

Pre-Pride Puddle Party

Short Course Metres (SCM) Swim Meet
Saturday, June 19, 2004
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	50m long course, 8 lanes, electronic timing, spectator seating
Times	Warm-up 9:00am to 9:45am Start time 10:00am
Features	25 metres / Short Course Metres (SCM) 21 swimming events including relays & 4 novice events Hosted dinners & Sunday brunch Hosted housing available
Fees & deadlines	\$30 per swimmer for entries received by May 7, 2004 \$35 per swimmer for entries received by May 29, 2004 Fees include 5 individual events and relay events Mail entries and cheques payable to "Downtown Swim Club" to: DSC Puddle Party Box 8, 552 Church Street Toronto, Ontario M4Y 2E3, CANADA
	Online registration available at http://dsctoronto.ca/puddleparty
Eligibility	Only Masters swimmers registered with provincial or state associations will be accepted.
Rules	Current MSO rules in effect
Website	http://dsctoronto.ca/puddleparty
Contact	If you have any questions, email them to meet2004@dsctoronto.ca or call 416-944-9226 (before 10pm Eastern time please)

EVENTS

First event will begin at 10:00am

Event #	Event Name	Event #	Event Name
1-2	200 Free	23-24	25 Back (novices only)
3-4	50 Fly	25-26	25 Fly (novices only)
5-6	100 Back	27-28	200 Back
7-8	100 IM	29-30	50 Free
9-10	25 Free (novices only)	31-32	200 Breast
11-12	25 Breast (novices only)	33-34	100 Fly
13-14	400 Free (max. 4 heats)	35-36	50 Back
15-16	50 Breast	37-38	200 IM
17-18	200 Fly	39-40	100 Breast
19-20	100 Free	41-43	4 x 50 Free Relay (if time available)
21-22	4 x 50 Medley Relay		
	Lunch Break (45 Minutes)		

Warm-ups

Warm up and cool down lanes will be available from 9:00am to 9:45am, 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.

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 between events “21-22” and “23-24”. Swimmers should 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.

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 so this will be a long meet; 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 (<http://dsctoronto.ca/puddleparty>) as soon as possible (hopefully within one week after 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. The large and small teams that score the most points will be recognized at the Sunday brunch, and the teams' names will be added to the DSC trophy. Teams with 15 or more swimmers will be placed in the large team category. Teams with less than 15 swimmers will be placed in the small team category.

Rules

MSO Rules as published in the MSO Handbook 2002 shall apply.

SAFETY GUIDELINES

The following is provided to inform all swimmers of the Safety Procedures to be adhered to at all MSO Sanctioned Swim Meets.

Safety Procedures

1. There shall be no running on deck.
2. Climbing to and from the balconies shall be prohibited.

General Warm-up

1. During warm-ups, no swimmer shall enter the pool by dive or 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.
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 avoid 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**

Sprint Warm-ups

- This portion of the warm-up shall begin 20 minutes prior to clearing the pool.
- One outside lane and the adjacent lane may be designated as sprint lanes. Diving will be permitted 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

SOCIAL EVENTS

Registration Party – Friday 6pm – George’s Play

When you arrive in Toronto on Friday night, come to George's Play (504 Church St) between 6pm and 10pm, to pick up registration information, meet your host for housing, and have a drink with friends. Persons arriving in Toronto later Friday night can pick-up their registration information at the pool on Saturday morning at 9am.

Swimmer Hosted Dinners – Saturday various times & locations

After the swim meet, you're invited to our traditional hosted dinners: a complimentary meal and friendly conversation in private homes throughout Toronto. If you're travelling to Toronto with your partner or friend, they are also welcome for dinner. If you're interested in attending a hosted dinner on Saturday night, make sure to indicate this on your registration form. All requests for hosted dinners must be received by May 29. The location of hosted dinners will be available upon pick-up of registration packet on Friday night.

Official Saturday Night Party - 10pm - Fly Nightclub

After hosted dinners, come to Fly Nightclub (8 Gloucester St) for the Official Saturday Night Party. This three-floor dance club is the place in Toronto for house, tribal and circuit music sounds. High energy. Original home to Babylon from the television series, 'Queer As Folk'. The Fly experience pleases the senses.

