

1000 ISLANDS Y SWIM MASTERS

**THE 8 TH ANNUAL
ALMOST
SERIOUS MEET
+
EXTRA 1500 OR 800**



Hosted by: 1000 Islands Y Swim Masters

Date: Sunday, January 22 2012

Time: Warm up 7:15 am

Meet 8:00 am – noon

Location: Brockville and Area YMCA

345 Park St, Brockville 613 342-7961

Directions: map -see attached

Pool: 25 m short course, 6 lanes

Events for all – short mix relays distance

Sanctioned by Masters Swimming Ontario



MASTERS SWIMMING ONTARIO

Meet Manager:

Stephanie Allard

***Entries may be sent by Hy-Tech Team Manager email to
robmalone3@hotmail.com***

EVENTS

1 A	200 (4 X 50) Medley Relay Women	9	200 (4 X 50)Free Relay Mixed
1 B	200 (4X 50) Medley Relay Men		
2	200 Open (State Stroke Fly Bk Br Fr IM)	10	25 Free
3	50 Free	11	50 Back
4	25 BR	12	50 Br
5A	200 (4 X 50)Free Relay Women	13	25 fly
5B	200 (4 X 50)Free Relay Men		
6	25 Back	14	200 (4 X 50) Medley Relay Mixed
7	50 Fly	16	1500 Open
8	100 Open (state Stroke Fly, Bk, Br Fr, IM)	17	800 Open

Entry Fees \$37.00 + \$10.00 for 1500/800(\$37.00 if ONLY swimming 1500/800)

Social Guest \$7.00 per person

Late Entries \$42.00

Facility fee of YMCA membership or \$7.00

Deadline Monday January 14, 2012 Volunteers eat for free!

Profits go to Support Upper Canada Swim Club

Cheque Payable to:

Upper Canada Swim Club

COME JOIN US

Eligibility –swimmers 18 years and older, registered with MSO or equivalent

- * Mixed Individual Events, Seeded by time, slowest to fastest
1500 open and 800 open limited to one heat may be swum together and 2 to a lane at Meet managers discretion
- * Age groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 etc.
- * Relays 72-99, 100-119, 120-159 etc.
Relay teams must be comprised of four individual swimmers and can be a mixture of clubs (Will be swam as exhibition if mixture of teams.) Entries due by end of warm-up
All swimmers must be same club if going for a record.
- * Deck entries at the discretion of Meet Manager
- * Cancellation of events at the discretion of Meet Manager
MSO Rules and Safety Procedures apply

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* **MSC Warm-Up/Warm Down Procedures**

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

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* **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

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* **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

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* **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.

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* **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.

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* **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.

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

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

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DIRECTIONS TO:

BROCKVILLE AND AREA YMCA

345 PARK ST.

BROCKVILLE, ON

(613) 342-7961

COMING FROM WEST –

TAKE 2ND BROCKVILLE EXIT - HWY # 29 (SMITH FALLS)

TURN RIGHT AT STOP LIGHTS

NEXT LIGHTS AT CENTRAL TURN LEFT

AT PARK TURN LEFT Y ON RIGHT

COMING FROM EAST –

TAKE 2ND BROCKVILLE EXIT – HWY # 29 (SMITH FALLS)

TURN LEFT AT STOP LIGHTS

OVER 401

AT LIGHTS AT CENTRAL TURN LEFT

PARK ST TURN LEFT Y ON RIGHT



1000 Islands Y Swim Masters

THE ALMOST SERIOUS MEET

Name _____ Sex (M) (F) please circle

Address _____

City _____ Province _____ Postal Code _____

DOB (D)____(M)____(Y)_____ Age as of Dec 31, 2012

Phone # () _____ E-mail address _____

Club Name _____ Short Form _____

MSO # _____ or equivalent registration #

Individual Entry Form ****

EVENT #	EVENT NAME	TIME
Social	Please indicate if you are attending the social	Yes <input type="checkbox"/> No <input type="checkbox"/>

**** Relay Grid on the next page

Entry Fees \$37.00 + \$10.00 for 1500/800(\$37.00 if ONLY swimming 1500/800)

Social Guest \$7.00 per person

Facility Fee of YMCA membership or \$7.00

Late Entries \$42.00

1500 and 800 additional \$10.00

Deadline January 14, 2012

Volunteers eat for free!

Cheque Payable to:

Upper Canada Swim Club

() Check if cheque is enclosed

Mail to : Stephanie Allard 1107 Bridlewood Drive, Brockville, ON K6V 7K2

or email robmalone3@hotmail.com

