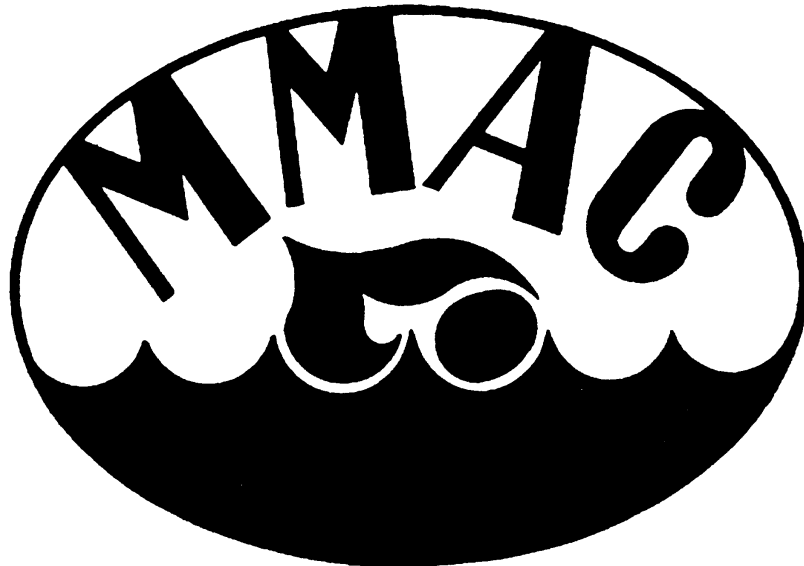


**MILTON MASTERS AQUATIC CLUB**

**SPRING SPLASH**  
**Sunday April 9, 2017**



**Sanctioned by: Masters Swimming Ontario MSO #206**

# MILTON MASTERS AQUATIC CLUB

## SPRING SPLASH

We are pleased to invite you to our “Gender Neutral” swim meet.

**DATE:** Sunday April 9, 2017

**DEADLINE:** Friday March 31, 2017

**TIME:** Warm-up: 7:30 a.m.  
Start: 8:30 a.m.  
Ends: 1:30 p.m., depending on # entries.

**LOCATION:** Milton Sports Centre  
605 Santa Maria Blvd.  
Milton, ON L9T 6J5

**MEET MANAGER:** Noel Apputhurai  
**MEET REFEREE:** Sue Morris  
Email inquiries to: [seleeder@sympatico.ca](mailto:seleeder@sympatico.ca)

