

Burlington Masters Winter Splash 2009

- Date:** Sunday, February 8th, 2009
Warm Up: 8:00 A.M.
Meet Starts: 9:00 A.M; Ends: 1 P.M
Sanctioned by Masters Swimming
Ontario
- Facility:** Centennial Pool at Robert Bateman (formerly Lord Elgin) High School
5151 New Street, Burlington, Ontario (South of the QEW;
East of Appleby Line; West of Burloak Road; on North
side of New Street)
25 Meters, 6 Lanes
- Eligibility:** All registered Masters Swimmers.
Unregistered swimmers will not be allowed to compete.
Please see your coach or email MSO registrar, Brian Croker
(msoreg@mastersswimmingontario.ca) for your MSO
number.
- Entries:** All events will be combined male and female according to entry time.
*** There will be only 6 heats of 400 Open (Event #7). Enter early to save a spot for yourself. ** We are limited to 150 participants, so enter early.**
Be sure to send us your *Name, Gender, Age* (as of December 31, 2009), *Club, MSO Registration Number* and *Seed Times* (optional) with *Events Entered*
For **Open** events, state the stroke that you will swim.
Meet Managers reserve the right to limit entries.
- Entry Fees:** \$35 (\$40 Deck Entry) for MAXIMUM of 7 individual events and unlimited relays.
Swimmers who deck enter must bring their MSO card as proof of current registration and will not be eligible for the 400 Open.
- Parking:** At the Pool, and next door at the school on the northeast side of New Street.
- Awards:** Ribbons (1st to 6th place in each age group), Gong prizes will be awarded throughout the meet.
- Results:** Will be posted at: <http://www.bmsc.ca> and
<http://www.mastersswimmingontario.ca>
- Lunch:** Will be served in the Robert Bateman High School Cafeteria after the swim meet.

Event List:	Event Number	Event
	01	100 m Backstroke
	02	200 m Freestyle Relay
	03	50 m Butterfly
	04	100 m Breaststroke
	05	50 m Freestyle
	06	200 m Mixed Medley Relay
	07	400 m Open* (state Free or I.M.)
		Intermission
	08	100 m Butterfly
	09	50 m Backstroke
	10	200 m Mixed Freestyle Relay
	11	200 m Open (state stroke or I.M.)
	12	50 m Breaststroke
	13	100 m Individual Medley
	14	100 m Freestyle
	15	200 m Medley Relay

Send entries by February 1, 2009 to:
 John Strang 2951 Walkers Line, Burlington Ontario L7M 4Y1

Email to: bmscmeet@gmail.com

Please make \$35.00 cheques payable to: BMSC

MASTERS SWIMMING ONTARIO

MSO Safety Procedures

REVISED- MARCH 2005.

GENERAL WARMUP:

1. During warm-ups, no swimmer shall enter the pool by a dive or a jump from any area of the deck or starting block. Swimmers shall enter the pool FEET FIRST in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. Meet Management shall ensure that barriers are placed on the starting blocks during the general warm-up.
3. All lanes shall be used for general warm-up with circle swimming only, as shown below. *One outside lane shall be designated for slow swimmers.*
4. The use of hand paddles, swim fins, pull buoys & flutter boards during warm-up shall be prohibited.

During warm-ups, swimmers in adjacent lanes must circulate in opposite directions to minimize risk of injuries along the lane ropes.

- **CLOCKWISE** - lanes shall be designated as: **2, 4, 6, 8**
- **COUNTER-CLOCKWISE** - lanes shall be designated as: **1, 3, 5, 7**

SPECIFIC WARMUP:

1. This portion of the warm-up shall begin 20 minutes prior to clearing the pool.
2. One outside lane and the adjacent lane or the two outside lanes may be designated as sprint lanes. Diving shall be from the normal starting end of the pool. During this time only one way swimming is allowed in these lanes. Upon completing one length the swimmer shall leave the lane.

THE WARMUP PROCEDURE SHALL BE STRICTLY MONITORED

Any swimmer who flagrantly disobeys these rules may be disqualified from the competition at the discretion of the referee.