



MASTERS SWIMMING ONTARIO

2008 Ontario Masters Swimming Championship

Etobicoke Olympium, Toronto, Ontario

March 28 to 30, 2008



Proudly hosted by



**MASTER
DUCKS**



Sanctioned by Masters Swimming Ontario



2008 ONTARIO MASTERS SWIMMING CHAMPIONSHIP

HOSTS: Aurora Master Ducks, Etobicoke Olympium Masters Aquatic Club and Etobicoke Swimming

SANCTIONED BY: Masters Swimming Ontario

COMMITTEE: **MEET CHAIR:** Nancy Black

MEET MANAGER: Steve Goodwin

MEET REFEREE: Alastair Currie

ADMINISTRATION: Charlie Lane

ENTRIES: Lois Adams

LOCATION: **Etobicoke Olympium**
590 Rathburn Road, Toronto, Ontario (see map on website)

DATES: Friday, Saturday and Sunday, March 28, 29 and 30, 2008

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

FACILITIES: The Etobicoke Olympium is an 8 lane, 50 metre facility. The pool has electronic timing and electronic displays in both ends of the pool. There is an adjacent 6 lane, 25 yard warm down pool.

WEBSITE: www.MSOChamps2008.ca

SESSIONS:

Friday March 28	Warm-up: Start:	5:00 pm – 5:50 pm 6:00 pm
Saturday March 29	Warm up: Start:	8:00 am – 8:50 am 9:00 am
Sunday March 30	Warm-up: Start	8:00 am – 8:50 am 9:00 am

Parking:

There is parking, but the Olympium will be busy this weekend so please try to car pool. Cars parked inappropriately will likely be tagged.

Lockers:

The Olympium has only coin operated lockers in the change rooms. These are single use lockers, so bring enough quarters for each time you may need to visit your 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, during the officials lunch break and for fifteen minutes after the end of each session in either the competition pools, the adjacent patio pool, or both. Throughout the pre-session and lunch break warm-ups in the competition pools, 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 - diving is strictly prohibited during general warm-up. 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.

Toys:

The no toys rule applies during warm ups. (See Safety Procedures)

Lunch Break:

Lunch breaks of 45 minutes for officials will be taken on Saturday after event 17 and on Sunday after event 37. This schedule will be subject to change at short notice if required.

RULES:

Current MSC Rules apply. <http://www.mastersswimmingcanada.ca/MSCRules20060220.pdf>

REGISTRATION:**Eligibility:**

The Championship is open to all registered Masters Swimmers, 18 years of age and older. Swimmers on relay teams shall be registered with the same club. Unattached swimmers shall neither enter nor swim relays.

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 2008 fees have been sent to MSO. Out-of-province and international entries must include a copy of their current registration card with their entry.

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

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

Individual Entries:

- Individual entries **must be submitted on the official entry form** enclosed with this package
- 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 7, 2008**
- Please include an email address so that your entry can be confirmed

Relay Entries:

- Clubs need submit only the number of relay teams per event on the relay entry form enclosed
- Relay age groups are 72-99, 100-119, 120-159, 160-199, increasing in 40 year increments
- The 4 x 200m relay may be swum as a medley or free relay (**Men, Women** or **miXed**)
- A swimmer may swim only once in each relay event
- Meet Management reserves the right to swim relays in both ends or in the shallow end only
- Meet Management reserves the right to restrict the number of heats in the 4 x 200m relay
- **Relay Entries are due Friday Mar 14, 2008**

Electronic Entries

- Clubs are encouraged to enter electronically using the Hy-Tek program. Meet event download will be available at the meet website or by email. Please submit entries to Lois Adams at MSOChamps2008@aol.com . Hard copy and payment (by cheque, money order or VISA or MC) must follow within 10 days and **arrive by Mar 7, 2008**.
- Individuals may enter electronically if they are technically able to send a filled in official entry form including a VISA or MC number, expiry date & the name on the card. Email to: MSOChamps2008@aol.com **by Mar 7, 2008**
- **Or FAX to Lois Adams at (866) 324-7239**

Mailed entries shall be sent to: MSO Champs 2008, c/o Lois Adams, 56 McBain Avenue, Toronto, ON M4P 2S7
Phone (416) 481-0722

Make cheques payable to MSO Champs 2008 and include NAME, MSO#, and CLUB CODE on the cheque

Registration:

Each swimmer will register in person. Registration will take place in the Olympium Lounge beginning at 4 pm on Friday, 7 am on Saturday and 8 am on Sunday. Swimmers competing on Friday should pick up their heat sheets early in order to have up-to-date meet procedures.

