breaststroke

5. 50 m butterfly

6. 100 m freestyle

7. 4 x 50 m free relay

Break and warm-up (45 minutes)

8. 4 x 50 m medley relay

9. 200 m butterfly *

10. 200 m backstroke *

11. 200 m breaststroke *

12. 200 m IM *

13. 100 m backstroke

14. 50 m freestyle

15. 100 m butterfly

16. 50 m breaststroke

17. 4 x 200 m free relay

Important: Each athlete can choose a maximum of 5 individual events.

* Each swimmer may register for only one 200 meters event, not counting relay.

Waiver

With the intention of being bound hereby, I hereby represent and warrant that I am in good physical condition and have not received a medical opinion from a physician contrary to this statement. I acknowledge that I am informed of all risks inherent in the masters swimming program (training and competition), including the possibility of disability or death, and I accept these risks. As a condition of my participation in the Coupe de Montréal des maîtres nageurs 2011 swim meet, I waive all rights to claim for loss or damage caused by my participation or through any related activity, from À Contre- Courant Aquatics Club inc., the Fédération de natation du Québec, Swimming/Natation Canada, the organizers of the Coupe de Montréal des maîtres nageurs 2011 or its coordinators, or from any person acting as an official or volunteer during the meet or in supervision of its activities.

Signature: _____ Date: _____

FEES — COMPETITION AND SOCIAL ACTIVITIES

Name:

Date of birth:

Team:

Coach or team representative (if there is one):

Swim meet (deadline: November 11, 2011, midnight):

Individual events _____ event(s) X CA\$6.25 = CA\$ _____

Relay events** _____ event(s) X CA\$9.00 = CA\$ _____

Social activity:

Dinner with entertainment _____ person(s) X CA\$12.00 = CA\$ _____
(cost of meal and drink are extra, at the participant's expense)

Subtotal = CA\$ _____

Surcharge for cheque in US funds: add CA\$2.50 = CA\$ _____

Total: = CA\$ _____

Conversion for US funds (total x CA\$0.96) = US\$ _____

Make cheque payable to: **À Contre-Courant**

** Relay events should be registered and paid only by the team representative.

HOUSING

The organizing committee will do its best to provide housing for athletes who request it. Generally, hosts agree to provide housing from Friday to Sunday. In order to respond to your request for hosted housing, we ask you to complete the following section.

Telephone:

Email:

Arrival date:

Departure date:

Type of transportation to get to Montréal:

Are you coming with a companion? No Yes

With (person's name):

Are you vegetarian? No Yes

Do you smoke? No Yes

Do you wish to stay with a non-smoker? No Yes

Will you have a car? No Yes

Do you have any allergies or food intolerances? No Yes

Specify:

Do you have any particular needs or requests?

Coupe de Montréal des maîtres nageurs 2011

FORMULAIRE D'INSCRIPTION POUR OFFICIELS ET BÉNÉVOLES (NATATION) / OFFICIALS AND VOLUNTEERS REGISTRATION FORM (SWIMMING)

26 novembre 2011 / November 26, 2011

Piscine du Centre sportif Claude-Robillard

1000, avenue Émile-Journault, Montréal (métro Crémazie)

Prénom / First Name : _____ Nom / Last Name : _____

Adresse / Address : _____

Ville, prov., pays / City, prov., country : _____

Code postal / Postal code : _____ Tél. dom./home : (____) _____

Courriel / e-mail : _____ Tél. bur./off. : (____) _____

J'offre mes services en tant que / I want to participate as : officier / official bénévole / volunteer

Niveau de certification / Certification level : _____

Positions désirées / Assignment preference : _____

Langues parlées / Languages spoken : _____

Repas / Meals : ordinaire / regular végétarien / vegetarian

Taille du t-shirt / T-shirt size : S M L XL XXL

Commentaires / Comments

Je suis disponible pour les sessions suivantes -- I am available for the following sessions :

Samedi matin Saturday morning 26-11-2011 07:30-12:30	Samedi après-midi Saturday afternoon 26-11-2011 11:30-16:30
<input type="checkbox"/>	<input type="checkbox"/>

Veillez nous retourner le formulaire rempli par télécopieur ou par courriel

Please fill out this form and return it by fax or e-mail

Responsable des officiels et bénévoles / Officials' and Volunteers' Coordinator

Jonathan Ouellet

Télec. / Fax : 514 990-2582

Courriel / e-mail : coupe.officiels@acontrecourant.qc.ca

Vous recevrez une confirmation de votre inscription par courriel. L'attribution des postes sera envoyée par courriel le 21 novembre 2011 et affichée sur la page de la Coupe 2011, au www.acontrecourant.qc.ca/fr/coupe.

You will receive an e-mail confirmation of your registration as an official. The position assignment will be sent by e-mail on November 21, 2011 and will be posted on the Coupe 2011 Web page as well:

www.acontrecourant.qc.ca/en/coupe/.