

Welcome to

Wine COUNTRY



2006 Ontario Masters Swimming Championship



MASTERS SWIMMING ONTARIO

Friday, March 31
– Sunday, April 2
2006

Sponsored by
Niagara Brock
Masters Swimming





GENERAL INFORMATION

HOST CLUB Niagara Brock Masters (BRCK)

SANCTIONED BY Masters Swimming Ontario

EVENT MANAGEMENT Meet Manager: Frank Coy
Meet Referee: Margaret Galbraith (Cert. Level 5)
Administration: Lisa Matheson & Cory Krist
Records: Carolyn Prebble

LOCATION Eleanor Misener Aquatic Centre Mailing Address: 2006 Ontario Masters
Brock University Swimming Championship
500 Glenridge Avenue c/o Frank Coy (Meet Manager)
St. Catharines, ON L2S 3A1 5 Leaward Court
St. Catharines, ON L2T 3R5

CAMPUS MAP & DIRECTIONS From the intersection of St. David's Road & Glenridge Ave, follow St. David's Road onto the Brock Campus. Drive past the 4-way stop and then veer left on the round-about. Take the first right at the entrance into the Parking Lots. The entrance to the Walker Athletic Complex is directly across University Road from the Parking Lots. Inside the Complex, walk up the ramp, following the main hall (which jogs left, then right) to the back of the complex. Changerooms are downstairs.

Download a map of the Brock University Campus at: www.brocku.ca/maps/

DATES Friday, March 31 - Sunday, April 2, 2006

FORMAT 3 day Championship Meet with timed finals (25m, double ended)

FACILITIES • 8 lane, 50m (2 x 25m tanks) • Large change rooms & shower facilities
• Start depth in shallow end: 1.2 m • Seating for 500 (on-deck + permanent stands)

WEBSITE www.eqadvantage.com/ontmastersprov

SESSIONS Friday, March 31, 2006 Warm-Up: 4:00 - 4:50 pm Start: 5:00 pm
Saturday, April 1, 2006 Warm-Up: 8:00 - 8:50 am Start: 9:00 am
Sunday, April 2, 2006 Warm-Up: 8:00 - 8:50 am Start: 9:00 am

WARM-UPS Warm-up and cool down lanes will be available during:

- The 50 minutes prior to the start of each session.
- Scheduled mid-session breaks each of Saturday & Sunday mornings.
- Officials' lunch breaks.
- The 15 minutes after the end of each afternoon session.





- LOCKERS** Available in both men's and women's change rooms; swimmers to bring their own locks.
- TOYS** The "No Toy Rule" applies during all warm-up and cool down sessions (see Safety Procedures).
- LUNCH BREAKS** Lunch breaks for officials (45 min.) will occur on Saturday after event 21 and on Sunday after event 41. This schedule will be subject to change at short notice if required.
- RULES**
- MSO RULES** Masters Swimming Ontario Rules as published in the MSO Handbook 2002 shall apply, accommodating any recent changes made by MSO, MSC or FINA not documented in that edition of the handbook.
- ELIGIBILITY TO COMPETE**
- 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 relays nor swim relays.
- AGE DETERMINATION** The swimmer's age for the meet is as of December 31, 2006. Swimmers must have attained the age of 18 before competing. Swimmers under the age of 25 and relay teams which include swimmers under the age of 25 are not eligible for Masters Records.
- 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 2006 fees have been sent to MSO. Out-of-province and international entries must include a copy of their current registration card with their entries.
- MEET ENTRIES – INDIVIDUAL & RELAY**
- INDIVIDUAL ENTRIES**
- Individual entries must be submitted on the official entry form enclosed in this package or via an email (see below for address) including all the same information.
 - Age groups are: 18-24, 25-29, 30-34, 35-39, etc., increasing in 5 year increments.
 - Entry times are required for seeding purposes. Important! NT (no time) entries will be rejected.
 - Swimmers may enter a maximum of 6 individual events.
 - Meet management reserves the right to limit the number of individual swimmers to 400.
- RELAY ENTRIES**
- Clubs need submit only the number of relay teams per event on the relay form enclosed.
 - Relay age groups are: 72-99, 100-119, 120-159, 160-199, etc., increasing in 40 year increments.
 - A swimmer may swim only once in each relay event.
 - Meet Management reserves the right to swim relays in both ends or in the deep end only.
- DECK ENTRIES** As this is a Championship Meet, there shall be no deck entries.
- SCRATCH POLICY** Although there is no penalty for scratches, in order to facilitate the efficient running of the meet Meet Management would appreciate it if swimmers only entered events they intended to swim.



