

Athletic Waiver & Release

In Consideration of the acceptance of this entry, I for myself, my executors, administrators, and assigns, do hereby release and discharge the 1000 Islands Swim Masters of Ontario and Masters Swimming Ontario 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 am physically fit and sufficiently trained to participate.

Event #	Event Name	Time

Name _____

Address _____

City _____ Prov. _____

PO Code _____

Age ____ (as of Dec 31 02) Sex ____ B/D _____

Club _____ MSO# _____

Phone # Home. _____ Wk _____

Fax _____ email # _____

Signature _____

Date _____

MSO Safety Procedure 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 SW 2.1.1.

SAFETY PROCEDURES:

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

GENERAL WARMUP:

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.

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, pulls buoys & flutter boards during warm-up shall be prohibited.
5. 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, 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 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**

1000 ISLANDS Y SWIM MASTERS



THE LONG AND THE SHORT OF IT

Sunday, Jan 20, 2002

08:00 am-6:00 pm



Events for all

800FR, 1500FR - AM

Short Mix- PM

Relays

Sanctioned by

Masters Swimming Ontario

1000 Islands Y Swim Masters

Meet Manager

Carol Ravnaas (613) 498-3182

email marwyatt@recorder.ca

fax 342-5646

Map Directions:

http://www.mapquest.com/cgi-bin/ia_find

COME JOIN US

Events will be seeded by Time

- * Individual Events will be mixed.
- * One heat only of 1500 or 800 2 to a lane
****You MUST bring a timer or you will NOT swim If you anticipate a record bring 2 Timers PLEASE!**
- * MSO Rules
- * Seeded by time, slowest to fastest
- * Award Certificates
- * 200 Medley Relay **time permitting**

Warm up	08:00 AM, 11:00 AM
Start	09:00 AM, 11:30 AM

EVENTS.

- | | |
|-----------------|--------------------------|
| 1 | 1500 Free
2 to a lane |
| 2 | 800 Free
2 to a lane |
| *****BREAK***** | |
| 3 | 200 Free Relay |
| 4 | 100 Free |
| 5 | 50 Back |
| 6 | 100 IM |
| 7 | 50 Fly |
| 8 | 200 Open (state stroke) |
| 9 | 50 Breast |
| 10 | 100 Back |
| 11 | 50 Free |
| 12 | 200 IM Relay |

**Entry Fee \$25.00 afternoon only
\$10. 00 am only + a timer **
\$30.00 for both
\$5.00 per extra social guest
Deadline Jan 15 2002
Complete Waiver on reverse
Cheque Payable to:
1000 Islands Y Swim Masters**

**Mail to
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Brockville Ont.
K6V 5T4
498-3182
email marwyatt@recorder.ca
Fax 613-342-5646**

