

2011 Ontario Masters Swimming Championship

Nepean Sportsplex, Nepean, Ontario

March 25 to 27, 2011

Proudly hosted by:



Sanctioned by:



MASTERS SWIMMING ONTARIO

2011 ONTARIO MASTERS SWIMMING CHAMPIONSHIP

HOSTS: Nepean Masters Swim Club (Supported by Nepean Kanata Barracudas)

SANCTIONED BY: Masters Swimming Ontario

COMMITTEE:
MEET CHAIR: Barry Doucette (barrydoucette@yahoo.ca)
MEET MANAGER: Kevin McFaul (meetmgr@nmsc.org)
MEET REFEREE: Dave Roza (droza7492@rogers.com)
MEET REGISTRAR: Kevin McFaul (meetmgr@nmsc.org)

LOCATION: **Nepean Sportsplex**
1701 Woodroffe Ave, Nepean, Ontario, K2G 1W2 (see map on website)

DATES: Friday, Saturday and Sunday, March 25, 26 and 27, 2011

FORMAT: 3-day Championship Meet with time finals. The meet will be run short-course meters (25m), double-ended

FACILITIES: The Nepean Sportsplex pool will be configured as a seven lane, 2 x 25M pool with women in one end and men in the other. The eighth lane will be open for swimmers to warm-up and warm-down. The relays may be swum using all 8 lanes.

Electronic timing will be used.

WEBSITE: http://www.ottawa.ca/residents/parks_recreation/facilities/rec_centres/sportsplex/index_en.html

SESSIONS:

Friday March 25 Warm up: 5:00 pm – 5:50 pm, Start: 6:00 pm

Saturday March 26 Warm up: 8:00 am – 8:50 am, Start: 9:00 am

Sunday March 27 Warm up: 8:00 am – 8:50 am, Start: 9:00 am

Parking:

There is parking at the front of the complex (between the building and Woodroffe Ave.) but the majority of the parking is located at the rear of the complex.

Lockers:

Lockers are available for use in the change rooms, with your own locks, but there may be a shortage of them. Please be prepared to be unable to use a locker.

Warm ups:

Warm up and cool down lanes will be available from one hour prior to the start of the meet each day as well as throughout the meet. Throughout the warm up and lunch break, lane 8 shall be reserved for slow swimmers or swimmers with a disability. 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. Sprint lanes, when opened, shall be lanes 1 and 2.

All swimmers are required to enter feet first into the pool and diving is strictly prohibited during general warm up. Safety Marshals 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.

On Friday Night only after 8:15pm there will be access to another smaller 25m pool to allow the 1500m to be run utilizing all 8 lanes.

Equipment:

There will be no use of equipment (pull boys, fins, etc) during warm ups. (See Safety Procedures)

Lunch Break:

Lunch breaks of 45 minutes for officials will be taken on Saturday after event 15 and on Sunday after event 35. This schedule will be subject to change on short notice if required.

Rules:

Current MSC Rules apply: <http://mymsc.ca/Documents/CMSWSwimmingRules20100307.pdf>

Registration:

To Register Please visit the following website
<http://nmsc.org/swimmeet/>

Eligibility:

All swimmers must have reached the age of 18 years or over by March 25th, 2011 and be registered with their official Masters Swimming Organization. **Masters registration numbers must be provided for each swimmer.** Out-of-Province and international entries must provide their current affiliation and registration number when they register.

MSO Registration:

All Ontario entries will be checked against the most current MSO list of eligible Ontario Masters Swimmers. Please check with your Club contact to be sure your 2011 fees have been sent to MSO.

Meet Entry Process:**No Deck Entries:**

This is a championship meet. There shall be no deck entries.

Individual or Group Entries:

Individual or group entries **must be submitted online.**

Hy-Tek files will not be accepted.

Age groups are 18-24, 25-29, 30-34, increasing in five year increments

Please submit entry times for seeding purposes – NT will be rejected

Swimmers may enter a maximum of 6 individual events.

Entry Deadline is March 4th, 2011

Please include an email address, for each registrant, so that each entry can be confirmed

Relay Entries:

Relay entries must be submitted online. Coaches, club managers or swimmers may submit relay entries.

Relay age groups are 72-99, 100-119, 120-159, 160-199, increasing in 40 year increments

The 4 x 200m relay must be swum as a free relay (**M**en, **W**omen or **miX**ed – mixed relays equal 2 women and 2 men only)

A swimmer may swim only once in each relay event

Meet Management reserves the right to restrict the number of heats in the 4 x 200m relay

Relay Entries are due March 11th, 2011. Hy-Tek files will not be accepted.

Relay substitutions must be submitted to the Relay Coordinator by 6pm on Friday and 10am on Saturday and Sunday for that day's relays.

