

2009 Ontario Masters Swimming Championship

Nepean Sportsplex, Nepean, Ontario

March 20 to 22, 2009

MAKE A SPLASH!



Proudly hosted by:



Sanctioned by:



MASTERS SWIMMING ONTARIO

2009 ONTARIO MASTERS SWIMMING CHAMPIONSHIP

HOSTS: Nepean Masters Swim Club,

SANCTIONED BY: Masters Swimming Ontario

COMMITTEE:
MEET CHAIR: Barry Doucette (barrydoucette@yahoo.ca)
MEET MANAGER: Derek Parker (dandml@magma.ca)
MEET REFEREE: Dave Roza (droza7492@rogers.com)
MEET REGISTRAR: Louise Desjardins (paulgauthier1@sympatico.ca)

LOCATION: **Nepean Sportsplex**
1701 Woodroffe Ave, Nepean, Ontario, K2G 1W2 (see map on website)

DATES: Friday, Saturday and Sunday, March 20, 21 and 22, 2009

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

FACILITIES: The Nepean Sportsplex pool will be configured as a seven lane, 2 x 25M pool with women in one end and men in the other. The eighth lane will be open for swimmers to warm-up and warm-down. The relays may be swum using all 8 lanes.
The pool has electronic timing.

WEBSITE: www.MSOChamps2009.ca

SESSIONS:

Friday March 20 Warm up: 5:00 pm – 5:50 pm, Start: 6:00 pm

Saturday March 21 Warm up: 8:00 am – 8:50 am, Start: 9:00 am

Sunday March 22 Warm up: 8:00 am – 8:50 am, Start: 9:00 am

Parking:

There is parking at the front of the complex (between the building and Woodroffe Ave.) but the majority of the parking is located at the rear of the complex.

Lockers:

Lockers are available for use in the change rooms, with your own locks, but there may be a shortage of them. Please be prepared to be unable to use a 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. Throughout the warm up and lunch break, 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 and diving is strictly prohibited during general warm up. Safety Marshals 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 15 and on Sunday after event 35. This schedule will be subject to change on short notice if required.

RULES:

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

REGISTRATION:

Eligibility:

All swimmers must have reached the age of 18 years or over and be registered with their official Masters Swimming Organization. **Masters registration numbers must be provided for each swimmer.** Out-of-Province and international entries must provide their current affiliation and registration number when they register.

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 2009 fees have been sent to MSO. Out-of-province and international entries must provide their current affiliation and registration number when they register.

Meet Entry Process:

No Deck Entries:

This is a championship meet. There shall be no deck entries.

Individual or Group Entries:

Individual or group entries **must be submitted online.**

Hy-Tek files will not be accepted.

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 February 27, 2009

Please include an email address, for each registrant, so that each entry can be confirmed

Relay Entries:

Relay entries must be submitted online. Coaches, club managers or swimmers may submit relay entries.

Relay age groups are 72-99, 100-119, 120-159, 160-199, increasing in 40 year increments

The 4 x 200m relay must be swum as a free relay (**M**en, **W**omen or **miX**ed – mixed relays equal 2 women and 2 men only)

A swimmer may swim only once in each relay event

Meet Management reserves the right to restrict the number of heats in the 4 x 200m relay

Relay Entries are due February 27, 2009

Hy-Tek files will not be accepted.

Relay substitutions must be submitted to the Relay Coordinator by 6pm on Friday and 10am on Saturday and Sunday for that day's relays.

Registration and Payment

Registration will be done entirely on-line. Payment may be made on-line as part of registration (recommended) or by mailing a cheque (payable to "Nepean Masters Swim Club"). No postdated cheques will be accepted. **All cheques must be received by March 6, 2009.**

At the following address:

Nepean Masters Swim Club
900 Greenbank Rd, Suite 360
Nepean, ON
K2J 4P6

RE: Provincials Registration

Note: Please put your MSO (or affiliation) # on the cheque, if paying by cheque.

Swimmer Check In:

Before swimming, all swimmers must verify the status of their registration at the check-in desk located at the entrance to the pool locker rooms before the meet. A list of swimmers in good standing (i.e. registered and paid) will be listed there. If your name is **NOT** on the list, please speak with the check-in agents otherwise, proceed directly to the locker rooms.

Relay Check-In:

Relay cards (available online) must be completely filled out clearly stating Age Category, Relay Type (eg: Mixed, Male, Female), Stroke (eg: Freestyle or Medley), Entry Time and Name of each swimmer.

Relay substitutions must be submitted to the Relay Coordinator by 6pm on Friday and 10am on Saturday and Sunday for that day's relays. All substitutions submitted must have swimmers name, age as of Dec 31, 2009, relay gender (**Men, Women or miXed**) or order of swimmers and age group.

The heat and lane positions for all relay teams will be posted on the wall at both ends of the pool
Relay team members must swim in the order shown on the card as presented to the lane timers.

Age Determination Date:

Your age for the meet is as of **December 31, 2009**. Swimmers must have attained the age of 18 before competing.

Entry Deadline:

Individual and relay entries must be received by **February 27, 2009**. All online registration payments must be completed by February 27, 2009 and cheques being mailed must be received by **March 6, 2009**. Cancellations, with a refund, will be accepted until **February 27, 2009**.

Confirmation:

Confirmation of receipt of your registration and entries will be sent to the email address which you provide at the time of registration.

You may also check your registration on the meet web-site: www.MSOChamps2009.ca

Fees:

- 1 All swimmers, including "relay only" swimmers, shall pay the registration fee of \$38.
- 2 Individual events are \$6.00 each.
- 3 Relays are \$10.00 each per team.
- 4 Social tickets are \$45 per person. (Limited to the first 200).
- 5 T Shirts are \$15

Clothing:

Please order your 2009 Provincials T Shirts online at www.MSOChamps2009.ca when registering for the meet. T shirts cost \$15 including GST.



