

MASTERS SWIMMING ONTARIO

MEET TO REMEMBER

2005

Ontario Masters Swimming Championship

in Memory of
Dr. Hui Lee



John Rhodes Community Centre Pool

260 Elizabeth Street
Sault Ste. Marie, ON

April 1, 2 & 3, 2005

Sanctioned by Masters Swimming Ontario



MASTERS SWIMMING ONTARIO

Hosted by:

Sault Ste. Marie Aquatic Club



Location:

John Rhodes Community Centre Pool
4-260 Elizabeth Street
Sault Ste. Marie, Ontario
P6A 6J3
Email: msochamps2005@yahoo.ca

Dates:

Friday, Saturday, and Sunday - April 1, 2, 3, 2005

Format:

3-day Championship Meet with time finals. The meet will be run short-course Metres (25m).

Swimming Facilities:

The John Rhodes Community Centre is an 8-lane, 25-metre facility. The competition pool has electronic touch pads and electronic displays. There is an adjacent 2-lane 22-metre pool for warm up and cool down purposes.

Accommodations:

The Holiday Inn Sault Ste. Marie Waterfront has been chosen as our Host Hotel. Additional information regarding room rates and specials is attached along with information regarding other hotels in the area.

Officials Food:

Officials will receive refreshments and a light snack at all sessions. Lunch will also be provided.

Hospitality:

Light refreshments and water will be available for the swimmers during the meet in the meeting room located upstairs behind the viewing stands. The John Rhodes Centre does not allow food or drinks (except water) on deck. Meals may also be purchased at the on-site restaurant "Brody's".

A hospitality room will be set up at the John Rhodes Centre for both Friday and Saturday for all athletes and guests and will be opened and staffed for the entire time of the meet. This location will be licensed each day for the late afternoon/early evening portion of the sessions.

Other Social Activities:

A banquet will be hosted on Saturday evening April 2, 2005, at the Water Tower Inn. Tickets should be purchased in advance to ensure your registration, however, limited tickets will be available on the weekend of the Championship. Please see your registration form for more details. This promises to be a "Taste of the North"! Additional information associated with this event will be forwarded as soon as final arrangements are made. Entertainment will be provided by "The Comedics".

Casino packages will be available at the host hotel for interested participants to attend Casino Sault Ste. Marie.

Kick Off:

Saturday morning all officials will be formally marshaled on deck. A commemorative plaque for Dr. Hui Lee will be unveiled and welcoming speeches will be made. The meet will commence with the singing of "O Canada".

Sessions:

Friday, April 1, 2005	Warm-ups:	4:00 - 5:00 p.m.
	Start:	5:15 p.m.
Saturday, April 2, 2005	Warm-ups:	Men - 7:15 - 8:15 a.m. Women - 8:15- 9:15 a.m.
	Start:	9:30 a.m.
Sunday, April 3, 2005	Warm-ups:	Women - 7:15 - 8:15 a.m. Men - 8:15- 9:15 a.m.
	Start:	9:30 a.m.

Warm ups:

Warm up and cool down lanes will be available Friday night for 1 hour prior to the start of the meet. Saturday and Sunday there will be two 1-hour warm-up sessions prior to the start (as per schedule above). The 2-lane pool will be available throughout the meet for continuous warm-up and cool down. Warm up will available in the main pool during the officials lunch breaks.

Throughout the pre-session and lunch break warm-ups in the competition pool, lane 8 shall be reserved for slow swimmers or swimmers with a disability (ramp accessible). 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.

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. Be warned.

Cool Downs:

A 15-minute cool post session cool down will be available at the end of each session.

Lockers:

The John Rhodes Community Centre Pool has lockers in the change rooms, where personal locks can be used or locks can be rented at the pool canteen.

Toys:

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

RULES:

Generally MSO Rules as published in the MSO Handbook 2002 shall apply.

FINA has made no recent rule changes however has clarified several rules including those relating to movement prior to the start and the backstroke turn. With regards the start, you cannot start your forward motion down the pool before the gun goes. With the backstroke turn, continuity in the turning process is important once you turn onto your front, so keep the advance arm moving.

REGISTRATION:

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 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:

Entries shall be sent to:

2005 Ontario Masters Swimming Championship
c/o Sault Ste. Marie Aquatic Club
John Rhodes Community Centre Pool
4-260 Elizabeth Street
Sault Ste. Marie, Ontario P6A 6J3
Email: msochamps2005@yahoo.ca

We welcome the sending of entries initially by email to msochamps2005@yahoo.ca

Those entries must be followed within ten days by receipt of posted entry form, cheque for entry fees, and a copy of your registration card if required. Clubs may enter electronically using the Hy-tek Team Manager program, sending a hard copy and cheque to the above address. Meet events can be downloaded from the meet web-site.