Registration and Payment

Registration will be done entirely on-line. Payment may be made on-line (**strongly encouraged and preferred**) as part of registration or by mailing a cheque (payable to "Nepean Masters Swim Club"). No postdated cheques will be accepted. **All cheques must be received by March 11th, 2011.**

At the following address:

Nepean Masters Swim Club
900 Greenbank Rd, Suite 360
Nepean, ON
K2J 4P6

RE: Provincials Registration

Note: Please put your MSO (or affiliation) # on the cheque, if paying by cheque.

Swimmer Check In:

Before swimming, all swimmers must verify the status of their registration at the check-in desk located at the entrance to the pool locker rooms before the meet. A list of swimmers in good standing (i.e. registered and paid) will be listed there. If your name is **NOT** on the list, please speak with the check-in agents otherwise, proceed directly to the locker rooms.

Relay Check-In:

Relay cards (available online) must be completely filled out clearly stating Age Category, Relay Type (eg: Mixed, Male, Female), Stroke (eg: Freestyle or Medley), Entry Time and Name of each swimmer.

Relay substitutions must be submitted to the Relay Coordinator by 6pm on Friday and 10am on Saturday and Sunday for that day's relays. All substitutions submitted must have swimmers name, age as of Dec 31, 2011, relay gender (**M**en, **W**omen or **miX**ed) or order of swimmers and age group.

The heat and lane positions for all relay teams will be posted on the wall at both ends of the pool. Relay team members must swim in the order shown on the card as presented to the lane timers.

Age Determination Date:

Your age for the meet is as of **December 31, 2011**. Swimmers must have attained the age of 18 before competing.

Entry Deadline:

Individual and relay entries must be received by **March 4th, 2011**. All online registration payments must be completed by **March 4th, 2011** and cheques being mailed must be received by **March 11th, 2011**. Cancellations, with a refund, will be accepted until **March 4th, 2011**.

Confirmation:

Confirmation of receipt of your registration and entries will be sent to the email address which you provide at the time of registration.

You may also check your registration on the meet web-site: <http://nmsc.org/swimmeet/>

Fees:

- 1 All swimmers, including "relay only" swimmers, shall pay the registration fee of \$40.
- 2 Individual events are \$6.00 each.
- 3 Relays are \$10.00 each per team.
- 4 Social tickets are \$36 per person. (Limited to the first 130).

Clothing:

Please order your 2011 Provincials T Shirts online when registering for the meet (these are available only through the website). They will be available only in white.

T-shirts cost \$18 including GST.



T Shirt Front



T Shirt Back

FOOD & SOCIAL**Swimmers' Food:**

Light refreshments and water will be available for the swimmers during the meet. There will be no individual water bottles provided, so please bring your own bottle to fill up at the swimmers' table.

Officials' Food:

Morning coffee/tea and breakfast snacks will be available for officials from 8 am each morning and from 4 pm on Friday night. There will be a lunch break for officials on Saturday and Sunday after events 15 and 35.

Social:

Saturday Night Social

Nepean Masters Swim Club and Masters Swimming Ontario invite you to celebrate with your teammates and friends

Saturday - March 26 - 2011

Nepean Sportsplex - Spectators Bar and Grill (on the lower level, just outside of the curling rink)

5pm - midnight

(Buffet to be open from 5:30 - 7:00 PM)

Cash Bar

\$36.00 per person which includes

"The Capone's Evening Buffet"

Slow Roasted Sirloin and Classic Meat Lasagna

Roasted Rosemary Wedge Potato

Seasonal Mixed Vegetables

Domestic & International Cheese Platter

Assortment of Italian Cold Cuts & Pickle Tray

Baby Green Salad, Waldorf Salad

& Pesto Potato Salad

Devilled Eggs

Sliced Fresh Fruit

COME ON OUT AND JOIN US FOR AN EVENING OF FUN

MISCELLANEOUS ITEMS

Massage Therapists

Students from the International School of Massage will be on hand to offer massages free of charge. They will operate on a first come first serve basis.

MEET PROCEDURES:

The Start:

The "No False Start" rule will be in effect.

In the 800 and 1500 Free, starting blocks will not be used, instead, swimmers will start from the bulkhead beside the starting block, or if they choose, in the water.

Event Seeding:

Seeding will be by entry time and gender from the slowest to the fastest time. In addition to this the 50m and 100m events will be seeded by age group.

There will be no deck entries.

Women will swim in the shallow end on Friday and Sunday and the deep end on Saturday. The 800m and the 1500m free may be swum with 2 swimmers per lane. All swimmers shall start from the bulkhead in these events.

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. In 50m events they should be there three heats before their heat, in 100m events, two heats before their heat and in 200m or over and in relays one heat before their heat. Any swimmer who misses their heat will be scratched from that event.

Results:

The official results will be organized by gender and age group

The results will be posted on both the Meet website and the MSC website as soon as possible after the meet. The MSO website will show the results for all swimmers.

Live results may be available, please check <http://nmssc.org/swimmeet/> for a link.

Awards:

Official MSO Championship Medals will be awarded to the first 3 finishers in Individual Events and Relays in each age group.

MSO Championship Ribbons will be awarded for places 4 to 8 in each age group.

