



TECHNOSPORT SHORT COURSE INVITATIONAL SWIM MEET

THEME: 2012 SHORT COURSE INVITATIONAL SWIM MEET

"Sanctioned by Masters Swimming Ontario and open to all registered Masters swimmers 18 years of age and over."

"Proof of membership must and be supplied if coming from out of Ontario. Membership cards or numbers must be presented for verification"

DATE: Sunday, March 4, 2012

LOCATION: UNIVERSITY OF OTTAWA
Montpetit Hall
125 University Private (west of King Edward St.)

TIME: 6:00 a.m. Warm-up
6:30 a.m. Start
9:00 a.m. Finish

FREE: Breakfast after swim meet

Entry Fee: \$40.00 flat fee----**LATE DECK ENTRY \$45.00**

Entries: Due by Wednesday, February 22/2012

Events: Events Seeded by Time
Individual Events - Men & Women Mixed
Heats Swum Slowest to Fastest
Limited to 5 individual events per swimmer plus 1 relay

Cheque to be made payable to:

TECHNOSPORT
1094 Castle Hill Cresc.
Ottawa, Ont. K2C 2A8

Phone: (613) 769-4204

E-mail: technosport@rogers.com

Web Site: www.technosport.ca (online registration)

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SCHEDULE OF EVENTS

(Limited to 5 individual events per swimmer plus 1 relay)

Please Enter Entry Time

- 1. 200 Free.....
- 2. 100 Back.....
- 3. 100Fly
- 4. 200 Breast.....
- 5. 50 Free.....
- 6. 200 Back.....
- 7. 100 Breast.....
- 8. 100Free.....
- 9. 200 Fly.....
- 10. 400 Choice Relay

ATHLETE WAIVER & RELEASE

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the TECHNOSPORT Masters, Master Swimming Ontario and Master 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.

Name: _____ Club _____ MSO# _____

Or other affiliation

Address: _____ Age as of Dec.31 2012: _____

City: _____ Prov: _____ Postal Code: _____

Phone: (H) _____ (W) _____

e-mail: _____

Signature: _____ Date: _____

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.

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.