

NOTE : THIS VERSION OF THE MEET PACKAGE HAS BEEN ALTERED
TO MAKE IT INTO A PRINTABLE VERSION FOR THE MSO WEBSITE – IMAGES ON THE
FIRST PAGE AND ON THE T-SHIRT HAVE BEEN DELETED.

2002 ONTARIO MASTERS SWIMMING CHAMPIONSHIP

HOSTS: ONTARIO SWIMMING OFFICIALS ASSOCIATION

with assistance from EOMAC and TYMS

SANCTIONED BY: Masters Swimming Ontario

MEET MANAGER: David Share

REGISTRAR: Charlie Lane

LOCATION: Etobicoke Olympium
590 Rathburn Road
Etobicoke, Ontario
(Do NOT mail entries to this address)

DATES: Friday, Saturday and Sunday, April 5, 6 and 7, 2002

FORMAT: 3-day Championship Meet with time finals. The meet will be run short course metres (25m), double-ended for all individual events and single-ended for relays.

FACILITIES: The Etobicoke Olympium is an 8 lane, 50 metre facility. The pool has electronic touchpads and electronic displays in both ends of the pool. There is an adjacent 6-lane 25 yard patio pool for warm-up and warm-down that will be available for most of the meet.

LOCKERS: The Olympium has only coin operated lockers for 25 and 50 cents. So bring enough quarters for each time you may need to visit the locker.

SESSIONS:

Friday	Warm-up:	6:00 pm – 6:50 pm
	Start:	7:00 pm
Saturday	Warm up:	8:00 am – 8:50 am
	Start:	9:00 am
Sunday	Warm-up:	8:00 am – 8:50 am
	Start	9:00 am

WARM UP:

Competition Pools:

Both competition pools shall be open for warm ups prior to the start of the meet each day, in the deep end during the relays and for fifteen minutes after the end of each session. The no toys rule applies for all warm-up times and pools. See Safety Procedures.

Patio Pool:

The Patio Pool will be open for warm-ups and cool-downs while competition is taking place in the main pool.

RULES:

MSO Rules as published in the current **MSO Handbook** shall apply.

The new FINA butterfly kick rule requiring only "dolphin" kick, does not apply to this meet, unless you are attempting to break a World Record. To have your World Record time accepted in a butterfly or IM event you must swim the complete Butterfly section of the race using the dolphin kick and you must also have an official watch you throughout the race and certify in writing that you did so.

Ontario Championship rules require that all individual entries provide times for each event. If you have not swum an event before which you wish to swim, ask your coach or an experienced swimmer to help you establish a reasonable time for the entry.

REGISTRATION:

Eligibility:

The Championship is open to all registered Masters Swimmers, 20 years of age and older. Swimmers on relay teams shall be registered with the same club. Unattached swimmers shall neither enter relays nor swim relays.

MSO Registration:

All Ontario entries will be checked against the most current MSO list of eligible Ontario Masters. Please check with your Club contact person to be sure your 2002 fees have been sent to MSO. Out-of-province and international entries must include a copy of your current registration card with your entry.

Meet Entry Process:

Entries shall be sent to;

2002 Ontario Masters Swimming Championship
c/o Charlie Lane
50C-928 Queen St. West,
Mississauga, Ont. L5H 4K5

Phone (905) 271-6365 for info only.

We welcome the sending of entries initially by fax to (905) 278-0738 or email to mastersswim@hotmail.com, both to be followed within ten days by receipt of posted entry form, cheque for entry fees, and a copy of your registration card if required.

Clubs may enter electronically using the Hy-tek Team Manager program. Meet events can be downloaded from the meet web-site.

Make cheques payable to OSOA/OMSC and include NAME, MSO#, and CLUB CODE.

Individual Entries:

- Individual entries must be submitted on the official entry form enclosed with this package.
- Age groups are 20-24,25-29,30-34, increasing in five year increments up to the oldest competitor.
- An entry time of 'no time' (NT) will not be accepted. (see MSO Rules above)
- Swimmers may enter a maximum of 6 individual events.