**HOST:** Milton Masters Aquatic Club

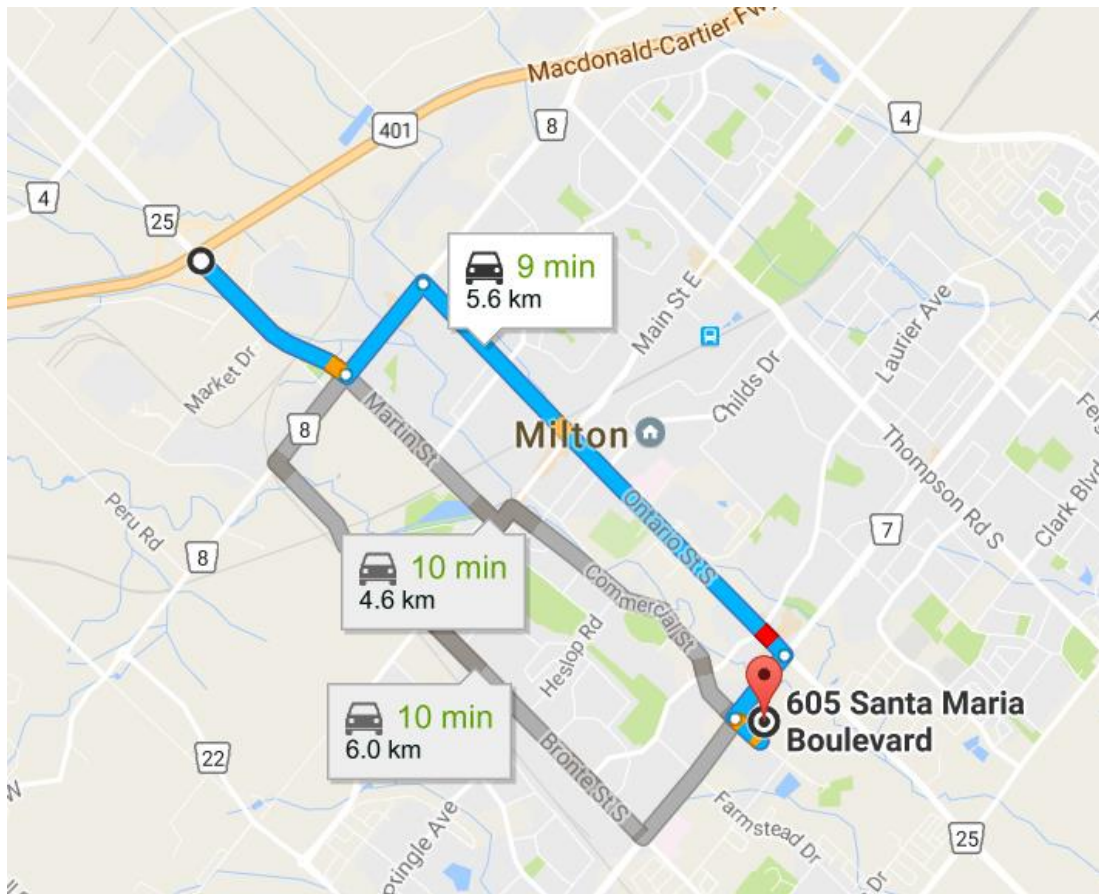
**FACILITIES:**

25 metre, 8 lane pool, electronic timing. The meet will run in six lanes with two remaining open for warm up and cool down.

**DIRECTIONS:**

From East and West: HWY 401 to Martin St. Regional Rd 25 S. Turn left on Steeles Ave, following signs for Regional Rd 25. Turn right on Ontario St. Turn right on Derry Rd. Turn left onto Santa Maria Blvd. The swimming pool is at the back of the complex.

From South: HWY 25 to Derry Rd, turn left. Turn left onto Santa Maria Blvd. The swimming pool is at the back of the complex.



## ORDER OF EVENTS:

1. 100m Back
2. 200m Medley Relay (Women's)
3. 200m Medley Relay (Men's)
4. 100m Free
5. 200m IM
6. 50m Back
7. 100m Breast
8. 50m Fly
9. 200m Free (No Fly, Back, Breast or IM)
10. 50m Breast
11. 100m Fly
12. 100m IM
13. 200m Open (Fly, Back or Breast)
14. 50m Free
15. 200m Free Relay (Women's)
16. 200m Free Relay (Men's)
17. 400m Free (\*\*may be run 2 per lane)

## ELIGIBILITY:

Swimmers must have reached their 18<sup>th</sup> birthday on or before April 9, 2017. A swimmers age is determined by his/her age as of December 31, 2017.

MSO registrants must provide a valid MSO # at the time of registration. Masters registration numbers for out-of-province, including international, participants are desirable.

Out-of-Province, including international, participants must apply for insurance under MSO's Single-Event Registration Policy at a fee of \$5.00. For your convenience, the registration form has been included at the end of this meet package.

## ENTRIES:

All events are timed finals and will be seeded by entry time, (men & women combined).

Events seeded by heat, slowest to fastest.

Swimmers are limited to 6 individual events, not including relays.

We are limited to 160 participants.

Deck entries will not be accepted.

Meet manager reserves the right to limit entries and cancel events.

## RELAY ENTRIES:

Relays are gender specific. Entry cards for relays (part of package and available at registration table) need to be completely filled out. State 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 meet start.** There is no extra charge for relays.

**400M FREE:** If it is decided to run 2 per lane there will be 15 second staggered starts off the wall ; no dives from the block shall be permitted. Swimmers will be assigned the left or right side of the lane to swim.

## RECORDS:

It is your responsibility to inform the Session Referee at least 10 minutes prior to your heat if you have a chance of setting a record, including a split for the first swimmer in a relay or an interim distance in a distance event.

## OFFICIALS:

If you are interested in volunteering as an official, please send an email to Sue Leeder at [seleeder@sympatico.ca](mailto:seleeder@sympatico.ca) . Many officials make light work; we appreciate your assistance.

## RULES:

Meet sanctioned by Masters Swimming Ontario. Masters Swimming Canada Rules, 2013 – 2017 with latest amendments and Safety Procedures, shall apply.

**RESULTS:**

Will be posted at [www.miltonmasters.ca](http://www.miltonmasters.ca) and MSC Site under Competitive Swimming – Meet Results.

**ENTRY FEE:**

\$50 per swimmer for entries & e-transfers received **by Friday March 31, 2017** (6 Events not including relays) email to [milton.masters@hotmail.com](mailto:milton.masters@hotmail.com)

\$55 per swimmer for mailed entries and/or cheques.