<http://www.ulern.on.ca/soopolarmaster>

Make cheques payable to **SSMAC/OMSC** and include NAME, MSO#, and CLUB CODE on the cheque.

Deck Entries:

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

Registration:

Each swimmer will register in person. Registration will take place just inside the lobby beginning at 2:00 p.m. on Friday, 7 a.m. on Saturday and 7 a.m. on Sunday. Swimmers competing on Friday should pick up their heat sheets early in order to have up-to-date meet procedures.

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.

Electronic Entries:

Clubs may enter electronically using the Hy-Tek program. Meet event download will be available at the meet website or by email. Please submit entries to msochamps2005@yahoo.ca

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.

A swimmer may swim only once in each relay event.

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 9:00 a.m. on Saturday and Sunday for that day's relays with all required information - club, swimmers names, ages as of December 31, 2005, gender, 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 pool area wall shortly after all entries are seeded.

Changes to swimmers or order may be made before the start of the heat. Relay team members must swim in the order shown on the card.

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 Date:

Your age for the meet is as of December 31, 2005. Swimmers must have attained the age of 18 on or before April 1, 2005. Swimmers under the age of 25 and relay teams which include swimmers under 25 are not eligible for Masters World Records.

Maximum Participants:

Meet Management reserves the right to limit the number of swimmers registered to 300 individuals on a first-come first-served basis.

Entry Deadline:

Individual entries must be received by Friday, March 11, 2005 and relay entries by Friday, March 18, 2005. 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.

Confirmation:

You may check your registration on the meet website: www.ulern.on.ca/soopolarmaster. Confirmation of receipt of your entry will be posted on the site. Individual event entries will not be listed.

Fees:

All swimmers, including "relay only" swimmers, shall pay the registration fee of \$20.00. Individual events are \$6.00 each or 6 events for \$30.00. Maximum individual entries per swimmer is six (6). Relays are \$8.00 per team.

TIMING & OFFICIALS:**Timing System:**

The Colorado Timing system 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 Meet Management at msochamps2005@yahoo.ca. Officials should meet in the Officials room at the start of warm-up and should ideally wear white.

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 bulkhead level 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.

The 800m and 1500m free may be swum with 2 swimmers per lane if necessary. All efforts will be made to allow swimmers their own lane. Swimmers may indicate on the bottom of their entry form that they wish their own lane.

All events of 200m or more will be seeded by time, slowest to fastest.

Swimmers may swim both the 800m and 1500m Free.

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 windows of the upstairs meeting room, behind the viewing stands.

The official results will be organized by age group. One copy of the results will be e-mailed to each club and each unattached swimmer and mailed to those clubs and unattached swimmers without email.

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.

A printed copy of the results, mailed out, may be obtained for \$20.00 by indicating so on the entry form or paying for it at the registration desk.

Awards:

For individual events, official MSO Championship Medals will be awarded to the first 3 finishers and MSO Championship Ribbons will be awarded for places 4 to 8 in each age group. For relay events, teams in each age group will receive MSO Championship Ribbons for places 1 to 8.

The Awards Table will be located in the upstairs classroom. Swimmers will pick up their award stickers across from the awards table then proceed to the awards table to receive their awards.

2005 T-Shirts:

The design that appears on the cover of this meet information package will be printed on 100% cotton, high quality, short sleeved T-shirts and long sleeved T-shirts, a great souvenir of the meet. Shirts will be available for pre-ordering on the meet entry form as well as in limited numbers throughout the course of the Championship meet.

WOMEN	EVENT	MEN
	<i>Friday, April 1, 2005</i>	
1	200 Breaststroke	2
3	1500 Freestyle	4
	<i>Saturday, April 2, 2005</i>	
5	400 IM	6
7	50 Breaststroke	8
9	100 Butterfly	10
11	100 Freestyle	12
13	200 Backstroke	14
15	100 Breaststroke	16
17	50 Butterfly	18
19	400 Freestyle	20
21	200 Freestyle Relay	22
23	Mixed 400 Medley Relay	23
25	200 Medley Relay	26
	<i>Sunday, April 3, 2005</i>	
27	200 Freestyle	28
29	50 Backstroke	30
31	200 Butterfly	32
33	100 IM	34
35	Mixed 200 Freestyle Relay	35
37	Mixed 400 Freestyle Relay	37
39	Mixed 200 Medley Relay	39
41	200 IM	42
43	100 Backstroke	44
45	50 Freestyle	46
47	800 Freestyle	48

2005 Ontario Masters Swimming Championship INDIVIDUAL ENTRY FORM

Name: _____ MSO Registration #: _____
 Club Name: _____ Club Code: _____
 DOB day/mo/yr: ____ / ____ / ____ Age as of Dec 31, 2005: _____ Gender: Male Female
 Mailing Address: _____ City: _____
 Postal Code: _____ Email: _____
 Phone days: _____ Phone evenings: _____

