



Burlington Masters Winter Splash

Sunday, **February 17th**, 2002

Warm Up: 8:00 A.M. **Meet Starts:** 9:00 A.M. **Ends:** About 3 P.M., depending on # entries

Centennial Pool at Lord Elgin High School

25 Meters, 6 Lanes

5151 New Street, Burlington, Ontario

(South of the QEW; East of Appleby Line; West of Burloak Road; on North side of New Street)

Parking is available surrounding the pool on the North side of New Street.

Restaurants are on Appleby Line between New and Fairview.

Sanctioned by Masters Swimming Ontario

Awards: Ribbons and prizes

Entry Fees: \$25 (\$30 Deck Entry) for maximum of 7 individual events (relays are free)

Coffee and Doughnuts will be served during the meet.

Lunch will be served in the Lord Elgin High School Cafeteria after the swim meet. Enjoy!

Eligibility: All registered Masters Swimmers. Unregistered swimmers will not be allowed to compete.

Send entries **by February 10**, 2002 to:

Peter Weber, 6 Briar Lane, Dundas, Ontario, L9H 6E8

Phone: 905-627-5703 or **email** to: ptweber@altavista.com

Results will be posted at: <http://www.burlington-masters-swim-club.com>

No cards needed with entries! Be sure to **send us** your *Name, Gender, Age* (as of December 31, 2002), *Club, MSO Registration Number* and (optional) *Seed Times with Events Entered*. For **Open** events state the stroke that you will swim. Please make **cheques** payable to the Burlington Masters Swim Club.

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

All events combine male and female swimmers according to entry time.
There will be **only 6 heats** of 400 Open (Event #7). **Enter early** to save a spot for yourself.

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**
- **COUNTER-CLOCKWISE**- lanes shall be designated as: **1, 3, 5**

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