



**EOMAC's Annual 1500 Swim
and Heart & Stroke Fundraiser
Sunday March 9, 2003.
8am-10:30am only!**

Sanctioned by Masters Swimming Ontario. Current MSO rules and warmup requirements apply.

Please note- This is not your average sanctioned swim meet.

- It consists of just 1 event, 1500 freestyle scm with 400 and 800 official splits recorded too.
- It takes place during an extended EOMAC Sunday morning workout.
- It requires more helpers than swimmers, so please bring at least 1 person with you to help with timing. Bring 2 people if you wish to have a lap counter.
- We plan to offer 3 heats, warmup at 8am, first heat at 8:30 in 6 lanes/2 per lane, then two more heats of 4 lanes/2 per lane for a maximum of 28 entries which may be reached before the entry deadline of **Friday March 7**.
- We ask all swimmers to please arrive by 8am so that heat/lane assignments can be given out early. Swimmers may be asked to help with timing and counting laps before or after they swim.
- **Entries are by email or phone only** and require neither an entry form nor pre-payment, just your name, age, club, approximate seed time and 2003 MSO number. **Bring your 2003 MSO card and your chequebook** . Be ready to contribute on deck to the Heart & Stroke Foundation of Ontario with at least the minimum donation of \$20.
- Deck entries at 8am will be accepted only if there are available lanes not yet assigned. Call the day before to check if there is space.
- We encourage you to fundraise among your friends and family for this event in support of a great cause. Last year's best was \$250. Receipts will be issued for any donation of \$20 or more.
- Send phone or email requests to enter to **Charlie Lane at (905)-271-6365 or mastersswim@hotmail.com** If you phone leave your number for a call-back to confirm.