



Forecast Group *Another Dam Otters Meet*

- Date:** Sunday January 27, 2008
- Location:** The New Alder Street Recreation Centre
275 Alder Street, Orangeville Ontario
- Parking:** Ample of parking at the Rec. Centre. Corner of Riddell Rd. and Alder
- Time:** Warm Up: 8a.m. Start: 9a.m.
Current MSO rules in effect
- Eligibility:** Only Masters swimmers registered with provincial or state associations will be accepted.
- Fees:** \$30.00 before January 18th 2008. Deck entries \$35
Maximum 6 events unlimited relays
* Meet management reserves the right to limit heats to respect timelines so mail your entry early to reserve your spot.
- Seeding:** Heats will be swum slowest to fastest and gender neutral.
- Lunch:** Will be served upstairs in the Rec. Centre following the meet.
Guests of competitors add \$5
- Sanction:** Masters Swimming Ontario
- Awards:** Ribbons 1st, 2nd and 3rd place in each age group.
- Contact:** Greg Jones, info@orangevilleotters.com
- Directions:** From Toronto: Take Highway 401 west to Highway 410.
Drive north on Highway 410 to Mayfield Road.
Drive west on Mayfield Road to Highway 10 (Huronario Street).
Drive north on Hwy 10 until CR-109
Drive west on CR-109 / Ridell Road and go just past Sobeys to the lights
Drive east on Alder Street to the second entrance on the north side



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Sunday January 27, 2008

Entry Form

Please Print

Name _____ Male / Female

Home Phone _____

Email _____

MSO# _____ **Mandatory:** entries will not be accepted without valid #

Age (as of Dec 31,2008) _____

Date of Birth (dd/mm/yy)_____

Club Name _____

Additional Guest Lunch ___X \$5=\$___

*For Open events please circle your choice of stroke

Event #	Event Name	Seed Time
1	100m Backstroke	
2	100m Breaststroke	
3	100m I.M.	
4	50m Freestyle	
5	200m Open Fly,Bk,Br,Fr,I.M.*	
6	50m Butterfly	
	10 Minute Break	
7	50 m Backstroke	
8	100m Butterfly	
9	50m Breaststroke	
10	100m freestyle	
11	400m Open (Free/I.M.) *	
12	200m Mixed Relay(Fr,Medley)	

Athlete Waiver and Release:

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the Orangeville Otters Swim Club , Masters Swimming Ontario and Masters 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.

Mail entry along with cheque payable to: Orangeville Otters Swim Club
P.O. Box 22
Orangeville, Ontario
L9W 2Z5

MASTERS SWIMMING ONTARIO

MSO Safety Procedures REVISED- MARCH 2005.

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 warmup 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.