

2012 Nepean Masters Winterlude Long Course Swim Meet

Nepean Sportsplex, Nepean, Ontario

February 25th, 2012

Proudly hosted by:



Sanctioned by:



MASTERS SWIMMING ONTARIO

2012 Nepean Masters Long Course Swim Meet

HOSTS: Nepean Masters Swim Club

SANCTIONED BY: Masters Swimming Ontario

LOCATION: **Nepean Sportsplex**
1701 Woodroffe Ave, Nepean, Ontario, K2G 1W2 (see map on website)

DATES: Saturday February 25th, 2012

FORMAT: 1 day Meet with timed finals. The meet will be run long course.

FACILITIES: The Nepean Sportsplex pool will be configured as a seven lane, 50 M pool. The eighth lane will be open for swimmers to warm-up and warm-down. The relays may be swum using all 8 lanes.

Electronic timing will be used.

WEBSITE: http://www.ottawa.ca/residents/parks_recreation/facilities/rec_centres/sportsplex/index_en.html

SESSIONS:

Saturday February 25 Warm up: 9:00 am – 9:45 am, Start: 10:00 am

Parking:

There is parking at the front of the complex (between the building and Woodroffe Ave.) but the majority of the parking is located at the rear of the complex.

Lockers:

Lockers are available for use in the change rooms, with your own locks, but there may be a shortage of them. Please be prepared to be unable to use a locker.

Warm ups:

Warm up and cool down lanes will be available from one hour prior to the start of the meet each day as well as throughout the meet. Throughout the warm up and lunch break, lane 8 shall be reserved for slow swimmers or swimmers with a disability. The fastest swimmers are encouraged to use lanes 4 and 5 during general warm up. Socializing is encouraged, however, socializers are requested not to block lanes being used for warm ups. Sprint lanes, when opened, shall be lanes 1 and 2.

All swimmers are required to enter feet first into the pool and diving is strictly prohibited during general warm up. Safety Marshals will be vigilant regarding infractions during warm-ups - **specifically diving** - and shall report those infractions to the Referee. The Referee has the authority to expel swimmers from the competition.

Equipment:

There will be no use of equipment (pull buoys, fins, etc) during warm ups. (See Safety Procedures)

Lunch Break:

Lunch break of 45 minutes for officials will be taken on Saturday after event 20. This schedule will be subject to change on short notice if required.

Rules:

Current MSC Rules apply: <http://mymsc.ca/Documents/CMSWSwimmingRules20100307.pdf>

Registration:

To Register Please visit the following website

<http://nmsc.org/swimmeet/>

Eligibility:

All swimmers must have reached the age of 18 years or over by February 25th, 2012 and be registered with their official Masters Swimming Organization. **Masters registration numbers must be provided for each swimmer.** Out-of-Province and international entries must provide their current affiliation and registration number when they register.

Meet Entry Process:**No Deck Entries:**

There shall be no deck entries.

Individual or Group Entries:

Individual or group entries **must be submitted online.**

Hy-Tek files will not be accepted.

Age groups are 18-24, 25-29, 30-34, increasing in five year increments

Please submit entry times for seeding purposes – NT will be rejected

Swimmers may enter a maximum of 4 individual events.

Entry Deadline is February 11th, 2012

Relay Entries:

Relay entries must be submitted online. Coaches, club managers or swimmers may submit relay entries.

Relay age groups are 72-99, 100-119, 120-159, 160-199, increasing in 40 year increments

A swimmer may swim only once in each relay event

Relay Entries are due February 18th, 2012. Hy-Tek files will not be accepted.

Relay substitutions must be submitted to the Relay Coordinator by 10am on Saturday

Registration and Payment

Registration will be done entirely on-line. Payment may be made on-line (**strongly encouraged and preferred**) as part of registration or by mailing a cheque (payable to "Nepean Masters Swim Club"). No postdated cheques will be accepted. **All cheques must be received by February 11th, 2011.**

At the following address:

Nepean Masters Swim Club
900 Greenbank Rd, Suite 360
Nepean, ON
K2J 4P6

RE Winterlude Registration

Note: Please put your MSO (or affiliation) # on the cheque, if paying by cheque.

