

EOMAC

SWIM MEET

SUNDAY, NOVEMBER 23, 03

- Hosted by:** Etobicoke Olympium Masters Aquatic Club
- Location** Etobicoke Olympium, Centennial Park
590 Rathburn Rd., Etobicoke, Ont.
- Pool** 25m short course, 8 lanes, electronic timing, spectator seating
Free parking (NO FOOD ALLOWED ON DECK)
- Time** Registration: 10:30 am - 11:00 am
Warm-up 11:00am - 11:50am
Starting time 12:00 NOON sharp
- Entries** Deadline for Entries: Monday, November 17, 03
Deck entries will be permitted until 11:00am (\$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
Monday, November 17, 2003
\$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
(Sorry - no email, fax, phone entries).
- Information only** Phone 416-540-3546
Email rwdarmstrong@hotmail.com
- Eligibility** Only Masters swimmers currently registered with Provincial
or State Masters Swimming 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 results are posted.
- Social** Upstairs in the Lounge (please join us for food and drinks)

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Nov. 23, 03 Warm-up 11:00 am Start time 12:00 noon Reception 5:00pm

Order of Events

- 1 200m (your choice of stroke)**
- 2 50m (your choice of stroke)**
- 3 100m fly**
- 4 50m back**
- 5 100m free**
- 6 50m breast**
- 7 100m IM**
- 8 200 MEDLEY RELAY (4X50m) deck entry
15 minute break**
- 9 400m free (possibly swum two swimmers per lane)**
- 10 100m (choice of stroke)**
- 11 50m fly**
- 12 100m breast**
- 13 50m free**
- 14 100m back**
- 15 200 FREE RELAY (4 X 50m) deck entry**

***PLEASE NOTE ***

The Etobicoke Olympium is presently under construction. There is a chance that the construction will not be finished in time for us to hold our swim meet.

If we must cancel our meet due to construction delays, all entry fees will be returned or cheques destroyed. We are very hopeful that we will be able to hold our meet. Look forward to seeing you at the Olympium.

Please check our website at www.eomac.ca for updates on our meet. We will post the cancellation there as well as notifying any entries received, if there is a change.

Sincerely
Ron Armstrong