Show your swim meet ID card to security / door person, to bypass the line-up and get \$5.00 OFF the cover charge, before 12 midnight. Doors open at 10:00pm, party until 7:00am.

Alternative late night destinations for women

- Ciao Edie, funky and retro dance bar, 489 College St
- College Street Bar, live music, 574 College St
- Foxy's and Coyote's, 547 Parliament St
- Tango & Crewz, 508 Church St

Or try one of these locations

- Slack Alice Bar and Grill, 562 Church St
- Living Well, cozy bar setting upstairs, 692 Yonge St
- El Convento Rico, Latin bar, hot homos and drag locos mix with straight metros, 750 College St
- Buddies in Bad Times Theatre, where art and club culture meet Friday and Saturday nights, 12 Alexander St

Sunday Brunch - 11:30am - Fire on the East Side

Before heading home, ensure that you say farewell to your fellow swimmers and come gather at Fire on the East Side (6 Gloucester St) for brunch. The large and small teams that score the most points will be recognized at the Sunday brunch, and the teams' names will be added to the DSC trophy. From 11:30am - 1:30pm, \$20 per person. Advanced registration on entry form required.

REGISTRATION

Fees & Deadlines

Registrants may register online or by mail. The same fees and deadlines apply to both registration methods. The following table summarizes the registration fees and deadlines:

Register by	Registration fee
May 7, 2004	\$30 CAD *
May 29, 2004	\$35 CAD
after May 29, 2004 **	\$45 CAD

** Includes \$5 early-bird discount*

*** Late registrations will be accepted ONLINE ONLY and at the meet manager's discretion*

Swimmers who include a valid phone number or email address will be notified if their entries cannot be accepted. There will be a maximum of 175 competitors. So register early!

Mail-in Registration

To register by mail, complete the registration form, then mail it together with your payment and a copy of your Masters Swimming registration card (if necessary) to:

DSC Puddle Party
Box 8, 552 Church Street
Toronto, Ontario M4Y 2E3, CANADA

Acceptable payment methods include VISA, MC or \$CAD cheque. Cheques should be made payable to "Downtown Swim Club". Be sure your Full Name and Club Name are written on the cheque. Registration is non-refundable. Out-of-province and international entries must include a copy of their current provincial, USMS or equivalent Masters Swimming registration card with their entry.

The last day for mail-in registration is May 29, 2004. After this deadline, mail-in registrations will not be accepted, but you may still register online.

Online Registration

You can save time by registering online. To register online:

- browse online to the following link: <http://dsctoronto.ca/puddleparty/reghome.asp>
- create an account for yourself by specifying your email address and a password
- login to the registration website using the validation code that will be emailed to you
- after entering your personal information, enter registration details for either swimming or waterpolo
- you can also register for hosted housing, social events, and merchandise
- to make revisions (eg. to change events, or change entry times), simply return to the registration website
- when your registration is complete, pay online via credit card, or follow instructions to mail -in your cheque

Eligibility

The meet is open to all registered Masters Swimmers, 18 years of age and older.

Age Determination Date

For swimmers 20 and over, your age for the meet is as of December 31, 2004. Swimmers must have attained the age of 18 by June 19, 2004. Swimmers under the age of 25 and relay teams that include swimmers under 25 are not eligible for Masters World Records.

Masters Swimming 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 2004 fees have been sent to MSO. Out-of-province and international entries must include a copy of their current provincial, USMS or equivalent Masters Swimming registration card with their entry.

Individual Entries

- An individual may enter a maximum of 5 events
- There will be no individual deck entries allowed
- Age groups are 18-24, 25-29, 30-34, increasing in 5 year increments
- The 400 Free event is limited to 4 heats, i.e. the first 32 swimmers who register for this event
- Novice events are limited to swimmers who have never competed in an age-group, university or masters swim meet. No exceptions!

