

EOMAC

Long Course **SWIM MEET**

Sunday, May 9, 2004 (Mother's Day)

- Hosted by:** Etobicoke Olympium Masters Aquatic Club
- Location** Etobicoke Olympium, Centennial Park
590 Rathburn Rd., Etobicoke, Ont
- Pool** 50m long course, 8 lanes , electronic timing, spectator seating
Free parking
- Times** **Registration:** 7:30am- 9:30am (deck entries close at 9:30)
 Warm-up 8:00am til 8:25am and 9:30am til 9:55am
 Start time 8:30am sharp
- Entries** **Deadline for entries: Mon. May 3, 2004**
 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**
 Mon. May 3, 2004.
 \$30.00 for deck entries. Entry fees include relay events
 Mail entries and cheques payable to EOMAC to:
 Charlie Lane
 928 Queen St. West, Unit 50C,
 Mississauga, ON. L5H 4K5
- Information only** **Phone 905-271-6365**
 Email mastersswim@hotmail.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 (look for the awards table)**
 Please pick up your ribbons as the events are posted.
- Social** **Upstairs in the Lounge**
 Please join us afterward for something to eat and drink.



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 laneropes.

- **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