

Burlington Masters Winter Splash 2012



Date: Sunday, February 12th, 2012
Warm Up: 8:00am.
Meet Starts: 8:45am; Ends: ~2pm
Sanctioned by Masters Swimming Ontario

Facility: Centennial Pool at Robert Bateman 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 Electronic Timing – Colorado 6

Eligibility: All registered Masters Swimmers.

Unregistered swimmers will not be allowed to compete.

Please see your coach or email MSO registrar, Brian Croker (msoreg@mastersswimmingontario.ca) for your MSO number. Or check the <http://www.mymisc.ca> website.

Entries: All events will be combined male and female and seeded according to entry time.

* There will be only 6 heats of 400 Open (Event #1). Enter early to save a spot for yourself. ** We are limited to 150 participants.

Entry fee \$40.00 for up to 7 events. Deck entries are \$45.00 and are at the discretion of Meet Manager.

Swimmers who deck enter must bring their MSO/MSC number.

All MSO/MSC numbers will be verified before swimming.

Please note for the last 2 years we have had 150 swimmers and have not permitted deck 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> and <http://www.mymisc.ca>

Lunch: Will be served in the Robert Bateman High School Cafeteria after the swim meet.

Event List: Event Number Event

01 400 m Open* (state Free or I.M.)

15 minute warm up

02 100 m Backstroke

03 50 m Butterfly

04 100 m Breaststroke

05 50 m Freestyle

06 200 m Freestyle Relay (M,W,X)

Intermission

07 100 m Butterfly

08 50 m Backstroke

09 200 m Open (state stroke or I.M.)

10 50 m Breaststroke

11 100 m Individual Medley

12 100 m Freestyle

13 200 m Medley Relay (M,W,X)

Send entries by February 5th 2012 to:

Colleen Chiki, 2353 Glastonbury Rd, Burlington Ontario L7P4L7

Email to: bmscmeet@gmail.com

Please make cheques payable to: Burlington Masters Swim Club

Registration Form

Sunday, February 12, 2012



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, 2012 _____

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. Intermission after event 6.

Entry Deadline: Sunday, February 5th, 2012

Please make cheques payable to Burlington Masters Swim Club

Mail entry and \$40.00 cheque to:

Colleen Chiki, 2353 Glastonbury Rd, Burlington Ontario L7P4L7 email: bmscmeet@gmail.com

Event Name	Time
1 400 m Open* (state Free or IM)	
2 100 m Backstroke	
3 50 m Butterfly	
4 100 m Breaststroke	
5 50 m Freestyle	
Break	
7 100 m Butterfly	
8 50 m Backstroke	
9 200 m Open* (Fly, Ba, Br, Fr or IM)	
10 50 m Breaststroke	
11 100 m Individual Medley	
12 100 m Freestyle	
	Team time
6 200 m Freestyle Relay (M,W,X)	
13 200 m Medley Relay (M,W,X)	

ATHLETE WAIVER & RELEASE

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the Burlington Masters Swim Club, Master Swimming Ontario and Master Swimming Canada from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate. In addition, I agree to abide by and be governed by the rules of MSO/MSC.

Signature:

Date:



MSC Warm-Up/Warm Down Procedures

Adopted by Masters Swimming Ontario (MSO)

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

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

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

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.

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.

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.

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

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