

Fall Splash
Swim Ottawa Masters Swim Meet



Saturday November 23, 2013
Brewer Pool
100 Brewer Way, Ottawa
(opposite Carleton University off Bronson Ave.)



IN MEMORY OF WILLY LEE

Born 12 October 1957 and died 20 August 2001 leaving wife Mae, son Chris, and daughter Pamela. An avid SWYM Masters swimmer who loved the pool and teaching others to learn to swim. I will remember his great smile and his continual encouragement for others of all skills to participate in Masters events...as well as breakfasts after practice. I told you I would host a meet in your honour. Took me a dozen years but now I can finally fulfill the promise.

~ Tom



Swim Ottawa Masters is pleased to invite you to our
Fall Splash Swim Meet 2013

DATE: Saturday, November 23, 2013

DEADLINE: Saturday November 16, 2013

TIME: Warm-up
Fall Splash Meet

12:00pm – 1:00pm
1:00pm – 3:30pm

LOCATION: Brewer Pool
100 Brewer Way
Ottawa, Ontario

MEET MANAGER: Brian Coughlan

Email: bwcoughlan@gmail.com

FACILITY:

- 25 meter short course, 6 lane pool, manual timing

ELIGIBILITY:

- Swimmers must have reached their 18th birthday on or before November 23, 2013.
- Only Masters Swimmers registered with their provincial (MSO), state or, national body will be accepted.
- Masters registration numbers **MUST** be provided for each swimmer.

ENTRIES:

- All events will be seeded by entry time, (men and women combined).
- Events seeded by heat, slowest to fastest.
- Swimmers are limited to **4 individual events**, not including relays.
- We are limited to 150 participants.
- **Deck entries may be accepted at a \$40 entry fee until 12:00pm on the day of the meet, at the discretion of the Meet Manager. Choice of events may be limited due to fullness of lanes and/or heats.**
- Meet Manager reserves the right to limit entries and cancel events, if necessary.

RULES:

- Meet sanctioned by Masters Swimming Ontario.
- Current MSC Rules and Safety Procedures in effect.

ENTRY FEE:

- **\$30 per swimmer for entries received by November 16, 2013 (4 individual events, 1 relay).**
- **\$40 per swimmer for deck entries, if permitted by Meet Manager.**
- Please do not enter events you do not intend to swim as the potential for empty lanes can extend total meet time.
- Entries must be sent using Hy-Tek Team Manager. If you do not have this software, you can download a free Team Manager Lite version from:
http://www.hy-tek ltd.com/Demos/Swim_TEAM_MANAGER_Lite.exe.
Read the user instructions at: <http://www.hy-tek ltd.com/updates/tftm%20lite.pdf> and submit the exported meet entries file to us. Contact the Meet Manager if you have questions.
- All Entry Fees are due upon arrival at the meet and payable to: **Swim Ottawa**

Swim Ottawa Masters Fall Splash Meet

Saturday, November 23, 2013

SCHEDULE OF EVENTS – SWIM EVENTS and ORDER

(Limited to 4 individual events per swimmer plus 1 relay)

Event #	Event	Your Entry Time
1	50 Free	
2	100 Back	
3	50 Breast	
4	100 Fly	
5	200 'CHOICE'	
6	100 Free	
7	50 Back	
8	100 Breast	
9	50 Fly	
10	"Fall Splash" Relay	
	Fun-on-the-Run Relay	Not for times. Teams can be formed poolside.

Athlete Wavier & Release

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge *SWIM OTTAWA, Anzai! Inc.*, 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.