ENTRY PROCESS

- Complete all information on the entry form provided or include the same information in an email.
- If not an Ontario resident, include out-of-province registration card hard copy or digital (scan).

Mail 2006 Ontario Masters Swimming Championship
 c/o Frank Coy
 5 Leawood Court
 St. Catharines, ON L2T 3R5

Email Individuals may enter via email to: Carolyn Prebble <cprebble@sympatico.ca>
 A paper copy of the entries, plus payment must follow to the address above within 10 days. If the information provided in the email is not complete, the message will be rejected and returned to the sender for completion.

Hy-Tek Clubs may enter electronically using the Hy-Tek Team Manager Program.
 Send file via email to: Carolyn Prebble <cprebble@sympatico.ca>
 A paper copy of the entries, plus payment must follow to the address above within 10 days.

PAYMENT OPTIONS

- Cheque • Payable to: 2006 Ontario Masters Championship
 • Include Name, MSO# and Club Code on the back of the cheque.

ENTRY DEADLINES

Entries will be accepted if they are email or post marked (via mail) by the following dates:

Individual Registration + Event Entries	March 10, 2006 (email or post marked by date)
MSO # Provided	March 10, 2006
Relay Entries	March 17, 2006

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

CONFIRMATION

Confirmation of individual registration will be posted on the website.
Individual event entries will not be listed.

FEES

Individual Registration (All swimmers, including relay only swimmers) – \$20
 Individual Event – \$6 per event to a maximum of \$30 for 6 events
 Relays – \$10 per team per event

Important: Refunds will not be issued for unswum events.

**LATE REGISTRATION
POLICY**

- Meet management reserves the right to disallow any registrations received after the March 10, 2006, deadline.
- No late registration of relay entries allowed.





MEET CHECK-IN

INDIVIDUAL CHECK-IN Each swimmer shall register in person. Registration will take place in the level one lobby outside the men's and women's changerooms, beginning at:

3:00 pm on Friday, March 31
7:00 am on Saturday, April 1
7:30 am on Sunday, April 2

- 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 Co-ordinator on Saturday or Sunday.
 - Relay cards must be submitted to the Relay Co-ordinator by 10:00 am on Saturday and Sunday for each day's relays, with all required information complete (ie. club, swimmers names, ages as of Dec. 31, 2006, gender, order of swim and team 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 pool deck wall after all entries are submitted and seeded.
 - Relay team members must swim in the order shown on the card. Changes to swimmers or order may be made before the start of the heat.
 - Any lead swimmer attempting a record must notify the Meet Referee before the start of the race.

TIMING & OFFICIALS

TIMING SYSTEM Primary Timing: Omega OSM6 and ARES-21 electronic timing system
Back-Up Timing: 3 watches per lane
800m + 1500m Events: Meet Management may choose to run these events 2 swimmers per lane, in which case no electronic timing will be provided.

OFFICIALS VOLUNTEERS NEEDED!! Providing sufficient officials to ensure a well-run, smooth flowing event is a major task. If you or anyone you know (ie. friends, spouses, children) is willing to officiate at any or all sessions, please indicate on the entry form or contact: Lisa Matheson <lmatheson@eqadvantage.com> Officials will meet in the Officials' Room on the upper level of the complex at the start of warm-up and should be ready to be on deck 10 minutes prior to the start of competition.



