



2017 Worlds Long Course Warm-Up Meet Sunday June 25, 2017

Hosted by	Etobicoke Olympium Masters Aquatic Club (EOMAC)
Sanctioned by	Masters Swimming Ontario MSO 209
Location	Etobicoke Olympium, Centennial Park 590 Rathburn Rd, Etobicoke, Ont
Pool	One 50m <u>long course</u> 8 lane pool. Omega electronic timing. Lots of spectator seating and free parking.
Times	7:30 to 8:15am – Late entries accepted. 8.15 to 9:00 am – Warm-up (continued in lane 8 throughout the meet). 9.05 am sharp - Start. 12:00 pm - Finish
Entries	Accepted until 8:15 am Sunday June 25, 2017 but please have pity on the Meet Manager and send them in by snail mail or email if you plan on competing. This is a gender neutral meet. Events will be time seeded and swum slowest to fastest.
Entry fees	\$30 per swimmer. Unlimited events. Entry fee includes relays. Mail entries and cheques payable to EOMAC Inc. mailed to Steve Goodwin 3308 Queen Frederica Dr. Mississauga, ON L4Y 3B2 Or by Pay Pal Log on to: www.paypal.com Payment to eomac_meets@eomac.ca (note underscore)
Meet Manager:	Steve Goodwin 647-393-9369 sdg9@rogers.com
Comp Co-ord:	Bud Seawright 416 804 8474 bud@seawright.ca
Eligibility	Registration with MSO. 'Out of Province' swimmers will need to complete the 'Single Event MSO Registration Form' (attached) and pay an extra \$5.00 on arrival.
Rules	Current MSC rules in effect. https://www.mastersswimmingcanada.ca/WP/en/competitive-swimming/rules-of-competition/



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Order of Events

8.15 – 9.00 am Warm-up (continued in lane 8 throughout the meet).

9.05 am 1 – 4x100 relays
 2 – 50s
 3 – 200s
 4 – 100s
 5 – 400s
 6 – 4x50 relays

Break 15 minutes

10:30 am 7 – 4x200 relays
 8 – 50s
 9 – 200s
 10 – 100s
 11 – 400s

12:00 pm Finish



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ENTRY FORM

NAME (Print) _____ MALE / FEMALE

HOME PHONE _____

E-MAIL (print) _____

MSO# _____ AGE (as of Dec 31,2017) _____

CLUB NAME _____ D. O. B. (dd/mm/yy) ____/____/____

Ev. #	Event Name	Stroke Choice	Seed Time
1	4x100 Relays (M,W,X)		
2	50s		
3	200s		
4	100s		
5	400s		
6	4x50 Relays (M,W,X)		
	15 min. Break		
7	4x200 Relays (M,W,X)		
8	50s		
9	200s		
10	100s		
11	400s		

Entrants should if possible bring a timer with them.

Mail or e-mail to:

Steve Goodwin, 3308 Queen Frederica Dr., Mississauga, ON. L4Y 3B2 or sdg9@rogers.com

Payment by \$30 cheque payable to EOMAC, or pay with Pay Pal (see page1)



Appendix F - MSC Warm-Up/Warm-Down Procedures

CMSW 1.6 MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

CMSW 1.6.1 The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

CMSW 1.6.2 There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

CMSW 1.6.3 There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

CMSW 1.6.4 All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

CMSW 1.6.5 Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

CMSW 1.6.6 The wearing of watches, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

CMSW 1.6.7 Warm-up procedures shall be prominently posted at various areas of the pool deck.



MASTERS SWIMMING ONTARIO

2017 Single Event Registration Form

Register with the same name you will use for competition. Please print clearly.

Last Name		First Name		Middle Initial
Street Address				
City/Province/Postal code			Phone (including area code)	
Date of Birth (yyyy/mm/dd)	Age	Gender (circle) M F	E-mail address	
MSC or international affiliation number (i.e., Masters Swimmers who are not MSO members)			Home province or country	
Event Name and Location				
Signature (required)			Today's Date (required)	

Instructions:

- 1) Fill out both pages of this form. Page 1 is the application; Page 2 is the participant waiver.
- 2) **Both pages** must be signed and dated by the participant.
- 3) Make payment to: _____
- 4) Fees: \$5.00
- 5) Meet Director should retain one copy of the signed forms
- 6) Meet Director should mail the payment and completed forms (both Pages 1 and 2) to the MSO Registrar at

The Canadian Personal Information Protection & Electronic Documents Act (and equivalent provincial legislation) requires that consent be obtained prior to the collection and use of all personal information. The personal information you provide via this *Single-Event Registration* will be used for insurance coverage and results publication. The completed *Single-Event Registration* form will be retained for one year and then destroyed unless otherwise needed for insurance purpose.

Should you wish to review the personal information held by Masters Swimming Ontario or the club hosting the event for which you are registering, you must make a request to the appropriate organization.

I hereby consent to the collection and use of personal information as described above.

ATHLETE Waiver and Release

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the organizers of the event for which I am registering and Masters Swimming Canada from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

I agree

Last Name	First Name	Middle Initial or Name
Signature of Participant		Date Signed