The Awards Table will be located in the pool area, near the spectators stands, at the deep end of the pool.

Swimmers will pick up their award stickers across from the awards table then proceed to the awards table to receive their awards.

Volunteers:

A large number of man-hours are required to properly officiate a meet of this magnitude.

Help is needed for Officials and timers.

If you or someone you know is interested please contact: kathleen@swimnkb.com

YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOSTS

Hotel Information

Welcome to Best Western Macies Hotel!

Stay at this Ottawa hotel situated 10 minutes from Parliament Hill and many of Ottawa's museums and performing arts centers.

The Best Western Macies Hotel is conveniently located near Canada's Parliament Hill and major businesses and commercial parks in the west end of Ottawa. Hotel guests will also have easy access to a number of recreational and cultural activities in downtown Ottawa.

Travelers can visit the National Art Gallery, the Museum of Civilization, the National Arts Centre and the Museum of Nature. This Ottawa hotel is also near the Notre Dame Basilica.

This family-operated hotel has been an Ottawa landmark for over 65 years and a friendly staff is pleased to offer guests a warm smile. The hotel features an outdoor swimming pool, hot tub, steam room, gym and High-speed Internet in all rooms.

Call to make a reservation today at the Best Western Macies Hotel in Ottawa, Ontario!

Toll Free Reservations: 800-268-5531

Address:

1274 Carling Avenue, Ottawa, Ontario, K1Z 7K8, CA

Phone: 613-728-1951

Fax: 613-728-1955

We have negotiated a price of \$99.00 per room – Ask for Ontario Masters Swim Championships
They have blocked 50 rooms (combination of queens, doubles and singles for sleeping 1 – 4 people) for the price of \$99.00 per room.

The rooms are on hold until February 25, 2011

For more details on the hotel please view: http://www.bestwestern.com/prop_66023

The hotel is 10 minutes from the Nepean Sportsplex.

To get directions from Sportsplex to the Best Western Macies Hotel please follow this link:

<http://goo.gl/kPCRK>

Days Inn Ottawa Airport

We have set aside a block of 20 rooms for the evenings of March 25th and 26th, 2011.

The standard rooms come with two queen beds, mini-fridge, microwave, coffee maker, iron and ironing board, DVD player and free high speed internet access. We also include a complimentary continental breakfast. The group rate for is \$129.95 plus taxes. If for any reason someone should need to cancel their reservation, 24 hours notice is required prior to arrival by 4pm.

The group code for this block is **CGOMSC**. This code should be quoted by your guests/participants when making reservations to ensure they receive the special rate. Any unreserved rooms in this block will be released on February 26th, 2011.

Reservations can be made directly with the hotel @ 1-866-468-4442, locally at 613-739-7555 or through Central Reservations @ 1-800-DAYS INN.

To get directions from Sportsplex to the Days Inn Ottawa Airport please follow this link:

<http://goo.gl/wvZs1>

Please book early or we will lose some of our rooms! (Additional Hotel information may be available through the NMSC website)



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, 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.



ORDER OF EVENTS

Please ensure the proper event number is included on your individual entry form. Women's events will be swum in the shallow end on Friday and Sunday, the deep end on Saturday. Relays will all be swum in the deep tank with the shallow tank being used for warm-up/cool-down.

Event #		Friday, March 25, 2011
		(Registration opens 4:00 pm)
Women	Men	5:00 pm warm-up, 6:00 pm start
1	2	200 IM
3	4	50 Free
5		4 x 200 Free Relay (W)
	6	4 x 200 Free Relay (M)
	7	4 x 200 Free Relay (X)
9	10	1500 Free

Event #		Saturday, March 26, 2011
		(Registration opens 7:00 am)
Women	Men	8:00 am warm-up, 9:00 am start
11	12	100 Free
13	14	400 IM
15	16	50 Breast
17		4 x 100 Medley Relay (W)
	18	4 x 100 Medley Relay (M)
	19	4 x 100 Medley Relay (X)

Warm-up		Officials Lunch
21	22	100 Back
23	24	50 Fly
25	26	200 Breast
27		4 x 50 Free Relay (W)
	28	4 x 50 Free Relay (M)
	29	4 x 50 Free Relay (X)
31	32	400 Free

Social at Spectators Bar and Grill (Lower Level Nepean Sportsplex)

Event #		Sunday, March 27, 2011
		(Registration opens 8:00 am)
Women	Men	8:00 am warm-up, 9:00 am start
33	34	200 Free
35	36	100 IM
37	38	200 Back
39	40	100 Fly
41		4 x 100 Free Relay (W)
	42	4 x 100 Free Relay (M)
	43	4 x 100 Free Relay (X)
Warm-up		Officials Lunch
45	46	100 Breast
47	48	200 Fly
49	50	50 Back
51		4 x 50 Medley Relay (W)
	52	4 x 50 Medley Relay (M)
	53	4 x 50 Medley Relay (X)
55	56	800 Free