



## 2009 CANADIAN MASTERS SWIMMING CHAMPIONSHIP CHAMPIONNAT CANADIEN DES MAÎTRES NAGEURS 2009

MAY 15-18 MAI, 2009 TORONTO, ONTARIO

**Aurora Master Ducks, Etobicoke Olympium Masters Aquatic Club and Trillium Y Masters Swim Club**  
are pleased to host the 2009 Canadian Masters Swimming Championship

Organizing Committee: Chair	Lois Adams	<a href="mailto:cmssc2009@aol.com">cmssc2009@aol.com</a>
Competition Manager	Steve Goodwin	<a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a>
Officials Chair	Alastair Currie	<a href="mailto:alastair@abbeyprint.com">alastair@abbeyprint.com</a>
Sponsorship and Social	Nancy Black	<a href="mailto:ducks@aci.on.ca">ducks@aci.on.ca</a>
MSC Liaison	Chris Smith	<a href="mailto:chrismith32@hotmail.com">chrismith32@hotmail.com</a>
Bulletin Board and Volunteers	Charlie Lane	<a href="mailto:charlielane@rogers.com">charlielane@rogers.com</a>

Facility: Etobicoke Olympium  
590 Rathburn Ave, Toronto, Ontario.  
The Etobicoke Olympium has two 8 lane 25m competition pools and is wheelchair accessible.  
There will be continuous warm up/warm down in the adjacent 25y pool.  
Electronic Timing provided by Omega Electronics

Web site: [www.CMSC2009.ca](http://www.CMSC2009.ca)

Sanction: MSO on behalf of MSC

**MSC Members Meeting and AGM:** This will start at 10:00am Friday May 15, 2009 in the Olympium Lounge.  
Light snacks will be provided for attendees.

### **Socials:**

On Saturday afternoon starting at 3:30pm, there will be a social in the Olympium main floor gym.

**Contributor and Swimmer Recognition Awards** will be presented at this social after the racing is finished.

On Sunday afternoon there will be another social in the gym. Take time to visit with swimmers from across Canada!  
Tickets for the socials are \$15 a day.

**Social Tickets can be ordered by mail only until March 31, 2009 but online until Apr 20, 2009 midnight.**

**Individual Entries: Entries are limited to the first 1000 swimmers.**

**Mailed in entries will only be accepted until March 31, 2009. Include cheque and signed waiver!**

Swimmers may enter a maximum of seven (7) individual events.

Individual entries are encouraged to be done online at [www.cmssc2009.ca](http://www.cmssc2009.ca) (Payment is by Visa or MasterCard)  
There is immediate confirmation of online entries only!

Team electronic entries must be submitted in a Hy-tek Team Manager file to [CMSC2009@aol.com](mailto:CMSC2009@aol.com).

Team payment must be ONE cheque per team payable to "CMSC 2009" and be **received by April 24, 2009**.

Please mail team cheques to: CMSC 2009, c/o Lois Adams, 56 McBain Avenue, Toronto, ON M4P 2S7

Please go to [www.cmssc2009.ca](http://www.cmssc2009.ca) for the Hy-tek events file.

Individual events marked NT (no time) will not be accepted.

**Mailed in "individual paper with cheque" Entry Deadline: Post marked Tuesday March 31, 2009.**

**Individual Online Entry Deadline: Midnight, Monday April 20, 2009. No Late entries! No Deck entries!**

**Hy-Tek team entry Deadline: Midnight, Monday April 20, 2009. No Late entries! No Deck entries!**

**Relays Online entry Deadline: Midnight, Sunday April 26, 2009. No Late entries! No Deck entries!**



Please contact Lois if you have any questions or concerns about entries, socials or merchandise.  
[cmssc2009@aol.com](mailto:cmssc2009@aol.com) 416-481-0722

**Entry Fees:** Every swimmer pays a base fee of **\$60** to come to the meet.  
Individual event swimmers must add **\$6** for each individual event entered.  
If you are only swimming relays you must pay the base fee of **\$60**.

**Relay Fees:** Relays are **\$15 / event / relay team**.

**Meet Registration:**

The Registration Desk is upstairs in the Olympic lounge at the pool. Meet packages must be picked up in person or by a team representative. Swimmers must register before they can swim.

