



Downtown Swim Club, Toronto
is proud to present

ALL OUT SWIM 2010

Toronto

Friday April 16th to Sunday April 18th 2010

Friday April 16th

WELCOME PARTY

7:00 pm to 10:00 pm

Location—TBA

Saturday April 17th

SWIM MEET (Long Course)

Registration Opening 9:00 am

Warm UP 10:00 am Start 11:00 am

15 Swimming Events including Relays

University of Toronto Athletic Centre

50 meter swimming pool—55 Harbord Street

Southeast corner of Harbord and Spadina

Celebration & Awards Ceremony

Informal Reception – Awards Distribution

5:30 pm to 8:30 pm

Location—TBA

Post Dinner Event

A night out on the town from 10:00 pm

Location—TBA

Sunday April 18th

Farewell Breakfast

Brunch 11:00 am to 1:30 pm

Location—TBA



TORONTO
www.dsctoronto.ca



Meet Package

Page 1	Announcement
Page 2	Swim Meet Events and Description
Page 3	Meet Registration Information
	Social Activities Information
Page 4	Hospitality While Visiting Toronto
Page 5	Registration
	Personal Information
	Swimming Event Registration
Page 6	Registration
	Social Events
	Hosted Housing
	Volunteers
Page 7	Fee Calculation

Swim Meet Particulars

Saturday April 17th 2010

Warm-up: 10:00 am - Start: 11:00 am

50 meter pool at the University of Toronto Athletic Centre

55 Harbord St. SE corner Harbord & Spadina.

<u>Meet Order and Events</u>	
#1.--	200m FREE
#2.--	50m FLY
#3.--	100m BACK
#4.--	200m IM
#5.--	50m BREAST
#6.--	100m FREE
#7.--	200m MEDLEY RELAY
#8.--	800m FREE
	30 minute lunch break
#9.--	200m OPEN
#10.--	50m BACK
#11.--	100m FLY
#12.--	50m FREE
#13.--	100m BREAST
#14.--	200m FREE RELAY
#15.--	400m OPEN

Event # 8 – 800m free will be run concurrently with events #4, #5 and #6 Maximum 8 registrants

Register for a maximum of five individual events only. Relay entries will be registered on deck the day of the meet. Please provide entry times with your registration. Heats will be slow to fast.

At the discretion of the meet manager, the 400m OPEN may be swum two per lane.

Events 7 and 14 (relays) can be swum by four women or four men or two women and two men.

To convert your yard times to meters, multiply By 1.149.

Age groups for individual events are 20-24, 25-29, 30-34, 35-39, etc.

Age groups for relays are 80+, 100+, 120+, etc.

Warm-up note: There will be a second warm-up/cool down at approx 1.5 hours into the meet, in the competition pool for 20 minutes. (the exact timing of this will be determined by the meet manager on the day of the meet) All of the lanes of the 50 meter pool will be utilized for competition. Continuous warm-up and cool-down will take place in the teaching pool adjacent to the event pool. The warm-up process will be as per the current MSO/MSD guidelines, with sprint lanes clearly marked fast and slow.

Rules

MSC Rules found on the Masters Swimming Canada Website. http://www.mymisc.ca/Rules_en.jsp

Swim Meet Registration - by Email and LandMail

Email Registration.

You can register by email and pay online for All Out Swim 2010. Register by email at: <http://dsctoronto.ca/alloutswim/> follow the links to registration. Download the registration form, complete all areas, save to your computer, email to alloutswim@dsctoronto.ca, you will be forwarded by email a paypal link. You can pay by charge card or direct debit by following the link.

If you are registering online please email a copy to of your valid Masters Swimming Card to:
alloutswim@dsctoronto.ca

Land Mail Registration.

Download and print the registration form, complete all areas mail with your payment to the address below. Please include a photocopy of your current and valid up to date **Masters Swimming Registration**, including MSO, FNQ, USMS card or equivalent.

Payment

All fees must accompany registration. There is a paypal option with email registration. (There is a \$3.00 fee that will be applied) Please note that payment must be made in Canadian dollars. Using paypal is ensures your payment arrives in Canadian dollars.

Please make any cheques or money orders in Canadian funds payable to:

Downtown Aquatics Corporation

Send registration form, photocopy of your Masters Swimming ID and all fees in Canadian Dollars to:

**All OUT Swim 2010
PO Box 001
552 Church Street
Toronto, Ontario Canada
M4Y 2E3**

*All entries must be postmarked no later than **April 7th 2010***

SOCIAL ACTIVITIES

Welcome Party

Friday April 16th

Plan to attend the welcome party to meet your fellow swimmers, get acquainted with the Downtown Swim Club and find out about the rest of the weekend. Open to all Participants, Volunteers and their Guests.

Location to be Announced—There is no fee for this event. Please make sure to register yourself and your guests

Celebration and Awards Ceremony

Saturday April 17th

Post meet, the members of DSC and their friends invite you to a celebration and awards ceremony.

This evening event will include award presentations and celebration including awards from the meet and acknowledgement of the best teams and individual swimmers.

If you want to experience this event please register. Open to all Participants, Volunteers and their Guests

Location to be Announced—There is no fee for this event. Please make sure to register yourself and your guests

Post Dinner Event

Saturday April 17th

Join the DSC as we continue to celebrate and have a night on the town.

Location to be announced—There is no fee for this event. Please make sure to register yourself and your guests

Farewell Breakfast

Sunday April 18th

Grab a group of fellow swimmers and join together at a restaurant of choice as we say farewell for another year.

