

**Ontario Masters
Provincial Championship**



Windsor International Aquatic and Training Center

March 28 to 30 2014

Proudly hosted by
Windsor Essex Swim Team
and
Windsor Essex Swim Team Masters



Sanctioned by Masters Swimming Ontario



Version: November 27 2013

2014 Ontario Masters Swimming Championships

- DATE:** March 28 to 30 2014
- HOSTS:** Windsor Essex Swim Team and Windsor Essex Swim Team Masters
- SANCTIONED BY:** Masters Swimming Ontario
- COMMITTEE:** Meet Manager: Dina Ozols srode@cogeco.ca
Meet Referee: Dennis Eves level V sue.eves@sympatico.ca
Entries: Dina Ozols meetmanager@2014provincialchampionships.com
Technical Chair: Jason Potma
Social Event: Clint Cadden
- LOCATION:** Windsor International Aquatic and Training Center
401 Pitt St W., Windsor, Ontario N8A 0B2
- FACILITY:** The Windsor International Aquatic and Training Center is a ten lane, 71 meter pool with two moveable bulkheads and Omega electronic timing system. There is seating for 900 on the mezzanine level and for 600 on the pool deck, all part of a 144,000 square foot Aquatic Complex. Lockers are available in the change rooms. Bring your own lock.
- MEET FORMAT:** The pool will be configured for a 10 lane, short course meters, double-ended competition, with continuous warm-up in the deep end of the pool. All events are timed finals.
- Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, ... (five year age groups as high as is necessary). Relay age groups will be determined by the total age of team members in whole years. Age groups of relay events are as follows: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, ... (forty year increments as high as necessary).
- MEET WEBSITE:** <http://2014provincialchampionships.com>
- ELIGIBILITY:** This meet is open to Masters Swimmers registered with a provincial, state, or national Masters organization. Age for this competition shall be determined as of December 31 2014. Swimmers must be 18 years or older on or before the first day of the meet, March 28 2014. There are no qualifying standards for this meet.
- RULES:** Current MSC rules apply http://www.mymisc.ca/Rules_en.jsp
- SEEDING:** Shorter events will be seeded by age and time, slowest to fastest. Events of 400 m or over may be seeded by time. The slower heats of some events may have both genders swimming together as determined by entry times.
- The 800m and 1500m freestyle may require 2 swimmers per lane at the discretion of the meet management and will be seeded slowest to fastest. Competitors may request 1 swimmer per lane at the discretions of the Meet Manager.
- RESULTS:** Results will be posted at designated areas on the deck and/or pool lobby during the meet. Results will be posted on the Meet and MSC website.
- AWARDS:** Official MSO Championship Medals will be awarded to the 1st, 2nd and 3rd place finishers in each age group of all individual and relay events. MSO Championship ribbons will be awarded to 4th to 8th place finishers in each age group of individual events. Swimmers may pick up their awards at the Awards Table after the event results are posted.

2014 Ontario Masters Swimming Championships

REGISTRATION AND FEES

ENTRIES WILL BE ACCEPTED STARTING DECEMBER 2 2013

ENTRIES: Each participant may enter a maximum of **6 individual events and 8 relays**. Entries may be submitted by Hytek file, online using the website, by mail using the form in the meet package. No deck entries will be accepted. To submit by Hytek please contact the meet manager to obtain the event file.

INDIVIDUAL EVENTS: Entry times are required with registration and NT (no time) entries will not be accepted. All swimmers must provide Masters Affiliation number, and club name or declare they are Unattached. An email address is required for each registrant so that entries can be confirmed.

If a maximum number of entries are reached in the long distance events, as determined by session length and the predetermined number of heats, (see ENTRY LIMITS) the swimmer will be notified as soon as possible, and alternative events can be chosen. Meet management may limit numbers of entries in any event depending on session length. Seed times may be verified and adjusted.

RELAY EVENTS: Relay swimmers may swim once in each relay event including gender-specific and mixed. Mixed relays must have 2 men and 2 women. Relay entry names must be confirmed and substitutions given to the Meet Management by the end of warm up of the session containing the relay. Substitutions may not change the relay entry age.

ENTRY LIMITS: The first 800 swimmers registered are guaranteed entry. The 1500 m freestyle may be limited to 6 heats of each genders, either 1 or 2 per lane as determined by entry numbers. The 400m IM and 800m free may each be limited to 6 heats of each gender. The 800m freestyle may be swum 2 per lane if required by numbers of entries. Swimmers may request a single lane for 800 m and 1500 m freestyle, space permitting. These requests will be processed in the order that they were received.

DEADLINE: **Individual entries with fees must be received by March 7 2014 and relay entries with fees must be received by March 14 2013.**

ENTRY FEES: Individual registration is \$45, which includes the OSOA \$5 fee and program. Each individual event is an additional \$7 to a maximum of 6 events. Each relay team entry is an additional \$12. Participants paying in US funds pay these same fees in US dollars.

