

EOMAC's annual 'Swim for Heart'

- a 1500m time trial and fund-raiser for
the Heart & Stroke Association,
Etobicoke Chapter.

Date	Sunday Feb 3, 2002, during an extended regular club workout at the Etobicoke Olympium pool, 25m course.
Time	8:00am warmup, 8:45am start. Finished by 10:30am.
Format	3-30 minute heats. up to 6 lanes, 2 swimmers per lane.

Cap on entries- A limit of 36 entries is imposed to fit within our club's pool time.

Fees **A donation of at least \$20 is requested for our annual club fund-raiser for The Heart&Stroke Assn.
Tax receipts available.**

- **It is further requested that swimmers arrive by 8:15am in order to deck-seed the 3 heats.**
- **Those not swimming in each heat should be prepared to assist with the timing of all heats.**
- **Swimmers are asked to bring a friend who has some timing experience, as well as someone to act as your counter. If possible please also bring along a set of counters to supplement our meagre supply.**

**Contact the Meet Manager Jocelyn Jay at jocelynjay@hotmail.com
or (905)- 566-5732.**

Sanctioned by Masters Swimming Ontario