Relay Check-In:

- Relay cards may be picked up by a club representative from the check-in table in the lobby on Friday night or from the Relay Coordinator on Saturday or Sunday.
- Relay cards must be submitted to the Relay Coordinator by 6:00 pm on Friday and 10:00 am on Saturday and Sunday for that day's relays with all required information – swimmers' names, ages as of December 31, 2008, relay gender (**Men, Women, miXed**), order of swimmers, and age group.
- Late submission of relay cards may result in the team being scratched by Meet Management.
- The heat and lane positions for all relay teams for that day's events will be posted on the wall at both ends of the pool shortly after all entries are submitted and seeded.
- Relay team members must swim in the order shown on the card as presented to the lane timers. Changes to swimmers or order may be made before the start of the heat if required.

Age Determination Date:

Your age for the meet is as of **December 31, 2008**. Swimmers must have attained the age of 18 before competing.

Entry Deadline:

Individual entries must be received by Friday **March 7, 2008** and relay entries by Friday **March 14, 2008**. 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. Individual cancellations can be refunded up to **March 7, 2008**. No late registrations of relays allowed.

Confirmation:

You may check your registration on the meet web-site: www.MSOChamps2008.ca
Confirmation of receipt of your entry will be posted on the site. Individual event entries will not be listed.

Fees:

1. All swimmers, including "relay only" swimmers, shall pay the registration fee of \$30.
2. All swimmers, including "relay only" swimmers, shall pay the officials fee of \$5. (as per MSO Sept 1, 2007)
3. Individual events are \$6.00 each, six events are \$30.00.
4. Relays are \$10.00 each per team.
5. Gala tickets are \$45 per person. (Limited to the first 200).
6. **A surcharge of 3% will be added for the use of VISA or MasterCard.**

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. The cafeteria overlooking the pool will be open throughout most of the meet serving warm food, light snacks and drinks.

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 17 and 37.

Gala:

Our Gala this year will be held at the Marriott Toronto Airport Hotel (our headquarters hotel).

We are featuring

- **A three course sit down meal**
- **Entertainment by YUK YUK's**
- **Dancing to follow!**

Tickets are only \$45. They can be ordered on the individual entry form.

Credit card orders:

- may be placed by faxing the individual entry form to Lois Adams at **866-324-7239**
- may be ordered in a detailed email to Lois Adams at MSOChamps2008@aol.com . Please include your name, swim club, number of tickets required, credit card number, expiry date, and the name on credit card.
- may be mailed to: MSO Champs 2008, c/o Lois Adams, 56 McBain Avenue, Toronto, ON M4P 2S7
- a surcharge of 3% will be added for the use of VISA or MasterCard.

Cheques shall be mailed to Lois Adams at the above address.

Deadline for tickets is the individual entry deadline (Friday, March 7, 2008)

Tickets will not be available at the meet.

Please see Website for further details. www.MSOChamps2008.ca

Massage Therapists:

Student Massage Therapists with their supervisors from Elmcrest College will be on duty Saturday and Sunday to provide swimmers with massages. Please take advantage of this great opportunity and be sure to tell your therapist how much you appreciate the service.

TIMING & OFFICIALS:

Timing System:

The Omega ARES-21 electronic timing system at the Olympium will provide the primary timing. We require three timers per lane for World Records to be accepted by FINA. There may be no electronics for the 800m and 1500m for those swimmers swimming two per lane, therefore lots of timers will be required.

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 Alastair Currie at 416 234-2872.

Officials should meet in the Officials room at the start of warm-up and should ideally wear white. We request that local clubs in particular urge their members who are not competing at any time during the meet, spouses, friends, etc. to contact Alastair and come out and give us a hand. Your assistance is necessary and greatly appreciated.

MEET PROCEDURES:

The Start:

- The 'One 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:

- All events of 100m or less will be seeded by age group; and will be swum oldest to youngest, slowest to fastest.
- Women will swim in the shallow end on Friday and Sunday and the deep end on Saturday.
- The 800m and 1500m free may be swum with 2 swimmers per lane, unless swimmers indicate on their entry form that they wish their own lane. Such special request heats will be available at the meet managers discretion and would be swum after all the other 2 per lane heats have been completed if time allows.
- All events of 200m or more 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. 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 wall of the corridor outside the cafeteria.
- The official results will be organized by gender and age group
- The results will be posted on both the Meet and MSO website as soon as possible after the meet. The MSO website shows the results for Ontario registered swimmers only.

Awards:

- Official MSO Championship Medals will be awarded to the first 3 finishers in Individual Events in each age grp.
- MSO Championship Ribbons will be awarded for places 4 to 8 in each age group.
- MSO Championship Ribbons will be awarded to the first 8 finishers in Relay Events in each age group.
- The Awards Table will be located in the Cafeteria. Swimmers will pick up their award stickers across from the awards table then proceed to the awards table to receive their awards.