Fees cannot be refunded after the entry deadline. Refunds on fees paid by Paypal will be reduced by 3% due to administration costs

PAYMENT: Payment may be made on-line, or by mailing a cheque payable to "**2014 Provincial Championships**", marked with swimmer's name, Masters affiliation number and club name or abbreviation. No post-dated cheques will be accepted. They must be received by **March 7 for individual events or March 14 for relays** at the following address **2014 Provincial Championships, 899 Kenwood Blvd., LaSalle, Ontario N9J 3C5.**

CONFIRMATION: The first 800 swimmers to register will receive confirmation using the email address provided with the registration. Status may be checked on the meet website. The remaining registrants will have their request acknowledged, and they will be entered in order of receipt as determined by available heats and session length. Once entered, they will receive confirmation. Entries above 800 swimmers cannot be guaranteed.

2014 Ontario Masters Swimming Championships

AT THE MEET

- Registration:** All swimmers should report to the registration desk on arrival at the pool to verify their registration status and pick up their meet package. The desk will be located in the Windsor International Aquatic and Training Center.
- Heat sheets and any meet updates will be available for coaches prior to the start of each session.
- Positive Check-in:** 400IM, 400m free, 800m free and 1500m free swimmers must check in at the start of the warm-up session that contains their event.
- Relay Check-in:** Relay cards will be available from the Clerk of Course at the start of the session containing the relay. Cards will have the team and club preprinted. If swimmers' names were provided at registration, these will be preprinted. Cards must be completed, substitutions made, order changed if desired and returned to the Clerk of Course by the end of the warm-up period.
- Substitutions may be of registered swimmers only. Once a relay has been entered, the age group cannot be changed. All substitutions must have the swimmers' name and age as of December 31 2014.
- Relay heat sheets and relay cards, will be available from the Clerk of Course. Swimmers must swim in the order on the card as presented to the lane timers.
- Readiness:** Please ensure that swimmers are ready behind the starting block prior to their heat. Missed swims will be scratched from the event. Heats will start with the swimmers remaining in the water, except for backstroke. Follow the Referee's instructions.
- Deck Seating:** Only competitors and coaches will be allowed on the deck. Additional seating for swimmers and spectators is available on the mezzanine level.
- WARM UP:** MSC warm up/warm down procedures apply. A portion of the pool will be available for warm up and warm down at all times, and for 15 minutes after the last event of the day.
- Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There will be pictorials at the ends of the lanes showing lane designation and directions of circle swimming.
- DIVING:** Diving will be permitted during the sprint portion of the warm-up, in the direction of the course from the start end of the pool. Diving will be available in both 25 m competition sections of the pool, in the two fastest lanes, for the last 20 minutes of warm-up.
- SAFETY:** Marshals will be on duty during all warm-up times to ensure swimmer safety.

SOCIAL: Semi-formal dinner and dance at the St. Clair Centre for the Arts, Skyline Room B
201 Riverside Dr. W. Windsor (519) 252-8311
St Clair Center for the Arts is located next to the Waterfront Hotel Downtown Windsor.
Cost is \$35. Space is limited. Full details on the website. Jeans allowed.
To guarantee a ticket, payment can be made online or by mailing a cheque to **2014
Provincial Championships, 899 Kenwood Blvd., LaSalle, Ontario N9J 3C5.**

OFFICIALS AND VOLUNTEERS: Officials, timers and other volunteers are required and welcome for all sessions. **Please sign up at www.osoa.ca or email the meet manager.** Meals and refreshments will be provided to the volunteers.

POOL ADDRESS: 401 Pitt Street West, Windsor, Ontario, Canada.

T-SHIRTS: T-shirts are available for purchase for \$20. Samples and sizing charts can be seen on the website. They can be preordered and prepaid with the registration to guarantee your size.

DIRECTIONS: From the North down the 401 (there is only one way to get to the most Southern part of Ontario)

MAPS: See website

PARKING: See website

LOCKERS: Lockers are available in the change rooms. Bring your own lock.

2014 Ontario Masters Swimming Championship Meet Program



Session 1 Friday March 28 2014

Warm-up 4:00 to 4:55 pm Start 5:00pm

Women	Event	Men
1	400 IM	2
3	1500 free	4

Session 2 Saturday March 29 2014

Warm-up 8:00 to 8:55 pm Start 9:00am

Women	Event	Men
5	100 free	6
7	200 IM	8
9	50 back	10
11	200 fly	12
13	100 breast	14
15	4x50 medley relay (W,M)	16
17	4x50 medley relay (mixed)	17

Session 3 Saturday March 29 2014

Warm-up 1:00pm to 1:55 pm Start 2:00pm

Women	Event	Men
19	200 breast	20
21	50 free	22
23	100 back	24
25	4x100 medley relay (W,M)	26
27	4x100 medley relay (mixed)	27
29	400 free	30

Session 4 Sunday March 30 2014

Warm-up 8:00am to 8:55 pm Start 9:00am

Women	Event	Men
31	200 free	32
33	100 fly	34
35	50 breast	36
37	100 IM	38
39	4x50 free relay (W,M)	40
41	4x50 free relay (mixed)	41

Session 5 Sunday March 30 2014

Warm-up 1:00pm to 1:55 pm Start 2:00pm

Women	Event	Men
43	200 back	44
45	50 fly	46
47	4x100 free relay (W,M)	48
49	4x100 free relay (mixed)	49
51	800 free	52



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.