MEET PROCEDURES

EVENT SCHEDULE

FRIDAY, MARCH 31				
EVENT #	M/F	EVENT	M/F	EVENT #
1	Women	800m Free	Men	2
3	Women	200m Back	Men	4
5	Women	50m Fly	Men	6
7	Women	1500m Free	Men	8

SATURDAY, APRIL 1					SUNDAY, APRIL 2				
EVENT #	M/F	EVENT	M/F	EVENT #	EVENT #	M/F	EVENT	M/F	EVENT #
9	Women	200m Free	Men	10	31	Women	200m Breast	Men	32
11	Women	50m Breast	Men	12	33	Women	100m Back	Men	34
13	Women	100m Fly	Men	14	BREAK (30 min. Deep End)				
BREAK (30 min. Shallow End)					35	Women	200m Fly	Men	36
15	Women	100m IM	Men	16	37	Women	50m Free	Men	38
17	Women	50m Back	Men	18	39	Women	4x100m Medley Relay	Men	40
19	Women	4x100m Free Relay	Men	20	41	Mixed 4x100m Free Relay			41
21	Mixed 4x100m Medley Relay			21	LUNCH				
LUNCH					42	Women	4x50m Free Relay	Men	43
22	Women	4x50m Medley Relay	Men	23	44	Mixed 4x50m Medley Relay			44
24	Mixed 4x50m Free Relay			24	45	Women	200m IM	Men	46
25	Women	100m Breast	Men	26	47	Women	400m Free	Men	48
27	Women	100m Free	Men	28					
29	Women	400m IM	Men	30					

THE START

- The "One False Start" rule will be in effect.
- In the 800m and 1500m events, starting blocks will not be used; instead, swimmers will start from bulkhead level beside the starting blocks or, if they choose, in the water.

EVENT SEEDING

- All events will be seeded by time and will be raced slowest to fastest.
- Women will swim in the shallow end on Friday and Sunday and the deep end on Saturday.
- The 800m and 1500m events may be swum with 2 swimmers per lane, unless swimmers indicate on their entry form that they wish their own lane for record attempt purposes. Such special requests may be swum after all the other 2 per lane heats have been completed.





MEET PROCEDURES, cont'd

SWIMMER READINESS All swimmers should follow the program heat sheets and be ready in the area behind their designated block prior to their heats as follows:

50m events	3 heats before their heat
100m events	2 heats before their heat
200m events & over	1 heat before their heat
Relays	1 heat before their heat

RESULTS

Results will be organized by age group and will be available as follows:

During competition	Posted in designated foyer area
Post-competition	One copy distributed to each of: MSO Board MSO Statistician Participating Clubs
	Available on the event website

A printed copy of the results can be obtained via mail for \$20 by indicating the request on the entry form or paying at the Meet Check-in Desk.

AWARDS

Awards will be issued for each age group, male and female.

Individual Events	Official MSO Championship Medals to be awarded to the first 3 placings. Official MSO Championship Ribbons to awarded to placings 4-8.
Relay Events	Official MSO Championship Ribbons to awarded to placings 1-8.

FOOD DURING THE MEET

SWIMMERS' FOOD Light refreshments and water will be available for the swimmers during the meet. The Brock University Cafeteria adjacent to the front doors of the building will be open during the meet. Various other restaurants are located within a 5 minute drive or 15 minute walk of the facility.

OFFICIALS' FOOD Snacks and beverages will be available for the officials throughout the meet. Lunches will be provided Saturday and Sunday.





WELCOME TO WINE COUNTRY SOCIAL

WHERE

Cat's Caboose, Dining Coach and Bar Car
224 Glenridge Avenue
St. Catharines, ON
(905) 682-0139

(Cat's Caboose is a 5 minute drive from both the Sheraton Four Points Hotel and the Brock University campus.)

DATE & TIME

Saturday, April 1
6:00 pm - 10:00 pm (You may, of course, stay on at Cat's Caboose after our official party hours end!)