Engraving:

We plan to have an engraver set up near the awards table on Saturday and Sunday.
Do bring in your old medals and get them engraved also!

2008 Clothing for sale:

Please see the website for details.

Sports Shop:

The shop at the Olympium will sell swimming gear and accessories during the meet.

Hotel Information

MARRIOTT Toronto Airport
901 Dixon Road, Toronto, ON M9W 1J5
www.marriott.com/yyzot

For Online Reservations : Please see website www.MSOChamps2008.ca

Or Call the Marriott at: 416-674-9400 or 1 (800) 905-2811
(Be sure to ask for the **MSO Provincials block of rooms**)

We have negotiated a price of \$99/ room. This includes 2 double beds and up to 4 people / room and parking.
This is a smoke free hotel. Swimmers will make their reservations directly with the hotel.

Reservations must be received on or before Friday, March 7, 2008.

Please book early or we will lose some of our rooms!



MASTERS SWIMMING ONTARIO

MSO Safety Procedures

REVISED- MARCH 2005.

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. 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, as shown below.
Lane 8 shall be designated for slow swimmers.
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 minimize 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 or the two outside lanes 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

Any swimmer who flagrantly disobeys these rules may be disqualified from the competition at the discretion of the referee.



**2008 ONTARIO MASTERS SWIMMING CHAMPIONSHIP
INDIVIDUAL ENTRY FORM**

Last Name : _____ First Name: _____
 D.O.B. dd/mmm/yy: ____ / ____ / ____ Age as of Dec. 31, 2008: _____
 Gender : _____ MSO Registration # _____
 Club Code: _____ Club Name: _____
 Address: _____ Phone days: _____
 City: _____ Phone evenings: _____
 Postal Code: _____ Email: _____

Please refer to previous page for event numbers

	EVENT #	EVENT NAME	ENTRY TIME
1	_____	_____	____ : ____ : ____
2	_____	_____	____ : ____ : ____
3	_____	_____	____ : ____ : ____
4	_____	_____	____ : ____ : ____
5	_____	_____	____ : ____ : ____
6	_____	_____	____ : ____ : ____

I wish to swim one per lane

**in the 800m _____,
the 1500m _____
(time permitting)**

Contact Person:
Lois Adams
416-481-0722

Item	#	Unit Cost	Total	CHEQUES PAYABLE TO : MSO Champs 2008 Mail to: MSO CHAMPS 2008 c/o Lois Adams 56 McBain Avenue, Toronto, ON M4P 2S7 Fax to: (866)-324-7239 with a Visa or MC number included ENTRIES TO BE RECEIVED BY FRIDAY, MARCH 7, 2008 PLEASE PUT NAME, MSO#, AND CLUB ON CHEQUE
Individual Registration Fee:	one	\$ 30.00 per swimmer	\$ 30.00	
Officials Fee:	one	\$5.00 per swimmer	\$ 5.00	
Individual Entry Fees:	_____	Events @ \$ 6.00 per event Or \$30.00 for six events	\$ _____	
Saturday Evening Gala	_____	\$45 per ticket	\$ _____	
		TOTAL PAYABLE	\$ _____	

Card # Exp mm/yy /

3% surcharge added for VISA or MasterCard

Name on Card _____ Signature _____



2008 ONTARIO MASTERS SWIMMING CHAMPIONSHIP
RELAY ENTRY FORM

Club Name: _____ Club Code: _____

Club Representative: _____

Address: _____

City: _____ Postal code: _____

Phone (days:) _____ Phone (evenings): _____

E-mail: _____

EVENT #	EVENT NAME	#OF TEAMS
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Friday March 28, 2008

5	(M,W,X)	4 X 200 FR. or MED. RELAY	_____
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**CHEQUES PAYABLE TO :
MSO Champs 2008**

Saturday March 29, 2008

17	(M,W,X)	4 X 100 MEDLEY RELAY	_____
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MAIL TO: MSO CHAMPS 2008
c/o Lois Adams
56 McBain Avenue,
Toronto, ON M4P 2S7

25	(M,W,X)	4 X 50 FREE RELAY	_____
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Phone (416) 481-0722

FAX to (866)-324-7239
with a VISA or MC number included

Sunday March 30, 2008

37	(M,W,X)	4 X 100 FREE RELAY	_____
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ENTRIES TO BE RECEIVED BY
FRIDAY,
MARCH 14, 2008

43	(M,W,X)	4 X 50 MEDLEY RELAY	_____
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NOTE: Payment for Relays must be received by separate cheque, and must accompany this form. It is not necessary to include names or ages of swimmers, or age group of team at this time.

TOTAL ENTRIES _____

ENTRY FEES:
of relay teams _____ @ \$10.00 per team \$ _____

Card # Exp mm/yy /

3% surcharge added for VISA or MasterCard

Name on Card _____ Signature _____