Swimmer Check In:

Before swimming, all swimmers must verify the status of their registration at the check-in desk located at the entrance to the pool locker rooms before the meet. A list of swimmers in good standing (i.e. registered and paid) will be listed there. If your name is **NOT** on the list, please speak with the check-in agents otherwise, proceed directly to the locker rooms.

Relay Check-In:

Relay cards (available online) must be completely filled out clearly stating Age Category, Relay Type (eg: Mixed, Male, Female), Stroke (eg: Freestyle or Medley), Entry Time and Name of each swimmer.

Relay substitutions must be submitted to the Relay Coordinator by 10am on Saturday.

The heat and lane positions for all relay teams will be posted on the wall at both ends of the pool
Relay team members must swim in the order shown on the card as presented to the lane timers.

Age Determination Date:

Your age for the meet is as of **December 31, 2012**. Swimmers must have attained the age of 18 before competing.

Entry Deadline:

Individual and relay entries must be received by **February 11th, 2012**. All online registration payments must be completed by **February 11th, 2012** and cheques being mailed must be received by **February 18th, 2012**.
Cancellations, with a refund, will be accepted until **February 11th, 2012**.

Fees:

Entry fees are per individual

Registration and payment before **January 21st, 2012**: \$8/event

Registration and payment after **January 21st, 2012**: \$9/event

Relays are \$15/entry, regardless of time of registration.

Maximum Entries/Events

There will be a maximum of 225 swimmers accepted. Each swimmer may enter a maximum of 5 individual events plus 2 relay event. The 800m Freestyle event will be limited to 32 entries and will be swum two swimmers per lane. Those accepted into the 800m Freestyle will be notified when the final heat sheets are posted.

FOOD & SOCIAL

Swimmers' Food:

Light refreshments and water will be available for the swimmers during the meet. There will be no individual water bottles provided, so please bring your own bottle to fill up at the swimmers' table.

MEET PROCEDURES:

The Start:

The "No False Start" rule will be in effect.

In the 800 Free, starting blocks will not be used, instead, swimmers will start from the bulkhead beside the starting block, or if they choose, in the water.

Event Seeding:

Seeding will be by entry time and gender from the slowest to the fastest time.

There will be no deck entries.

The 800m free may be swum with 2 swimmers per lane. All swimmers shall start from the bulkhead in these events.

Swimmer Readiness:

It is most important that swimmers follow the Program heat sheets and are ready in the area behind their designated block prior to their heat. In 50m events they should be there three heats before their heat, in 100m events, two heats before their heat and in 200m or over and in relays one heat before their heat. Any swimmer who misses their heat will be scratched from that event.

Results:

The official results will be organized by gender and age group

The results will be posted on both the Meet website and the MSC website as soon as possible after the meet. The MSO website will show the results for all swimmers.

Awards:

Individual Certificates will be given to all participants showing their times and results for all individual and relay events.

Volunteers:

A large number of man-hours are required to properly officiate a meet of this magnitude.

Help is needed for Officials and timers.

If you or someone you know is interested please contact: swimmeet@nmsc.org

YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOSTS

ORDER OF EVENTS

Women	Event	Men
1	100 Butterfly	2
3	100 Backstroke	4
5	50 Breaststroke	6
7	50 Freestyle	8
9	200 Freestyle	10
11	200 Freestyle Relay Mixed	11
13	200 Backstroke	14
15	200 Individual Medley	16
17	200 Fly	18
19	200 Breaststroke	20
	45 Minute Break	
21	100 Breaststroke	22
23	100 Freestyle	24
25	50 Butterfly	26
27	50 Backstroke	28
29	200 Medley Relay	29
31	800 Free Mixed	32



MSC Warm-Up/Warm Down Procedures

CMSW 1.6 MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

CMSW 1.6.1 The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

CMSW 1.6.2 There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

CMSW 1.6.3 There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

CMSW 1.6.4 All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

CMSW 1.6.5 Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

CMSW 1.6.6 The wearing of watches, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

CMSW 1.6.7 Warm-up procedures shall be prominently posted at various areas of the pool deck.