WHAT'S HAPPENING

Join us for an evening of wine tasting, great food, prize draws and dancing, as the Niagara Brock Masters Team hosts the Welcome To Wine Country evening at Cat's Caboose.

To start the evening off right, we've invited a selection of Niagara wineries to sample their wines between 6:30 - 8:00 pm. Discover many exceptional, award winning wines not available through the LCBO. Once you taste them, we know you'll be making regular trips to Niagara to keep your home cellar stocked!

Learn how specific wines are ideally matched with different food flavours, as you select from the different food stations set-up throughout the restaurant. There will be something on the menu to satisfy everyone ... especially those who want to carb load for their races Sunday morning!

The famous Cat's bar will also be open all evening. Cash will get you any beverage you like.

Cat's Caboose is a must-stop in the Niagara Region music scene, hosting live, local talent every Friday, Saturday and Sunday. At 8:00 pm the show will start, with great music by one of our favourite St. Catharines bands. So, be sure to bring your dancing shoes! After our party ends, stay on for a second set with the band. It'll only get better as the evening goes on!

What else ...? Reps from Molson will be on hand to give out product and promotional items. Draws will be made for great prizes throughout the evening. And we're still planning!

So, we hope you'll join us at Cat's on Saturday night. We promise you'll have a ton of fun!

COST

\$30 per person. Tickets must be purchased in advance (see Individual Entry Form).
(Tickets available on a first come, first serve basis. Space will be limited to 275 people.)





ACCOMMODATIONS & RESTAURANTS

RECOMMENDED HOTEL

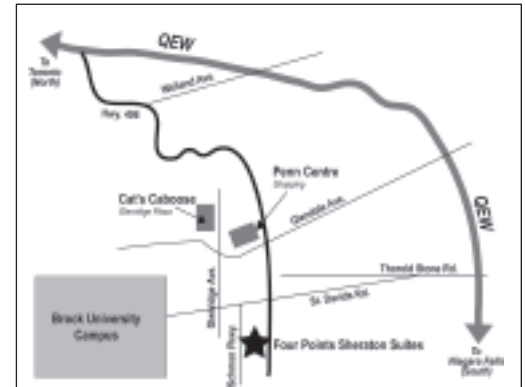
Four Points Sheraton All Suites Hotel (2 minute drive from Brock University) www.fourpointsuites.com

3530 Schmon Parkway, Thorold, ON (905) 984-8484

A block of 75 rooms have been held at reduced rates (taxes not included). YOU MUST RESERVE BEFORE FEBRUARY 14, 2006 TO OBTAIN THESE RATES!

For These Rates, Mention Group Name When Booking: Masters Ontario Provincials

Table with 2 columns: Room Type and Price. Includes Family (\$174*), Standard King (\$119*), Standard Queen (\$104*), and Standard 2 Double (\$104*).



The hotel is 10 miles from Niagara Falls and Casino Niagara, 12 miles from Niagara-on-the-Lake and 60 miles from Toronto International Airport. It is conveniently located south of the QEW at the intersection of Hwy. 406 South and St. David's Road West.

From Toronto: Follow the QEW to 406 South (exit 49). Exit at St. David's Road West. Turn right on St. David's Road. Take the first left on Schmon Parkway. The hotel will be on your left.

*Note: There is an extra \$10 room charge for each additional adult in a room – beyond double occupancy.

OTHER HOTELS

Quality Parkway Inn (10 min. from Brock U) 327 Ontario St. St. Catharines, ON (905) 688-2324

Holiday Inn (15 min. from Brock U) 2 North Service Road, St. Catharines (QEW & Lake St.) (905) 934-8000 or 1-877-688-2324

Comfort Inn (10 min. from Brock U) 5 Dunlop Drive St. Catharines, ON (905) 687-8891

Howard Johnson (15 min. from Brock U) 89 Meadowvale Drive (QEW & Lake St.) St. Catharines, ON (905) 934-5400 or 1-877-688-2324

BED & BREAKFAST

- List of bed & breakfast options including Bonnybank, Heritage House, Springbank House, Rose Petal Inn, Old Port, and Ridley Gate Manor with contact numbers and websites.