Registration desk hours are:

Friday	1 pm to end of events
Saturday and Sunday:	7 am to end of events
Monday	7 am to end of events

**Swimmers with a Disability (SWAD)**

We encourage swimmers with a disability who are registered as Masters swimmers to participate.

**Rules:**

MSC Rules (2008) and Warm-up Procedures will govern the meet.

**Eligibility:**

The Championships is open to registered Masters swimmers at least 18 years old as of May 15, 2009. Age as of December 31, 2009 will determine age groups. Canadian entrants shall indicate registration number and club affiliation or their status as an unattached swimmer on the entry form. International swimmers must submit proof of affiliation with their National, FINA affiliated, Masters organization. Please email a digital photo of proof to [cmssc2009@aol.com](mailto:cmssc2009@aol.com).

**Medals, Ribbons, Patches and Engraving:**

Swimmers finishing in the top three, **including relays**, will receive medals. Swimmers finishing 4<sup>th</sup> to 8<sup>th</sup> including relays, will receive ribbons. Swimmers finishing first in an individual event will receive a Canadian Champion patch; one per swimmer. **All awards must be picked up at the meet**, upstairs in the Olympic Lounge. Engraving will be available on site.

**Seeding:**

All events shall be swum slowest to fastest. All events of 100 m or less and 4 x 50m relays will be swum by age and gender. 200m events and 4 x 100m relays will be seeded either by gender or by age and gender at the discretion of meet management depending on number of entrants. Events 400m and over will be swum by gender only; slowest to fastest. 800m and 1500m freestyle may be swum 2 per lane at the discretion of Meet Management. Bring your own lap counter.

**Age Groups:** 18-24, 25-29, 30-34, and there after in increments of 5 years.

**Relays:**

Entries must be done online at [www.cmssc2009.ca](http://www.cmssc2009.ca). (Payment is by Visa, MC) Immediate confirmation of entries will be provided. Relays will be grouped by cumulative swimmer age using the following increments; 72-99, 100-119, 120-159, and thereafter in increments of 40 years. A mixed relay team consists of 2 men and 2 women.

**No swimmer may swim more than once in any relay event.**

Each club must indicate the number of relay teams entered in each event. The names, ages and order of team members for each team must be submitted to the relay clerk of course first thing Sunday morning as per later instructions.

As noted above, relay teams finishing in the top 3 will receive Medals but these must be picked up at the meet.

**Results:**

Electronic copies of results will be posted at the meet website. There will be NO published results booklet.

**Merchandise for sale:** All merchandise must be ordered online . See [www.cmssc2009.ca](http://www.cmssc2009.ca) for photos and more info.

**Hotels:** See [www.CMSSC2009.ca](http://www.CMSSC2009.ca) for hotel info.

Please contact [CharlieLane@rogers.com](mailto:CharlieLane@rogers.com) if you can help out at the meet. Thanks! (timing, social, registration, etc)



## ORDER OF EVENTS

<b>Friday, May 15<sup>TH</sup></b>		
<b>9:30am MSC Members Meeting and AGM</b>		
Afternoon - Warm-up: 2:00 pm / Start: 3:00 pm		
Women		Men
1	200 Back	2
3	100 Fly	4
Evening - Warm-up: approx 4:30 pm / Start: 5:00 pm		
Women		Men
5	1500 Free	6
<b>Saturday, May 16<sup>TH</sup></b>		
Morning - Warm-up: 8:00 am / Start: 9:00 am		
Women	Opening Ceremonies	Men
7	200 Free	8
9	50 Fly	10
11	100 Back	12
13	100 IM	14
Afternoon - Warm-up: approx 1 pm / Start: 1:30 pm		
<b>Social open at 3:30pm</b>		
Women		Men
15	200 Breast	16
17	400 Free	18

<b>Sunday, May 17<sup>TH</sup></b>		
Morning - Warm-up: 8:00 am / Start: 9:00 am		
Women		Men
19	200 IM	20
21	100 Free	22
23	100 Breast	24
25	50 Back	26
Afternoon - Warm-up: approx 1 pm / Start: 1:30 pm		
Women		Men
27	4x50 Free Relay	28
29	4x50 Medley Relay	30
Afternoon - Start: approx 2:30 pm		
<b>Mixed</b>	<b>Social open at 3:30pm</b>	
31	4x50 Free Relay	
32	4x50 Medley Relay	
33	4x100 Free Relay	
34	4x100 Medley Relay	

