

EOMAC

NATIONALS "NOT SO DRY" RUN

Short Course SWIM MEET

Sunday, May 1, 2005

Hosted by:	Etobicoke Olympium Masters Aquatic Club		
Location	Etobicoke Olympium, Centennial Park 590 Rathburn Rd., Etobicoke, Ont		
Pool	25m short course, 8 lanes , electronic timing, spectator seating Free parking		
Times	Registration:	7:30am- 9:30am (deck entries close at 9:00am)	
	Warm-up	8:00am until 8:45am in shallow end then Continuous in the deep end until 1pm.	
	Start time	8:45am	sharp
Entries	Deadline for entries: Fri. Apr. 22, 2005 Deck entries will be permitted (\$5.00 surcharge) This is a Gender Neutral meet. All entries will be time seeded.		
Entry Fees	\$25.00 per swimmer (unlimited events) for entries received by Fri. Apr. 22, 2005. \$30.00 for deck entries. Entry fees include relay events Mail entries and cheques payable to EOMAC to: Steve Goodwin 3308 Queen Frederica Dr. Mississauga, Ont. L4Y 3B2		
Information only	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	1 st through 3 rd place ribbons (look for the awards table) Please pick up your ribbons as the events are posted.		
Social	Upstairs in the Olympic Lounge Please join us afterward for something to eat and drink.		

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8am - 2pm followed by a Social

Order of Events

8-8:45am	Warm-up (continued in the Deep End until 1pm)
8:45am	1 - 800 free 2 - 50 choice (no free) 3 - 50 free 4 - 100 choice (no free) 5 - 200 free 6 - 4x50 medley relay (men, women, mixed)
Break	7 - 400 choice (free or IM) 8 - 50 choice (no free) 9 - 100 free 10 - 200 choice (no free) 11 - 4x50 free relay (men, women, mixed)
2pm	Social in Olympic Lounge (upstairs)

Relays will be deck-seeded. Cards should be handed in 2 events ahead of time, complete with swimmers' printed names in swim order, ages, sex, team age group, event, seed time.

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ENTRY FORM

NAME (Print) _____ MALE / FEMALE

HOME PHONE _____

E-MAIL _____

MSO# _____ AGE (as of Dec 31,2005) _____

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

Ev. #	Event Name	Choice	Seed Time
1	800 Free		
2	50 Choice (no Free)		
3	50 Free		
4	100 Choice (no Free)		
5	200 Free		
6	200 Medley Relay (M, W, Mixed)		
7	400 Choice (Free or IM)		
8	50 Choice (no Free)		
9	100 Free		
10	200 Choice (no Free)		
11	200 Free Relay (M, W, Mixed)		

Mail with \$25 cheque payable to EOMAC to be received by Fri. Apr 22, 2005.
To: Steve Goodwin, 3308 Queen Frederica Dr., Mississauga, ON. L4Y 3B2.



MASTERS SWIMMING ONTARIO

MSO Safety Procedures

REVISED-NOVEMBER 2001.

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:

- 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.
- 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