



Burlington Masters Winter Splash 2005

- Date:** Sunday, February 13th, 2005
Warm Up: 8:00 A.M.
Meet Starts: 9:00 A.M; Ends: About 3 P.M., depending on # entries
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.
- 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**
Be sure to send us your *Name, Gender, Age* (as of December 31, 2005), *Club, MSO Registration Number* and (optional) *Seed Times with Events Entered*
For **Open** events, state the stroke that you will swim
- Entry Fees:** \$25 (\$30 Deck Entry) for MAXIMUM of 7 individual events (relays are free)
No cards needed with entries
- Parking:** Surrounding the pool on the North side of New Street.
- Awards:** Ribbons (1st to 6th place in each age group), Gong prizes
- Results:** Will be posted at: <http://www.bmsc.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 6, 2005 to:
Sandra McCleary, 3208 Unit # 4 New Street, Burlington, ON, L7N 1M8
Phone: 905-634-7207 Email to: smccleary1@cogeco.ca
Please make cheques payable to: **Burlington Masters Swim Club**



MASTERS SWIMMING ONTARIO

MSO Safety Procedures

REVISED- NOVEMBER 2001.

The following information is excerpted from the MSO Rule Book. It is provided to inform all swimmers of the Safety Procedures to be adhered to at all MSO Sanctioned Swim Meets.

Infractions of these rules may result in the offending swimmer being reported to the Referee who shall deal with the infraction under rule SW 2.1.1.

SAFETY PROCEDURES:

1. There shall be no running on the deck.
2. Climbing to and from the balconies shall be prohibited.

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.
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 laneropes.

- **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

Burlington Masters Winter Splash Registration Form

Sunday, February 13, 2005

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone No. () _____ Email Address: _____

Club Name: _____ Club Code: _____

MSO #: _____ Sex: M / F

Date of Birth: _____ Age as of December 31, 2005: _____

YYYY/MM/DD

Maximum 7 individual events (relays are free of charge). See meet package for details.

Entries seeded according to time. Please enter a time for each event. For open events, please state the stroke you will be swimming.

Event #	Event Name	Time
1	100 m Backstroke	
3	50 m Butterfly	
4	100 m Breaststroke	
5	50 m Freestyle	
7	400 m Open* (state Free or I.M.)	
8	100 m Butterfly	
9	50 m Backstroke	
11	200 m Open (state stroke or I.M.)	
12	50 m Breaststroke	
13	100 m Individual Medley	
14	100 m Freestyle	
		Team Time
2	200 m Freestyle Relay	
6	200 m Mixed Medley Relay	
10	200 m Mixed Freestyle Relay	
15	200 m Medley Relay	

Entry Deadline: Sunday, February 6, 2005

Please make cheques payable to **Burlington Masters Swim Club**

Mail entry and cheque to

Sandra McCleary

3208 New Street Unit #4

Burlington, ON

L7N 1M8

email: smccleary1@cogeco.ca

phone: (905) 634-7207