

BASE KINGSTON MASTERS SWIM MEET

November 13, 2005

Hosted by: Ol' Henry Masters Swim Club and Kingston Masters Aquatic Club.

Location: Kingston Military Community Sports Centre, 11 Duty Drive, Kingston Ontario.

Directions: From Hwy 401 take Exit #623 to Hwy 15 south. Drive approximately 6km to Hwy 2 and turn right. Proceed down Fort Henry Hill to first set of lights, turn right onto Duty Drive.

Pool: 25m short course, 8 lanes with warm down tank, water slide, hot tub, spectator seating, electronic timing and free parking.

Times: Registration: 9:00am – 10:00am.
Warm-up: 10:00am – 10:50am Start time: 11:00am
Deadline for individual entries: 4pm, Friday, 11 November 2005
Deadline for relay entries and scratches: 10:00am. No deck entries.

Entry Fees: \$25.00 per swimmer (unlimited events) for entries received by 11 November 2005.

Entry fees include relays. Sorry, no late entries.

Mail entries with cheques payable to Base Funds to:

Michelle Cole
554 Nora Court
Kingston, ON K7K 7L9

Confirmation will be sent via email if an email address is provided.

Entry Forms On-line: Entry forms are available at www.ohm.you-name-it.ca.

Please mail your entry form and cheque to Michelle Cole at the above mailing address. Cheques must be received by 10 November 2005 to ensure entry. Remember, 11 November is a postal holiday.

Events On-Line: Entries may be made on-line at <http://www.eventsonline.ca/events/kingstonmasterswim/>.

Payment can be made with either VISA or Mastercard. Cost is \$25.00 plus a \$2 service charge. Confirmation will be emailed automatically.

Eligibility: Only Masters swimmers registered with a provincial, state or national Masters organization will be accepted. The swimmer's age shall be that on December 31st, 2005.

Rules: Current MSO rules in effect.

Water Slide: Immediately following the final relay the water slide will be open for 15 minutes so everyone can end the day with a big splash!

Social: A social will be held after the meet is completed. Come enjoy food and door prizes.

Warm Up Procedures: Please see the attached form for warm up safety procedures. The warm up procedure shall be strictly monitored.

Order of Events:

Mixed	Event
1	100 Butterfly
2	50 Breaststroke
3	100 Backstroke
4	50 Freestyle
5	100 IM
6	200 Mixed Medley Relay
	BREAK
7	200 Fly*
8	200 Back*
9	200 Breast*
10	200 Free*
11	200 IM*
12	50 Butterfly
13	100 Breaststroke
14	50 Backstroke
15	100 Freestyle
16	200 Mixed Free Relay Water Slide Social!!!

* You may swim only one 200 event. Swimmers will be seeded slowest to fastest. Male and Female swimmers will be seeded together.

Relays: Each relay team shall provide on a time card: the age group entered; name and code of Club; full name, age and gender of each swimmer; the order in which the swimmers shall swim; and an entry time. Relay check-in deadline is 10:00am on day of meet.

Scratches: Submit before 10:00am, day of meet.

Meet Manager: Chris Cole
(613) 544-7394 – home
E-mail: chris.cole@rmc.ca
Website: www.ohm.you-name-it.ca

Sanctioned by: Masters Swimming Ontario

