

Registration Deadline: Feb. 4, 2006
 (Late registrations may be accepted but entry in
 specific events will be possible only if empty lanes
 remain after seeding)
www.rideauspeedeaus.com

SWIMMERS IN HEATS 2006 J OTTAWA, CANADA

Sanctioned by Masters Swimming Ontario (Feb 18, 2006)
 Organized by Ottawa Rideau Speedeaus and Technosport

NAME _____ GENDER: M _____ F _____

ADDRESS _____

CITY _____ PROV/STATE _____ POSTAL CODE _____

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

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

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__	
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 ____	

<p><u>SOCIAL ACTIVITIES</u></p> <p>____ I'm interested in the <i>Women's Saturday Night Dinner</i>. (Other social activities may be announced closer to the meet date)</p>

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. Short Course 25 Meter Pool

No	EVENT	TIME	No	EVENT	TIME	No	EVENT	TIME
1	1500 M FREE (Max. 4 Heats)		8	400 M IM		14	200 M BREAST	
2	800 M FREE (Max. 4 heats)		9	4X50 M FREE RELAY	REGISTER ON DECK	15	50 M FREE	
3	50 M BACK			PAUSE		16	200 M BACK	
4	200 M IM		10	"PINK FLAMINGO" RELAY	REGISTER ON DECK	17	100 M BUTTERFLY	
5	100 M FREE		11	200 M FREE		18	50 M BREAST	
6	50 M BUTTERFLY		12	100 M BACK		19	400 M FREE	
7	100 M BREAST		13	100 M IM		20	4x50 MEDLEY RELAY	REGISTER ON DECK

NOTE: We reserve the right to cancel Event 20 if it has not been commenced by 4 P.M.

FEES (Make cheques payable to "Ottawa Rideau Speedeaus")		
Registration fee	\$35CDN/\$30US	
MINUS Reduction <u>IF</u> fee paid by Feb. 13, 2006	- \$5CDN/\$4.50US	-
Saturday Party (Tickets \$30 minus \$5 discount if ordered in advance)	____ X \$25 CDN/\$22.50 USD	
Sunday Awards Brunch	____ X \$20 CDN/\$17 US	
TOTAL		

- | |
|---|
| <ol style="list-style-type: none"> 1. COMPLETE AND SIGN REGISTRATION FORM. 2. SEND FORM , PAYMENT AND PHOTOCOPY OF 2006 MASTERS SWIMMING CARD TO. <p style="text-align: center;">Warren Light , Registrar
 SWIMMERS INHEATS
 402 – 210 SOMERSET ST, WEST.,
 OTTAWA , ONTARIO CANADA
 K2P 0J4</p> |
|---|

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

Date / Times: Feb. 18th, 2006 -- Warm up time 8:30 AM -- Event #1 starts at 9:15 AM

Registration Contact: Warren Light Phone: (613)-567-5168 Email: meet2006@rideauspeedeaus.com

Cancellation and Refund Policy: Anyone who has registered and cannot attend the competition must inform the registrar by February 4, 2006 in order to receive a complete refund of registration fees. After that date, a ½ refund of fees is possible if the Registrar is notified before February 13, 2006 but no refunds will be provided after February 13th. Substitutions will not be accepted for swim events. Brunch and party tickets are non-refundable but substitutions are permitted. 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, party and/or brunch.

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 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