

Registration Deadline:
February 13, 2004
www.littleastronauts.com/speedeaus/

SWIMMERS IN HEATS 2004 ★ OTTAWA, CANADA

Sanctioned by Masters Swimming Ontario (Feb 21, 2004)
Hosted by the Rideaus 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 *Skating on the Canal*.

___ I'm interested in the *Women's Saturday Night Dinner*.

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	1,500 M FREE (Max. 4 Heats)		8	400 M IM	ON DECK	14	50 M FREE	
2	800 M FREE (Max. 4 Heats)		9	4X50 M FREE RELAY		15	200 M BACK	
3	50 M BACK			PAUSE		16	100 M BUTTERFLY	
4	200 M IM		10	200 M FREE		17	50 M BREAST	
5	100 M FREE		11	100 M BACK		18	400 M FREE	
6	50 M BUTTERFLY		12	200 M BREAST		19	4x50 MEDLEY RELAY	ON DECK
7	100 M BREAST		13	100 M IM		Note: We reserve the right to cancel Event 19 if it has not commenced by 4:00 PM		

FEES

(Make checks payable to "Swimmers in Heats")

Participant fee	\$25CDN/\$20US	
Saturday Dance (Free for all registered swimmers) Extra tickets on sale at Registration Party.		
Sunday Awards Brunch	___ X \$30CDN/\$25US	
	TOTAL	

1. COMPLETED AND SIGNED REGISTRATION FORM.
 2. PHOTOCOPY OF 2004 MASTERS SWIMMING CARD.
- SEND IT ALL TO: **Michael Lubetsky (613) 316-1608**
SWIMMERS IN HEATS
APT. 2 176 1/2 NEPEAN ST.
OTTAWA, ONTARIO CANADA K2P 0B6
mlubetsky@hotmail.com

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

Date / Times: Feb. 21th, 2004 -- Warm up time 8:30 AM -- Event #1 starts at 9:15 AM

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- 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