



# 12<sup>th</sup> Annual 1500m

## SWIM FOR HEART AND STROKE

Sunday March 29th, 2009

**Hosted by:** Etobicoke Olympium Masters Aquatic Club

**Location:** Etobicoke Olympium  
590 Rathburn Rd. Etobicoke,

**Pool:** **50m**, 8 lanes; three heats, 2 per lane.

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

**Times:** **Registration & Warm-up:** **7:30 am**  
Start time: 8:00 am  
End time 9:30 am  
Entry Deadline : **Friday Mar. 27th** (Deck Entries may be permitted if all lanes not filled)

**Entry Fees:** Minimum donation of \$20.00 per swimmer, PLUS bring at least one helper to time.  
**Entries are by 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:** Steve Goodwin [sdg9@rogers.com](mailto:sdg9@rogers.com)

**Eligibility:** Only Masters swimmers registered with a provincial, state or national Masters organization will be accepted. Swimmers must be 18 years old on March 29, 2009. The swimmer's age shall be that on December 31<sup>st</sup>, 2009.

**Rules:** Current MSO rules in effect.

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

**Sanctioned by:** Masters Swimming Ontario

**Entry Information :** (copy to email)

Name: (print) \_\_\_\_\_ Age as of Dec.31, 2009: \_\_\_\_\_

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

## MASTERS SWIMMING ONTARIO MSO Safety Procedures REVISED- MARCH 2005.

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### 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.**