



“Semi-Serious” V Sunday Nov 15, 2009

A Masters swim meet that is about having fun!

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| Hosted by | Etobicoke Olympium Masters Aquatic Club (EOMAC) |
| Location | Etobicoke Olympium, Centennial Park 590 Rathburn Rd, Etobicoke, Ont |
| Pool | Two 25m short course 8 lane pools. Omega electronic timing. Lots of spectator seating and free parking. |
| Times | 7:30 to 8:30am – Late entries accepted. 8 to 8:45am – Warm-up in both ends. Continued in the deep end until 1 pm. 8:50 am sharp - Start. 1:30 pm - Luncheon upstairs in the Olympic Lounge. |
| Entries | Accepted until 8:30 am Sunday Nov. 15, 2009 but please have pity on the Meet Manager and send them in by snail mail or email if you plan on competing . This is a gender neutral meet. “Serious” events will be time seeded and swam slowest to fastest. |
| Entry fees | \$30 per swimmer. Unlimited events. Entry fee includes relays. Mail entries and cheques payable to EOMAC to Steve Goodwin 3308 Queen Frederica Dr. Mississauga, ON L4Y 3B2 |
| Information | Phone (905)-279-5457 Email sdg9@rogers.com |
| Eligibility | Only Masters swimmers registered with Provincial or State Associations will be accepted. |
| Rules | Current MSO rules in effect. |
| Sanctioned by | Masters Swimming Ontario |
| Awards | 1st through 3rd place ribbons for the “serious” events. Please pick up your ribbons from the Awards Table as the results are posted. Trophies for the winning team of the “not serious” competition plus valuable parting gifts for the also-swams. |
| Social | EOMAC’s tradition of great eats and warm hospitality continues upstairs in the Olympic Lounge. |



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8am to 1:30 pm followed by a Social

Order of Events

8-8:45 am Warm-up (continued in the deep end until 1 pm).

8:50 am “Serious” competition first.

- 1 – 100 free
- 2 – 50 back
- 3 – 100 IM
- 4 – 50 fly
- 5 – 100 breast
- 6 – 4x50 free relay
- 7 – 400 free

11:00 am The “Not Serious” team competition.

All swimmers will be organized into teams of equal numbers and equal total ages with a Coach/Captain for each team. Competitors will swim for their team an equal number of times and accumulate points toward the “Not Serious” championship. Events that each team compete in will be chosen from a list provided by Meet Management.

Participation is highly recommended but limited to only those wishing to have fun!!!

Trophies will be awarded to the team accumulating the most points. Everybody else gets valuable parting gifts.

12:00 pm The remaining “Serious” events.

- 8 – 50 free
- 9 – 100 back
- 10 – 50 breast
- 11 – 100 fly
- 12 – 200 free
- 13 – 4x50 medley relay

1:30 pm Luncheon upstairs in the Olympic Lounge.



“Semi-Serious” IV
Sunday Nov 15, 2009

ENTRY FORM

NAME (Print) _____ **MALE / FEMALE**

HOME PHONE _____

E-MAIL (print) _____

MSO# _____ **AGE (as of Dec 31,2009)** _____

CLUB NAME _____ **D. O. B. (dd/mm/yy)** ____/____/____

| Ev. # | Event Name | Seed Time |
|-------|----------------------------|-----------|
| 1 | 100 Free | |
| 2 | 50 Back | |
| 3 | 100 IM | |
| 4 | 50 Fly | |
| 5 | 100 Breast | |
| 6 | 4x50 Free Relay (M,W,X) | |
| 7 | 400 Free | |
| | | |
| 8 | 50 Free | |
| 9 | 100 Back | |
| 10 | 50 Breast | |
| 11 | 100 Fly | |
| 12 | 200 Free | |
| 13 | 4x50 Medley Relay (M,W, X) | |

I will only watch everyone else having fun during the “not serious” competition _____

Mail with \$30 cheque payable to EOMAC.
To: Steve Goodwin, 3308 Queen Frederica Dr., Mississauga, ON. L4Y 3B2.



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.
Lane 8 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.