Relay Entry:

- Clubs shall submit the number of relay teams per event on the relay entry form enclosed.
- Relay cards should be picked up on Friday, or the day of the swim, by a club representative.
- Age groups are 80-99,100-119,120-159,160-199, 200-239, 240-279, 280-319, etc.
- Relay age group must be included on each relay card.
- Name, age (as of December 31, 2002) and gender of each swimmer must be entered onto each relay card in the order they will swim. Relay team members must swim in the order shown on the card.

Registration:

Each swimmer will register in person. Registration will take place just inside the Olympium lobby beginning at 5 pm on Friday, 7 am on Saturday and 7:30 on Sunday.

Relay Check-In:

Entry cards for relays may be picked up from the check in table in the lobby on Friday night or from the Clerk of Course table in the pool area on Saturday or Sunday. Cards for relays must be submitted to the Clerk of Course table by 10.30 am on the day of the relay event with all required information. (name, age, gender of swimmers, age of team). The Heat and Lane positions for all relay teams for that day's events will be posted on the pool area wall near the entrance to the changing rooms as soon as all entries are submitted and seeded. Late submissions to the Clerk of Course may be scratched by Meet Management.

Deck Entries:

This is a Championship Meet. There shall be no deck entries.

Age Determination Date:

Your age for the meet is as of **December 31, 2002**. Swimmers must be a minimum of 20 years of age the first day they compete at this meet.

Entry Deadline:

Entries must be received by Friday, **March 15, 2002**. Entries received after this date may be returned.

Swimmers who include a valid phone number or email address will be notified if their entries are rejected.

Confirmation:

Should you wish to confirm your registration, please check online at the Meet web-site

www.geocities.com/mastersswimming

Confirmation of receipt of your entry will be posted at the site. Individual event entries will not be listed.

Fees:

1. All swimmers, including "relay only" swimmers, shall pay the registration fee of \$15.00
2. Individual events are \$5.50 each, six events are \$27.50.
3. Relays are \$8.00 each per team.

FOOD & SOCIAL:

Cafeteria:

The cafeteria will be open for the purchasing of food and drink during the meet.

Officials Food:

All relays will be swum in the shallow end. Lunch for officials will be served on Saturday and Sunday in two shifts during the relays. Morning coffee/tea and breakfast snacks will also be available for officials from 8:00 am each morning and from 6:00 pm on Friday night.

Saturday's Party:

This will be held in the Olympic Lounge on Saturday afternoon, complete with cash bar, special presentations and raffle prizes. It will be crowded, so we plan to start the party early to ease the congestion as much as possible. However, even if you are swimming in the final event, there will be lots of food left for you. We plan to have enough for all swimmers and officials. The price of the party is included in your registration.

Massage Therapists:

Student Massage Therapists with their supervisors will be on duty throughout the meet to provide swimmers with free massages. Please take advantage of this great opportunity and be sure to tell your therapist how much you appreciate the service. A small financial contribution is always appreciated!

TIMING & OFFICIALS:

Timing System:

The Omega OSM6 and ARES electronic timing system at the Etobicoke Olympium provides, with one timer per lane, three official times. This is acceptable to MSO, MSC and FINA for records. There may however be no electronics on Friday night for some swimmers as we are swimming, in most cases, two per lane. Additional officials are required for this session.

Officials:

Providing sufficient officials to ensure a well run, smooth flowing Championship Meet is a major task. If you or anyone you know is willing to officiate at any or all sessions of this meet, please indicate on the entry form or contact John Grootveld at (905) 951-2273. Officials should meet in the Officials room at the start of warm-up and should ideally wear white. For the Friday night distance events we require three timers per lane, a total of **48 timers**, to operate the meet. We request that local clubs in particular urge their members who are not competing that evening, spouses, friends, etc. to contact John and come out and give us a hand. Your assistance is necessary and greatly appreciated.

MEET PROCEDURES:

- Competition by gender will take place as follows:

•	• Friday	• Saturday	• Sunday
• Men	• Deep End	• Shallow End	• Deep End
• Women	• Shallow End	• Deep End	• Shallow End

- On the start, there shall be no forward step after the command, 'Take your marks'.
- The 'One False Start' rule will be in effect.
- Swimmers will remain in the water after completing their heat. Once the following heat has left the blocks, swimmers will quickly exit the pool.
- In the 800 and 1500 Free, starting blocks will not be used. Instead, all swimmers will start from bulkhead level beside the starting block. In the interest of fairness, heats with one swimmer per lane will also start from the bulkhead. This rule may be waived by the Referee for any swimmer with a reasonable expectation of breaking a World Record.
- All relays will be swum in the shallow end of the pool.

