



# NO REGRETS!

## Clarington Masters Invitational Swim Meet

Saturday, April 26, 2014

1<sup>st</sup> Warm-up 7:30-8:15am, Events 8:15am-4:30pm

- LOCATION:** Clarington Fitness 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 manual timing and antiquated starting blocks. 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 1<sup>st</sup>-6<sup>th</sup> in each age group.
- Relays: Ribbons for 1st to 3rd place teams.

### MEET FORMAT:

- Warm-up#1: 7:30-8:15am  
Session 1 Events 1-14 - 8:00am – 10:30am
- Warm-up#2: approx. 10:30am – 11:00am  
Session 2 Events 15-32: 11:00am-1:30pm
- Warm-up#3: approx. 1:30pm-2:00pm  
Session 3 Events 33-50 2:00pm-4:30pm

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

### ENTRY FEE:

- \$32 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.

**ENTRIES:** Entries can be submitted in Hy-Tek format either directly to meet management (preferred).  
Entries can also be submitted directly to meet management via email or snail mail.

**ENTRY DEADLINE:** Entries must be submitted no later than Friday, April 18, 2014.

**DECK ENTRIES:** Allowed into empty lanes only, \$8 charge per event payable prior to swimming.

## EVENT LIST:

<b>No Regrets!</b>		
	1 <sup>st</sup> warm up 7:30-8:00am	
1	50 fr	2
3	100 bk	4
5	200 choice	6
7	100im	8
9	50 br	10
11	100 fr	12
13	400im	14
	2 <sup>nd</sup> warm-up approx. 10:30-11:00am	
15	4 x 50m medley relay (M,W,X)	16, 17
19	800 fr	20
21	100 fly	22
23	100 br	24
25	200im	26
27	50 fr	28
29	50 bk	30
31	200 fr	32
	3 <sup>rd</sup> warm-up approx. 1:30-2:00pm	
33	4 x 50m free relay (M,W,X)	34, 35
37	50 fly	38
39	100 bk	40
41	200 choice	42
43	100im	44
45	50 br	46
47	100 fr	48
49	400fr	50

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

**RESULTS:** Results will be posted to MSC and will be available at [mymsc.ca](http://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 1<sup>st</sup> 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 8:00 am. *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. Officials' meeting 8:15am. Officials should register on-line through OSOA Meet Assignment module on [osoa.ca](http://osoa.ca) (login to your [www.osoa.ca](http://www.osoa.ca) account and select Register for Meets).prior to the meet.

### FOOD & BEVERAGES:

A light buffet will be provided for all participants at the end of the meet, upstairs in the viewing area. Refreshments will also be available for the Officials in the front lobby.

Water bottles only are allowed on the pool deck, per facility rules.

**MEET MANAGER:** Heidi Stephenson, phone: 905-442-4636, [info@claringtonswimclub.ca](mailto:info@claringtonswimclub.ca)



# Meet Entry Form

## Clarington Masters "No Regrets"

Saturday, April 26, 2014

Name (print) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

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

Email (print) \_\_\_\_\_

Registered Masters Swimmer # \_\_\_\_\_

DOB \_\_\_\_\_ Age (as of Dec 31, 2014) \_\_\_\_\_

Club Name \_\_\_\_\_

Event #	Event Name	Seed Time
	1 <sup>st</sup> warm up 7:30-8:00am	
1, 2	50 fr	
3, 4	100 bk	
5, 6	200 choice	Specify stroke:
7, 8	100im	
9, 10	50 br	
11, 12	100 fr	
13,14	400im	
	2 <sup>nd</sup> warm-up approx. 10:30-11:00am	
15, 16, 17	4 x 50m medley relay (M,W,X)	
19, 20	800 fr	
21, 22	100 fly	
23, 24	100 br	
25, 26	200im	
27, 28	50 fr	
29, 30	50 bk	
31, 32	200 fr	
	3 <sup>rd</sup> warm-up approx. 1:30-2:00pm	
33, 34, 35	4 x 50m free relay (M,W,X)	
37, 38	50 fly	
39, 40	100 bk	
41, 42	200 choice	Specify stroke:
43, 44	100im	
45, 46	50 br	
47, 48	100 fr	
49, 50	400fr	

Mail with \$32 cheque payable to *Clarington Swim Club*  
 PO Box 95, 41 Temperance St., Bowmanville, Ontario, L1C 3A0  
 Or scan and email to: [info@claringtonswimclub.ca](mailto: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.