

MASTERS

CORNWALL SEALIONS

Cornwall Masters Legend in Our Own Mind Chapter 2 Swim Meet Saturday May 5th, 2007 - 1pm

- Location: Cornwall Aquatic Centre, 100 Water Street East, Cornwall, Ontario
- Facility: 6 lane 25 Metre pool with Colarado Electronic timing
Cornwall Aquatic Centre (Civic Complex)
100 Water Street East
- MM Address: C/O Sean McAllister
408 Pitt Street, 2nd floor Email: seanmc@sympatico.ca
Cornwall, Ontario
K6J 3R2
- Telephone: 613-534-8370 (E) 613-937-4912 (D) Fax: 613-937-3992
- Sanction: Master Swimming Ontario. Current MSO rules will apply. The one start rule will apply. Attached .warm-up procedures will be in effect for this Meet. Visit www.mymisc.ca for latest rules.
- Eligibility Master swimmers registered with Provincial or State Association
- Entries: ***Entry Deadline: Saturday April 28th***
Entries are preferred by Hy-Tek format in SC metres where possible or by using the attached grids. **Please submit an estimated time rather than NT where possible.**
- Entry fees \$27 flat fee
A cheque covering the entry fees is required before the meet starts. Entry fees are non-refundable. Cheques should be made payable to CSL Masters.
- Deck Entries Deck entries will be accepted where space permits up to 30 minutes before the start of the session. Deck entry fee \$30
- Meet Referee: Steven Bacher (Level 5)
- Triathletes and/or runners registered with Provincial Associations will be able to participate in the 1 Km swim and run. (Separate from Masters Swimmers)

TIME Registration 12:30 - 1:00pm
Warm up 1:15 - 1:55pm
Meet start 2:00pm

Social and meal to follow the run event. Theme “Tailgate Party”

Anticipated run start 5:00 pm

ORDER OF EVENTS

SESSION 1

Event #	Event Description
	Saturday Afternoon WU 1:15 PM Start 2:00 PM
1	4X50 MEDLEY RELAY
2	50 free
3	100 free
4	50 back
5	100 back
6	50 breast
7	100 breast
8	50 fly
9	100 fly
10	100 im
11	200 im
12	4x50 FREE RELAY
13	1000 free

Depending on the number of distance swimmers, the 1000m may be swum 2 per lane and/or one heat may be swum after the 100 back.

SESSION 2 5KM RUN – NOT SANCTIONED BY MSO

The run is an out and back event on a bicycle path along the beautiful Cornwall waterfront. The run will start right after the completion of the swim meet. Anticipated run start 5pm. Only athletes who have finished the 1000 swim will be allowed to participate in the run. There is no additional fee for the run, but you must complete the 1000m swim to participate.

There are also 2 special event combination events.

Duathlon 1000m swim, 5 km run : **total time**
The run is and out and back event on the bicycle path along the beautiful Cornwall waterfront.

The Nasty 50 free, 50 back, 50 breast, 50 fly and 100 IM + 1000m swim + 5 km run: **total time**

SOCIAL AND MEAL WILL FOLLOW THE RUN

Directions

When arriving via 401,

Exit Brookdale Ave, South

Continue South (2-3 Km) around traffic circle keeping to right of bridge to US

Continue south on Brookdale which turns to the East to become Water St.

Pool is about 1.5km ahead on the right attached to the Civic Complex

When arriving from 417,

138 south to end at Cornwall Center Rd.-Turn right at traffic lights

Turn left on Brookdale Ave. South

Same as above.



For Google Map Link : copy/paste this into your browser

<http://maps.google.com/maps?f=q&hl=en&q=100+Water+st.+east,+Cornwall+ontario&ll=45.016273,-74.723511&spn=0.05849,0.171661>

Cornwall Masters
Legend in Our Own Mind Chapter 2
Swim Meet
Saturday May 5th, 2007 - 1pm

Last Name: _____

First Name: _____ Sex: (M) (F) Please circle

Address: _____ DOB: ___d___m___y

_____ Age as of Dec. 31, 2007 _____

City: _____ Province: _____ Postal Code: _____

Phone Number: () _____ E-mail address: _____

Club Name: _____ MSO#: _____

Event entry form:

Event #	Event Name	Time
---------	------------	------

Combination

Combination Session 2 Duathlon / Nasty Pentathlon Please circle one

Entry Deadline: April 28th 2007

Cheque (\$ 27) payable to Cornwall Sea Lions Masters

Mail or fax entry along with cheque to:

Sean McAllister , 408 Pitt St, 2nd fl, Cornwall, On, K6J 3R2

Fax 613-937-3992



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.