

Registration Deadline: Jan 18, 2008
 (Late registrations may be accepted but entry in
 specific events will be possible only if empty lanes
 remain after seeding)

SWIMMERS IN HEATS 2008 @ OTTAWA, CANADA

Sanctioned by Masters Swimming Ontario (February 2 2008)
 Organized by Ottawa Rideau Speedeaus and Technosport under MSC rules

NAME _____ GENDER: M _____ F _____

ADDRESS _____

CITY _____ PROV/STATE _____ POSTAL CODE _____

Telephone: (H) _____ (W) _____ E-MAIL _____

BIRTHDAY (dd/mm/yyyy) _____ TEAM _____ MASTERS SWIM # _____

Age for the meet as of December 31, 2008 (_____)

DO YOU REQUIRE HOUSING ? (YES: NO: _____). Do you require parking? Y__N__ Do you smoke? Y__N__

Will you billet with a host that smokes? Y__N__ Any allergies (e.g., animals) or special needs (e.g., accessible housing) _____

Are you coming with a friend? Y__N__ Name of friend _____ Will he/she volunteer? Y__N__

Désirez-vous un hôte francophone? Oui__Non__Aucune préférence__

EVENTS Specify times for events you wish to register for. (Maximum 6 events per swimmer, not counting relays) If you do not have a time for an event you wish to enter, mark "NT". Swimmers without times will be seeded at the beginning of the event. To convert *yards* times to *meters* times, multiply by 1.149. Heats will be combined women and men. All events are final. Short Course 25 Meter Pool. Events seeded by time. Heats swum slowest to fastest.

No	EVENT	TIME	No	EVENT	TIME	No	EVENT	TIME
1	200 M. IM		8	25 M. BREAST		15	50 M. FREE	
2	100 M FREE		9	25 M. BACK		16	200 M. BACK	
3	50 M BUTTERFLY		10	4 X50 RELAY FREE		17	100 M BUTTERFLY	
4	50 M. BACK		11	200 M FREE		18	50 M BREAST	
5	100 M BREAST		12	100 M. BACK		19	4X25 IM RELAY	
6	25 M. FREE		13	200 M. BREAST		20	800 M. FREE (1 HEAT ONLY)	
7	25 M. BUTTERFLY		14	100 M IM		21	PINK FLAMINGO	REGISTER ON DECK

NOTE: We reserve the right to cancel Event 20 if there are not enough competitors

FEES (Make cheques payable to "Ottawa Rideau Speedeaus")
 Mail to: Warren Light, 111 James Street, Ottawa, Ontario, K1R 5M2

Registration fee	\$35CDN/\$35US	
	TOTAL	

1. COMPLETE AND SIGN REGISTRATION FORM.
2. SEND FORM, PAYMENT AND PHOTOCOPY OF 2007 MASTERS SWIMMING CARD TO.
 WARREN LIGHT
 111 JAMES STREET
 OTTAWA, ONTARIO CANADA
 K1R 5M2

Pool Location: University of Ottawa, Montpetit Hall, 125 University, Ottawa, Ontario

Date / Times: Feb. 2nd, 2008 -- Warm up time 8:30 AM -- Event #1 starts at 9:15 AM

Registration Contact:

Cancellation and Refund Policy: Anyone who has registered and cannot attend the competition must inform the registrar by January 25th, 2008 in order to receive a complete refund of registration fees. No refunds will be provided after January 28, 2008. Substitutions will not be accepted for swim events. This policy also applies to the billing of registration and other fees to anyone who registers without sending payment, whether or not he or she attends the meet.

Waiver: I, the undersigned, intending to be legally bound, hereby certify that I am aware of all the risks inherent in masters swimming, including possible disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in this masters meet or any activities incident thereto or against Master's Swimming Ontario, the Ottawa Rideau Speedeaus Swim Club, the meet directors or coordinators, or any individuals officiating at the meet or supervising such activities as a condition of my participation in this masters swim meet.

Signature (required) _____ **Date** _____



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 avoid 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 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

CONTACT INFORMATION: Our web site: http://www.rideauspeedeaus.com/swim_meets.html

Registrar – Swimmers in Heat 2008
C/o Warren Light
111 James Street
Ottawa, Ontario, Canada
K1R 5M2
webmaster@rideauspeedeaus.com
Fax: (819 956-7724)