



The Barrie Trojan Swim Club

Presents

**Barrie Trojan Masters
Chili Fest**

February 21st, 2010

LOCATION: East Bayfield Community Centre
Livingstone St and Stanley St
Barrie, Ontario

FACILITY: 25 m, 8 lane pool, Daktronics, Omnisport
2000 Electronic Timing System with an 8
lane scoreboard

STARTING TIMES: **Warm-up:** 1:30-2:15 pm
Dive lanes open @ 2:00 pm

Start: 2:00 PM

ENTRIES: Mailed Entries must be received by
February 15th
All relays please check-in during warm-up

FEES: **\$8.00/entry**
\$10.00/relay

PLEASE MAIL ENTRY FORM< WAIVER TO:

Cathy Andrews
36 Pooles Road
Barrie, ON
L0L 1X1

PLEASE MAKE CHEQUE PAYABLE TO: Barrie Trojan Swim Club

CONTACT INFORMATION: **Cathy Andrews**
Meet_manager@barrieswimming.ca

ELIGIBILITY: Only masters swimmers registered with the provincial or state
associations will be accepted.

RULES: Current MSC rules will be in effect.

SWIMSUIT RULES:

MATERIAL – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of “textile” currently is: “Material consisting of, natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.

SHAPE

MEN: swimwear shall not extend above the navel or below the knee.

WOMEN: swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

USE – Swimmers shall wear only one swimsuit, taping is not permitted.

CONSISTENCY – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.

- SEEDING:** Heats will be swum slowest to fastest and gender neutral.
During the meet one lane will be made available for warmup and warm down
- SANCTION:** Masters Swimming Ontario
- SOCIAL:** Chili Fest following meet. Chili will be provided but you are encouraged to bring your own to win the Best Chili Prize! So bring your prize winning Chili in a crock pot.

ORDER OF EVENTS

200 Back
50 Breast
100 Fly
50 Free
100 Back
100 Breast
100 IM
4 x 50 Free Relay (State Gender / Mixed)
15 minute break
200 Free
50 Back
50 Fly
200 Breast
100 Free
200 IM
4 x 50 Medley Relay (State Gender / Mixed)

NOTE: Meet management reserves the right to cancel one or two events based on entries received and length of time for meet. Therefore cheques can be received day of meet.

ACCCOM: Days Inn Barrie

60 Bryne Drive, Barrie, ON L4N 9Y4 Ph: 705-733-6869

Conveniently located off Hwy 400 & Essa Road 78 Guestrooms & Suites Indoor heated saltwater swimming pool Whirlpool High-speed Internet Complimentary Breakfast

Directions to East Bayfield Centre: Exit Bayfield St. (also known as Hwy. 26) off Hwy. 400. If traveling from the North, turn right onto Bayfield St. If traveling from the South, turn left onto Bayfield St.

Bayfield St. North to Livingstone St. – turn right onto Livingstone EBC is on your left hand side, two blocks.

Barrie Trojan Masters Chili Fest

-- ENTRY FORM --

Please Print

Name: _____ Male Female

Home Telephone: _____

Email: _____

MSO #: _____

Age (as of Dec 31, 2010): _____

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

Club Name: _____

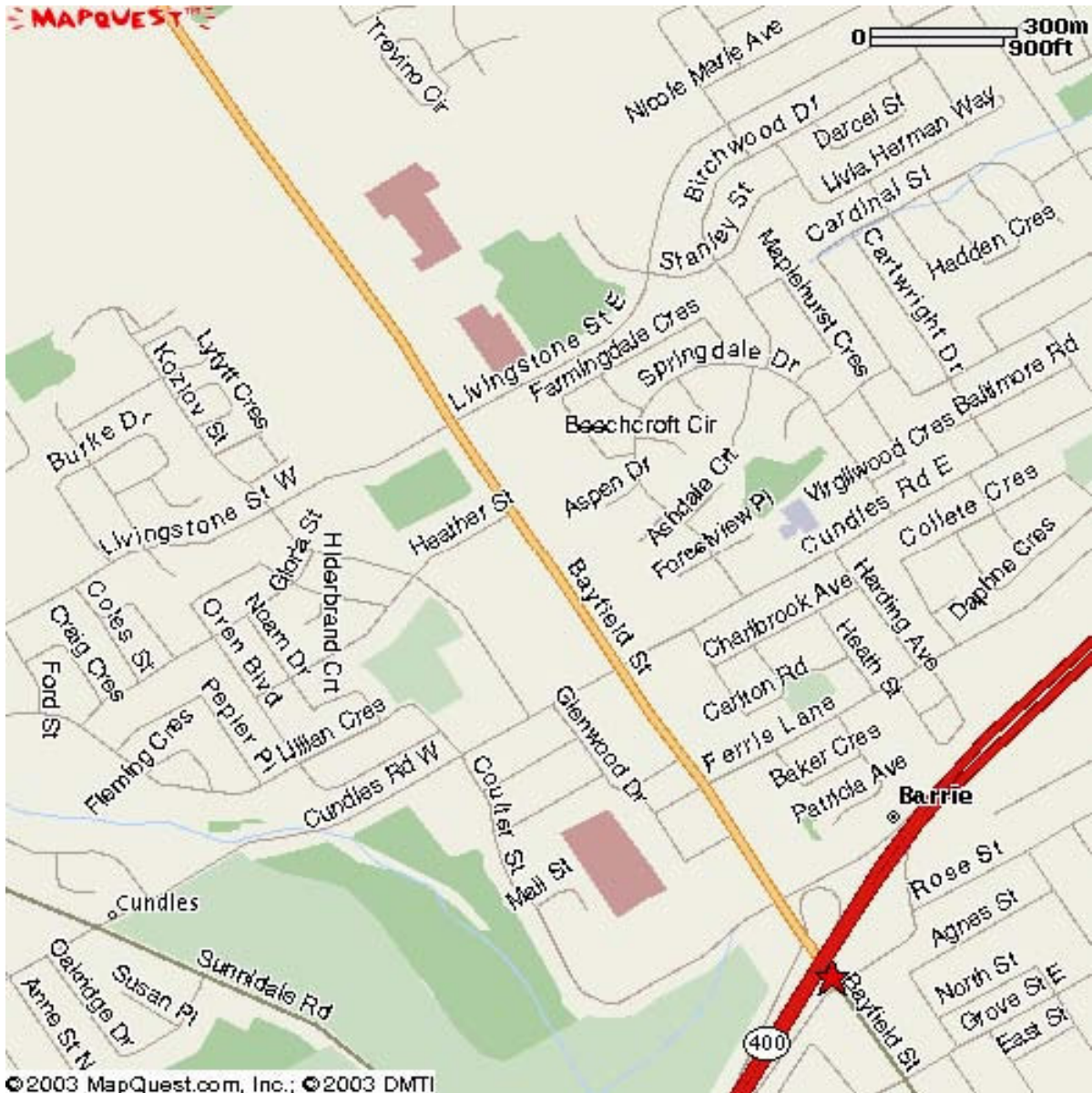
Order of Events:

Number	Event Name	Seed Time
1	200 Back	
2	50 Breast	
3	100 Fly	
4	50 Free	
5	100 Back	
6	100 Breast	
7	100 IM	
8	4 x 50 Free Relay (State Gender / Mixed)	
15 minute break		
9	200 Free	
10	50 Back	
11	50 Fly	
12	200 Breast	
13	100 Free	
14	200 IM	
15	4 x 50 Medley Relay (State Gender / 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 Barrie Trojan 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: _____



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 warmup 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.

