

  
 ThornhillMastersAquaticClub  
**1<sup>ST</sup> ANNUAL INVITATIONAL**  
**SUNDAY 6TH MAY, 2012**

**SANCTIONED BY: MASTERS SWIMMING ONTARIO**



**MASTERS SWIMMING ONTARIO**

**DEADLINE:** Thursday April 26<sup>th</sup> at 9 pm.

**TIME:** Warm –up: 8:00 - 8:45 a.m.  
Start: 8.50 a.m. Ends about 4.00 pm depending on # entries.

WOMEN	EVENT	MEN
1	400m free (limited to 2 heats of men and 2 heats of women)	2
3	50m Breast	4
5	100m Back	6
7	200m IM	8
9	100m Free	10
11	200m Fly	12
13	50m Back	14
15	200m Breast	16
17	4X50m IM Relay	18
19	4X50m IM Relay <b>MIXED</b>	19
	<b>BREAK</b> 30 minutes	
21	400m IM(limited to 2 heats of men and 2 heats of women)	22
23	50m Free	24
25	100m Fly	26
27	100m Breast	28
29	200m Free	30
31	50m Fly	32
33	200m Back	34
35	100m IM	36
37	4X50m free Relay	38
39	4X50m Free Relay <b>MIXED</b>	39

**LOCATION:** North Thornhill Community Centre Pool  
300 Pleasant Ridge Avenue Thornhill, Ontario L4J 9B3

**MEET MANAGER:** Susan Koloditzky  
Email: meetmanagerthornhillmasters@hotmail.com

**FACILITIES:**

25 metre, 6 lane pool with electronic timing.  
Whirlpool available.

**ELIGIBILITY:**

Swimmers must have reached their 18th birthday on or before May 6th, 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:**

Men and women heats will be separate.  
All events will be seeded by entry time slowest to fastest.  
Swimmers are limited to **5 individual events**, not including relays.  
The 400m Free and 400m IM are limited to 12 female and 12 male participants.  
Please identify a 6<sup>th</sup> event by circling it on the entry form in the event you are not one of the first 12 entries. Every effort will be made to notify any swimmer who did not meet the cut off prior to the day of the meet.  
The Meet Manager reserves the right to limit entries and cancel events.  
**There will be NO DECK entries.**

**RELAY ENTRIES:**

Entry cards for relays (part of package and available at registration table) need to be completely filled out stating 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 the start each session.

**RULES:**

Current MSC Rules and Safety Procedures are in effect.

**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.

**RULES: (continued)**

**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.

**RESULTS:**

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

**ENTRY FEE:**

\$40 per swimmer.

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 to:

Dieter Gamm  
16 Prescott Court  
Thornhill, ON  
L3T 5W7

Cheques, payable to Thornhill Masters Aquatic Club

**ORDER OF EVENTS:** See entry form.

**RECORDS:** It is your responsibility to inform the chief timer at least 10 minutes prior to your heat if you have a chance of setting a record.

**AWARDS:** Ribbons will be awarded 1<sup>st</sup> to 3<sup>rd</sup> place in each group.

**AGE GROUPS:**

A swimmer must have attained the age of 18 by May 6th, 2012  
A swimmer's age is determined by his/her age as of December 31, 2012.  
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:** Refreshments will be served.

**LOCKERS:** Limited, bring lock

**DIRECTIONS:**

Dufferin north of HWY #7/407, turn right (East) on Summeridge Dr then Left (North) on Pleasant Ridge Ave. Community center is on the left side 2 blocks up.



**Thornhill Masters Invitational  
Sunday, May 6, 2012  
ENTRY FORM**

**DEADLINE: Thursday, April 26<sup>th</sup> at 9 pm.**

NAME \_\_\_\_\_ Male\_\_\_\_ Female\_\_\_\_  
MSO# \_\_\_\_\_ AGE (as of Dec 31, 2012) \_\_\_\_\_  
e-mail \_\_\_\_\_ tel# \_\_\_\_\_  
CLUB NAME \_\_\_\_\_ D. O. B. (dd/mm/yy) \_\_\_\_/\_\_\_\_/\_\_\_\_

***Insert time in bracket for individual events you wish to enter - Limit of 5 Individual Events***

Since the 400m Free and 400m IM are limited to 12 female and 12 male participants, if these events are one of 5 events please identify a 6<sup>th</sup> event by circling it. Every effort will be made to notify any swimmer who did not meet the cut off prior to the day of the meet.

50m Free ( : : ) 50m Back ( : : ) 50m Breast ( : : ) 50m Fly ( : : )  
100m Free ( : : ) 100m Back ( : : ) 100m Breast ( : : ) 100m Fly ( : : )  
200m Free ( : : ) 200m Back ( : : ) 200m Breast ( : : ) 200m Fly ( : : )  
100m IM ( : : ) 200m IM ( : : )  
400m Free ( : : ) *(limited to 2 heats of men and 2 heats of women)*  
400m IM ( : : ) *(limited to 2 heats of men and 2 heats of women)*

**Relays: 4X50m free men, women and mixed; 4x50m IM men, women and mixed**

**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 THORNHILL MASTERS 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: \_\_\_\_\_

Cost: \$40.00 Cheques: payable to Thornhill Masters Aquatic Club  
Send to: Dieter Gamm 16 Prescott Court, Thornhill, ON L3T 5W7

**There will be a 50/50 draw so bring some change!!!!**



*work hard, swim fast....* **LOOK GOOD!!**