



EXECULINK MASTERS INVITATIONAL

Hosted by
South Western Aquatics
Masters Swim Team

Thanks to the Town of Tillsonburg for donation of pool time.

May 2, 2009





EXECULINK MASTERS INVITATIONAL MAY 2, 2009

- Hosted by:** South Western Aquatics Masters Swim Club
- Location:** Tillsonburg Community Centre Complex, 45 Hardy Ave, Tillsonburg, ON
- Facility:** 6 lane, 25-meter pool (**upgraded ventilation system!**), with **Dolphin Timing system!**
- Sanctioned:** Masters Swim Ontario
- Meet Referee:** Andre Van Overloop
- Session times:** Saturday
8:00am-8:50 am warm-up, 9:00 am start
- Age:** Individual events: 18-24 age group and continue upwards in 5 year increments. (e.g. 25-29, 30-34, 35-39 etc.)
Swimmers must have attained the age of 18 on or before May 2 2009.
Relays: the aggregate age in full years of the four relay members shall determine the age group of the relay team. Age groups shall be as follows 72-99, 100-119, 120-159, and continue upwards in 40 year increments. **Note no relay team containing a swimmer in the 18-24 age group shall be eligible for world records**
- Awards:** Ribbons: 1st - 6th individual events, 1st - 6th relays
- Meet rules:** Current MSC rules will apply. Masters Swim Ontario Warm Up Safety Procedures will apply.
- Events and Entries:** **MEET IS OPEN TO ANY REGISTERED MASTER SWIMMER**

All events are timed finals. Entries will be accepted on a first-come, first-served basis. **Meet management reserves the right to limit the number of teams and/or entries to control the length of sessions.** Any team or entries which cannot be accommodated will be immediately notified.



Scratches should be reported to meet management during the warm up period prior to each session. **Refunds will not be given for scratched swims.**

Entries are preferred to be submitted in the form of a Hy-Tek Meet Manager compatible file. File can be found at www.swaswimming.ca under Hosted Meets or upon request via email to meet manager.

Entries can be sent to Rusty Pittock at the address above, by disk or Entry grid provided. **Entries should be sent by April 24, 2009.**

DECK ENTRIES are accepted from 7:30am to 8:15am on May 2 2009 at a cost of \$35. This will allow for deck entries to be entered into the computer.

Please fill out attached grid to help with the entries into the computer. There will be a limited amount of space for deck entries so send your entries in early to be guaranteed a spot.

RELAY ENTRIES will be accepted up to 8:45am on May 2 2009.

Seeding:

Entries will be seeded by time, slowest to fastest.
Male and Female swimmers will be seeded together

Entry deadline:

Please send your entries as soon as possible. Please provide a phone number and email address for the coach of your team in the event that Meet Management needs to contact the coach.

Entry fees:

\$30.00 entitles swimmer to 5 individual events and up to 2 relays.
There will be a meal after which is included in the \$30 entry fee.

MAKE CHEQUES PAYABLE TO SWA. CHEQUES SHOULD BE GIVEN TO THE MEET MANAGER PRIOR TO THE BEGINNING OF THE SESSION. IF POSSIBLE ONE CHEQUE PER TEAM.

Meet Manager:

Rusty Pittock, 24 Lindsay Street, Tillsonburg Ontario, N4G 1E7
Phone #:(519) 688-9734
E-mail: monsterdark@sympatico.ca







Officials:

It would be appreciated if each participating club could provide a list of officials available to work for each session. Your official's representative may email a list of officials and desired positions (indicate if anyone wishes an evaluation). Anyone requesting an evaluation should submit their request in writing via fax or email prior to April 24th 2009. This will be conveyed to the Meet Referee but does not guarantee approval of evaluation. Final approval for evaluation is at the discretion of the Meet Referee.



Directions to Pool: From London Ontario: Take Highway 401 East to Exit 218 (Plank Line/Highway 19, Ingersoll/Tillsonburg). Follow Plank Line/Hwy 19 south. Turn left onto Lisgar Ave then right onto Hardy Ave.

From Toronto Ontario: Take Highway 401 West to Exit 218 (Plank Line/Highway 19, Ingersoll/Tillsonburg). Follow Plank Line/Hwy 19 south. Turn left onto Lisgar Ave then right onto Hardy Ave.

| | |
|---|--|
|  | <p>Comfort Inn & Suites Ingersoll</p> <p>This Comfort Inn & Suites offers an impressive array of amenities, including complimentary continental breakfast, free wireless Internet access, an indoor/outdoor swimming pool and a fitness room.</p>  <p>Address: 20 Samnah Crescent Ingersoll ON N5C 3J7  1 519 425-1100</p> <p>Directions: located at Exit 216 (Culloden Road, at the CAMI plant) on Hwy 401. The Comfort Inn is about 15 minutes from the Tillsonburg pool. Take Hwy 19 into Tillsonburg.</p> |
|  | <p>Super 8</p> <p>This Super 8 offers free local calling, suites and meeting facilities with business centre. Tillsonburg is located only one-and-a-half hours from Toronto. London is only 30 minutes away.</p>  <p>Address: 92 Simcoe Street Tillsonburg ON Canada N4G 2J1  1 519 842-7366</p> <p>Directions: From Hwy 401, take Hwy 19 South to Tillsonburg. Hwy 19 becomes Broadway Str. Continue along Broadway through downtown and turn left onto Oxford Str/Hwy19. Continue straight along Oxford Str./Hwy19 which turns into Simcoe Street. Super 8 is at top of hill on left side.</p> |



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.



SCHEDULE and EVENTS

Execulink Masters Invitational Swim Meet

May 2 2009

| EVENT # | EVENTS |
|---------|------------------------|
| 1 | 100 FREE |
| 2 | 50 BREAST |
| 3 | 200 OPEN(State Stroke) |
| 4 | 50 BACK |
| 5 | 100 FLY |
| 6 | 100 BREAST |
| 7 | 50 FREE |
| 8 | 200 OPEN RELAY |
| | 30 MINUTE BREAK |
| 9 | 400 OPEN RELAY |
| 10 | 100 BACK |
| 11 | 50 FLY |
| 12 | 100 IM |
| 13 | 400 OPEN(IM or Free) |



EXECULINK MASTERS INVITATIONAL
ENTRY FORMS

SINGLE PERSON ENTRY FORM

NAME: _____ GENDER: M / F

DATE OF BIRTH: _____ AGE(as of DEC 31/09): _____

CLUB: _____ MSO #: _____

| EVENT NUMBER | TIME | EVENT TITLE AND STROKE |
|--------------|-------|------------------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

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 South Western Aquatics Swim Club, Masters Swim 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: _____ Date: _____



RELAY ENTRY GRID

EVENT # _____

NAME OF CLUB: _____ COMBINED AGE: _____

NAME AND AGE OF SWIMMER 1: _____

NAME AND AGE OF SWIMMER 2: _____

NAME AND AGE OF SWIMMER 3: _____

NAME AND AGE OF SWIMMER 4: _____