



NO REGRETS!

Clarington Masters Invitational Swim Meet

Sunday, March 22nd, 2015

Warm-ups 8:00-8:45am, Events 8:50am-3:30pm

- LOCATION:** Courtice Community Complex
2950 Courtice Road, Courtice, Ontario
Directions: 401 Eastbound to Courtice Road exit, travel north past Hwy 2 (King St) and the Courtice Community Complex is on the right hand side.
- FACILITIES:** Six (6) lane, 25 meter pool with manual timing and antiquated starting blocks.
Change rooms on site and viewing gallery seating for up to 30.
- MEET REFEREE:** Ken Key, Level 5
- SAFETY:** MSC Safety & Warm-up Procedures apply.
- ELIGIBILITY:** All registered Masters Swimmers (MSO, MSC, and USMS).
Unregistered swimmers will not be allowed to compete. Please refer to the <http://www.mymisc.ca> website.
- COMPETITION:** Sanctioned by Masters Swimming Ontario.
Events are seeded as open age groups by gender, but the results are listed by Master's age and gender categories.
- SEEDING:** All entries times will be converted to short course meters, and the heats will run slowest to fastest.
- ENTRY FEES:** \$35 per swimmer (\$2.00 of which is paid to OSOA). 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 are \$40 and are at the discretion of Meet Manager. Swimmers who deck enter must bring their MSO/MSO number. All MSO/MSO numbers will be verified before swimming.

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 regular mail. Entries must be submitted **no later than Monday March 16th, 2015.**

AWARDS: Ribbons (1st to 6th place in each age group),

FOOD: A Light buffet will be served after the meet

MEET FORMAT: Warm-up #1: 8:00am – 8:45am
 Session 1 Events 1-12 - 8:50am – 10:50am

 Warm-up #2: 10:50am – 11:05am
 Session 2 Events 13-26: 11:05am-1:05pm

 Warm-up #3: 1:05pm-1:20pm
 Session 3 Events 27-40 1:20pm-3:20pm

(We reserve the option to collapse to two sessions depending on meet attendance.)

| EVENT LIST – ROC “No Regrets” Masters Meet | | |
|---|---------------------------------|-------|
| Women | Event | Men |
| 1 | 50 free | 2 |
| 3 | 400 IM | 4 |
| 5 | 100 free | 6 |
| 7 | 100 back | 8 |
| 9 | 400 free | 10 |
| 11 | 100 breast | 12 |
| | break + 2 nd warm-up | |
| 13 | 4 x 50m free relay (M,W,X) | 14,15 |
| 17 | 100 fly | 18 |
| 19 | 800 free | 20 |
| 21 | 200 IM | 22 |
| 23 | 100 IM | 24 |
| 25 | 50 back | 26 |
| | break + 3 rd warm-up | |
| 27 | 4 x 50m free relay (M,W,X) | 28,29 |
| 31 | 200 back | 32 |
| 33 | 50 breast | 34 |
| 35 | 200 breast | 36 |
| 37 | 50 fly | 38 |
| 39 | 200 fly | 40 |
| 41 | 200 free | 42 |

Meet Management reserves the right to limit entries into the distance events.
Distance competitors may swim 2 to a lane for the 800 free.

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

SPLITS: Splits can be posted however, 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. 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 8:15am.

MEET MANAGER: Cathy Barry, phone: 905-809-2885, jcbarry@sympatico.ca



MASTERS SWIMMING ONTARIO

Meet Entry Form – (please print neatly)

Clarington Masters “No Regrets”

Sunday, March 22nd, 2015

Name (print) _____ Male _____ Female _____

Home/Cell Phone _____

Email (print) _____

Registered Masters Swimmer # _____

DOB _____ Age (as of Dec 31, 2015) _____

Club Name _____

| Event # | Event Name | Seed Time |
|------------|---------------------------------|-----------|
| 1, 2 | 50 free | |
| 3, 4 | 400 IM | |
| 5, 6 | 100 free | |
| 7, 8 | 100 back | |
| 9, 10 | 400 free | |
| 11, 12 | 100 breast | |
| | break + 2 nd warm-up | |
| 13,14,15 | 4 x 50m medley relay (M,W,X) | |
| 17,18 | 100 fly | |
| 19, 20 | 800 free | |
| 21, 22 | 200 IM | |
| 23, 24 | 100IM | |
| 25, 26 | 50 back | |
| | Break + 3 rd warm-up | |
| 27, 28, 29 | 4 x 50m free relay (M,W,X) | |
| 31, 32 | 200 back | |
| 33, 34 | 50 breast | |
| 35, 36 | 200 breast | |
| 37, 38 | 50 fly | |
| 39, 40 | 200 fly | |
| 41, 42 | 200 free | |

1. Mail your entry to attention of Cathy Barry, 6320 Solina Road, Hampton, Ontario, L0B 1J0 with \$35 cheque payable to Clarington Swim Club.
2. Scan and email to: jcbarry@sympatico.ca (bring payment to the meet)



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 on pool deck.