

Alderwood Teddy Bares 32nd Annual Swim Meet  
Sunday, January 21, 2007  
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 21, 2007. Only Masters Swimmers registered with a provincial, state or national MSO will be accepted. The swimmers age shall be that on December 31, 2007.
- Warm up & Start Times:** Warm up: 7:45 a.m., Start: 8:30 a.m.
- Deck Entries:** Deck entries permitted up to 15 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.
- Entry Fees:** Individual Pre-registered: \$25.00  
Deck Entries: \$35.00 Individual  
**Entry is limited to 6 events plus relays. (swimmers may enter 500 free or 400 IM, not both)**  
Make cheques payable to Alderwood Masters Swim Club  
**Entry Deadline:** postmarked no later than January 10, 2007.  
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.
- 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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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 (Short course - yards)  
 Sunday, January 21, 2007

**SCHEDULE OF EVENTS:**

WOMEN	<u>LIST OF EVENTS</u>	<u>MEN</u>
1	500 free	2
3	400 I.M.	4
<b>TEN MINUTE BREAK</b>		
5	200 open (no free) (state your stroke)	6
7	50 back	8
9	100 free	10
11	50 fly	12
13	100 breast	14
15	100 I.M.	16
<b>TEN MINUTE BREAK</b>		
17	4 x 50 free relay	18
19	50 breast	20
21	200 free	22
23	100 fly	24
25	100 back	26
27	50 free	28
29	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](mailto:gt@tvo.org)

**Directions: From the North:**  
 Hwy 427 South to Brown's Line. Right on Horner Ave right on Orianne 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 Orianne 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 Orianne 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, 2007** \_\_\_\_\_

**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)**

Event #	Event Name (STATE STROKE FOR EVENTS 5 & 6)	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 10, 2007\*\*\*\*\***



## MASTERS SWIMMING ONTARIO

MSO Safety Procedures

REVISED- MARCH 2005.

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### 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.**