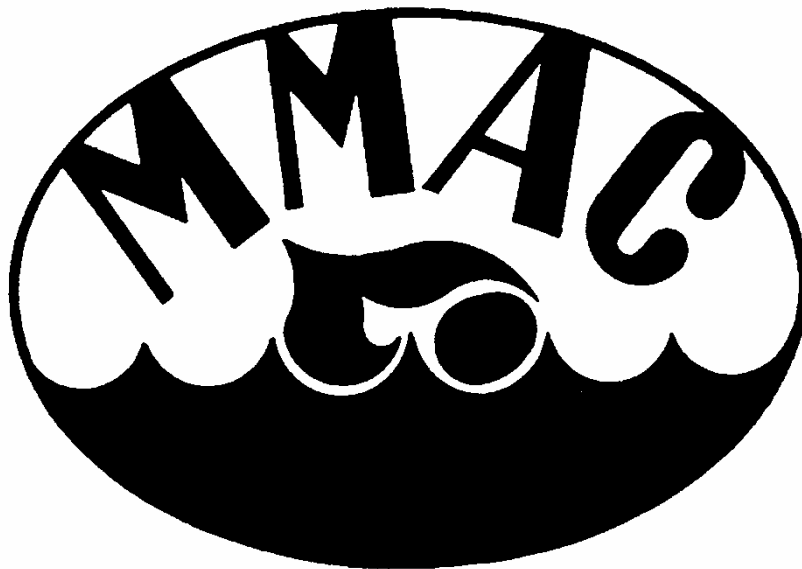


**MILTON MASTERS AQUATIC CLUB  
&  
MILTON MARLIN SWIM TEAM**

**15<sup>th</sup> ANNUAL SPRING  
SPLASH**

**SUNDAY 4th MARCH, 2012**



**NEW LOCATION. SAME GREAT FOOD**

**MILTON MASTERS AQUATIC CLUB  
&  
MILTON MARLIN SWIM TEAM**

**15th Annual SPRING SPLASH**

**We are pleased to invite you to our 15<sup>th</sup> annual “Gender Neutral” swim meet.**

**DATE:** Sunday March 4, 2012

**ENTRY DEADLINE:** Friday February 24, 2012<sup>1</sup>

**TIME:** Warm-up: 7:30 a.m.

Start: 8:30 a.m.

End: 2:00 p.m. (depending on entry #'s)

**LOCATION:** Milton Sports Centre  
605 Santa Maria Boulevard, Milton

**MEET MANAGER:**  
Noel Apputhurai  
Email: [noelapp@cogeco.ca](mailto:noelapp@cogeco.ca)

**FACILITIES: \*\*NEW LOCATION\*\***

25 metre, 8 lane pool, electronic timing, larger seating area, ample parking

**DIRECTIONS:**

From East and West: HWY 401 to Hwy 25 South and follow the signs for Hwy 25 east on Steeles Avenue and south on Ontario Street. At Derry go west (one block) to Santa Maria Boulevard.

From South: HWY 25 to Derry Road, west (one block) to Santa Maria Boulevard.

<http://maps.google.ca/maps?q=605+Santa+Maria+Boulevard,+Milton&hl=en&sl=43.51807,-79.862927&sspn=0.052282,0.132093&vpsrc=0&hnear=605+Santa+Maria+Blvd,+Milton,+Ontario+L9T+6J5&t=m&z=17>

**ELIGIBILITY:**

Swimmers must have reached their 18<sup>th</sup> birthday on or before March 4th, 2012.

Only Masters Swimmers registered with their provincial (MSO), state or, national body will be accepted.

Masters registration numbers must be provided for each swimmer.

**ENTRIES:**

All events will be seeded by entry time, (men & women combined).

Events seeded by heat, slowest to fastest.

Swimmers are limited to 6 individual events, not including relays.

We are limited to 200 participants.

Deck entries may be accepted at a \$50 entry fee until 7:30 a.m. on the day of the meet, at the discretion of the Meet Manager.

Meet manager reserves the right to limit entries and cancel events.

