

Willy Lee Invitational Masters Meet

“A Charity Event in Willy’s Memory”
Programs Hosted by Anzai! Inc. and Swim Ottawa

***Saturday November 19, 2016
Brewer Pool, Ottawa***





IN MEMORY OF WILLY LEE

Born 12 October 1957 and died 20 August 2001 leaving wife Mae, son Chris, and daughter Pamela. He was 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 and we will continue to fulfill the promise.

~ Tom Anzai, www.anzai.com

*Anzai! Inc. and Swim Ottawa and are pleased to invite you to our
Annual Willy Lee Invitational Swim Meet!*

DATE: Saturday, November 19, 2016 **DEADLINE:** Noon November 16, 2016

TIME: Warm-up: 12:00 pm – 12:45 pm / Events: 12:50 pm – 3:45 pm (estimated end time)

THEME: Enthusiastic environment with an announcer, music played during selective swims, audience participation, door prizes, and swim events for all skill levels.

LOCATION: Brewer Pool
100 Brewer Way
Ottawa, Ontario

MEET MANAGER: Mariusz Makos
MEET REFERREE and OFFICIALS COORD: John Buckle
Email: swott.meetmanager@gmail.com

FACILITY:

- 25 meter short course, 6 lane pool, manual timing. One lane will be made available for warm up/down for the duration of the meet.

ELIGIBILITY:

- Swimmers must have reached their 18th birthday on or before November 19, 2016.
- Only Masters Swimmers registered with their provincial (MSO), state or, national body will be accepted.
- Masters registration numbers **MUST** be provided for each swimmer.
- Every swimmer's registration status will be verified prior to competition.
- Swimmers may verify their registration status at <http://ms.mastersswimmingontario.ca/web/showRegisteredSwimmers.php> If you are not marked "registered", please contact your club registrar.

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 130 participants.
- Meet Manager reserves the right to limit entries and cancel events, if necessary.

RULES:

- Meet approved by Masters Swimming Ontario (**MSOXXX**) and sanctioned by Swim Ontario
- Current MSC Rules and Safety Procedures in effect
<https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/rules-of-competition/>

ENTRY FEE AND REGISTRATION:

- **\$40** per swimmer for entries and electronic payment (PayPal or e-transfer) received by noon November 12, 2016. Note: event expected to fill up prior to deadline. If space and permitted by Meet Manager, **\$50** cash (exact change) per swimmer for deck entries up to 12 pm the day of the meet.
- INDIVIDUAL online registration and payment via www.anzai.com (see link on home page). You must pay electronically via PayPal or e-transfer as instructed on the site. Deadline: Noon Nov 16, 2016.
- CLUB entries are preferred via Hy-Tek Team Manager. If you do not have the 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_lite.pdf and submit the exported meet entries file to us. Contact the Meet Manager if you have questions.
- All entry fees are due by the deadline listed above and payable to: **Anzai! Inc.** Proceeds go to the Lee Family’s choice (Aquatics Programming, Carlingwood YMCA, Ottawa ON)

SCHEDULE OF EVENTS – SWIM EVENTS and ORDER

(Limited to 4 individual events per swimmer plus relay if time permits)

Event #	Event	Your Goal 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	
EXH (if time permits)	4 x 25 Mixed FR Relay *Participants need to submit entry card by 1 pm	Exhibition only. No official times recorded.

ABOUT BREWER POOL:

- Centrally located in Ottawa – close to Carleton University off Bronson Avenue
- 6 lanes, 25 meters
- NEW competition starting blocks with adjustable track start footplate
- Portable PA system to be used for announcing and music
- 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.





Appendix F - 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.