

O' HENRY MASTERS RACE AT THE BASE

November 18, 2007

Hosted by: O' Henry Masters Swim Club.

Location: Kingston Military Community Sports Centre, 11 Duty Drive, Kingston Ontario.

Directions: From Hwy 401 take Exit #623 to Hwy 15 south. Drive approximately 6km to Hwy 2 and turn right. Proceed down Fort Henry Hill to first set of lights, turn right onto Duty Drive.

Pool: 25m short course, 8 lanes with warm down tank, hot tub, spectator seating, electronic timing and free parking.

Times: Registration: 9:00am – 10:00am.

Warm-up: 10:00am – 10:50am

Start time: 11:00am

Deadline for individual entries: 4pm, [Wednesday, 14](#) November 2007

Deadline for relay entries and scratches: 10:00am. No deck entries.

Entry Fees: \$27.00 per swimmer (unlimited events) for entries received by [14](#) November 2007.

Entry fees include relays. Sorry, no late entries.

Mail entries with cheques payable to Base Funds (please include your drivers license number on the reverse of the cheque or we cannot cash it) to:

Peter Sweetnam

28-115 Wright Crescent

Kingston, ON K7L 4 T8

Confirmation will be sent via email if an email address is provided.

Entry Forms:

Please mail your entry form and cheque to Peter Sweetnam at the above mailing address. Cheques must be received by [14](#) November 2007 to ensure entry.

[If using the HYTEK program, please feel free to email files.](#)

Eligibility: Only Masters swimmers registered with a provincial, state or national Masters organization will be accepted. The swimmer's age shall be that on December 31st, 2007.

Rules: Current MSC rules in effect.

Social: A social will be held after the meet is completed. Come enjoy food and door prizes.

Warm Up Procedures: Please see the attached form for warm up safety procedures. The warm up procedure shall be strictly monitored.

Order of Events:

Mixed	Event
1	100 Butterfly
2	50 Breaststroke
3	100 Backstroke
4	50 Freestyle
5	100 IM
6	200 Mixed Medley Relay
	BREAK
7	200 Fly*
8	200 Back*
9	200 Breast*
10	200 Free*
11	200 IM*
12	50 Butterfly
13	100 Breaststroke
14	50 Backstroke
15	100 Freestyle
16	200 Mixed Free Relay Social!!!

* You may swim only one 200 event. Swimmers will be seeded slowest to fastest. Male and Female swimmers will be seeded together.

Relays: Each relay team shall provide on a time card: the age group entered; name and code of Club; full name, age and gender of each swimmer; the order in which the swimmers shall swim; and an entry time. Relay check-in deadline is 10:00am on day of meet.

Scratches: Submit before 10:00am, day of meet.

Meet Manager: Peter Sweetnam
(613) 767-0783– home
E-mail: petersweetnam@hotmail.com

Sanctioned by: 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.