



MASTERS SWIMMING ONTARIO

# 2012 Ontario Masters Swimming Championship

Etobicoke Olympium, Toronto, Ontario

March 30 to April 1, 2012

**THE EOMAC**



**BLOCK PARTY**

Proudly hosted by



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Sanctioned by Masters Swimming Ontario



# 2012 ONTARIO MASTERS SWIMMING CHAMPIONSHIP

**HOST:** Etobicoke Olympium Masters Aquatic Club

**SANCTIONED BY:** Masters Swimming Ontario

**COMMITTEE:**

<b>MEET CHAIR:</b>	Mark Hunter	<a href="mailto:markhunter2022@gmail.com">markhunter2022@gmail.com</a>
<b>MEET MANAGER:</b>	Steve Goodwin	<a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a>
<b>MEET REFEREE:</b>	Alastair Currie	<a href="mailto:alastair@abbeyprint.com">alastair@abbeyprint.com</a>
<b>ENTRIES:</b>	Steve Goodwin	<a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a>

**LOCATION:** **Etobicoke Olympium**  
590 Rathburn Road, Toronto, Ontario

**FACILITIES:** Two 8 lane, 25m pools with Omega electronic timing. One 6 lane, 25 yard warm down pool.

**ELIGIBILITY:** Only Masters swimmers registered with a provincial, state or national Masters organization will be accepted. Swimmers must be 18 years old on March 30, 2012. The swimmer's age shall be that on December 31<sup>st</sup>, 2012.

**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 16, 2012**  
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 (**M**en, **W**omen or **miX**ed)  
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 23, 2012**

**RULES:** 2009 MSC Rules (updated October 23, 2011) apply. [http://www.mymisc.ca/Rules\\_en.jsp](http://www.mymisc.ca/Rules_en.jsp)

**WARM UP:** Please read the included warm up safety procedures.  
The warm up procedure will be strictly monitored.

**WEBSITE:** [www.eomac.ca](http://www.eomac.ca)

**REGISTRATION:** Each swimmer will register in person. Registration will take place in the Olympic Lounge beginning at 4 pm on Friday, 7 am on Saturday and 8 am on Sunday.

**ENTRY FEES:**

1. All swimmers, including "relay only" swimmers, shall pay the registration fee of \$40.
2. All swimmers, including "relay only" swimmers, shall pay the officials fee of \$5.
3. Individual events are \$6.00 each, six events are \$30.00.
4. Relays are \$12.00 each per team.
5. Social tickets are \$15 per person. (Limited to the first 180).
6. **A surcharge of 3% will be added for the use of VISA or MasterCard.**



- 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.
- RESULTS:** Results will be posted on the wall of the corridor outside the cafeteria.  
Results will be posted on both the Meet and MSC website as soon as possible after the meet.
- AWARDS:** Official MSO Championship Medals will be awarded to the first 3 finishers in each age group in all individual and relay events. MSO Championship Ribbons will be awarded for places 4 to 8 in each age group in all individual events.  
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.
- 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, 2012, relay gender (**M**en, **W**omen, **miX**ed), 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.
- SOCIAL:** The EOMAC BLOCK PARTY will be held Saturday in the Olympic Lounge from 5:00 - 8:00 pm.  
Liquid refreshments, lots of Pizza, lots of loud music, lots of fun.
- 2012 CLOTHING:** Available at the Olympium Pro Shop
- PRO SHOP:** The Olympium Pro Shop will sell swimming gear and accessories during the meet.



## **MSC Warm-Up/Warm Down Procedures**

**CMSW 1.6** MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

**CMSW 1.6.1** The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

**CMSW 1.6.2** There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

**CMSW 1.6.3** There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

**CMSW 1.6.4** All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

**CMSW 1.6.5** Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

**CMSW 1.6.6** The wearing of watches, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

**CMSW 1.6.7** Warm-up procedures shall be prominently posted at various areas of the pool deck.



## 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.

<b>Event #</b>		<b>Friday, March 30, 2012</b>
		(Registration opens 4:00 pm)
<b>Women</b>	<b>Men</b>	5:00 pm warm-up, 6:00 pm start
1	2	400 IM
3	4	50 Free
5	5	4 x 200 Relay (M,W,X) (Free, Medley)
7	8	1500 Free

<b>Event #</b>		<b>Saturday, March 31, 2012</b>
		(Registration opens 7:00 am)
<b>Women</b>	<b>Men</b>	8:00 am warm-up, 9:00 am start
9	10	100 Free
11	12	50 Breast
13	14	200 Fly
15	16	100 IM
17	17	4 x 100 Medley Relay (M,W,X)

Warm-up Officials Lunch (restart at 1:00 pm)

19	20	100 Back
21	22	50 Fly
23	24	200 Breast
25	25	4 x 50 Free Relay (M,W,X)
27	28	400 Free

<b>Event #</b>		<b>Sunday, April 1, 2012</b>
		(Registration opens 8:00 am)
<b>Women</b>	<b>Men</b>	8:00 am warm-up, 9:00 am start
29	30	200 Free
31	32	50 Back
33	34	100 Fly
35	36	200 IM
37	37	4 x 100 Free Relay (M,W,X)

Warm-up Officials Lunch (restart at 1:00 pm)

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



2012 ONTARIO MASTERS SWIMMING CHAMPIONSHIP INDIVIDUAL ENTRY FORM

Last Name : \_\_\_\_\_ First Name: \_\_\_\_\_
D.O.B. dd/mmm/yy: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age as of Dec. 31, 2012: \_\_\_\_\_
Gender : \_\_\_\_\_ MSO Registration # \_\_\_\_\_
Club Code: \_\_\_\_\_ Club Name: \_\_\_\_\_
Address: \_\_\_\_\_ Phone days: \_\_\_\_\_
City: \_\_\_\_\_ Phone evenings: \_\_\_\_\_
Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Please refer to previous page for event numbers

Table with 4 columns: EVENT #, EVENT NAME, ENTRY TIME. Rows 1-6 for event selection.

I wish to swim one per lane

in the 800m\_\_\_\_,
the 1500m \_\_\_\_\_

(time permitting)

Contact Person:
Steve Goodwin
905-279-5457

Table with 4 columns: Item, #, Unit Cost, Total. Includes registration fee, officials fee, entry fees, and social. Includes payment instructions for cheques payable to EOMAC.

Card # [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] Exp mm/yy [ ] [ ] / [ ] [ ]

3% surcharge added for VISA or MasterCard

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_



**2012 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 30, 2012**

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

**Saturday March 31, 2012**

17	(M,W,X)	4 X 100 MEDLEY RELAY	_____
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**MAIL TO: MSO CHAMPS 2012**

c/o Steve Goodwin  
3308 Queen Frederica Dr,  
Mississauga, ON L4Y 3B2

25	(M,W,X)	4 X 50 FREE RELAY	_____
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Phone (905) 279-5457

**Sunday April 1, 2012**

37	(M,W,X)	4 X 100 FREE RELAY	_____
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**ENTRIES TO BE RECEIVED BY**  
**FRIDAY,**  
**MARCH 23, 2012**

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 \_\_\_\_\_ @ \$12.00 per team \$ \_\_\_\_\_

Card #                 Exp mm/yy   /

**3% surcharge added for VISA or MasterCard**

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_