



Scary Fast Swim Meet Sunday October 28, 2007

Short Course Metres (SCM)
Sunday, October 28, 2007
Toronto, Ontario, Canada
Hosted by Downtown Swim Club (DSC)
Sanctioned by Masters Swimming Ontario

LOCATION:

University of Toronto Athletic Centre
55 Harbord St., Toronto, Ontario, Canada

POOL:

2 X 25M, 8 lanes, electronic timing, spectator seating

TIMES:

Warm-up: 8:00 am to 8:45 am
Start time: 8:45 am

FEES & DEADLINES:

Entry fee: \$40.00 (GST included)
Maximum five (5) individual events
Make cheque/money order payable to: **Downtown Aquatics Corporation**

Non-Canadian participants please include photocopy of Master's Registration.

Entries must be postmarked no later than October 17, 2007.

ELIGIBILITY:

Only Masters swimmers registered with provincial or state associations will be accepted.

RULES:

Current MSC rules in effect.

CONTACT:

If you have any questions, email them to meetinfo@dsctoronto.ca

● Warm-ups

Warm up and cool down lanes will be available from 8:00 am to 8:45 am, during the lunch break, and for 15 minutes at the end of the competition. The fastest swimmers are encouraged to use lanes 4 and 5 during general warm up. Socializing is encouraged; however, socializers are requested not to block lanes being used for warm ups.

Absolutely no diving during warm-ups, except when sprint lanes are opened. Please review carefully the safety guidelines. Safety Marshalls will be vigilant regarding infractions during warm-ups - specifically diving - and shall report those infractions to the Referee. The Referee has the authority to expel swimmers from the competition. Be warned. As this is a short course event, the deep end 25 metre pool will be available for continuous warm-up/cool down.

● Lockers

The University of Toronto pool has lockers available. There are a limited number of lockers, which are available on a first come first serve basis and require a padlock. Please be prepared to bring your clothing on deck with you.

● Lunch Break

A lunch break of 45 minutes will be taken after the fun relay & will be timed to allow participants to “feed the parking meters” (see FAQ’s section). Swimmers may bring their own food and drinks to the pool. There is very limited availability of refreshments within the building (Starbucks Coffee and vending machines), but there are restaurants nearby. Complimentary fruit & drinks will be available during the meet for competitors.

● The Start

The One False Start rule will be in effect. Any swimmer who commits a false start during second or subsequent attempt at a start shall be disqualified.

● Event Seeding

Men's and women's events will be swum together. All events will be seeded by time, slowest to fastest.

● Swimmer Readiness

It is most important that swimmers follow the program heat sheets and are ready in the area behind their designated block prior to their heat. There are lots of events and officials will ensure heats are run quickly. Any swimmer who misses their heat will be scratched from that event.

● Results

Preliminary results will be posted at the pool approximately 90 minutes after each event. Final results will be posted on our website (www.dsctoronto.ca/meetresults) as soon as possible (hopefully at the conclusion of the meet).

● Awards

For individual events, ribbons will be available at the pool for the top 3 male and female finishers of each event, in each age category.

● Rules

MSC Rules as in the following document shall apply:
<http://www.mastersswimmingcanada.ca/MSCRules20060220.pdf>

● Massage

A group of massage students will be available for pre and post competition therapy. You are invited to use this complimentary service. A small donation to the graduating class will be greatly appreciated.

● Accommodation

DSC has negotiated discounts with local B&B's in the downtown area. To access these, please contact info@312seaton.com (mention you are participating in the DSC swim meet). The Delta Chelsea Hotel has reserved a courtesy block for the DSC, but you must reserve your rooms NOW. American residents wishing to stay the three nights of the long weekend are entitled to discounts. (Please ask the reservation agent for the most economical rate.)



● General Warm-up:

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 Warm-up:

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 WARM-UP PROCEDURE SHALL BE STRICTLY MONITORED

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



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PROGRAM	
8:00 am	Warm-up
8:45	50 Free
9:00	200 IM
9:15	100 Back
9:30	200 Fly
9:45	100 IM
10:00	100 Breast
10:45	50 Fly
11:00	200 Free
FUN RELAY	
Break	
11:45	50 Breast
12:00 (noon)	200 Back
12:15 pm	100 Free
12:30	200 Breast
12:45	50 Back
1:00	100 Fly
1:15	400 Free/IM (open swim)

100/200 relays (Free/medlay/mixed)will be added to the program as required. Please indicate on the registration form which type of relay, in which, you wish to participate. Relays will be deck entered at the warm-up.(just in case you ran into three other willing participants in the parking lot)

N.B. Times are approximations only.

Final results will be available, as soon as they are processed with hopes of not having to mail anything!!! All ribbons should be picked up by the end of the social.



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FAQ's (or not-so-frequently asked questions)

1 Parking

While there is ample street parking on Sunday around the facility, it is only free until noon. There will be an extra break at a convenient time (if the meet has run too fast or slow) to allow the “feeding of the meters”.

2 Food

We encourage you to bring your own special concoction of liquids on deck (legal of course) but please, no glass containers!!

We have planned to have simple fruits and water (maybe even some sport drink!) available for participants during the meet. Sorry, hot stuff is available only for the officials.

3 Post Event Social

DSC welcomes all to a informal post event food gathering and ingesting event... upstairs in the lounge.



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