

**Alderwood Teddy Bares 28th Annual Swim meet
(Short course - yards)
Sunday, January 26, 2003**

SCHEDULE OF EVENTS:

<u>WOMEN</u>	<u>LIST OF EVENTS</u>	<u>MEN</u>
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
- name and code of Club
- full name, ages and gender of each swimmer
- the order in which the swimmers shall swim
- an entry time

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

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

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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, 2003
- 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 Teddybares
Entry Deadline: January 17, 2003. 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: gt@tvo.org

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Last Name: _____ Gender: M ___
First Name: _____ F ___
Address: _____ D.O.B.: (d)___(m)___(yr)_____
_____ Age as of Dec. 31, 2003 _____
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).)

Event #	Event Name (STATE STROKE FOR EVENT 3 & 4)	Time

Mail entry along with cheque payable to: Alderwood TeddyBares
Ethel St. Laurent
1084 Ogden Ave., Mississauga, Ontario
L5E 2G6

(905) 271-0547

*****ENTRY DEADLINE: JANUARY 17, 2003*****

MSO SAFETY PROCEDURES – REVISED – April 2000

The following information is excerpted from the MSO Rule Book. It is provided to inform all swimmers of the Safety procedures to be adhered to at all MSO Sanctioned Swim Meets. Infractions of these rules may result in the offending swimmer being reported to the Referee who shall deal with the infraction under rule SW2.1.1

Safety Procedures:

1. There shall be no running on the deck.
2. Climbing to and from the balconies shall be prohibited.

General Warm up:

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.
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 avoid risk of injuries along the lane ropes.

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

Specific Warm up:

1. This portion of the warm up shall begin 20 minutes prior to clearing of the pool.
2. One outside lane and the adjacent lane 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 WARM UP PROCEDURE SHALL BE STRICTLY MONITORED.