

Alderwood Teddy Bares 37th Annual SCY Swim Meet
Sunday, January 22, 2012
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 22, 2012. Only Masters Swimmers registered with a provincial, state or national MSO will be accepted. The swimmers age shall be that on December 31, 2012.
- 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 Free and 400 IM. 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 2. Relay cards will be available at the registration table.
- Entry Fees:** Individual Pre-registered: \$35.00
Deck Entries: \$45.00 Individual - no deck entries for events 1 - 4
Entry is limited to 6 events plus relays. (swimmers may choose only 1 of the following 4 events – 200 Back/200 Breast/200 Fly/200 IM) (as there are limited heats for the 500 Free and 400 IM please indicate an alternative choice for this event in case it is full – the available spots will be filled on a first come, first served basis)
Make cheques payable to Alderwood Masters Swim Club
Entry Deadline: postmarked no later than January 10, 2012. Entries can be emailed to gt@tvo.org prior to Jan. 11 but these must be accompanied by payment postmarked no later than January 10, 2012.
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 4 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 & Water:** Lunch will be available throughout most of the meet. Please bring a reusable water bottle as, bottled water will not be made available.
- Safety:** MSO Safety Rules apply

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SCHEDULE OF EVENTS:

WOMEN	<u>LIST OF EVENTS</u>	<u>MEN</u>
1	500 free (six heats max)	2
3	400 I.M. (three heats max)	4
15 MIN. BREAK (Warm up)		
5	200 open (no free) (state your stroke) back, breast, fly, I.M.	6
13	50 back	14
15	100 free	16
17	50 fly	18
19	100 breast	20
21	100 I.M.	22
15 MIN. BREAK (Warm up)		
23	4 x 100 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	38
39	4 x 100 free relay (mixed) relay	

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, age and gender of each swimmer
- the order in which the swimmers shall swim

Contact: Meet Manager - 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.

Parking: The pool has a medium size lot. Street parking has a three hour limit so cars may need to be moved to avoid tickets.

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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, 2012** _____

Address: _____

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

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

Club Name: _____ **2012 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 and 6)	Time
*alternative choice (if entering 1 - 4)		

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

*******ENTRY DEADLINE: JANUARY 10, 2012*******

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, 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.