



Brock Badgers Masters Invitational

Sunday, March 7, 2010

This meet features a rare opportunity to race many of the "distance" events including the 400 IM, 400 Freestyle, and 800 Freestyle in a fast pool.

Hosted By

Brock Niagara Masters | Brock Badgers Swimming | Brock Niagara Aquatics

Location

Eleanor Misener Aquatic Centre
Brock University
500 Glenridge Ave.
St. Catharines, ON L2S 3A1

Mailing Address

Gregg Gleason
Brock Niagara Aquatics
Brock University, Dept. of Aquatics
St. Catharines, ON L2S 3A1

For directions to Brock University or a map of the campus and parking lots please visit our website at www.brocku.ca/brockswimming/masters

There are also listings available for local restaurants and accommodations.

Parking on campus is available in 'Lot D' for \$6 per entry, or at metered spots for \$2.50 per hour.

Meet Managers & Entries

Gregg Gleason swimcoachgregg@yahoo.ca
Katie So

Meet Referee

Dennis Plata

Facility Features

- Host site of the 2006 Ontario Masters Swimming Championship.
- Host site of the 2010 Ontario University Champs and 1997 Canadian University Championship.
- 2 x 25 metre, 8-lane pool (depth at start-end is 4m/13ft; depth at shallow end is 1.2m/4ft).
- Electronic timing and scoreboard.
- Numerous Canadian & World records broken on site.
- Specially imported pool water from the Canada Games Aquatic Centre in London (site of the 2010 Ontario Masters Provincial Championships) to help prepare you for some fast racing.
- Continuous warm-up/cool-down lanes will be available in the shallow end.
- Whirlpool, sauna, and spacious shower and changeroom facilities.
- Ample on-deck seating for swimmers, and viewing gallery for spectators.
- Cafeteria and food court located nearby within the complex. (Operating hours TBD.)

Format & Session Times

Warm-up: 8:30 AM | Start: 9:30 AM | Finish: not later than 4:00 PM (depending on entries)

The day will be divided into two sessions if entries warrant, with a short lunch/warm-up break between. All events are timed finals. Competition will be held single-ended in the deep 25m course.



Events will be open-seeded based upon entry time regardless of age or gender. Swimmers will be separated into their respective age groups for results and scoring purposes. Events with distances of 400 metres or greater may be swum 2-per-lane if necessary.

Entry Submission

- Entries are to be submitted electronically via Hy-Tek's Team Manager event entry file by Friday, February 26, 2010. Please estimate an entry time for each event rather than entering with "NT" (no time). Entry fees and cheques are to be made payable to "Brock University" and mailed or hand delivered to Meet Management before the start of warm-ups on the day of the meet.
- Alternatively, entries may be submitted manually using the attached Event Entry Form. Please forward payment along with entries.

Entry Fees

- \$30 per swimmer; maximum 5 individual entries (no extra charge for relays).
- Late entries and deck entries may be accommodated where lane openings exist (no reseeding or heat additions). Payment is required at time of submission at a cost of \$40 per swimmer.

Meet Rules & Regulations

The current Masters Swimming Canada rules will be applied and enforced.

Age Groups

Individual Events: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79... (five year age groups as high as is necessary).

Relays: To be conducted on the total age of team members in whole years. Age groups of relay events are as follows: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319... (forty year increments as high as necessary). Relay teams may consist of all males, all females, or mixed (2 males/2 females).

The age-determining date for all purposes shall be December 31st of the year of competition. Competitors shall have attained their 18th birthday by the first day of the competition.

8x25 Mixed Open Relay

An exhibition relay will kick off the afternoon session. Each relay team will consist of 1 Brock Badgers swimmer plus 7 additional Masters swimmers randomly selected from all that wish to participate in the event regardless of team affiliation, age, or gender. Each participant will swim 25 metres each. The members of the overall winning team will be awarded prizes.



Results

Live, real time meet results will be made available at www.brocku.ca/brockswimming/masters throughout the competition. At the completion of the meet, final results will be posted to the Masters Swimming Canada website (My MSC) at www.mymisc.ca

Brock Badgers Masters Swimming Invitational ~ Event Entry Form

Entries are to be submitted using the Hy-Tek meet entry file that can be obtained from our website. If your team does not own Hy-Tek's *Team Manager* software, a free version of the program can be downloaded: www.brocku.ca/brockswimming/masters

Alternatively, individual entries may be submitted manually using this form. Type directly in the form boxes below, if possible. Print the page if sending by mail; or save and e-mail the PDF file using the *Submit Form* button on this page. All submissions will receive confirmation of receipt.

Event #	Event Description	Entry Time
1	400 Freestyle	
2	100 Backstroke	
3	100 Breaststroke	
4	200 Freestyle	
5	200 Individual Medley	
6	4x50 Freestyle Relay (Female/Male/Mixed)	Relay cards are to be filled out on deck.
	~ Lunch Break ~	
7	8 x 25 Mixed Open Relay	Check if you wish to be included.
8	400 Individual Medley	
9	100 Butterfly	
10, 11, 12	200 Stroke (Choice of Butterfly, Backstroke, or Breaststroke)	
13	100 Freestyle	
14	4 x 50 Medley Relay (Female/Male/Mixed)	Relay cards are to be filled out on deck.
15	800 Freestyle	

Limit 5 individual entries. Relay entries and time cards will be filled out on-deck. Include \$30 payment per swimmer with manually submitted entries; cheque is to be made payable to "Brock University."

Swimmer Name		
Club Name		
MSO #		
Date of Birth (Month/Day/Year)		
Sex	Female	Male
Home phone #		
E-mail address		