

Alderwood Teddy Bares 29th Annual Swim Meet

Sunday, January 25, 2004

Sanctioned by Masters Swimming Ontario

- Location:** Alderwood Pool, 2 Orianna Drive, Etobicoke, Ontario M8W 4Y1
- Eligibility:** Only Masters Swimmers registered with a provincial, state or national MSO will be accepted. The swimmers age shall be that on December 31, 2004.
- Warm up & Start Times:** Warm up: 7:45 a.m., Start: 8:30 a.m.
- Deck Entries:** Deck entries permitted up to 30 minutes prior to the start of the meet. No deck entries for the 500. 500 will be deck seeded.
- Relay Entries:** Relay entries may be on the day of the meet.
- Entry Fees:** Individual Pre-registered: \$25.00
Deck Entries: \$30.00 Individual
Entry is unlimited in number of events.
Make cheques payable to "Alderwood Teddy Bares"
Entry Deadline: January 16, 2004. 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:** Each swimmer may swim any number of events plus relays. Heats will be swum slowest to fastest.
- Records:** Timing is manual which requires three official times to set a record. **IT IS YOUR RESPONSIBILITY TO INFORM THE CHIEF TIMER BEFORE THE START OF THE SESSION 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: 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, etc..... Relay: 80+, 100+, 120+, 160+, 200+, 240+, 280+, 320+, etc....
- Food:** Lunch will be available throughout most of the meet
- Safety:** MSO Safety rules apply
- Contact:** Ethel St. Laurent (905) 271-0547 or email to gt@tvo.org

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(Short course – yards)
Sunday, January 25, 2004

SCHEDULE OF EVENTS

WOMEN	LIST OF EVENTS	MEN
1	500 FREE	2
	TEN MINUTE BREAK	
3	200 open (no free) (state your stroke)	4
5	50 back	6
7	100 free	8
9	50 fly	10
11	100 I. M.	12
13	100 breast	14
15	200 free relay	16
17	200 free relay (mixed)	
19	50 breast	20
21	100 fly	22
23	200 free	24
25	100 back	26
27	50 free	28

RELAYS: Each relay team shall provide on a time card:

-the age group entered

-full name, ages & gender of each swimmer
 -entry time

-name and code of Club

-order in which each swimmer shall swim

DIRECTIONS

From North and East: Hwy 427 South to Brown's Line. Right on Horner Ave, right on Orianne Dr.

From West: QEW to West Mall Exit turn right on to Evans Ave, turn right onto Brown's Line, turn right onto Orianne Dr

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LAST NAME: _____ GENDER: M _____ F _____

FIRST NAME: _____ D.O.B. (d) _____ (m) _____ (y) _____

ADDRESS: _____ Age as of Dec., 31, 2004 _____

City: _____

Province: _____ POSTAL CODE: _____

PHONE #: _____ EMAIL _____

CLUB NAME: _____ MSO; _____

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

EVENT NUMBER	EVENT NAME (STATE STROKE FOR EVENTS 3 & 4)	TIME

Mail entry along with cheque payable to: Alderwood Teddy Bares
C/O Ethel St. Laurent
1094 Ogden Ave
Mississauga, Ontario
L5E 2G6

(905) 271-0547

*******ENTRY DEADLINE: JANUARY 16, 2004*******