

## ***Kenora Swimming Sharks Masters Winterlude Swim Meet***

- Date:** Saturday February 7, 2009
- Time:** Warmup: 1:00 PM                      Start: 1:30 PM
- Location:** The Aquatics Centre at the Kenora Recreation & Wellness Centre
- Facilities:** Main Pool ~ 6 lanes x 25 Meter;  
[Leisure Pool ~ 2 lanes x 20 Yard lap swimming plus shallow play area; Warm tots pool; Hot tub and Sauna; Waterslide]  
Mens, Womens & Family Changerooms all ***Wheelchair Accessible*** and equipped with lockers. You may bring your own lock or, use a coin operated locker (25cents).
- Rules:** MSC Rules 2008  
**NOTE:** Effective Jan 1, 2009 the one false start for masters changes to the no false start.
- Eligibility:** All Appropriate rules will be in effect. All swimmers must be registered with MSO or Masters Swim Manitoba, or with their appropriate Provincial or State Masters / Sports Organization
- Age Groups:** Individual Events ~ 18 – 24; 25 – 29; ..... 75 – 79; 80 +, etc. in 5 year increments.  
Relay Events ~ 72 - 99; 100 - 119; 120 -159; 160 + in 40 year increments.
- Entry Limits:** Swimmers may enter a maximum of **5 events**, not including relays.  
Deck entries will be accepted (**to fill empty lanes only**).
- Awards:** Suitable (and possibly ***unsuitable***) awards will be presented to all participants.
- Buffet:** A **Buffet Dinner** will be served after the meet. Location TBA
- Entries:** Please submit entries: A] via Hytek Team Manager Software or B] clearly typed.  
Email entries to: [swimmingsharks@kmts.ca](mailto:swimmingsharks@kmts.ca) .
- Entry Deadline:** **Wednesday January 28, 2009**
- Entry Fees:** NWO Regional Development Fee ~ **\$2.00 per swimmer**  
**MSO/OSOA Support Fee ~ \$2.00 per swimmer**  
Individual Events ~ **\$4.50 per event**  
Relays ~ **\$8.00 per relay team** [\$2.00 / swimmer]  
Buffet Dinner ~ **\$20.00 per person**

Or a flat fee of **\$45.00** per swimmer (covers the NWO Regional Development Fee, **MSO/OSOA Support Fee**, up to 5 Individual Events, participation in Relays, and a ticket to the Buffet Dinner).

Entry Fees payable to **Kenora Swimming Sharks**.

**Please note: Fees are non-refundable and are due at the time of registration.**

- Meet Manager:** Crystal Martin  
Site 7A Box 7  
Keewatin, ON P0X 1C0  
Phone: (807) 543 – 7668  
Email: [cbmartin@xplornet.com](mailto:cbmartin@xplornet.com)
- Technical Questions:** Bruce/Edie Fisher  
(807) 548-8142 (home)  
(807) 468-4221 (KSS)  
[swimmingsharks@kmts.ca](mailto:swimmingsharks@kmts.ca)

## Kenora Swimming Sharks Winterlude Swim Meet-February 7, 2009

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthday \_\_\_\_\_  
 Address \_\_\_\_\_  
 Club \_\_\_\_\_ Email \_\_\_\_\_

### Individual Entry Form ~ Masters Registration Number \_\_\_\_\_

(Circle)

(Circle)

Female Events	Entry Time	Stroke	Male Events	\$'s
1A- 400 Freestyle 1B – 400 IM		400 Freestyle 400 IM	2A – 400 Freestyle 2B – 400 IM	
3		200 Mixed Freestyle Relay	4	
5		25 Backstroke	6	
7		25 Butterfly	8	
9A - 200 Freestyle 9B – 200 Backstroke 9C – 200 Breaststroke 9D – 200 Butterfly		<b><i>200 Choice of Stroke</i></b> (Specify Event # and Stroke)	10A - 200 Freestyle 10B – 200 Backstroke 10C – 200 Breaststroke 10D – 200 Butterfly	
11		100 Freestyle	12	
13		50 Breaststroke	14	
15		100 Backstroke	16	
17		50 Butterfly	18	
19		<b><i>200 Prediction Race **</i></b>	20	
21		100 Breaststroke	22	
23		100 Butterfly	24	
25		50 Freestyle	26	
27		25 Freestyle	28	
29		25 Breaststroke	30	
31		50 Backstroke	32	
33		100 IM	34	
35		200 Medley Relay	36	

\*\* **Prediction Race:** Specify **STROKE** and **TIME** to the hundredths of a second (i.e. ~ **200 Back - 2:59.97**) on the Entry Sheet. The winner is the person who finishes closest to their “predicted” time.

Total Individual Events (\$4.50/Event)	_____ x \$4.50/Event = \$ _____
Total Relays (\$2.00 / Relay / Swimmer)	_____ x \$2.00/Relay = \$ _____
NWO Regional Development Fee	\$2.00 per Swimmer
MSO/OSOA Support Fee	\$2.00 per Swimmer
Buffet Dinner Fee	\$20.00 per Swimmer
<i>Your Meet Fee</i>	\$ _____
<b>OR</b> pay <b>\$45.00</b> (includes NWO Regional Development Fee, <b>MSO/OSOA Support Fee Event Fee</b> , up to 5 Individual Events, 2 Relays, and Buffet Dinner Fee).	<b>\$45.00 Total Meet Fee</b>

# *Kenora Swimming Sharks Winterlude Swim Meet*

## *Relay Entry Form*

Event Number:	Event:	Total Relay Age:
Team Name:	Club:	Entry Time:
Swimmer 1 ~	Age ~	
Swimmer 2 ~	Age ~	
Swimmer 3 ~	Age ~	
Swimmer 4 ~	Age ~	

Event Number:	Event:	Total Relay Age:
Team Name:	Club:	Entry Time:
Swimmer 1 ~	Age ~	
Swimmer 2 ~	Age ~	
Swimmer 3 ~	Age ~	
Swimmer 4 ~	Age ~	

Event Number:	Event:	Total Relay Age:
Team Name:	Club:	Entry Time:
Swimmer 1 ~	Age ~	
Swimmer 2 ~	Age ~	
Swimmer 3 ~	Age ~	
Swimmer 4 ~	Age ~	

Event Number:	Event:	Total Relay Age:
Team Name:	Club:	Entry Time:
Swimmer 1 ~	Age ~	
Swimmer 2 ~	Age ~	
Swimmer 3 ~	Age ~	
Swimmer 4 ~	Age ~	

***Team Entry Form for the KSS Masters Winterlude Swim Meet***

Team \_\_\_\_\_ Code \_\_\_\_\_

Team Contact \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Total Number of Participating Swimmers: Female \_\_\_\_\_ Male \_\_\_\_\_

Total Number of Relay Teams: Mixed \_\_\_\_\_ Female \_\_\_\_\_ Male \_\_\_\_\_

Total Number of Buffet Tickets Required: \_\_\_\_\_

Total \$'s Owing: \$\_\_\_\_\_ [cheques payable to Kenora Swimming Sharks]

Please either **mail** to KSS, P.O. Box 321, Kenora, ON, P9N 3X4 or directly to the Meet Manager.

***Entry Deadline: Wednesday January 28, 2009***