



January 5, 2004

Masters Swimmers:

As Meet Managers for the London Silver Dolphins Masters Swim Club, I would like to take this opportunity to invite your team to the 9th Annual BMO Nesbitt Burns CAN-US Long Course Invitational, to be held at the Canada Games Aquatic Center (formerly the London Aquatic Center) on Sunday, **February 29, 2004**. This meet will be run cardless and you'll only need to show up at your designated lane.

We sincerely hope to see you here. I am enclosing this year's meet information package and I encourage you to share the information with other Masters swimmers and clubs.

Please feel free to contact Ginette Kurtz at ginette.kurtz@rogers.com if you have any questions or if you require any further information.

We look forward to seeing you in February!

Sincerely,

Jeff Kafka
Meet Manager

Ginette Kurtz
Assistant Meet Manager

9th Annual BMO Nesbitt Burns Long Course Invitational



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- DATE:** Sunday, February 29, 2004
- TIME:** Warm-up: 8:00 am - 9:00 am Meet: 9:00 am - 3:30 pm
- LOCATION:** Canada Games Aquatic Center (formerly London Aquatic Center)
1045 Wonderland Rd N, London, ON N6A 4H6, Canada
- FACILITY:** Eight Lane, 50 meter indoor pool, opened in 1991
Omega electronic timing with scoreboard
- CONTACT:** Ginette Kurtz
43 Guildford Cr, London, ON, N6J 3Y2, Canada
Phone- (519)- 472-0654
Email: ginette.kurtz@rogers.com
Meet Manager: Jeff Kafka
- ENTRY FEE:** \$30.00(Canadian Funds) or \$19.00 (US Funds) entitles swimmer to 5 individual events and up to 3 relays.
Please make cheque payable to **London Silver Dolphins**
(if possible, please send one cheque per club)
(Deck entries may be accepted to fill empty lanes or scratched lanes, at the discretion of the Meet Manager)
- AGE GROUPS:** Individual events: 20-24 age group and continue upward in 5 years increments (e.g. 25-29, 30-34, etc)
Relays: the aggregate age in full years of the four relay team members shall determine the age group of the relay team
Age groups shall be as follows: 80-99, 100-119, 120-159, and continue upward in 40 years increments.

Note: any relay team containing a swimmer in the 20-24 age group shall be ineligible for world records.

ENTRIES: Please submit on the attached grid sheets, including swimmer's Masters Swimming registration number with appropriate Long Course meters entry times. (See below for conversion chart.)

Time Conversions:

Time (SC Yards)	Conversion Rate	Time (SC Meters)
:45	1.12	:50.5

Time (LC Yards)	Conversion Rate	Time (LC Meters)
:50.5	1.02	:51.4

Courier/Priority Post Entries to:

Ginette Kurtz, 43 Guildford Cres, London ON N6J 3Y2 Canada
or E-Mail : ginette.kurtz@rogers.com

EVENTS:

SESSION 1		
WOMEN	EVENT	MEN
1	200 Open Medley Relay	1
3	100 Free	4
5	100 Breast	6
7	200 Open	8
9	100 Back	10
11	100 Fly	12
13	50 Free	14
15	50 Breast	16
SESSION 2		
17	400 Open relay	17
19	400 Open	20
21	50 Back	22
23	50 Fly	24
25	200 Open Free Relay	25

Note : There will be no Event 2, 18 or 26
See rule # 7 for details about the relay events.

ENTRY DEADLINE: SUNDAY, FEBRUARY 15, 2004

AWARDS: Individual events: Ribbons for 1st to 6th place in each age group
Relay events: Ribbons for 1st to 5th place in each age group
Door prizes will be awarded throughout the meet.

TEAM AWARD : For highest team total points:

For individual events : 7 points (1st), 5 points (2nd), 4 points (3rd), 3 points (4th) 2 points (5th), 1 point (6th)

For Relay events : 14 points (1st), 10 points (2nd), 8 points (3rd) 6 points (4th) 4 points (5th)

MEET RULES:

excerpted from the 2002 Handbook Of Masters Swimming Ontario; and:

1. All events shall be conducted on a timed final basis, and all shall be seeded from slowest to fastest.
2. A 30 minute warm-up period shall be allowed prior to the **400 Open Relay**, Event 17.
3. Deck entries may be accepted to fill empty lanes or scratched lanes, at the discretion of the Meet Manager.
4. Genders may be combined for any event at the discretion of the meet manager. The results for such events will be separated by gender.
5. The results for the open individual events shall be separated for men and women, as follows:
 - 1) 200 OPEN into 200 back, breast, fly, freestyle and Individual Medley
 - 2) 400 OPEN into 400 freestyle and Individual Medley
6. In the open events the default entry will be freestyle. All swimmers failing to specify a stroke on the meet entry form will be entered as if they specified freestyle. The stroke for which each swimmer is entered will be noted in the meet program. It is the swimmer's responsibility to check this in advance and ensure s/he is entered properly.
7. Event 1 is an open Medley Relay, and event 25 is an open Free Relay. Event 17 is both Medley and Free. Teams can be mixed (2 male/2 females), all males or all females. **No swimmer can swim on more than one relay team per event.** The results will be divided between mixed, all females and all males.
8. Each swimmer attempting to break a record shall advise the Session Referee before the beginning of the session. The swimmer may be responsible for providing any additional timers, at the discretion of the Session Referee. The referee shall be responsible to ensure that there are 3 valid times available for the record attempt.
9. This meet is sanctioned by Masters Swimming Ontario.

Please refer to *Safety Procedure Rule* for further information.

CONCESSIONS: Lunch will be served at the **completion** of the meet for all swimmers. A light lunch will be served to the officials only, at the end of session 1.



MASTERS SWIMMING ONTARIO

MSO Safety Procedures **REVISED- NOVEMBER 2001**

The following information is excerpted from the MSO Rule Book. It is provided to inform all swimmers of the Safety Procedures to be adhered to at all MSO Sanctioned Swim Meets.

Infractions of these rules may result in the offending swimmer being reported to the Referee who shall deal with the infraction under rule SW 2.1.1.

SAFETY PROCEDURES:

1. There shall be no running on the deck.
2. Climbing to and from the balconies shall be prohibited.

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.
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 laneropes.

- **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

ACCOMMODATION

- * Howard Johnson
1170 Wellington Rd. South
(519) 681-1550

- Golden Pheasant Motel (closest to the pool)
615 Fanshawe Park Rd W
London
(519) 473-4551

- * Hilton Hotel (downtown)
300 King St
(519)439-1661

- * Station Park Inn Suites (downtown)
242 Pall Mall St at Richmond St
1-800-223-0888
single or double suite (separate rooms)