Come OUT and say so-long to your fellow swimmers.

You will need to pay for your own consumption at the restaurant. Open to all Participants, Volunteers and their Guests

Location to be Announced—There is no fee for this event. Please make sure to register yourself and your guests

Hospitality While Visiting Toronto

Hosted Housing

If you would like hosted housing, please complete the housing information.

Our housing coordinator or your host will contact you to make the necessary arrangements.

Hotels

Courtyard Marriott Downtown Toronto

<http://www.marriott.com/hotels/travel/yyzcy-courtyard-toronto-downtown/>

475 Yonge St.

5 minutes walk to the Village 20 minutes walk to the pool

Approximate Rates Range (CAD\$119 - \$139 / night before taxes – 1 King or 2 Double Queen)

Phone: 1 416 924 0611

Toll-free: 1 800 847 5075

Holiday Inn Toronto Midtown

http://www.ichotelsgroup.com/h/d/hi/1/en/hotel/yyzbs?_requestid=1394305

280 Bloor Street West.

10 minutes walk to the pool ½ hour walk to the village.

Approximate Rates Range (CAD180 - \$200 / night before taxes – 1 King or 1 Queen or 2 double)

Phone: 1 416 968 0010

Toll-free: 1 877 660 8550

Gay Friendly Bed and Breakfast:

<http://www.dundonaldhouse.com/>

<http://www.purpleroofs.com/bantinghouse-on.html>

<http://www.cawthrasquare.com/>

Visit Toronto

Toronto is a vibrant city and one of the most multicultural in the world, with fine dining, museums, art galleries, amazing shopping, theatres and exciting forest and cycling paths for camping, hiking etc. Easy access by air (Pearson Intl. Airport & Porter in downtown Toronto,) car & train

Toronto has been a frontrunner on human rights and same-sex marriage has been legal since 2005.

Come and discover and re-discover our city ...we are waiting for you!!!

For more information visit these websites:

<http://www.toronto.com>

http://www.nowpublic.com/equal_marriage

<http://Toronto.gaycities.com>

<http://www.viarail.ca>

<http://www.aircanada.com>

<http://www.flyporter.com>

Registration Personal Information and Swim Events

Personal Information	EVENTS – LONG COURSE
Last Name:	Maximum 5 Events + Relays
First Name:	time: 00.00.00
Address:	1 200m Free () _____
City:	2 50m Fly () _____
Province/State:	3 100m Back () _____
Postal/Zip Code:	4 200m IM () _____
Tel. Home:	5 50m Breast () _____
Tel. Work:	6 100m Free () _____
e-mail:	7 200m Medley Relay () _____
Masters Registration #:	8 800m Free () _____
Club Name:	break
Club Code:	
(Note: Obtain your Club Code from your coach or http://mymsc.ca/ClubList.jsp)	9 200m Open_____ () _____
Age:	10 50m Back () _____
Sex:	11 100m Fly () _____
Birth date (dd/mm/yyyy):	12 50m Free () _____
	13 100m Breast () _____
	14 200m Free Relay () _____
	15 400m Open_____ () _____

Please Note Event # 8 – 800m free will be run concurrently with events #4, #5 and #6 at the meet managers discretion. Maximum 8 registrants.

Registration Social Events—Housing—Volunteer

SOCIAL ACTIVITIES

how many:

Welcome Party	NO() YES()	_____
Celebration and Awards	NO() YES()	_____
Post Dinner Event	NO() YES()	_____
Farewell Brunch	NO() YES()	_____

Do you have any dietary restrictions?

NO() YES() What: _____

HOSTED HOUSING

Hosted housing will be available for the nights of April 16th & 17th.

To apply, please answer the following questions and submit before March 7th .

Priority will be given to the earliest applications. We will try to match guests and hosts in terms of gender, age and factors such as allergies and smoking.

Do you require accommodation?

YES() NO()

If yes, for: Single() Couple()

Do you have any allergies?

Dogs() Cats() Other: _____

Which would you prefer as a host?

Smoker() Non-Smoker() N/P() Male/Female _____

Do you require parking?

YES() NO() Comments: _____

VOLUNTEERS

If you know somebody who is interested in volunteering, please provide the following information to send him/her/them the proper form:

Name: _____

Telephone: _____

e-mail: _____

Registration Fees

Swimming Event FEES qty: subtotal:

Each Individual Swimmer before March 7 _____ (x \$35 CAD) _____
Teams of 8 who register at the same time are eligible for a further discount
Each Swim Team Member before March 7 _____ (x \$30 CAD) _____

Each Individual Swimmer after March 7 _____ (x \$45 CAD) _____
Teams of 8 who register at the same time are eligible for a further discount
Each Swim Team Member after March 7 _____ (x \$40 CAD) _____

Team name _____

Sub Total Swimming Events: _____

Social Event FEES qty: subtotal:

Welcome Party _____ (x No Charge) _____
Celebration and Awards Ceremony _____ (x No Charge) _____
Post Dinner Event _____ (x No Charge) _____
Farewell Breakfast _____ (x No Charge) _____

Total payable for Swimming Events: _____

All fees are to be paid in Canadian Dollars
All Payments Cheques and Money Order to be made payable to:
The Downtown Aquatics Corporation
Registration Closes Midnight April 7th
Fees and registrations submitted after April 7th will not be accepted.