SWIMWEAR

CMGR 5.1 In swimming competitions the swimmer must wear only one swimsuit in one or two pieces. Any type of tape on the body or divergence from the swimsuit description outlined in CMGR 5.2 and 5.3 is not allowed unless required for medical reasons. This must be brought to the attention of and be approved by the session referee prior to the swim. No zippers or other fastening systems are allowed.

CMGR 5.2 Swimwear for pool competition for men shall not extend above the navel or below the knee, and for women shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

2014 Ontario Masters Swimming Championships



Host Hotel Waterfront Hotel Downtown Windsor Formerly Hilton Windsor

Hotel	Rate	Booking Deadline	Complimentary Breakfast	Free Parking	Distance from pool
Waterfront Hotel Downtown Windsor 277 Riverside Dr W 1-519-973-4219	\$119 to \$179 (depending on room type)	February 20 2014	Yes Full Buffet Fridge in every room	No Attached garage \$12+HST/night/car Free bus parking available	5 minute walk You can see the pool from the hotel
Quality Suites Soon to be Townplace Suites by Marriott 250 Dougall Ave 519-971-9707	\$119 to \$125	February 20 2014	No	No \$5-12+HST/night	Approximately 400 m
Holiday Inn Downtown 430 Ouellette Ave 1-519-256-4656	\$125	February 20 2104	Yes	Yes Free bus parking available	Approximately 1 km
Holiday Inn & Suites Ambassador Bridge 1855 Huron Church Rd	\$115-\$119	February 20 2014	No	Yes Free bus parking	Approximately 6 km

Other hotels

Caesars Windsor

377 Riverside D. E,
Windsor
800-991-7777

Days Inn Downtown

675 Goyeau St.
Windsor
(519) 258-8411

Hampton Inn and Suites

1840 Huron Church Rd
(519) 972-0770

2014 Ontario Masters Swimming Championships

Individual Entry Form for Mail-in Entry (On-line entry is encouraged)

In addition club must complete relay form

Surname _____ First Name _____

Date of Birth _____ Age as of December 31 2014 _____

Gender M F (circle) Masters Registration Number _____

Club Name _____ Club Code _____

Address _____ Daytime Phone _____

_____ Evening Phone _____

_____ Email address _____

	Event Number	Event Name (eg 50 free)	Entry Time
1			: :
2			: :
3			: :
4			: :
5			: :
6			: :
I wish to swim one per lane for _____ 800 m free _____ 1500 m free (time permitting)			
T shirt preorder (please circle or indicate number)			
M F	XS _____	S _____	M _____
		L _____	XL _____
			XXL _____

	Cost	Total	
Registration Fee	\$45	\$45	Cheques Payable to 2014 Provincial Championships labelled with name, masters #, club Mail to 2014 Provincial Championships 899 Kenwood Blvd, LaSalle, Ontario N9J 3C5 Entry must be received by March 7 2014 for individual events and March 14 2014 for relays Participants paying in US dollars pay these same fees in US funds
Number of events	\$7 each		
Social Event Ticket	\$35 each		
T shirt	\$20 each		
	Total Payable		

2014 Ontario Masters Swimming Championships

Relay Entry Form for Mail-in Entry (on-line entry is encouraged)

In addition swimmers must complete Individual Entry Form

Use additional forms for your club if needed

Club Name _____ Club Code _____

Club Representative _____

Address _____ Phone _____

_____ Email _____

Relay Event Number	Description	Swimmer Number	Name	MSO #	Age
		1			
		2			
		3			
		4			
Relay Event Number	Description	Swimmer Number	Name	MSO #	Age
		1			
		2			
		3			
		4			
Relay Event Number	Description	Swimmer Number	Name	MSO #	Age
		1			
		2			
		3			
		4			
Relay Event Number	Description	Swimmer Number	Name	MSO #	Age
		1			
		2			
		3			
		4			
Relay Event Number	Description	Swimmer Number	Name	MSO #	Age
		1			
		2			
		3			
		4			

Total # relays x \$12= _____ Must be received by March 14 2014 (no refunds after this date)

Send cheque to 2014 Provincial Championships 899 Kenwood Blvd, LaSalle, Ontario N9J 3C5

Confirmation of relay swimmers and substitutions must be given to the Meet Management by the end of warm up of the session containing the relay. Substitutions may not change the relay entry age.