Relay Entries

- Relays will be deck-entered
- Relay time cards can be printed from our website, completed in advance and brought to the meet. Blank relay time cards will also be available on the day of the meet. <http://dsctoronto.ca/puddleparty/> and choose Registration... Swimming... and look for the heading *Relay Entries*
- The meet manager reserves the right to cancel the last event (4 x 50 Free relay) if there is insufficient time available

- Relay age groups are 72-99, 100-119, 120-159, 160-199, increasing in 40 year increments
- The relays may be swum as men, women, or mixed. Mixed relays are made up of 2 women and 2 men, who may swim in any order
- A swimmer may only swim once in each relay event
- Relay team members must swim in the order shown in the card. Changes to swimmers or order may be made before the start of the heat. However, if a change results in a change to the age group then remember to make that change on the entry card
- Relays will be deck entered on the day of the meet. Entries for the 4 x 50 medley relay must be submitted before the start of event "5-6"; entries for the 4 x 50 free relay must be submitted before the start of event "32-33"
- Swimmers on relay teams shall be registered with the same club. Unattached swimmers shall neither enter relays or swim relays

Souvenir T-shirt

The Downtown Swim Club is offering a souvenir t-shirt for sale to Pre-Pride Puddle Party competitors. This is a high-performance polyester-blend shirt that is lightweight, sweat-wicking and quick-drying. The t-shirts are dark blue with white printing. DSC logo on the front and Puddle Party 2004 on the back.

T-shirts are available by advance sale only (see registration form). The price is \$35 CAD. Available sizes: Men's XS, S, M, L, XL.



ACCOMMODATIONS

Hosted Housing

If you would like hosted housing, please provide details on the registration form. We will do our best to provide hosted housing for as many participants as we can. Please note that priority will be given to the earliest registrants. All requests for hosted housing must be received by May 29.

Preferred Hotel Rate

A special rate has been obtained for a limited number of rooms at the Comfort Suites.

Comfort Suites is located at 200 Dundas Street East at the corner of Jarvis -- approximately 6 blocks from Church & Wellesley.

The special rate is \$119 CAD single/double and \$129 CAD for triple. Call the hotel to book. When booking mention group #2719 and group name Proud T.O. Swim. Rooms should be booked before May 19; this rate may not be available after that date. Call (416) 362-7700 or 1-877-316-9951.

Additional Accommodations Options

Toronto provides a wide variety of accommodations. Below are a few that are centrally located and reasonably close to University of Toronto Athletic Centre.

- Cawthra Square Bed & Breakfast Inns, Jarvis Street and Cawthra Square, (416) 966-3074, 1-800-259-5474
Two luxurious homes, now with 18 unique rooms and suites, our finely restored historic residences are operated together as Cawthra Square. All the conveniences and technology of a hotel in an elegant historic setting, right in the very heart of the gay village.
- Toronto Townhouse B&B, 213 Carlton Street, (416) 323-8898, 1-877-500-0466
- Delta Chelsea, 33 Gerrard Street West, (416) 595-1975, 1-877-814-7706
- Grand Hotel & Suites Toronto, 225 Jarvis St., (416) 863-9000
- Comfort Hotel Downtown, 15 Charles St. East, (416) 924-1222
- Ramada Suites Downtown Toronto, 300 Jarvis St., (416) 977-4823
- The Sutton Place Hotel, 955 Bay St., (416) 924-9221
- Howard Johnson Selby Hotel & Suites, 592 Sherbourne St., (416) 921-3142
- Metropolitan Hotel, 108 Chestnut, (416) 977-5000
- Hilton Toronto, 145 Richmond St. West, (416) 869-3456
- Colony Hotel Toronto, 89 Chestnut St, (416) 977-0707
- The Primrose Best Western Hotel, 111 Carlton Street, (416) 977-8000, 1-800-268-8082
- Town Inn Suites, 620 Church Street, (416) 964-3311

TRANSPORTATION

Getting to the Pool

The University of Toronto Athletic Centre (55 Harbord St) is located on the south-east corner of Harbord St & Spadina Ave. Parking in the vicinity of the pool is very limited; consider walking or taking public transit to the pool.

By public transit, you can get there by taking the 94 Wellesley bus until you arrive at Spadina & Harbord, or you can get there by taking the 510 Spadina streetcar until you arrive at Spadina & Harbord.

The pool is also within walking distance from Spadina TTC subway station. Just walk south 2 blocks.