For more information www.st.catharines.com/tourism/accommodations.asp





RESTAURANTS

ROADHOUSE	ADDRESS	FROM POOL
Cat's Caboose	224 Glenridge Ave. (Glenridge Plaza) North of Glendale Ave.	5 min.
J.J. Kapps Steak & Grill	Quality Hotel, 327 Ontario St.	10 min.
Stella's	45 James Street, west of St. Paul St. (Downtown)	10 min.
The Honest Lawyer	84 James Street, west of St. Paul St. (Downtown)	10 min.
Big Marco's Italian	274 Fourth Ave., South of Hwy. 406	10 min.
East Side Marios	322 Ontario St., South of QEW	10 min.
Boston Pizza	221 Glendale Ave. (Pen Centre), at Hwy. 406	7 min.
Kelsey's	211 Glendale Ave. (Pen Centre), at Hwy. 406	7 min.
Jack Astor's	400 Ontario St., South of QEW	10 min.

FAST FOOD	ADDRESS	FROM POOL
Tim Horton's	St. David's Road at Glendridge Ave.	2 min.
McDonald's	St. David's Road at Glendridge Ave.	2 min.
A & W	367 Lake St., North of QEW	15 min.
Burger King	318 Ontario Street, South of QEW	10 min.

DINING	ADDRESS	FROM POOL
Vino Primo	67 St. Paul Street, East of Ontario St. (Downtown)	10 min.
Pow Wow	165 St. Paul Street, East of Ontario St. (Downtown)	10 min.
In Piazza	Sheraton Four Points Hotel, St. David's Road/Schmon Pkwy.	3 min.
Grill On The Hill	3350 Merrittville Hwy., South of St. David's Road	3 min.
The Keg	344 Glendale Ave., North of Hwy. 406	7 min.
Wellington Court	11 Wellington Street (Downtown)	10 min.
Amakara Japanese	19 Geneva St., North of Hwy. 406	10 min.
Mai Vi Thai	55 St. Paul Street, East of Ontario St. (Downtown)	10 min.

PARKING

Parking is available in various lots on the campus, near the athletic building. Daily rates are \$5. Passes will be provided for volunteers & officials, upon request. For more details, visit: http://www.brocku.ca/parking/i_visitor.htm





T-SHIRTS

100% cotton, high-quality short and long sleeve t-shirts available in adult Medium, Large, X-Large and XX-Large sizes at the following prices. Availability is limited.

See Individual Entry Form for ordering.



T-SHIRT BACK



T-SHIRT FRONT

STYLE		Pre-Order	At The Meet
SHORT SLEEVE	M, L, XL	\$20.00	\$25.00
	XXL	\$25.00	\$30.00
LONG SLEEVE	M, L, XL	\$25.00	\$30.00
	XXL	\$30.00	\$35.00



2006 Ontario Masters Swimming Championship INDIVIDUAL ENTRY FORM



MASTERS SWIMMING ONTARIO

PERSONAL & CONTACT INFORMATION

Name:					MSO Registration Number:		
Club Name:					Club Code:		
Date of Birth:	(day)	(month)	(year)	Age as of Dec. 31, 2006:	Gender:	M	F
Mailing Address:					City:		
Email Address:							
Phone (Day):				Phone (Evening):			

INDIVIDUAL ENTRIES

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

I request a single lane in the 800 and/or 1500m for the purpose of attempting a record swim.

