

MASTERS SWIMMING ONTARIO PARTICIPATION AWARD 2003-04
For the Swimming Season September 1, 2003 to August 31, 2004.

There are four ways to be a winner:

- Fitness** - Personal Goals
- Social** - Interaction with other swimmers and growing the sport
- Competition** - Testing yourself
- Overall** - Master of Masters

For the Individual Fitness, Social or Competition Awards:

- Gold** - achieve eight items in any one of the categories
- Silver** - achieve seven items in any one of the categories
- Bronze** - achieve six items in any one of the categories

For the Overall Awards:

- Gold** - achieve a total of 20 items with at least six in each category
- Silver** - achieve a total of 15 items with at least four in each category
- Bronze** - achieve a total of 10 items with at least three in each category

This event is open to any registered Masters Swimmer. All activities must be completed by August 31, 2004.

Event Coordinators:

Geoff Camp Tel: (416) 252-6121 e-mail: geoffcamp@sympatico.ca
Beverley Tucker Tel: (705) 446-1346 e-mail: beverley.tucker@sympatico.ca

All entries must be mailed to Beverley Tucker at 25 Dawson Drive #124 Collingwood, ON, L9Y 5B4 by September 15, 2004. Should you have any questions please contact the event coordinators. Awards will be presented at the 2004 MSO Annual General Meeting.

FITNESS	SOCIAL	COMPETITION
Swim 12000 m/yds each month.	Attend a MSO Meeting.	Attend one swim meet.
Swim 3500 m/yds in a workout.	Lead/coach a workout.	Swim a relay event at a meet.
Swim on average 2 X a week.	Officiate at a swim meet.	Swim at provincial championships.
Do two workouts in one day.	Introduce someone to Masters Swimming.	Take part in an open water swim.
Lower your resting heart rate.	Go to a work out other than at your own club.	Swim 50m/yds Free, 50m/yds Fly, 50m/yds Back, 50m/yds Breast and 100 IM m/yds.
Take part in a cross training activity.	Publish an article or provide a photo for the MSO web site.	Swim 100m/yds Free, 100m/yds Fly, 100m/yds Back, 100m/yds Breast & 200 IM m/yds.
Swim a Personal Best in workout.	Write a creative reason for missing workout.	Compete in an event that you have never done before.
Learn to do a flip turn.	Organize a fund raiser.	Compete in 200 fly.
Learn a new swim drill.	Contribute a heat "prize" for a meet.	Compete in 400 IM.
Set up a cross training program.	Find a sponsor for your club.	Compete in any event over 400 m/yds.
Start up a masters swim club.	Host a team party/get together.	Take part in a triathlon.
Walk or bike to the pool.	Publish an article in Waves magazine.	Set a provincial record (individual or relay).
Do 20 push ups or dips / week.	Form a new friendship with a swimmer.	Set a national record (individual or relay).
	Draft/set the workout for your club.	Set a world record (individual or relay).
	Lose something in the pool (eg. goggles, teeth, swim suit ...)	Place in Ontario top 10 in one event.
	Buy a new suit.	Place in National Top 20 in one event.
	Take part in a swim fund raiser.	Set a PB in your present age group.
	Change age groups.	Get DQ'd (explain reason).
	Be on your club executive.	
Write in your own fitness achievement below.	Write in a social contribution below.	Write in your best competitive accomplishment below.