**RELAY ENTRIES:**

Relays are gender specific. Entry cards for relays (part of package and available at registration table) need to be completely filled out. State event #, event name, total team age, club name, individual swimmer names and ages (in swim order) and entry time. Relay entries need to be submitted to the check-in desk prior to meet start.

**RULES:**

Meet sanctioned by Masters Swimming Ontario.  
Current MSC Rules and Safety Procedures in effect.

**RESULTS:**

Will be posted at [www.miltonmasters.ca](http://www.miltonmasters.ca) and [www.mymisc.ca](http://www.mymisc.ca)

**ENTRY FEE:**

\$40 per swimmer for entries received by Friday February (6 Events not including relays)  
\$50 per swimmer for deck entries if permitted by Meet Manager.  
Please do not enter events you do not intend to swim as the potential for empty lanes can extend total meet time.

Mail entry documents and cheques, payable to MMST to:

Bruce Beckett  
6139 Prairie Circle  
Mississauga ON L5N 5Y3

Online Entry documents may be sent by Hy-Tech Team Manager. E-mail meet manager for additional information.

**ORDER OF EVENTS see entry form**

**AWARDS:**

Ribbons to first, second & third place in each age group.

**AGE GROUPS:**

A swimmer must have attained the age of 18 by March 6th, 2011  
A swimmer's age is determined by his/her age as of December 31, 2011.  
Individual 18-24,25-29,30-34,35-39 etc 5 year increments.  
Relays 72+,100+,120+,160+,200+,240+,280+,etc. 40 year increments.

**SOCIAL:**

Lunch will be served in the Optimist Room at the end of the meet.



**MSC Warm-Up/Warm Down Procedures**

**CMSW 1.6** MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

**CMSW 1.6.1** The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

**CMSW 1.6.2** There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet.

**CMSW 1.6.3** There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

**CMSW 1.6.4** All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

**CMSW 1.6.5** Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

**CMSW 1.6.6** The wearing of watches, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

**CMSW 1.6.7** Warm-up procedures shall be prominently posted at various areas of the pool deck.

**MILTON MASTERS AQUATIC CLUB**  
**15th ANNUAL SPRING SPLASH**  
**Sunday March 4, 2012 (Deadline Feb.24)**

**ENTRY FORM**

**Emailed and Hy-Tech entries are permitted, however, payment must be received NO LATER THAN February 24, 2012 ...if not, then entries will be removed and deck entry fee (if accepted) must be paid !!**

**SCHEDULE OF EVENTS** (max. 6 individual events per swimmer plus relays)

<b>EVENT #</b>	<b>EVENT NAME</b>	<b>SEED TIME</b>
1	100m Back	
2	200m Medley relay (Women's)	
3	200m Medley relay (Men's)	
4	100m Free	
5	200m I.M.	
6	50m Back	
7	100m Breast	
8	50m Fly	
9	200m Free (No fly,back ,breast or I.M.'s)	
10	50m Breast	
11	100m Fly	
12	100m I.M.	
13	200m Open (Fly,Back or Breast) *	
14	50m Free	
15	200m Free relay (Women's)	
16	200m Free relay (Men's)	
17	400m Free**	

\* Please state stroke to be swum (NO FREE OR IM)...if not specified, the entry will NOT be accepted and NO DECK ENTRY will be allowed.

\*\* May be swum 2 per lane

**ATHLETE WAIVER AND RELEASE**

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the Milton Masters Aquatic Club, Milton Marlin Swim Team, Masters Swimming Ontario and Masters Swimming Canada from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Club \_\_\_\_\_ MSO # \_\_\_\_\_

D.O.B. (dd/mm/yr) \_\_\_\_\_ Age (on Dec 31,2012) \_\_\_\_\_ Sex: M/F \_\_\_\_\_

Home Phone \_\_\_\_\_

Email \_\_\_\_\_

Mail with \$40 cheque payable to MMST to:

Bruce Beckett  
6139 Prairie Circle  
Mississauga ON  
L5N 5Y3