PAYMENT

ITEM	QTY.	UNIT COST	TOTAL
Individual Registration	1	\$20 per swimmer	\$20
Individual Entry Fee		\$6.00/event or \$30 for 6 events	
Saturday Night Social		\$30	
SHORT SLEEVE T-Shirt		___ M ___ L ___ XL \$20 ea. ___ XXL \$25 ea.	
LONG SLEEVE T-Shirt		___ M ___ L ___ XL \$25 ea. ___ XXL \$30 ea.	
Results		\$20 (printed & mailed)	

TOTAL DUE

Cheques payable to: 2006 Ontario Masters Championship
 Mail entry & payment to: 2006 Ontario Masters Championship
 c/o Frank Coy
 5 Leawood Court
 St. Catharines, ON L2T 3R5

Volunteers are desperately required! If you know anyone who can time or stroke & turn judge for a session, please contact: Lisa Matheson <lmatheson@eqadvantage.com>

**IMPORTANT! INDIVIDUAL ENTRIES MUST BE RECEIVED BY
 MARCH 10, 2006. MEET MANAGEMENT RESERVES THE RIGHT TO
 DISALLOW ANY ENTRIES RECEIVED AFTER THAT DATE.**

FRIDAY, MARCH 31

#	M/F	EVENT	M/F	#
1	Women	800m Free	Men	2
3	Women	200m Back	Men	4
5	Women	50m Fly	Men	6
7	Women	1500m Free	Men	8

SATURDAY, APRIL 1

9	Women	200m Free	Men	10
11	Women	50m Breast	Men	12
13	Women	100m Fly	Men	14

BREAK (30 min. Shallow End)

15	Women	100m IM	Men	16
17	Women	50m Back	Men	18
19	Women	4x100m Free Relay	Men	20
21		Mixed 4x100m Med. Relay		21

LUNCH

22	Women	4x50m Med. Relay	Men	23
24		Mixed 4x50m Free Relay		24
25	Women	100m Breast	Men	26
27	Women	100m Free	Men	28
29	Women	400m IM	Men	30

SUNDAY, APRIL 2

31	Women	200m Breast	Men	32
33	Women	100m Back	Men	34

BREAK (30 min. Deep End)

35	Women	200m Fly	Men	36
37	Women	50m Free	Men	38
39	Women	4x100m Medley Relay	Men	40
41		Mixed 4x100m Free Relay		41

LUNCH

42	Women	4x50m Free Relay	Men	43
44		Mixed 4x50m Medley Relay		44
45	Women	200m IM	Men	46
47	Women	400m Free	Men	48

2006 Masters Swimming Championship
RELAY ENTRY FORM



MASTERS SWIMMING ONTARIO

TEAM INFORMATION

Club Name:

Club Code:

Club Representative:

Mailing Address:

City:

Postal Code:

Email Address:

Phone (Day):

Phone (Evening):

RELAY ENTRIES

Date	Event #	Event Name	Number of Teams
SATURDAY, APRIL 1	19	WOMEN 4x100m Free Relay	
	20	MEN 4x100m Free Relay	
	21	MIXED 4x100m Medley Relay	
	22	WOMEN 4x50m Medley Relay	
	23	MEN 4x50m Medley Relay	
SUNDAY, APRIL 2	24	MIXED 4x50m Free Relay	
	39	WOMEN 4x100m Medley Relay	
	40	MEN 4x100m Medley Relay	
	41	MIXED 4x100m Free Relay	
	42	WOMEN 4x50m Free Relay	
	43	MEN 4x50m Free Relay	
	44	MIXED 4x50m Medley Relay	

PAYMENT

ITEM	QTY.	UNIT COST	TOTAL
Relay Registration		\$10 per team	
TOTAL DUE			

CHEQUES PAYABLE TO:

2006 Ontario Masters Championship

MAIL ENTRY & PAYMENT TO:

2006 Ontario Masters Championship
c/o Frank Coy
5 Leawood Court
St. Catharines, ON L2T 3R5



MASTERS SWIMMING ONTARIO

Good luck to all swimmers from
MASTERS SWIMMING ONTARIO!

IMPORTANT! RELAY ENTRIES MUST BE RECEIVED BY MARCH 17, 2006. MEET MANAGEMENT RESERVES THE RIGHT TO DISALLOW ANY ENTRIES RECEIVED AFTER THAT DATE.