

NMSC Meet Invitation



To register, go to
www.NMSC.org

Nepean Masters Long Course Swim Meet

*Sunday, February 28, 2010
Nepean Sportsplex
1701 Woodroffe, Ottawa, Ont, Canada*

Schedule of Events

Check-in: 8:00 am, Warm-up: 9:00am, Start: 9:45am, Estimated finish: 3:00 p.m.

Women	Event	Men
1	100 Butterfly	2
3	100 Backstroke	4
5	50 Breaststroke	6
7	50 Freestyle	8
9	200 Choice	10
11	200 Freestyle Relay Mixed	11
	15 Minute Break	
12	100 Breaststroke	13
14	100 Freestyle	15
16	50 Butterfly	17
18	50 Backstroke	19
20	200 Medley Relay	21
22	800 Open	22

Cost

Entry fees are per individual

Registration and payment before January 29th, 2010: \$32.00

Registration and payment after January 29th, 2010: \$37.00

Maximum Entries/Events

There will be a maximum of 200 swimmers accepted. Each swimmer may enter a maximum of 4 individual events plus one relay event. The 800m Freestyle event will be limited to 32 entries and will be swum two swimmers per lane. Those accepted into the 800m Freestyle will be notified when the final heat sheets are posted.

Registration and Payment

Registration will be done entirely on-line. Payment may also be made on-line as part of registration (recommended) or by mailing a cheque (payable to "Nepean Masters Swim Club") to the following address:

Nepean Masters Swim Club
900 Greenbank Rd Suite 360
Nepean, ON
K2J 4P6
RE: Swim Meet Registration
Note: Please put your MSO # on the cheque

All payments must be received no later than midnight Friday, Feb. 19, 2010. Registrations without payments as of this date will be cancelled. No registration changes or refunds will be granted after registration closure.

Relays

Entry cards for the relays (available on-line) need to be completely filled out clearly stating Age Category, Relay Type (eg: Mixed, Male, Female), Stroke (eg: Freestyle or Medley), Entry Time and Name of each swimmer. These cards need to be submitted, online, prior to the Registration and Payment deadline of midnight Friday, Feb. 19, 2010. Only swimmers registered in individual events can participate in relays.

Check-In

Before swimming, all swimmers must verify the status of their registration at the check-in desk located outside the pool locker rooms before the meet. A list of swimmers in good standing (i.e. registered and paid) will be listed there. If your name is NOT on the list, please speak with the check-in agents otherwise, proceed directly to the locker rooms. Check-in begins at 8:00 am.

Awards

Individual Certificates will be given to all participants showing their times and results for all individual and relay events.

Facility

The Nepean Sportsplex pool will be configured as a seven lane 50M pool with women and men alternating events except where otherwise noted. The eighth lane will be open for swimmers to warm-up and warm-down. The relays and 800m open may be swum using all 8 lanes. Electronic timing will be used.

Sanctioning

Meet sanctioned by Masters Swimming Ontario (MSO).

Rules

The No False Start Rule Applies. Only FINA-approved swimsuits will be allowed.

Masters Swimming Ontario rules shall apply accommodating any recent changes made by MSO, MSC or FINA not documented in the 2002 MSO handbook.

Eligibility

All swimmers must have reached the age of 18 years or over by Feb 23/10 and be registered with their official Masters Swimming Organization. Masters registration numbers must be provided for each swimmer.

Seeding

Seeding will be by entry time and gender from the slowest to the fastest time. All events will be pre-seeded. Entries without times will be seeded as NT (59:59.99). THERE WILL BE NO DECK ENTRIES.

Age

A swimmer's age is determined by his/her age as of December 31, 2010. For individual events, the categories are: 18-24, 25-29, 30-34, 35-39 and so on (5 year increments). For relay events, the categories are: 72+, 100+, 120+, 160+ and so on (40 year increments).

Safety Procedures

The Masters Swimming Ontario [Safety Procedure Rule](#) will be in effect.

Officials and Volunteers

The NMSC Winterlude meet requires approximately 40 volunteer timers. If members or supporters from your club wish to volunteer please contact the Meet Manager at www.nmsc.org Alternately, please check-in at the meet control desk before the meet.

Questions

If you have any question please email us at swimmeet@nmsc.org. We will respond to you in a timely manner.