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 1500 m _____

ITEM	#	UNIT COST	TOTAL
Individual Registration Fee	one	\$20.00 per swimmer	\$ 20.00
Individual Entry Fees	_____	Events @ \$6.00 / event or 6 events for \$30.00	\$ _____
Banquet	_____	\$35.00 / person	\$ _____
T-shirt (indicate size & type)	_____	\$15.00 / regular t-shirt (S / M / L / XL) \$20.00 / long-sleeved (S / M / L / XL)	\$ _____
Results	_____	\$ 20.00 Printed and Mailed	\$ _____
TOTAL PAYABLE			\$ _____

CHEQUES PAYABLE TO: SSMAC/OMSC
Please mail entries to: 2005 Ontario Masters Swimming Championship
 c/o Sault Ste. Marie Aquatic Club
 John Rhodes Community Centre Pool
 #4-260 Elizabeth Street
 Sault Ste. Marie, Ontario P6A 6J3
Entries to be received by: Friday, March 11, 2005

2005 Ontario Masters Swimming Championship

RELAY ENTRY FORM

Club Name: _____ Club Letters: _____
 Club Representative: _____
 Mailing Address: _____
 City: _____ Postal Code: _____
 Phone days: _____ Phone evenings: _____
 Email: _____

DATE	EVENT #	EVENT NAME	# OF TEAMS
Sat., April 2	21	Women 200m Freestyle Relay	
	22	Men 200m Freestyle Relay	
	23	Mixed 400m Medley Relay	
	25	Women 200m Medley Relay	
	26	Men 200m Medley Relay	
Sun. April 3	35	Mixed 200m Freestyle Relay	
	37	Mixed 400m Freestyle Relay	
	39	Mixed 200m Medley Relay	

Total Entries	# of relay teams @ 8.00 / team	
CHEQUES PAYABLE TO: SSMAC/OMSC		
Please mail entries to: 2005 Ontario Masters Swimming Championship c/o Sault Ste. Marie Aquatic Club John Rhodes Community Centre Pool #4-260 Elizabeth Street Sault Ste. Marie, Ontario P6A 6J3		
Entries to be received by: Friday, March 18, 2005		
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.		

MASTERS SWIMMING ONTARIO

MSO Safety Procedures

REVISED- NOVEMBER 2001.

The following information is excerpted from the MSO Rule Book. It is provided to inform all swimmers of the Safety Procedures to be adhered to at all MSO Sanctioned Swim Meets.

Infractions of these rules may result in the offending swimmer being reported to the Referee who shall deal with the infraction under rule SW 2.1.1.

SAFETY PROCEDURES:

1. There shall be no running on the deck.
2. Climbing to and from the balconies shall be prohibited.

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.
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

Host Hotel:

Holiday Inn Sault Ste. Marie Waterfront

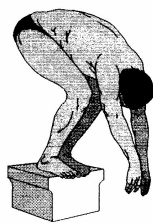
208 St. Mary's Drive

(705) 949-0611

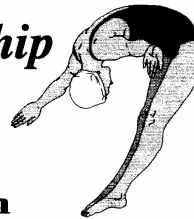
Individual teams to Contact: Dominique Eckhardt - Sales
Coordinator

Rooms are \$79.00 per room, per night plus taxes Block of rooms
with 2 double beds, non-smoking have been set aside under Sault
Masters Polar Bears

We have 103 rooms blocked for us.



**2005 Ontario Masters
Swimming Championship
April 1-3, 2005**



**Reserve your team with
Holiday Inn
Sault Ste Marie Waterfront**

\$79.00 Bedroom Rate

per night, plus taxes

1 1th room provided complimentary

Featuring:

**Indoor Pool, Whirlpool, Sauna & Fitness Club
Bridges Restaurant & Lounge
Arcade Room & Board Games Available**



Located Downtown Close To:

**Station Mall Shopping Center *Queenstown District
Fast Food Outlets & Restaurants
Galaxy Cinema & Playdium *Sault Ste. Marie Casino
Waterfront Boardwalk *US/Canadian International Bridge
*Close to John Rhodes Centre**

Make Us Part Of Your WinningGame Plan!

**Reservations contact Dominique Eckhardt
888-713-8482 Fax 705-945-6972
Holiday Inn Sault Ste Marie Waterfront
208 St. Mary's River Dr., Sault Ste. Marie
Visit us at www.holiday-inn.com/saulstемarie**



Alternate hotel listing -

Sleep Inn
727 Bay st.
1-877-953-7533
\$71.00 per night

Quality Inn
180 Bay st.
705-945-9264
\$81.00 per night

Travelodge
332 Bay St.
705-759-1400
\$79.00 per night