

John Grootveld Memorial

1500m

SWIM FOR HEART AND STROKE

Sunday March 20, 2005

Hosted by: Etobicoke Olympium Masters Aquatic Club

This year's swim is dedicated to the memory of John Grootveld who passed away in December of 2004. John was a long time member of EOMAC, last year's Vice President of the EOMAC Board of Directors, and a great supporter of both Masters and Youth Swimming as a starter and official.

Location: Etobicoke Olympium
590 Rathburn Rd. Etobicoke,

Pool: 25m, 8 lanes; two heats, 7 lanes/ 2 per lane; maximum of 28 entries.

Event : 1500 metres (includes 400 and 800 official split times)

Times: Registration & Warm-up: 7:30 am
Start time: 8:00 am
End time 9:30am
Entry Deadline : **Friday March 18, 2005** (Deck Entries may be permitted if max. of 28 is not reached prior to March 20)

Entry Fees: Minimum donation of \$20.00 per swimmer, PLUS bring at least one helper to time.
Entries are by Phone or Email Only, to be paid on the day of the meet by cheque only.
Make Cheques payable to : Heart and Stroke Foundation
You may also fundraise from family and friends. Official Tax Receipts will be issued.

Meet Manager: Joan Shaw: jshaw@thc.on.ca Phone: 416-760-9565

Eligibility: Only Masters swimmers registered with a provincial, state or national Masters organization will be accepted. Swimmers must be 18 years old by March 20, 2005. The swimmer's age shall be that on December 31st, 2005.

Rules: Current MSO rules in effect.

Warm Up Procedures: Please see the attached form for warm up safety procedures. The warm up procedure shall be strictly monitored.

Sanctioned by: Masters Swimming Ontario

Entry Information : (copy to email)

Name: (print) _____ Age as of Dec.31,2005: _____

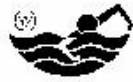
Club code : _____ MSO # _____

Date of Birth: _____ Gender: M____ F____

Phone: (H): _____ (W) _____

Approximate time for 1500 metres _____

Name of Timer who has volunteered _____ Phone : _____



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