

- Rules:** Current MSC rules will be in effect.
- Awards:** Ribbons for first, second and third place + gong prizes.
- Seeding:** Heats will be swum slowest to fastest and gender neutral.
During the meet, 1 lane will be available for warm ups and warm downs.
- Sanction:** Masters Swimming Ontario
- Social:** Sleigh ride through the countryside post meet
Complimentary lunch post meet
On site rock climbing
Theatre show Saturday pm @ Rene Caisse Theatre
Visit www.recaiseetheatre.ca (705)645-8400 or more info.
- Accomodations:** Sleep Inn: 510 West, Bracebridge (705)645-2519
Travelodge- 320 Taylor Road, Bracebridge (705)645-2235
Lofty Pines Motel- 400 Manitoba Street Bracebridge (705)645-8755

ORDER OF EVENTS: 200 Open (state stroke)
50 Back
100 Free
50 Fly
100 Breast
50 Free
4 x 50 Medley Mixed Relay
15 minute break
100 Fly
50 Breast
100 Back
25 Free
4x 50 Free Mixed Relay

Directions to the pool:

From the South:

Take Taylor Road exit into Bracebridge- Go West (Left) on Taylor Road until you reach Manitoba Street (Taylor Road ends here) Go North (Right). Continue on Manitoba past Kentucky Fried Chicken until you reach Clearbrook Trail. Turn Right and continue along Clearbrook Trail. The Sports Complex is on your Right.

From the North:

Take Taylor Road exit West (stay right) into Bracbridge. Follow the above directions.



MASTERS SWIMMING ONTARIO

MASTERS SWIMMING ONTARIO

MSO Safety Procedures REVISED- MARCH 2005.

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. *One outside lane shall be designated for slow swimmers.*
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 lane ropes.

- **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

Any swimmer who flagrantly disobeys these rules may be disqualified from the competition at the discretion of the referee.

MUSKOKA AQUATIC MASTERS WINTER INVITATIONAL

January 6, 2008

ENTRY FORM

Please Print

Name: _____ Male Female

Home Telephone: _____

Email: _____

MSO #: _____

Age (as of Dec 31, 2008): _____

D.O.B. (d/m/y): _____

Club Name: _____

Event #	Event Name	Seed Time
1	200 Open (state stroke)	
2	50 back	
3	100 Free	
4	50 Fly	
5	100 Breast	
6	50 Free	
7	4 x 50 Medley Relay MIXED	
	BREAK	
8	100 Fly	
9	50 Breast	
10	100 Back	
11	25 Free	
12	4 x 50 Free Relay MIXED	

Athlete Waiver and Release:

In consideration of the acceptance of this entry, I, for myself, my excuters, administrators and assigns, do hereby release and discharge the MUSKOKA AQUATIC SWIM CLUB, 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.

Signed: _____ Dated: _____