



“Semi-Serious” VII Sunday Nov 13, 2011

A Masters swim meet that is about having fun!

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. 13, 2011 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	\$35 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 MSC 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.
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.



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ENTRY FORM

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

HOME PHONE _____

E-MAIL (print) _____

MSO# _____ **AGE (as of Dec 31,2011)** _____

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 \$35 cheque payable to EOMAC.

To: Steve Goodwin, 3308 Queen Frederica Dr., Mississauga, ON. L4Y 3B2.



MSC Warm-Up/Warm-Down Procedures

CMSW 1.6 MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

CMSW 1.6.1 The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

CMSW 1.6.2 There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

CMSW 1.6.3 There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

CMSW 1.6.4 All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

CMSW 1.6.5 Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

CMSW 1.6.6 The wearing of watches, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

CMSW 1.6.7 Warm-up procedures shall be prominently posted at various areas of the pool deck.