

Registration Deadline: Feb. 5, 2005  
 (Late registrations may be accepted but entry in specific events will be possible only if empty lanes remain after seeding)  
[www.rideauspeedeaus.com](http://www.rideauspeedeaus.com)

## SWIMMERS IN HEATS 2005 J OTTAWA, CANADA

**Sanctioned by Masters Swimming Ontario (Feb 19, 2005)  
 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 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 the *Women's Saturday Night Dinner*.

(Other social activities may be announced closer to the meet date)

**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	100 M IM	
2	800 M FREE (Max. 4 heats)		9	4X50 M FREE RELAY	ON DECK	15	50 M FREE	
3	50 M BACK			PAUSE		16	200 M BACK	
4	200 M IM		10	"PINK FLAMINGO" RELAY	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	200 M BREAST		20	4x50 MEDLEY RELAY	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 "Swimmers in Heats")

Participant fee (includes T-shirt)	\$35CDN/\$30US	
Saturday Dance (Tickets \$20 minus \$5 discount if ordered in advance)	___ X \$15 CDN/\$13 USD	
Sunday Awards Brunch	___ X \$20 CDN/\$17 US	
	<b>TOTAL</b>	

1. COMPLETE AND SIGN REGISTRATION FORM.
2. SEND FORM, PAYMENT AND PHOTOCOPY OF 2005 MASTERS SWIMMING CARD TO.

**Warren Light, Registrar  
 SWIMMERS IN HEATS  
 402 - 210 SOMERSET ST, WEST.,  
 OTTAWA, ONTARIO CANADA  
 K2P 0J4**

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

**Date / Times:** Feb. 19<sup>th</sup>, 2005 -- Warm up time 8:30 AM -- Event #1 starts at 9:15 AM

**Registration Contact:** Warren Light Phone: (613)-567-5168 Email: [registration@rideauspeedeaus.com](mailto:registration@rideauspeedeaus.com)

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.**

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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**