

Registration Deadline:
February 4, 2002
www.gayottawa.com/Speedeaus

SWIMMERS IN HEATS 2002 OTTAWA, CANADA

Sanctioned by Masters Swimming Ontario (Feb 16, 2002)

NAME _____ GENDER: M _____ F _____

ADDRESS _____

CITY _____ PROV/STATE _____ POSTAL CODE _____

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

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

HOUSING

Do you smoke? Y___N___ Will you billet with a host that smokes? Y___N___ Do you require parking? 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___
Would you like the same host as last year? Y___N___ No preference _____ Name of host _____
Désirez-vous un hôte francophone? Oui Non Aucune préférence

SOCIAL ACTIVITIES

___ I'm interested in *Skating on the Canal*.
___ I'm interested in the *Women's Saturday Night Dinner*.
___ I'm interested in the *Sunday Afternoon Museum Tour*.

EVENTS

Specify times for up to 6 events (in addition to relays). 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. Short Course 25 Meter Pool

No	EVENT	TIME	No	EVENT	TIME	No	EVENT	TIME
1	800 M FREE (Max. 3 Heats)		9	*25 M Breast (Novice Swimmers Only)		16	50 M FREE	
2	200 M BACK		10	4X50 FREE RELAY	ON DECK	17	50M BACK	
3	*25 M FREE (Novice Swimmers Only)			40 MIN BREAK		18	100 M BUTTERFLY	
4	200 M IM		11	200 M FREE		19	50 M BREAST	
5	400 FREE		12	100 M BACK		20	25 M BUTTERFLY (Novice Swimmers Only)	
6	50 M BUTTERFLY		13	200 M BREAST		21	100 M FREE	
7	100 M BREAST		14	100 M IM		22	4x50 MEDLEY RELAY	ON DECK
8	400 M IM		15	*25 M BACK (Novice Swimmers Only)				

* NO POINTS WILL BE AWARDED FOR NOVICE EVENTS. See the **General Swim Meet Information** page for detailed Scoring information.

FEES

(Make checks payable to "Swimmers in Heats")

Participant fee	\$25CDN/\$20US	
Saturday Dance	FREE for all Registered Swimmers	
Sunday Awards Brunch	___ @ \$25CDN/\$20US	
Late registration fee (after Feb. 4, 2002)	\$10CDN/\$8US	
	TOTAL	

1. COMPLETED AND SIGNED REGISTRATION FORM.
2. CHEQUE PAYABLE TO **OTTAWA RIDEAU SPEEDEAUS SWIM CLUB**
3. PHOTOCOPY OF 2002 MASTERS SWIMMING CARD.

SEND IT ALL TO: **Leah Parker (613) 736-8107**
SWIMMERS IN HEATS
73 QUINTERRA COURT
OTTAWA, ONTARIO K1V 1K9

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, Time Out, 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- APRIL 2000.

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 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 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