



October 31, 2007

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 13th Annual BMO Nesbitt Burns Long Course Invitational, to be held at the Canada Games Aquatic Centre on Sunday, **February 10, 2008**. This meet will be run cardless and you'll only need to show up at your designated lane. *Please note that the relays are swum in the middle of the meet. Time constraint did 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 if you require any further information.

We look forward to seeing you in February!

Sincerely,

Denise McDonald
Meet Manager

Anneke Salmon
Assistant Meet Manager

13th Annual **BMO Nesbitt Burns** Long Course Invitational



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- DATE:** Sunday, February 10, 2008
- TIME:** Warm-up: 8:00 am - 9:00 am Meet: 9:00 am - 3:30 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
1101 Viscount Rd , London, ON, N6K 1H9, Canada
519-471-8437
Email: annekesalmon@hotmail.com
Meet Manager: Denise McDonald
- 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 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:

Anneke Salmon at 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. **THIS HAS CHANGED THIS YEAR**

ENTRY DEADLINE: SUNDAY, JANUARY 27, 2008

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.



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