

The Viking 1500 Sprint Dichotomy Masters Swim Meet

Hosted by : The Village Vikings - The Masters Swim Club of Variety Village

Events :

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|---------------------|-------------------|
| 01. Women 800 Free | 02. Men 800 Free |
| 03. Women 100 IM | 04. Men 100 IM |
| 05. Women 25 Fly | 06. Men 25 Fly |
| 07. Women 50 Fly | 08. Men 50 Fly |
| 09. Women 25 Back | 10. Men 25 Back |
| 11. Women 50 Back | 12. Men 50 Back |
| 13. Women 25 Breast | 14. Men 25 Breast |
| 15. Women 50 Breast | 16. Men 50 Breast |
| 17. Women 25 Free | 18. Men 25 Free |
| 19. Women 50 Free | 20. Men 50 Free |
| 21. Women 200 IM | 22. Men 200 IM |
| 23. Women 1500 Free | 24. Men 1500 Free |

Date : Saturday, November 09, 2002

Time : Warmups : 8:00 - 8:35 am; Competition : 8:45 - 11:45 am

Location : Variety Village, 3701 Danforth Avenue, Scarborough; in the triangle bounded by the Danforth, Kingston Road and Birchmount Avenue; Limited parking on site; Lots of parking at the school next door

Facilities :

- 6 lane, 25 metre competition pool; 15 metre continuous warmup pool
- lockers (bring your own locks); HOT TUB !

Entries :

- ***We have the pool for a Limited amount of Time and therefore the number of Swimmers will be Limited***
- Because of the short notice, the Deadline has been Eliminated, but Early Entries will be Appreciated and Deck Entries are Expected
- Fee : \$10.00 per swimmer for as many swims as you wish.

MSO Registration : Include a photo copy of your MSO registration card

Meet Procedures : Events will be Deck Seeded

The Fine Print :

- Ribbons, Repast and Results will be available
- Sanctioned by MSO and therefore MSO Rules shall apply
- The pool has not been measured - World Records will be ineligible

Thank You : Dave Thompson, Referee

Ask Me :

- Christine Harris : 416 699 7167 or charris@varietyvillage.on.ca

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 warmup shall be prohibited.

During warm-ups, swimmers in adjacent lanes must circulate in opposite directions to minimize 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 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