



2010 Worlds Warm-Up Sunday June 27, 2010

| | |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Hosted by | Etobicoke Olympium Masters Aquatic Club (EOMAC) |
| Location | Etobicoke Olympium, Centennial Park 590 Rathburn Rd, Etobicoke, Ont |
| Pool | One 50m long course 8 lane pool. Omega electronic timing. Lots of spectator seating and free parking. |
| Times | 7:30 to 8:15am – Late entries accepted. 8 to 8:40am – Warm-up (continued in lane 8 throughout the meet). 8:45 am sharp - Start. 12:00 pm - BBQ on the Patio. |
| Entries | Accepted until 8:15 am Sunday June 27, 2010 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. 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. Please pick up your ribbons from the Awards Table as the results are posted. |
| Social | BBQ on the Patio to follow the meet. |



2010 Worlds Warm-Up Sunday June 27, 2010

Order of Events

- 8-8:40 am Warm-up (continued in lane 8 throughout the meet).
- 8:45 am 1 – 4x100 relays
 2 – 50s
 3 – 200s
 4 – 100s
 5 – 400s
 6 – 4x50 relays
- Break 15 minutes
- 10:30 am 7 – 4x200 relays
 8 – 50s
 9 – 200s
 10 – 100s
 11 – 400s
- 12:00 pm BBQ on the Patio.



**2010 Worlds Warm-Up
Sunday June 27, 2010**

ENTRY FORM

NAME (Print) _____ **MALE / FEMALE**
HOME PHONE _____
E-MAIL (print) _____
MSO# _____ **AGE (as of Dec 31,2010)** _____
CLUB NAME _____ **D. O. B. (dd/mm/yy)** ____/____/____

| Ev. # | Event Name | Stroke Choice | Seed Time |
|-------|----------------------|---------------|-----------|
| 1 | 4x100 Relays (M,W,X) | | |
| 2 | 50s | | |
| 3 | 200s | | |
| 4 | 100s | | |
| 5 | 400s | | |
| 6 | 4x50 Relays (M,W,X) | | |
| | 15 min. Break | | |
| 7 | 4x200 Relays (M,W,X) | | |
| 8 | 50s | | |
| 9 | 200s | | |
| 10 | 100s | | |
| 11 | 400s | | |

**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.