Name: _____ Club: _____ MSO #: _____

Address: _____ Age: _____

City: _____ Prov.: _____ Postal Code: _____

Phone: (H) _____ (W) _____

Email: _____

Signature: _____ Date: _____

***This form can be emailed to the meet manager or submitted together with your club prior to the warm-up on the day of the meet. No exceptions.**

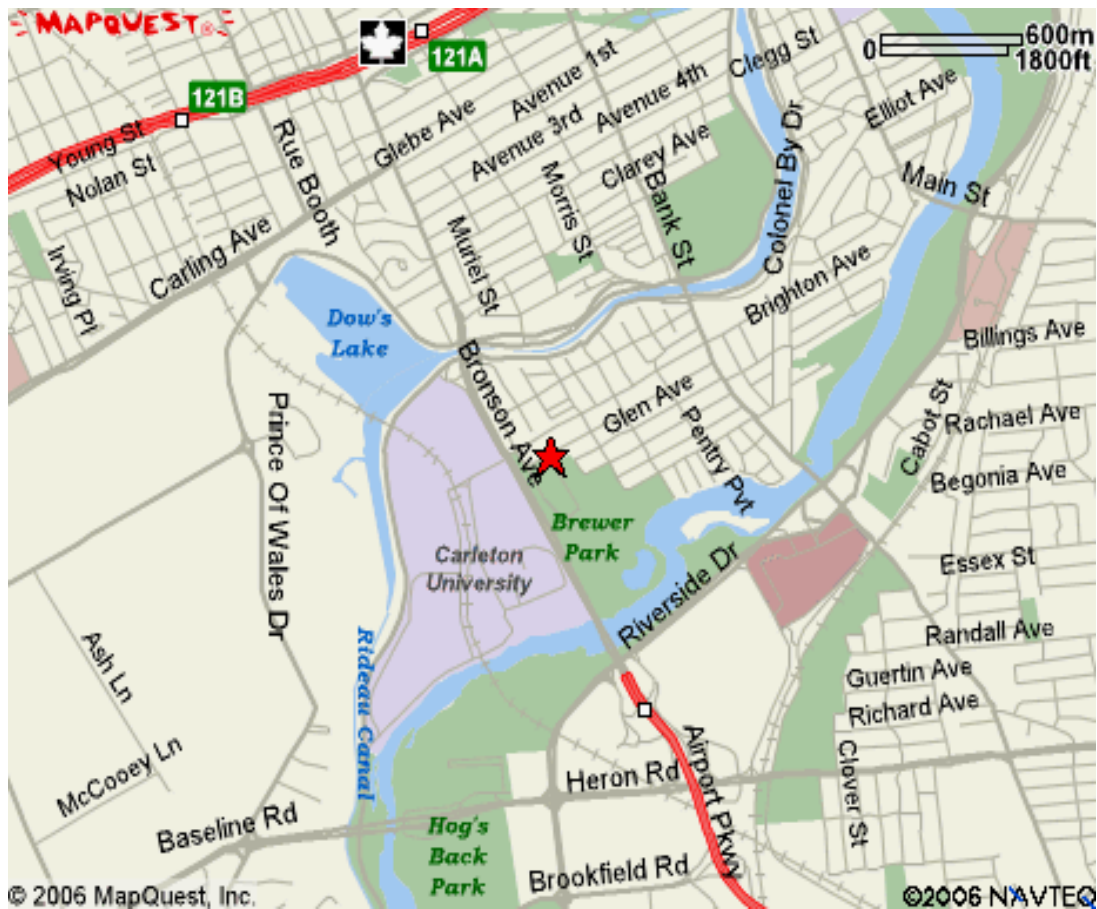
ABOUT BREWER POOL:

- Centrally located in Ottawa – close to Carleton University off Bronson Avenue
- 6 lanes, 25 meters
- Free parking in front of entrance and beside hockey arena
- Generous spectator stands the full length of the pool

DIRECTIONS TO BREWER POOL:

- Brewer Pool (off Bronson Avenue, opposite Carleton University), 100 Brewer Way

From Queensway: Take Bronson south towards Carleton University, LEFT on Sunnyside at lights (opposite entrance into Carleton U), IMMEDIATE RIGHT on Sloan Avenue. You'll see Brewer Pool on left (brown box building with upper windows), however you have to continue down Sloan Avenue, veering left onto Brewer Way (go around pool to other side) to parking on other side of the arena.





MSC Warm-Up/Warm Down Procedures
Adopted by Masters Swimming Ontario (MSO)

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.