

*Alderwood Teddy Bares 34th Annual Swim Meet
Sunday, January 25, 2009
Sanctioned by Masters Swimming Ontario*

- Location:** Alderwood Pool, 2 Orianna Drive, Etobicoke, Ontario, M8W 4Y1
- Eligibility:** Swimmers must have reached their 18th birthday on or before Jan 25, 2009. Only Masters Swimmers registered with a provincial, state or national MSO will be accepted. The swimmers age shall be that on December 31, 2009.
- Warm up & Start Times:** Warm up: 7:45 a.m., Start: 8:30 a.m.
- Deck Entries:** Deck entries permitted up to 10 minutes prior to the start of the meet. No deck entries for the 500/400 I.M. Proof of current MSO registration must be provided.
- Relay Entries:** Relay entries may be submitted on the day of the meet prior to the completion of Event 4. Relay cards are available at the registration table.
- Entry Fees:** Individual Pre-registered: \$30.00
Deck Entries: \$35.00 Individual
Entry is limited to 6 events plus relays. (swimmers may enter 500 free or 400 IM, not both) (swimmers may choose 1 of the following 4 events – 200 Back/200 Breast/ 200 Fly/200 IM)
Make cheques payable to Alderwood Masters Swim Club
Entry Deadline: postmarked no later than January 15, 2009.
All late entries will be considered deck entries and will be added to the program at registration if space allows. Please do not enter events you do not intend to swim as this may keep someone else from swimming.
- Seeding:** Heats will be swum slowest to fastest. Events 1 through 12 will be deck seeded and gender neutral. Scratches for all other events should be marked on the posted heat sheets.
- Records:** Timing is manual, which requires three official times to set a record.
IT IS YOUR RESPONSIBILITY TO INFORM THE CHIEF TIMER AT LEAST 10 MINUTES PRIOR TO YOUR HEAT IF YOU HAVE A CHANCE OF SETTING A RECORD.
- Awards:** Ribbons to 1st, 2nd, and 3rd place finishes in each age group
- Age Groups:** Individual: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 etc....
Relay: 72+, 100+, 120+, 160+, 200+, 240+, 280+, 320+, etc....
- Food:** Lunch will be available throughout most of the meet
- Safety:** MSO Safety Rules apply

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SCHEDULE OF EVENTS:

WOMEN	<u>LIST OF EVENTS</u>	<u>MEN</u>
1	500 free	2
3	400 I.M.	4
	15 MINUTE BREAK (Warm up)	
5	200 open (no free)	6
7	(state your stroke & event number)	8
9	5 & 6 – back, 7 & 8 – breast	10
11	9 & 10 – fly, 11 & 12 – I.M.	12
13	50 back	14
15	100 free	16
17	50 fly	18
19	100 breast	20
21	100 I.M.	22
23	4 x 50 free relay	24
25	4 x 50 medley relay (mixed)	
27	50 breast	28
29	200 free	30
31	100 fly	32
33	100 back	34
35	50 free	36
37	4 x 50 medley relay	38
39	4 x 50 free relay (mixed)	

RELAYS: (Cards to be picked up at registration table)

Each relay team shall provide on a time card:

- the age group entered
- name and code of Club
- full name, ages and gender of each swimmer
- the order in which the swimmers shall swim
- an entry time

Contact: Gregg Thurlbeck (416) 766-0438
 or email: gt@tvo.org

Directions: From the North:
 Hwy 427 South to Brown's Line. Right on Horner Ave right on Orienne Dr.

From the East:
 Gardner to 427/Brown's Line exit, Brown's Line exits to the left, continue South on Brown's Line, right on Horner Ave, then right on Orienne Dr.

From the West:
 QEW to West Mall exit turn right on to Evans Ave, east to Brown's Line, South on Brown's Line, right on Horner Ave, then right on Orienne Dr.

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ATHLETE WAIVER & RELEASE

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the Alderwood Teddy Bares, Master Swimming Ontario and Master 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.

Last Name: _____ **Gender:** M ___ F ___

First Name: _____

D.O.B.: (d)____(m)____(yr)____ **Age as of Dec. 31, 2009** _____

Address: _____

City: _____ **Province:** _____ **Postal Code:** _____

Phone Number: _____ **E-Mail address:** _____

Club Name: _____ **MSO #:** _____

Event entry form: If you have never swum the event before, enter NT (no time) or estimate your time

Event #	Event Name (STATE STROKE FOR EVENTS 5 through 12)	Time

**Mail entry along with cheque payable to: Alderwood Masters Swim Club
 c/o Gregg Thurlbeck
 251 Glendonwynne Rd., Toronto, Ontario
 M6P 3G4**

*******ENTRY DEADLINE: JANUARY 15, 2009*******



MASTERS SWIMMING ONTARIO

MSO Safety Procedures

REVISED- MARCH 2005.

GENERAL WARMUP:

1. During warm-ups, no swimmer shall enter the pool by a dive or a jump from any area of the deck or starting block. Swimmers shall enter the pool FEET FIRST in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. Meet Management shall ensure that barriers are placed on the starting blocks during the general warm-up.
3. All lanes shall be used for general warm-up with circle swimming only, as shown below. *One outside lane shall be designated for slow swimmers.*
4. **The use of hand paddles, swim fins, pull buoys & flutter boards during warm-up shall be prohibited.**

During warm-ups, swimmers in adjacent lanes must circulate in opposite directions to minimize risk of injuries along the lane ropes.

- **CLOCKWISE** - lanes shall be designated as: **2, 4, 6, 8**
- **COUNTER-CLOCKWISE** - lanes shall be designated as: **1, 3, 5, 7**

SPECIFIC WARMUP:

1. This portion of the warm-up shall begin 20 minutes prior to clearing the pool.
2. One outside lane and the adjacent lane or the two outside lanes may be designated as sprint lanes. Diving shall be from the normal starting end of the pool. During this time only one way swimming is allowed in these lanes. Upon completing one length the swimmer shall leave the lane.

THE WARMUP PROCEDURE SHALL BE STRICTLY MONITORED

Any swimmer who flagrantly disobeys these rules may be disqualified from the competition at the discretion of the referee.