

Burlington Masters Winter Splash 2010

- Date:** Sunday, February 7th, 2010
Warm Up: 7:45 A.M.
Meet Starts: 8:45 A.M; Ends: ~1 P.M
Plenty of time to make it home for the Superbowl excitement
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
- 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.
- Entries:** All events will be combined male and female 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.**
Be sure to send us your *Name, Gender, Age* (as of December 31, 2010), *Club, MSO Registration Number* and *Seed Times* (optional) with *Events Entered*
For **Open** events, state the stroke that you will swim.
Meet Managers reserve the right to limit entries.
- Entry Fees:** \$35 (\$40 Deck Entry) for MAXIMUM of 7 individual events and unlimited relays.
Swimmers who deck enter must bring their MSO card as proof of current registration.
- 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.mymsc.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 Mixed Medley Relay
	07	200 m Freestyle Relay
		Intermission
	08	100 m Butterfly
	09	50 m Backstroke
	10	200 m Open (state stroke or I.M.)
	11	50 m Breaststroke
	12	100 m Individual Medley
	13	100 m Freestyle
	14	200 m Mixed Freestyle Relay
	15	200 m Medley Relay

Send entries by January 31st, 2010 to:

John Strang 2951 Walkers Line, Burlington Ontario L7M 4Y1

Email to: bmscmeet@gmail.com

Please make cheques payable to: **Burlington Masters Swim Club**



MASTERS SWIMMING ONTARIO

MSO Safety Procedures REVISED- MARCH 2005.

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. *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.

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

Burlington Masters Winter Splash Registration Form Sunday, February 7, 2010

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, 2010: _____
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 7.

Event #	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	
8	100 m Butterfly	
9	50 m Backstroke	
10	200 m Open* (Fly, Ba, Br, Fr or IM)	
11	50 m Breaststroke	
12	100 m Individual Medley	
13	100 m Freestyle	
		Team Time
6	200 m Freestyle Relay	
7	200 m Mixed Medley Relay	
14	200 m Mixed Freestyle Relay	
15	200 m Medley Relay	

Entry Deadline: Sunday, January 31st, 2010

Please make cheques payable to **Burlington Masters Swim Club**

Mail entry and \$35.00 cheque to

John Strang

2951 Walkers Line

Burlington, ON

L7M 4Y1

email: bmscmeet@gmail.com

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: