

TMU SPRING MELTDOWN

LONG COURSE CHALLENGE

HOSTED BY THE TORONTO MASTERS OF THE UNIVERSE (TMU)

Sunday, April 18th, 2004

Registration starts at 10:00 AM

Warm-up: 10:15 AM – 11:00 AM

Meet runs: 11:00 AM – 3:00 PM

Warren Stevens Pool, University of Toronto Athletic Centre

Location:

- **University of Toronto Athletic Centre**, 55 Harbord Street, Toronto, on the southeast corner of Harbord and Spadina. (Enter by the doors on Spadina Avenue, near the southwest corner of the building.)
- **By car**, drive north on Spadina from the Gardiner Expressway
- **By subway**, go to the Spadina station and take 510 streetcar to Harbord Street.
- **Metered parking** is available on side streets surrounding the Athletic Centre.

Time:

- **Registration** starts at 10:00 am. **The Warm-up** is from 10:15 to 11:00 AM. **The meet** will run from 11:00 AM until 3:00 PM. Continuous warmup will be available in lane 1.

Eligibility:

- Masters registered swimmers **ONLY**. Out-of-province Masters please include a copy of your registration with your entry. Unregistered swimmers will not be allowed to compete

Entries:

- **Must be received by Tuesday April 13, 2004**
- **Online entries at www.tmu.ca**
- (deck entries allowed; but will be seeded in the first heat)
- **No deck entries allowed after 10:30am**
- Heats will be posted prior to the meet on our website www.tmu.ca
- Fee is \$20 (\$25 deck entry) for a maximum of 3 individual events plus relays
- Checks payable to: University of Toronto Athletic Centre
- Mail entries to: Dana Hall, 148 Pinewood Avenue Toronto, Ontario M6C 2V5
- Questions?: Call Lisa Neidrauer 416.972.9473 email: lneidrauer@rocketmail.com

**This meet is sanctioned by Masters Swimming Ontario.
Current MSO safety procedures and rules from the 2002 MSO Handbook will be followed.**

Schedule of Events and Meet Info:

- 8 lane, 50 meter pool. Lane 1 will be open for continuous warm-up throughout the meet.
- **Results will be posted** following the meet on our web site: www.tmu.ca
- Men and women will swim separately and seeded according to entry time.
- Swimmers hoping to break records should tell the referee before the meet starts. The referee may ask the swimmer to supply the extra timer required.
- Refreshments will be served after the meet for swimmers and coaches.

WOMEN	EVENT	MEN
#1	50 freestyle	#2
#3	50 backstroke	#4
#5	50 breaststroke	#6
#7	50 butterfly	#8
#9	400 freestyle	#10
#11	4 x 50 free relay	#12
#13	200 open (back, breast or fly)	#14
#15	100 breaststroke	#16
#17	100 freestyle	#18
#19	100 backstroke	#20
#21	200 individual medley	#22
#23	100 butterfly	#24
#25	200 freestyle	#26
#27	4 x 50 medley relay	#28

INDIVIDUAL ENTRY FORM:

(see also attached club entry form)

Relays will be organized on deck.

Name:

Gender:

MSO number:

Age (as of Dec 31st, 2004):

Club (MSO assigned club code):

Event # (maximum of three)	Event name (maximum of three) *if entering Event # 13 or #14, please state which stroke	Entry time



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 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