



# 16<sup>th</sup> Annual 1500m SWIM FOR HEART AND STROKE Sunday March 11th, 2012

- Hosted by:** Etobicoke Olympium Masters Aquatic Club
- Location:** Etobicoke Olympium 590 Rathburn Rd. Etobicoke, ON
- 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:** **8:45 am**  
Start time: 9:15 am  
End time 10:45 pm  
Entry Deadline : **Friday Mar. 9th** (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 11, 2012. The swimmer's age shall be that on December 31<sup>st</sup>, 2012.
- 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
- Swimwear:** **In swimming competitions the swimmer must wear only one swimsuit in one or two pieces. No additional items, like armbands or leg bands shall be regarded as part of a swimsuit.**  
**Swimwear for men shall not extend above the navel or below the knee, and for women shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.**

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

Name: (print) \_\_\_\_\_ Age as of Dec.31, 2012: \_\_\_\_\_

Club code : \_\_\_\_\_ MSO # \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: M\_\_\_\_ F\_\_\_\_

Phone: (H): \_\_\_\_\_ (W) \_\_\_\_\_

Approximate time for 1500 metres \_\_\_\_\_

Name of Timer who has volunteered \_\_\_\_\_ Phone : \_\_\_\_\_



## **MSC Warm-Up/Warm Down Procedures**

**CMSW 1.6** MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

**CMSW 1.6.1** The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

**CMSW 1.6.2** There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

**CMSW 1.6.3** There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

**CMSW 1.6.4** All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

**CMSW 1.6.5** Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

**CMSW 1.6.6** The wearing of watches, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

**CMSW 1.6.7** Warm-up procedures shall be prominently posted at various areas of the pool deck.