Getting to Toronto

By Train

If you are traveling by VIA or AMTRAK train, you will arrive at Union Station, the main transportation hub for passenger rail, commuter trains and buses. There is a direct connection to the TTC subway station. Union Station, 65 Front St W

By Coach Bus

If you are traveling by coach bus, you will most likely arrive at the Toronto Bus Terminal near Bay & Dundas Sts. The nearest TTC subway stop is Dundas station, one block east along Dundas at Yonge St. Toronto Bus Terminal, 610 Bay St

By Air

If you are traveling by air, you will arrive at one of the three terminals at Toronto Pearson International Airport. You can get downtown by the Airport Express (approx \$15) or taxi/limo service (approx \$43). Toronto Pearson International Airport (YYZ)

Other Important Info

The public transit system in Toronto is called the Toronto Transit Commission (TTC for short) and includes the operation of all city buses, subways and streetcars. Adult fares cost \$2.25 single cash fare or \$9.50 for 5 tokens/tickets, available at subway station ticket booths. If you plan to use the TTC a lot, you may find the downtown transit map particularly useful. Additional information is available on the TTC website.

There are many taxi services that run fleets in the downtown Toronto area. If you have trouble flagging a taxi, you can call for a cab using a single easy-to-remember number: 416-TAXI-CAB (416-829-4222). This free service will connect you to a taxi company of your choice.

TOURIST INFO

What's happening in Toronto in June?

For both competitors and spectators, besides our June 19 swim meet, and June 18-20 water polo competition, there are lots of other fun things happening in Toronto in June. Here are some suggestions for you and your travelling companions. This website will be updated with additional events as we become aware of them.

Note that effective June 1, 2004, all Toronto bars as well as restaurants will be non-smoking, unless there is separate designated smoking room that is sealed off.

Event Listings

- Check the weekly event listings in Fab Magazine, NOW Toronto, Eye Weekly

Gay West

- Consider venturing beyond Church & Wellesley. The Gay West Village is a new queer district that is quickly overtaking the Church Street's gay village as the "in" place to hang out.

Toronto Pride Week (June 21 - 27)

- Toronto Pride Week is a huge annual event: a celebration of the Lesbian, Gay, Bisexual, Transsexual, Transgendered communities of Toronto. It culminates with an impressive Dyke Parade (Saturday June 26) and the huge Pride Parade (Sunday June 27)
- There are numerous dance, music, theatre and other social events throughout the week (June 21-27), including the 5km Pride & Remembrance Fundraising Run on June 26

Hairspray (Sunday June 20)

- Hairspray - Broadway's Big Fat Musical Comedy Hit!
- Come see a special afternoon matinee performance of high camp and big hair, in support of Inside Out (Toronto's Lesbian and Gay Film Festival, which takes place May 20-30 this year)
- Princess of Wales Theatre, Sunday, June 20, 2004, 2:00pm

Toronto International Dragon Boat Race Festival (June 19 - 20)

- Celebrate this long-standing tradition and the uniqueness of Chinese-Canadian culture; it's the largest dragon boat festival outside of Asia, held in the wonderful parkland just south of the Toronto harbour
- Accessible via public transit (subway and then ferry boat)
- Toronto Islands

Distillery District Outdoor Art Exhibition (June 19 - 20)

- Think SoHo or Covent Garden. The new Distillery Historic District showcases both established and emerging galleries, restaurants and shops, a brewery, jewellery stores, a doggy boutique and a très cool café
- Distillery Historic District

'Turner, Whistler, Monet: Impressionist Visions' Exhibition (June 12 - Sept. 12)

- The Art Gallery of Ontario will be the only North American venue displaying the spectacular exhibition, Turner, Whistler, Monet: Impressionist Visions
- Art Gallery of Ontario (AGO), 317 Dundas West, 2.3 km south of the pool

Toronto Downtown Jazz Festival (June 25 - July 4)

- Amazing music fills Toronto at this festival featuring more than 2000 national and international artists at more than 50 venues
- The Toronto Downtown Jazz Festival is one of several jazz festivals in Toronto
- Various locations

Internet links with additional information on each of the tourist suggestions are available by going to <http://dsctoronto.ca/puddleparty/> and choosing Social Events ... Tourist Info.

