



“Serious Too” Swim Meet Sunday Nov 12, 2006

A Masters meet that is nearly half about having fun!

Hosted by	Etobicoke Olympium Masters Aquatic Club (EOMAC)
Location	Etobicoke Olympium, Centennial Park 590 Rathburn Rd, Etobicoke, Ont
Pool	Two 25m short course 8 lane pools. Omega electronic timing. Lots of spectator seating and free parking.
Times	7:30 to 8:30am – Deck entries accepted. 8 to 8:45am – Warm-up in both ends. Continued in the deep end until 1 pm. 8:50 am sharp - Start. 2 pm - Luncheon upstairs in the Olympic Lounge.
Entries	Deadline is Wednesday November 8, 2006. Deck entries have a \$5.00 surcharge. This is a gender neutral meet. “Serious” events will be time seeded and swam slowest to fastest.
Entry fees	\$25 per swimmer for entries received by Wed. Nov. 8, 2006. Unlimited events. Entry fee includes relays. Mail entries and cheques payable to EOMAC to Steve Goodwin 3308 Queen Frederica Dr. Mississauga, ON L4Y 3B2
Information	Phone (905)-279-5457 Email sdg9@rogers.com
Eligibility	Only Masters swimmers registered with Provincial or State Associations will be accepted.
Rules	Current MSO rules in effect.
Sanctioned by	Masters Swimming Ontario
Awards	1st through 3rd place ribbons for the “serious” events. Please pick up your ribbons from the Awards Table as the results are posted. Trophies for the winning team of the “not serious” competition plus valuable parting gifts for the also-swams.
Social	EOMAC’s tradition of great eats and warm hospitality continues upstairs in the Olympic Lounge.



“Sem i-Serious Too” Swim Meet Sunday Nov 12, 2006

8am to 2pm followed by a Social

Order of Events

- 8-8:45 am Warm-up (continued in the deep end until 1 pm).
- 8:50 am 100 minutes of “serious” competition first.
1 – 100 free
2 – 50 back
3 – 100 IM
4 – 50 fly
5 – 100 breast
6 – 4x50 free relay
- 10:30 am Now for an hour of “not serious” team competition.
All swimmers will be organized into 8 teams of equal numbers and equal total ages with a Coach/Captain for each team. Competitors will swim for their team an equal number of times and accumulate points toward the “not serious” championship. Each team will choose an event that all teams must compete in from a list provided by Meet Management. Participation is highly recommended but limited to only those wishing to have fun!!!
- 11:30 am More “serious” events for an hour and a half.
7 – 50 free
8 – 100 back
9 – 50 breast
10 – 100 fly
11 – 200 free
12 – 4x50 medley relay
- 1:00 pm The concluding hour of “not serious” team competition.
Whatever events we didn’t get to previously plus the Meet Manager’s special shoot out event in case of a tie game. Trophies will be awarded to the winning team and everybody else gets valuable parting gifts.
- 2 pm Luncheon upstairs in the Olympic Lounge.



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ENTRY FORM

NAME (Print) _____ MALE / FEMALE
HOME PHONE _____
E-MAIL (print) _____
MSO# _____ AGE (as of Dec 31,2006) _____
CLUB NAME _____ D. O. B. (dd/mm/yy) ____/____/____

Ev. #	Event Name	Seed Time
1	100 Free	
2	50 Back	
3	100 IM	
4	50 Fly	
5	100 Breast	
6	4x50 Free Relay (M,W,X)	
7	50 Free	
8	100 Back	
9	50 Breast	
10	100 Fly	
11	200 Free	
12	4x50 Medley Relay (M,W, X)	

I will only watch everyone else having fun during the “not serious” competition _____

Mail with \$25 cheque payable to EOMAC to be received by Wed. Nov 8, 2006.
To: Steve Goodwin, 3308 Queen Frederica Dr., Mississauga, ON. L4Y 3B2.



MASTERS SWIMMING ONTARIO

MSO Safety Procedures REVISED- MARCH 2005.

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. *One outside lane shall be designated for slow swimmers.*
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 minimize 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 or the two outside lanes 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

Any swimmer who flagrantly disobeys these rules may be disqualified from the competition at the discretion of the referee.