\$55 if entry requires single event MSO registration.

Please do not enter events you do not intend to swim as the potential for empty lanes can extend total meet time. Deck entries will not be accepted.

Mail entry documents and cheques, payable to MMAC to:

Sue Leeder

41 Hugh St.

Milton, ON, L9T 2C7

**AWARDS:**

Ribbons to first, second & third place in each age group.

**AGE GROUPS:**

A swimmer must have attained the age of 18 by April 9, 2017

A swimmer's age is determined by his/her age as of December 31, 2017.

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:**

Lunch will be served in the Optimist Room, opposite the pool viewing area, to the left of the rear entrance.

## **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, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, 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.

**MILTON MASTERS AQUATIC CLUB  
 SPRING SPLASH  
 Sunday April 9, 2017 (Deadline March 31)**

**ENTRY FORM**

**Emailed and Hy-Tech entries are permitted, however, payment must be received NO LATER THAN March 31, 2017...if not, then entries will be removed.**

**Problems submitting this form please save and email to [Milton.masters@hotmail.com](mailto:Milton.masters@hotmail.com)**

**SCHEDULE OF EVENTS ( max 6 individual events per swimmer plus relays)**

<b>EVENT #</b>	<b>EVENT NAME</b>	<b>SEED TIME (mm:ss.ss)</b>
1	100m Back	
2	200m Medley relay (Women's)	
3	200m Medley relay (Men's)	
4	100m Free	
5	200m I.M.	
6	50m Back	
7	100m Breast	
8	50m Fly	
9	200m Free (No fly,back ,breast or I.M.'s)	
10	50m Breast	
11	100m Fly	
12	100m I.M.	
13	200m Open * ( Fly, Back, Breast)	
14	50m Free	
15	200m Free relay (Women's)	
16	200m Free relay (Men's)	
17	400m Free**	

\* Please state stroke to be swum (NO FREE OR IM)...if not specified, the entry will NOT be accepted and NO DECK ENTRY will be allowed.

\*\* May be swum 2 per lane

**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 Milton Masters Aquatic 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.

I have read and agree with the above waiver

Date (dd/mm/yy) \_\_\_\_\_

\_\_\_\_\_

**Given Name** \_\_\_\_\_ **Surname** \_\_\_\_\_

**D.O.B.** (dd/mm/yy) \_\_\_\_\_ **Age** (on Dec 31,2017) \_\_\_\_\_ **Sex** Male Female

**Club** \_\_\_\_\_ **MSO #** \_\_\_\_\_

**Home Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

\$50 per swimmer for entries & e-transfers received by Saturday March 31 (6 Events not including relays) email to [milton.masters@hotmail.com](mailto:milton.masters@hotmail.com)

\$55 per swimmer for mailed entries and/or cheques.

\$55 if entry requires single event MSO registration

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 and cheques, payable to MMAC to:

**Sue Leeder**

41 Hugh St.

Milton, ON, L9T 2C7



MASTERS SWIMMING ONTARIO

## 2017 Single Event Registration Form

Register with the same name you will use for competition. ***Please print clearly.***

Last Name		First Name		Middle Initial
Street Address				
City/Province/Postal code			Phone (including area code)	
Date of Birth (yyyy/mm/dd)	Age	Gender (circle) M    F	E-mail address	
MSC or international affiliation number (i.e., Masters Swimmers who are <b>not</b> MSO members)			Home province or country	
Event Name and Location				
Signature (required)			Today's Date (required)	

### Instructions:

- 1) Fill out both pages of this form. Page 1 is the application; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.
- 2) Make payment to: MMAC
- 3) Fees: \$5.00
- 4) Meet Director should retain one copy of the signed forms
- 5) Meet Director should mail the payment and completed forms (both Pages 1 and 2) to the MSO Registrar at





The Canadian Personal Information Protection & Electronic Documents Act (and equivalent provincial legislation) requires that consent be obtained prior to the collection and use of all personal information. The personal information you provide via this *Single-Event Registration* will be used for insurance coverage and results publication. The completed *Single-Event Registration* form will be retained for one year and then destroyed unless otherwise needed for insurance purpose.

Should you wish to review the personal information held by Masters Swimming Ontario or the club hosting the event for which you are registering, you must make a request to the appropriate organization.

**I hereby consent to the collection and use of personal information as described above.**

**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 organizers of the event for which I am registering and Masters Swimming Ontario 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.

**I agree**

Last Name	First Name	Middle Initial or Name
Signature of Participant		Date Signed