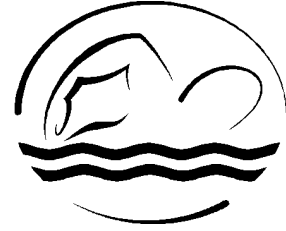




Winterlude 2002 Swim Meet

Saturday, February 9, 2002
Warmup - 1:00pm
Start - 1:45pm

Nepean Sportsplex
1701 Woodroffe Avenue
Nepean, Ontario



Nepean Masters Swim Club

<p>Entry Fees:</p> <p>\$5.00 per individual event \$8.00 per relay event</p> <p>Please make cheques payable to: NEPEAN MASTERS SWIM CLUB No refunds will be made after the meet entry closing date (Jan 30/2002)</p>	<p>Send Registration to:</p> <p>NMSC c/o Don Clinton 9 Wolfgang Drive Nepean, Ontario K2J 2H1</p>	<p>Contact NMSC or Register at :</p> <p>website : www.nmsc.org email : d.clinton@ieee.org phone line : (613) 599-7166</p>
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How to get to Nepean/Ottawa...

The National Capital Region is well served by air, bus, train and an improved highway (416) into the region for those traveling by car.

Where to stay once you are here... The following hotels are all within a short drive of the Nepean Sportsplex (approximately 20 minutes). Please call the hotels directly to reserve your rooms.

Day's Inn West (9.5 km to pool) 350 Moodie Drive, Nepean. For reservations call 1-800-616-7719 or (613) 726-1717.

Monterey Inn (8.2 km to pool) 2259 Highway 16, Ottawa. For reservations call 1-800-565-1311 or (613) 226-5813 (internet: www.montereyinn.com).

Best Western, Barons Hotel (8.2 km to pool) 3700 Richmond Road, Nepean. For reservations call 1-800-528-1234 or Hotel Direct Line (613) 828-2741.

Southway Inn (10.0 km to pool - close to airport) 2431 Bank Street, Ottawa. For reservations call 1-800-267-9704 or (613) 737-0811 (internet: www.southway.com).

What to do in the National Capital Region ... For information concerning tourist events and activities phone 1-800-465-1867 (local phone number 239-5000).

Social Event

Nepean Masters will a social **in the Sportsplex pool classroom (below the viewing stands)** immediately following the last event.

ORDER OF EVENTS**NOTES**

Women Event #	Event Name	Men Event #
Saturday February 9		
1	100m Back	2
3	100m Fly	4
5	50m Breast	6
7	50m Free	8
9	200m Open (FS,BK,BR,FL)	10
11	200m Mixed Medley Relay	
20 minute break		
13	200m I.M.	14
15	100m Breast	16
17	100m Free	18
19	50m Back	20
21	50m Fly	22
23	400m Free - Mixed	
24	200m Mixed Free Relay	

Entry Deadline: Registrations must be received no later than **Wednesday, January 30, 2002.**

Maximum Events: Swimmers may enter a maximum of 4 individual events during the meet. Swimmers may participate on one team per relay event (maximum of 2 relay teams).

Check In: Before swimming all swimmers must check-in at the control desk that will be located outside the pool locker rooms. Check in begins at 12:30pm.

Break: A 20 minute break will be taken upon completion of event #11 – 200m Mixed Medley Relay.

200m Open: Swimmers may enter only one open 200 event.

Awards: Ribbons for places 1 to 3 for both individual and relay events.

Facility The Nepean Sportsplex pool will be configured as one eight lane 50M pool with women and men alternating events. Electronic timing will be used.

Sanctioning Masters Swimming Ontario (MSO). All MSC rules will be applied as per “MSC Rules, Procedures and Guidelines” issued 1998.

Eligibility All masters swimmers twenty (20) years and over as of December 31, 2002, registered with their official Masters Swimming Organization. Registration numbers must be provided for each swimmer.

Seeding Seeding will be by entry time and sex from the slowest to the fastest time. All events will be pre-seeded. Entries without times will be seeded as NT (59:59.99). **THERE WILL BE NO DECK ENTRIES.**

Age Age is determined by the age as of December 31, 2002. For individual events, the categories are: 20-24, 25-29, 30-34, 35-39 and so on (5 year increments). For relay events, the categories are: 80+, 100+, 120+, 160+ and so on (40 year increments).

Safety Procedures The Masters Swimming Ontario April 2000 “Safety Procedure Rule” will be in effect. Copies of these procedures will be provided with the meet ‘check-in’ package.

Heat Sheets Printed heat sheets will be provided at check in. Draft heat sheets will be available on the NMSC Web site one week before the meet.

Relay Entries Relay entry times must be submitted with the individual entries. Coaches will be given relay cards prior to the start of the meet to complete the swimmer names. The cards must be given to the timer at the designated lane prior to the beginning of the relay. **Only swimmers registered in individual events can participate in relays.**

Officials and Volunteers The NMSO Winterlude meet requires approximately 40 volunteer on deck officials. If members or supporters from your club wish to volunteer please contact Don Clinton at (613) 825-3446. Alternately, please check in at the meet control desk before the meet.

Relay Registration Form

Club Information

Club Name: _____ Club Abbreviation: _____
 Contact Name _____
 Contact Address: _____
 City: _____ Prov: _____ Code: _____
 Email _____ Phone # _____

Event #	Event Name	Age Category	Entry Time	Sex (M/F/X)	Team Name

TOTAL PAYABLE _____ x \$8 per event = _____ * a swimmer may only swim on one team per event