Downtown Swim Club (DSC) and Proud T.O. Swim presents

Pre-Pride Puddle Party

Pre-Pride Puddle Party
25 metre swim meet
June 19, 2004

sanctioned by Masters Swimming Ontario (MSO)
University of Toronto Athletic Centre
55 Harbord Street, corner of Spadina Avenue

Registration online or by mail
 ▼ see <http://www.dsctoronto.ca/puddleparty> for meet details
 ▼ use this form as a worksheet and then register online at the above URL (fast and easy) **OR**
 complete, **sign** and mail this form with your payment
 ▼ swimmers from outside Ontario must also send photocopy of 2004 Masters Swim registration card

Registration deadline: May 29
 Maximum 175 swimmers allowed to register.
 Register early and save \$5 (if received by Friday May 7)

Mail to: DSC Puddle Party, Box 8, 552 Church Street, Toronto, Ontario M4Y 2E3

Name:		Gender: <input type="checkbox"/> male <input type="checkbox"/> female	
Address:			
City:		Prov/State:	Postal/Zip:
Phone:		Email:	
Birthdate (dd/mm/yyyy):	Masters swim #:	Team:	

Is it ok if we contact you in future years, to advise you of the swim meets to be hosted by DSC? Yes No

Need hosted housing? No Yes (complete the following questions)

Does your partner / friend also need housing? <input type="checkbox"/> No <input type="checkbox"/> Yes; their name is: _____	If any allergies (e.g. animals) or special needs (e.g. accessibility), please explain: _____
Do you smoke? <input type="checkbox"/> No <input type="checkbox"/> Yes	Do you require parking? <input type="checkbox"/> No <input type="checkbox"/> Yes
Is it ok if your host smokes? <input type="checkbox"/> No <input type="checkbox"/> Yes	Arrival date: _____ Departure date: _____

Maximum of 5 individual events ▼ Everyone must estimate time for each event entered; do not specify "no time" or leave blank (consult with your coach if unsure). ▼ This is a 25 metre competition; to convert "25 yard" time to "25 metres", multiply by 1.116 ▼ Men's and women's events will be swum together, and seeded slow to fast. ▼ Only the first 32 swimmers who register for the 400 free will be permitted to swim this event. ▼ Novice 25m events are limited to swimmers who have **never** competed in any age-group, university or Masters swim meet (a "no time" entry is ok for these events only). ▼ The 4x50 free relay will be cancelled if insufficient time. ▼ 9am warmup; event #1 starts at 10am. ▼

#	Event	Time	#	Event	Time	#	Event	Time
1-2	200 free		15-16	50 breast		29-30	50 free	
3-4	50 fly		17-18	200 fly		31-32	200 breast	
5-6	100 back		19-20	100 free		33-34	100 fly	
7-8	100 IM		21-22	4x50 medley relay		35-36	50 back	
9-10	25 free (novices only)			break (45 min)		37-38	200 IM	
11-12	25 breast (novices only)		23-24	25 back (novices only)		39-40	100 breast	
13-14	400 free (max 4 heats)		25-26	25 fly (novices only)		41-42	4x50 free relay	
			27-28	200 back				

revised 2004/03/23

Fees: in CAD; payment by MC, VISA or cheque (payable to "Downtown Swim Club"). Registration is non-refundable.

Swimmer fee	\$ 35
less \$5 discount (if payment received by May 7)	
Sat night hosted dinner: <input type="checkbox"/> No <input type="checkbox"/> Myself <input type="checkbox"/> Me + friend/partner	free
Dietary restrictions: _____	
Sunday brunch: _____ x \$20	
t-shirt (men's sizes) _____ x \$35: XS S M L XL	
add \$2 processing fee, if payment via credit card	
Expiry (mm/yy) _____	total amount \$
Credit card # _____	
Name on card _____	<input type="checkbox"/> MC <input type="checkbox"/> VISA
Signature _____	

Release from liability: I, the undersigned intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Master Swimming (training and competition), including possible permanent disability and death and agree to assume those risks. **As a condition of my participation in this Masters swim meet, I hereby waive any and all rights to claims for loss or damages, including all claims for loss or damages caused by the negligence, active or passive, of the following: Masters Swimming Ontario (MSO), Downtown Swim Club, the individuals co-ordinating and organizing this swim meet, the clubs, host facilities, meet sponsors, or any individuals officiating at this swim meet or supervising such activities.** In addition, I agree to abide by and be governed by the rules of MSO.

Signature _____ Date _____

Ce formulaire est aussi disponible en français.