<b>Monday, May 18<sup>TH</sup></b>		
Morning - Warm-up: 8:00 am / Start: 9:00 am		
Women		Men
35	400 IM	36
37	50 Breast	38
39	200 Fly	40
41	50 Free	42
Closing Ceremonies		
Afternoon - Warm-up: approx. noon / Start: 12:30 pm		
43	800 Free	44



## 2009 Canadian Masters Swimming Championships (SCM) Individual Entry Form

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**D.O.B. (dd/mm):** \_\_\_\_ / \_\_\_\_ /19 \_\_\_\_ **Age (on Dec 31/09):** \_\_\_\_\_ **Provincial Reg. #:** \_\_\_\_\_

**Club Code:** \_\_\_\_\_ **Club Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Apt** \_\_\_\_\_ **City:** \_\_\_\_\_

**Postal Code:** \_\_\_\_\_ **Phone: (day)** \_\_\_\_\_ **(eve)** \_\_\_\_\_

**Email:** \_\_\_\_\_

	Women	Event	Men	Entry Time mm:ss.hh (hundredths)
Friday afternoon /evening	1	200 Back	2	____ : ____ . ____
	3	100 Fly	4	____ : ____ . ____
	5	1500 Free	6	____ : ____ . ____
Saturday morning	7	200 Free	8	____ : ____ . ____
	9	50 Fly	10	____ : ____ . ____
	11	100 Back	12	____ : ____ . ____
Saturday Afternoon	13	100 IM	14	____ : ____ . ____
	15	200 Breast	16	____ : ____ . ____
	17	400 Free	18	____ : ____ . ____
Sunday morning	19	200 IM	20	____ : ____ . ____
	21	100 Free	22	____ : ____ . ____
	23	100 Breast	24	____ : ____ . ____
Sun pm	<b>All of the RELAYS</b>			
	25	50 Back	26	____ : ____ . ____
Monday morning	35	400 IM	36	____ : ____ . ____
	37	50 Breast	38	____ : ____ . ____
	39	200 Fly	40	____ : ____ . ____
Mon pm	41	50 Free	42	____ : ____ . ____
	43	800 Free	44	____ : ____ . ____

**Entries limited to the first 1000 swimmers**

**Swimmers may enter up to seven (7) individual events.**

Events marked NT (No Time) will not be accepted.

**Entry Deadline for Individual paper entries with signed waiver and cheque is post marked **March 31, 2009** (enter ONLINE until Apr 20, 2009)**

**Entry Deadline for Hy-tek files: **Mon, April 20, 2009, midnight****  
Single team cheque and all paper entry forms, with Signed waivers must be received by Friday April 24, 2009

Mail cheque and forms to:  
CMSC 2009  
c/o Lois Adams,  
56 McBain Avenue,  
Toronto, ON M4P 2S7

Individual Base Fee:	<b>one</b>	\$60 / swimmer	<b>\$ 60 *</b>	<p><b>Waiver:</b> I, the undersigned, intending to be legally bound, hereby certify that I have not been restricted by a doctor for a medical condition and that I am aware of all the risks inherent in Masters swimming, including possible disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in this Masters meet or any activities incident thereto or against Masters Swimming Canada/Maitres Nageurs Canada, Master Ducks Inc., Etobicoke Olympium Masters Aquatic Club, Trillium Y Masters Swim Club, the meet directors or coordinators, or any individuals officiating at the meet or supervising such activities as a condition of my participation in this Masters swim meet.</p> <p>Signature _____ Date _____</p>
<b>Plus</b> events	_____	\$6 / event	\$ _____ *	
Sat. Social	_____	\$15 per person	\$ _____	
Sun. Social	_____	\$15 per person	\$ _____	
<b>Total Payable</b>			<b>\$ _____</b>	

**\* Every swimmer pays the \$60 base fee to come to the meet.  
Individual event swimmers must add \$6 for each individual event entered.  
Even if you are only swimming relays you must pay the \$60 base fee.**