Event Seeding:

- All individual events will be seeded by time, and will be swum slowest to fastest.
- The 1500 free and 800 free will be swum with 2 swimmers of the same sex per lane, unless swimmers indicate on the bottom of their entry form that they wish their own lane. Such special request heats will be swum after all the other 2 per lane heats have been completed.
- On Friday night time cards will be used and swimmers may be timed manually.
- Relay events will be seeded by age group. Where there are fewer than 6 teams representing any one age group in a heat, more than one age group may be seeded in the same heat.
- Swimmers may swim both the 800 and 1500 Free.

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:

- Results will be posted on the second floor immediately outside of the cafeteria. This will be the only location where results will be posted.
- The official results booklet/disc will be organized by age group, not by event. One copy of the results will be mailed/e-mailed to each club and each unattached swimmer. You may order a personal copy of the results by leaving your name, address and \$5.00 at the awards table.
- The results will be posted on both the Meet and MSO website as soon as possible after the meet.

Awards:

- For individual events, official MSO Championship Medals will be awarded to the first 3 finishers and MSO Championship Ribbons will be awarded for places 4 to 8 in each age

group. For relay events, teams in each age group will receive MSO Championship Ribbons for places 1 to 8. You may request that your awards be mailed to you by leaving your name and address and \$ 5.00 at the awards table.

- The Awards Table will be located in the cafeteria adjacent to the pool window. Swimmers will pick up their award stickers across from the awards table then proceed to the awards table to receive their awards.

Acknowledgment:

The Board of the Ontario Swimming Officials Association thanks Masters Swimming Ontario for allowing us to run the 2001 Championship and now the 2002 Championship. The funds we receive from hosting these allow us to train officials across the province who are essential for running meets for all swimmers in Ontario.

We would like to thank those members of the Etobicoke Olympium Masters Aquatic Club and the Toronto Y Masters Swim Club for their contribution in organizing and running this event. We would like to thank all the volunteer officials who make it possible to run our meets and finally we would thank all the swimmers who participate. We look forward to seeing you and hope you all have a great Championship.

2002 Championship Coordinating Committee

Horst Tietze, John Grootveld, Chris Smith, Charlie Lane, David Share, Steve Goodwin, and Lois Adams.

2002 T-Shirts and Sweat Shirts:

This year we are going Classical for a change. Masters swimming is all about Fitness and Water. Botticelli expressed this beautifully in 1483 with his "Birth of Venus". We have used the central, universally known, section of Venus in her clam shell to create a distinctive T-shirt and sweat shirt as your souvenir of a great meet.

The multi-coloured design will be printed on 100% cotton, high quality, white short sleeved T-shirts and long sleeved sweat shirts.

Be sure to order your shirts by size on your entry form. The T-shirts are \$17.00 including taxes, all sizes, and the sweat shirts are \$34.00, also including taxes, all sizes.

Please note that shirts will not be available for sale at the meet and must be pre-ordered.

NOTE : THE IMAGE ON THE T SHIRT HAS BEEN REMOVED FROM THIS PACKAGE IN ORDER TO REDUCE THE SIZE OF THE FILE

Shopping and Equipment:

The Olympium Pro Shop will be open during the meet for your convenience.

VISA and Mastercard are accepted.

MASTERS SWIMMING ONTARIO - MSO Safety Procedures

The following information is excerpted from the MSO Rule Book. It is provided to inform all swimmers of the Safety Procedures to be adhered to at all MSO Sanctioned Swim Meets.

Infractions of these rules may result in the offending swimmer being reported to the Referee who shall deal with the infraction under rule SW 2.1.1.

SAFETY PROCEDURES:

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

GENERAL WARMUP:

1. During warm-ups, no swimmer shall enter the pool by a dive or a 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. All lanes shall be used for general warm-up with circle swimming only.
3. 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**
- **SPECIFIC WARMUP:**

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