



October 6, 2008

Masters Swimmers:

As Meet Managers for the London Silver Dolphins Masters Swim Club, we would like to take this opportunity to invite your team to the 14th Annual BMO Nesbitt Burns Long Course Invitational, to be held at the Canada Games Aquatic Centre on Sunday, **February 22, 2009**. This is a cardless meet so you will only need to show up at your designated lane. *Please note that the relays are swum in the middle of the meet. Time constraint does not permit us to have more choices.*

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

Please feel free to contact Anneke Salmon at annekesalmon@hotmail.com or at 519-471-8437 if you have any questions or require any further information.

We look forward to seeing you in February!

Sincerely,

Denise McDonald
Meet Manager

Anneke Salmon
Assistant Meet Manager

14th Annual **BMO Nesbitt Burns** Long Course Invitational



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- DATE:** Sunday, February 22, 2009
- TIME:** Warm-up: 8:00 am - 9:00 am Meet: 9:00 am - 3:00 pm
- LOCATION:** Canada Games Aquatic Centre
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:** Anneke Salmon Meet Manager
1101 Viscount Rd , London, ON, N6K 1H9, Canada
519-471-8437
Email: annekesalmon@hotmail.com
- ENTRY FEE:** \$30.00(Canadian Funds) or \$30.00 (US Funds) entitles swimmer to 5 individual events and up to 2 relays.
Please make cheque payable to **London Silver Dolphins**
(if possible, please send one cheque per club)
No Deck entries
- AGE GROUPS:** Individual events: 18-24 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: 72-99, 100-119, 120-159, and continue upward in 40 years increments.
Note: any relay team containing a swimmer in the 18-24 age group shall be ineligible for world records.

ENTRIES: Please submit on the attached grid sheets, including swimmer's MSO 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:

Anneke Salmon
 1101 Viscount Rd , London, ON, N6K 1H9, Canada
 or E-Mail : annekesalmon@hotmail.com

EVENTS:

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

Note : There will be no Event 16, 18.
 See rule # 7 for details about the relay events.

ENTRY DEADLINE: Friday, February 13, 2009

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

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. **There will be NO deck entries under any circumstances.**
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 she/he is entered properly.
7. Events 15 and 17 are open Free or Medley Relays. 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.