



# KINGSTON MASTERS SWIM MEET

November 17, 2002



**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 – a pass will be issued at registration in order to enter the building

Warm-up: 10:00am – 10:50am

Start time: 11:00am

Deadline for individual entries: 4pm, Friday, 15 November 2002

Deadline for deck entries, relay entries and scratches: 10:30am

**Entry Fees:** \$25.00 per swimmer (unlimited events) for entries received by 15 November.  
\$30.00 per swimmer for entries received after 15 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.

**Enter On-line:** Entries may be made on-line at [www.kmac.canadianwebs.com/meet.htm](http://www.kmac.canadianwebs.com/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 15 November 2002 to ensure entry.

**Eligibility:** Only Masters swimmers registered with a provincial, state or national MSO will be accepted. The swimmer's age shall be that on December 31<sup>st</sup>, 2002.

**Rules:** Current MSO rules in effect.

**Water Slide Competition:** Immediately following the final relay there will be a water slide competition. Prizes will be awarded based on fastest time, biggest splash and nicest form. Everyone is welcome to join in the fun. (PS Judges may be open to bribery.)

**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 Slide Competition 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.

**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: [cole-c@rmc.ca](mailto:cole-c@rmc.ca) Website: [www.kmac.canadianwebs.com/meet.htm](http://www.kmac.canadianwebs.com/meet.htm)

**Sanctions by:** Masters Swimming Ontario