



MASTERS SWIMMING ONTARIO

FALL *SPRINT* SPLASH

OCTOBER 16, 2010

Hosted By The Brantford Aquatic Club

AT

THE WAYNE GRETZKY SPORTS COMPLEX

**NORTH PARK STREET
BRANTFORD, ONTARIO**

Sanctioned by: MASTERS SWIMMING ONTARIO

FACILITIES:

- Wayne Gretzky Sports Centre, Brantford
- Short Course Metres
- 1 - 8 lane section will be used for the meet.
- 2 Lanes from the second section will be available for continuous warm-up.
- Electronic timing, Omega system. Eight lane score board

MEET INFORMATION:

- Fees are payable at registration – cheque or cash.
- All Entries must be received by October 8, 2010 to be considered as a regular entry. Any entries received after this date will be considered to be deck entries. All Deck Entries must be received by October 16th, 2010 @ 4pm.
- Make cheques payable to **BRANTFORD AQUATIC CLUB.**
- All events will be swum single ended, fastest to slowest – men and women seeded together.
- **THE BEST EVENT:** A light meal will be available at the end of the session.
- Door prizes will be drawn during the meal.

AWARDS:

Ribbons - 1st to 3rd, for individual events and relays. (Available during the Best Event)
Men's and women's ribbons awarded separately.
Awards will be mailed if not picked up.

WARM-UPS:

Warm-up: 5:00 p.m. to 5:45 p.m.
Meet start: 6:00 p.m. to 9:00 p.m.
Main Event: 9:00 p.m. until 10:00 p.m.

RULES:

- MSC rules and safety procedures will govern the meet. As per attached.

ELIGIBILITY:

- The swimmers' age as of Dec 31st 2010 shall determine the category in which they swim.
- Swimmers must have attained the age of 18 years by the day of the meet.
- Swimmers must be registered with MSO or an equivalent body, and their registration number **MUST** be included on the entry form – all entries (including deck entries) will be verified with MSO prior to the meet beginning.

ENTRY FEES:

Regular Entry \$35.00 Cdn. (Total for any and all events)
Deck Entries \$50.00 Cdn. Please enter before the meet since space may be limited

- Entry forms must be completely filled out and Entry fee attached as the meet is pre-seeded.
- Relay team member names are only required prior to the competition, during warm ups on the day of the meet.
- Regular entries must be received by October 8th, 2010. All entries received after this will be considered deck entries and must be received no later then 4pm the day of the meet.
- Make cheques payable to **“BRANTFORD AQUATIC CLUB”**

EVENT LIST (Short Course Meters)

EVENT #	EVENT
1	25 FLY
2	50 BACK
3	25 FREE
4	50 BREAST
5	100 FREE
6	200 MEDLEY RELAY (MENS/WOMENS/MIXED)
7	50 FLY
8	25 BACK
9	50 FREE
10	25 BREAST
11	200 OPEN
12	200 FREE RELAY (MENS/WOMENS/MIXED)

SEND ENTRIES TO:

Tammie Crayne
61 Banbury Road
Brantford, ON
N3P 1E1

Email: tcrayne@execulink.com

Phone: 519-752-5994

Brantford Aquatic Club – Masters Sprint Splash

Saturday, October 16, 2010– 5:00 – 9:00 pm

HYPERLINK www.brantfordaquaticclub.ca

Individual Entry Form

Name _____ Gender: M / F

Address _____

City _____ Prov/State _____ Postal Code _____

Telephone (H) _____ (W) _____

E-Mail _____

Age as of Dec 31, 2010 _____

Birthday (dd/mm/yyyy) _____ Team _ _ _ Masters Swim # _____

Signature _____ Date _____

At \$35.00 per swimmer = \$_____ included with entry (cheque or cash)

Individual Master's Meet Entry Form - Warm Up at 5:00 p.m. Start at 6:00 p.m.					
No.	Event	Time	No.	Event	Time
1	25 FLY		7	50 FLY	
2	50 BK		8	25 BK	
3	25 FR		9	50 FR	
4	50 BR		10	25 BR	
5	100 FR		11	200 OPEN	
6	200 MEDLEY Relay		12	200 FREE Relay	

Mail entries to:

Tammie Crayne

61 Banbury Road

Brantford, ON N3P 1E1

Email: tcrayne@execulink.com

Phone: 519-752-5994

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MSO Safety Procedures

REVISED- MARCH 2005.

GENERAL WARMUP :

- 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.
- 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.

- o **CLOCKWISE** - lanes shall be designated as: **2, 4, 6, 8**
- o **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.

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