

EOMAC

“WORLDS WARMUP”

Long Course SWIM MEET Sunday July 9, 2006

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: 7:30 am- 8 am (for distance) 10 - 11:30 am (deck entries close at 11:30 am) Warm-up 8:00 - 8:30 am (for distance) 11:00 - 11:30 am Start time 8:30 am (for distance) 11:30 am
Entries	Deadline for entries: Fri. June 30, 2006 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. June 30, 2006. \$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	Please join us afterward for something to eat and drink.

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8 am - 2:30 pm followed by a Social

Order of Events

8-8:30 am	Warm-up
8:30 am	1 - 800 free (2 heats 2 per lane) 2 - 1500 free (2 heats 2 per lane)
11:00-11:30 am	Warm-up
11:30 am	3 - 50 choice (no free) 4 - 50 free 5 - 100 choice (no free) 6 - 200 free 7 - 4x50 medley relay (men, women, mixed)
	Short Break for re Warm-up
1:00 pm	8 - 400 choice (free or IM) 9 - 50 choice (no free) 10 - 100 free 11 - 200 choice (no free) 12 - 4x50 free relay (men, women, mixed)
2:30 pm	Social

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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Sunday July 9, 2006

ENTRY FORM

NAME (Print) _____ MALE / FEMALE
HOME PHONE _____
E-MAIL _____
MSO# _____ AGE (as of Dec 31,2006) _____
CLUB NAME _____ D. O. B. (dd/mm/yy) ____/____/____

Ev. #	Event Name	Choice	Seed Time
1 / 2	800 / 1500 Free		
3	50 Choice (no Free)		
4	50 Free		
5	100 Choice (no Free)		
6	200 Free		
7	200 Medley Relay (M, W, Mixed)		
8	400 Choice (Free or IM)		
9	50 Choice (no Free)		
10	100 Free		
11	200 Choice (no Free)		
12	200 Free Relay (M, W, Mixed)		

Mail with \$25 cheque payable to EOMAC to be received by Fri. June 30, 2006.
To: Steve Goodwin, 3308 Queen Frederica Dr., Mississauga, ON. L4Y 3B2.



MASTERS SWIMMING ONTARIO

MSO Safety Procedures REVISED- MARCH 2005.

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.
One outside lane shall be designated for slow swimmers.
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

Any swimmer who flagrantly disobeys these rules may be disqualified from the competition at the discretion of the referee.