



KINGSTON MASTERS SWIM MEET

November 16, 2003

Hosted by: Kingston Masters Aquatic Club and Ol' Henry Masters Swim 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, 14 November 2003
Deadline for relay entries and scratches: 10:30am. No deck entries.

Entry Fees: \$25.00 per swimmer (unlimited events) for entries received by 14 November.

Entry fees include relays.

Mail entries with cheques payable to Kingston Masters Aquatic Club to:

Michelle Cole

1254 Brackenwood Crescent

Kingston, ON K7P 2W1

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

Website Entry On-line: Entries may be made on-line at www.kingstonmasters.net/meet.htm.

A confirmation will be emailed back to you. Please enclose a copy of the confirmation with your cheque and mail to Michelle Cole at the above address. Cheques must be received by 14 November 2003 to ensure entry.

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. There is a \$1 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, 2003.

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:

Women	Event	Men
1	100 Butterfly	2
3	50 Breaststroke	4
5	100 Backstroke	6
7	50 Freestyle	8
9	100 IM	10
11	200 Mixed Medley Relay	11
	BREAK	
13	200 Open*	14
15	50 Butterfly	16
17	100 Breaststroke	18
19	50 Backstroke	20
21	100 Freestyle	22
23	200 Mixed Free Relay Water Slide Social!!!	23

* The 200 Open event will be seeded together. You may swim only one 200. Be sure to state which stroke you will be swimming.

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 10:30am on day of meet.

Scratches: Submit before 10:30am, day of meet.

Meet Manager: Chris Cole

Phone: (613) 541-6000 Ext. 6162 – work

(613) 634-9797 – home

Fax: (613) 542-9489

E-mail: chris.cole@rmc.ca

Website: www.kingstonmasters.net/meet.htm

Sanctioned by: Masters Swimming Ontario