T Shirt Front



T Shirt Back

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.

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 15 and 35.

Social:

Saturday Night Social and DJ – March 21, 2009 6pm until midnight.

Please see the last page of the package for full deals and information regarding the Social.

MEET PROCEDURES:

The Start:

The 'No 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:

Seeding will be by entry time and gender from the slowest to the fastest time. **There will be no deck entries.**

Women will swim in the shallow end on Friday and Sunday and the deep end on Saturday. The 800m and the 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 manager's discretion and would be swum after all other 2 per lane heats have been completed, if time allows.

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:

The official results will be organized by gender and age group

The results will be posted on both the Meet website and the MSO website as soon as possible after the meet. The MSO website will show 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 group.

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 pool area, near the exit from the change rooms. Swimmers will pick up their award stickers across from the awards table then proceed to the awards table to receive their awards.

Volunteers:

A large number of man-hours are required to properly officiate a meet of this magnitude.

Help is needed for Officials and timers.

If you or someone you know is interested please contact: corinne_duncan@sympatico.ca

YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOSTS

Hotel Information

Welcome to Best Western Macies Hotel!

Stay at this Ottawa hotel situated 10 minutes from Parliament Hill and many of Ottawa's museums and performing arts centres .

The Best Western Macies Hotel is conveniently located near Canada's Parliament Hill and major businesses and commercial parks in the west end of Ottawa. Hotel guests will also have easy access to a number of recreational and cultural activities in downtown Ottawa.

Travelers can visit the National Art Gallery, the Museum of Civilization, the National Arts Centre and the Museum of Nature. This Ottawa hotel is also near the Notre Dame Basilica.

This family-operated hotel has been an Ottawa landmark for over 65 years and a friendly staff is pleased to offer guests a warm smile. The hotel features an outdoor swimming pool, hot tub, steam room, gym and High-speed Internet in all rooms.

Make an online reservation today at the Best Western Macies Hotel in Ottawa, Ontario!

Address:

1274 Carling Avenue, Ottawa, Ontario, K1Z 7K8, CA

Phone: 613-728-1951 Fax: 613-728-1955

Toll Free Reservations: 800-268-5531

We have negotiated a price of \$89.00 per room – Ask for Ontario Masters Swim Championships

They have blocked 50 rooms (doubles and singles) for the price of \$89.00 per room.
They will hold the rooms until February 27, 2009 – **must book prior to February 27th**.
For more details on the hotel please view: http://www.bestwestern.com/prop_6602300
The hotel is 10 minutes from the Nepean Sportsplex.

To get directions from Sportsplex to the hotel please follow this link:

<http://maps.google.com/maps?f=d&hl=en&geocode=&saddr=1701+Woodroffe+Ave.,+Nepean,+ON+K2G+1W2+&daddr=1274+Carling+Avenue,+Ottawa,+Ontario,+K1Z+7K8&sl=45.230415,-75.681982&sspn=0.014477,0.037422&ie=UTF8&z=13>

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 The use of hand paddles, swim fins, pull buoys & flutter boards during warm-up shall be prohibited.
- 4 All lanes shall be used for general warm-up with circle swimming only, as shown below.
Lane 8 shall be designated for slow swimmers.

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.



ORDER OF EVENTS

Please ensure the proper event number is included on your individual entry form. Women's events will be swum in the shallow end on Friday and Sunday, the deep end on Saturday.

Event #		Friday, March 20, 2009
		(Registration opens 4:00 pm)
Women	Men	5:00 pm warm-up, 6:00 pm start
1	2	200 IM
3	4	50 Free
5	5	4 x 200 Free Relay (M,W,X)
7	8	1500 Free

Event #		Saturday, March 21, 2009
		(Registration opens 7:00 am)
Women	Men	8:00 am warm-up, 9:00 am start
9	10	100 Free
11	12	400 IM
13	14	50 Breast
15	15	4 x 100 Medley Relay (M,W,X)

Warm-up Officials Lunch

17	18	100 Back
19	20	50 Fly
21	22	200 Breast
23	24	4 x 50 Free Relay (M,W,X)
25	26	400 Free

Social in 'Hall B' of Nepean Sportsplex

Event #		Sunday, March 22, 2009
		(Registration opens 8:00 am)
Women	Men	8:00 am warm-up, 9:00 am start
27	28	200 Free
29	30	100 IM
31	32	200 Back
33	34	100 Fly
35	35	4 x 100 Free Relay (M,W,X)

Warm-up Officials Lunch

37	38	100 Breast
39	40	200 Fly
41	42	50 Back
43	43	4 x 50 Medley Relay (M,W,X)
45	46	800 Free

Saturday Night Social and Dance

Nepean Masters Swim Club and Masters Swimming Ontario invite you to celebrate and party with your teammates and friends

Saturday - March 21 - 2009

Nepean Sportsplex - Hall B

6pm - 12am

Cash Bar

\$45.00 per person which includes

o Ottawa's famous Capone's Restaurant will cater "The Capone's Evening Buffet"

Slow Roasted Sirloin and Chicken Creole

Antipasto misto - Selection of Italian Meats with Pickles & Olives

Waldorf salad, Neptune salad, Fresh Baby Greens, Potato & Mandarine Salad

Crudit  Display, Deviled Eggs

Choice of Dessert

Fresh Fruit Platter

Imported and Domestic Cheese Platter

The DJ will take requests after dinner for dancing into the night

COME ON OUT AND JOIN US FOR AN EVENING OF FUN