

'NO REGRETS!'
Mother's Day Edition
Clarington Masters Invitational Swim Meet
Sunday May 8th, 2016
Warm-ups 1:00pm

LOCATION: Alan Strike Aquatic Centre
49 Liberty St. N., Bowmanville, Ontario
Directions: 401 to Liberty St. exit, travel north past Hwy 2 (King St) and the Fitness Centre is on the east side, attached to Bowmanville High School.

FACILITIES: Six (6) lane, 25 meter pool with OMEGA Electronic Timing System.
Change rooms on site & limited side-view gallery seating for up to 50

MEET REFEREE: Bernie Grose, Level 5

SAFETY: MSC Safety & Warm-up Procedures apply.

ELIGIBILITY: All registered Masters swimmers (MSO, MSC, USMS).

COMPETITION: Sanctioned by Masters Swimming Ontario.
Events are seeded as open age groups by gender, but the results are listed by Masters age and gender categories.

SEEDING: All entries times will be converted to short course metres, and the heats will run slowest to fastest.

SCORING / AWARDS:
Team scores will be kept.
Ribbons for 1st-6th in each age group.
Relays: Ribbons for 1st to 3rd place teams.

MEET FORMAT:
Warm-up: 1:00pm - 1:45pm
Session 2:00pm - 5:30pm

The meet will be run in 4 or 5 lanes (depending on swimmer numbers and timing) with the other lanes being used for warm-up and warm-down continuous swimming.

ENTRY FEE:
\$6.00 per event.
Swimmers will not compete unless fees are paid. Payment is due prior to start of the meet.
Cheques should be made payable to Clarington Swim Club.
*Deck entries will be permitted ONLY if time and space permit. \$8.00 per entry.

ENTRIES: Entries can be submitted in Hy-Tek format either directly to meet management or via www.swimming.ca. Entries can also be submitted directly to meet management via email or snail mail.

Entries must be submitted no later than Friday, April 29, 2016.

EVENT LIST – ROC “No REGRETS” Masters Meet		
Women	Event	Men
1	100 free	2
3	50 breast	4
5	400 choice	6
7	50 back	8
9	100 breast	10
11	200 choice	12
13	100 fly	14
15	50 free	16
17	200 choice	18
19	50 fly	20
21	100 back	22
23	4 x 50m free relay (M, W, X)	24

RESULTS: Results will be posted to MSC and will be available at mymsc.ca within 7 days of the completion of the meet.

SPLITS: the only split that may be officially counted is the time for the 1st swimmer in the relay

COACHES: Please advise the Meet Manager of the number of coaches accompanying the team. Coaches' meeting will take place on deck at 1:15 pm. *Space restrictions do not allow anyone but swimmers, coaches and officials to be on deck; the officials' door must not be used as a viewing area.*

OFFICIALS: If any club has someone willing to volunteer as an official, it would be greatly appreciated if you would let us know and bring them along. Official meeting 1:15pm.

FOOD & BEVERAGES:

A light lunch will be provided to participants following the meet. Refreshments will also be available for the officials through the Officials' door. **Water bottles *only* are allowed on the pool deck, per facility rules.**

MEET MANAGER: Karen Hillis, phone: 905-442-4636, info@claringtonswimclub.ca

OTHER INFORMATION:

Special Mother's Day gift for all Mom's swimming in the meet. Bring your family out to see you accomplish great things!



Meet Entry Form

Clarington Masters "No Regrets" Sunday May 8th, 2016

Name (print) _____ Male _____ Female _____

Home Phone _____

Email (print) _____

Registered Masters Swimmer # _____

DOB _____ Age (as of Dec 31, 2016) _____

Club Name _____

Event #	Event Name	Seed Time
1, 2	100 free	
3,4	50 breast	
5,6	400 choice	
7,8	50 back	
9,10	100 breast	
11,12	200 choice	
13,14	100 fly	
15,16	50 free	
17,18	200 choice	
19, 20	50 fly	
21,22	100 back	
23,24	4 x 50m relay (M,W,X)	

Mail with cheque payable to *Clarington Swim Club*
PO Box 95, 41 Temperance St., Bowmanville, Ontario, L1C 3A0

Or scan and email to: info@claringtonswimclub.ca (bring payment to the meet)



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.