


2010
Ontario Masters Swimming
Championships



MASTERS SWIMMING ONTARIO

L O N D O N

A Q U A T I C C L U B

MSO 2010

Ontario Masters Swimming Championships

The only Meet Package which will be considered valid is the most current version found on www.mastersswimmingontario.ca

There are no qualifying time standards to swim in this competition. All events are Timed Finals.

General Information

- Date:** Friday March 19th, Saturday March 20th, and Sunday March 21st, 2010
- Sanctioned by:** Masters Swimming Ontario
- Hosted by:** London Silver Dolphins in co-operation with the London Aquatic Club
- Location:** Canada Games Aquatic Centre 1045 Wonderland Road North (at Gainsborough Road) London, Ontario, N6G 2Y9
- Facility:** Eight lane, 50 meter indoor tank, with "Keifer" type lane markers; 64101-H8 8 lane swimming scoreboard at both ends of pool with Ares 21 timing system.
- Meet Format:** The meet will run set up as a short course 2 x 25M double ended pool. The pool will be configured as 7 lane 2 x 25M pool with women competing in one end and men in the other end for Friday night sessions. The eighth lane in each end will be reserved for continuous warm up - warm down.
Saturday and Sunday sessions will use the 8 lane 25 m in the deep end only with continuous warm-up in the shallow end. Meet Management reserves the right to change the format for the Saturday and Sunday sessions to a double ended 7 lane 25m meet, with a continuous 25m warm up in the 8th lane, at its sole discretion.
- Meet Co-Chairs:** Chuck Grace Tel: (519) 200-8789
Nick Gilbert Tel: (519) 438-3911
- Meet Manager:** Paul Cappa swim4life@isp.ca Tel: (519) 471-4846
- Meet Referee:** Dave Bloch-Hansen davebh@rogers.com Tel: (519) 473-3444
- Meet Size:** First 500 swimmers registered are guaranteed entry. Meet Management reserves the right to limit number of participants and/or limit entries in any event.
- Entry Deadline:** Sunday February 21, 2010
- Meet Website:** www.2010provincialchampionships.com

- Entry Fees:** There is a **Registration Fee** of \$45.00 for each swimmer. An **Entry Fee** of \$7.00 is payable per individual event. A maximum of 6 individual events is permitted per swimmer. **Relays** are \$12.00 each per team. "Relay only" swimmers shall pay a registration fee of \$45.00.
- Meet Results:** The meet will run on Hy-Tek Meet Manager for Windows. Results will be posted to the Meet website and the MSC Website as soon as possible following the meet.
- Minor Officials & Volunteers:** A large number of volunteers are required to properly officiate and host a meet of this size and importance. Officials and timers are required for all sessions. If you or someone you know is interested please contact the Meet Manager.

Meet Registration & Entries

- Eligibility:** Eligible swimmers are those that have attained the age of 18 years by the start of the meet and are registered with their Masters Swimming Organization. Masters registration numbers must be provided for each swimmer. Ontario swimmers may check for a copy of their registration number at www.mymssc.ca under "profile". All entries from out of province must include valid MSC or international club affiliation and registration numbers.
- Age for Meet:** Age for the meet is determined as of December 31, 2010. A swimmer must have attained the age of 18 years by the start of the meet.
- MSO Entries:** 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 2010 fees have been sent to MSO. Out-of-Province and international entries must provide a copy of their current affiliation and registration number when they register.
- Deck Entries:** This is a championship meet so no deck entries shall be permitted.
- Deadline:** **Individual entries must be received by Sunday, February 21, 2010.**
Relay entries must be received by Friday, February 26, 2010.
- Entry Format:** Individual or group entries must be submitted on line through the meet website. Age groups are 18-24, 25-29, 30-34, etc., increasing by five-year increments. Please submit entry times for seeding purposes – "NT" entries will not be accepted. Meet Management reserves the right to verify entry times and adjust seed times at its sole discretion. Swimmers may enter a maximum of six individual events. Swimmers may enter both the 1500 Free and 800 Free events. Please include an email address for each registrant so that each entry can be confirmed. Entries accepted at Meet Management discretion. Priority will be given to MSO registered swimmers.
- Relays:** Relay entries must be submitted on line. 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. A swimmer may swim only once in each relay event. Relay substitutions must be submitted to the Meet Manager by 9 am on Saturday and Sunday for that day's relays.

Entry Fees: Registration Fee of \$45.00 per swimmer.
Event Fee of \$7.00 per individual event (maximum of 6 individual events).
Relays are \$12.00 each per team.
“Relay only” swimmers shall pay a registration fee of \$45.00.

Payment: Registration will be done entirely on-line.
Payment may be made on-line (preferred) as part of registration or by mailing a cheque payable to “**2010 Masters Provincials**”.
No post-dated cheques will be accepted. All cheques must be marked with the swimmers name and MSO#/club affiliation and be received by February 26, 2010 at the following address: London Silver Dolphins, 828 Headley Drive, London, Ontario, N6H 3V8

Confirmation: Confirmation of receipt of your registration and entries will be sent to the email address provided with registration. You may also check your registration status on the meet website: www.2010provincialchampionships.com. The first 500 swimmers to register will receive confirmation. The remaining registrants will receive acknowledgement of their entry request and will be placed on the waiting list.

Meet Manager: Paul Cappa (entries) swim4life@isp.ca Tel: (519) 471-4846

Meet Details

Swimmer check in: All swimmers must verify the status of their registration at the check-in desk located on the main level (street level) in the rear hallway outside the Multi-purpose Room. 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 on-line) must be completed and state Age Category, Relay Type (i.e. Mixed, Male, Female), Stroke (i.e. Free or Medley), Entry Time, and Name of each Swimmer.
Relay substitutions must be submitted to the Meet Manager by 9 am on Saturday and Sunday for that day’s relays. All substitutions submitted must have the swimmers name, age as of December 31, 2010, relay gender, 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.

Deck Seating: Competitors and Spectators will not be permitted on the east side of the pool.

Swimmers’ Food: Light Refreshments and snacks will be provided. Restaurants available in the immediate vicinity of the pool include: McDonalds, Tim Horton’s, Pizza Pizza, and Bernie’s Restaurant.

Parking: There is parking immediately adjacent to the facility. Overflow parking is available at the high school next to the pool. Parking maps will be posted on the entry doors to the building and available on the Meet website. Please do not park in front of Medway Arena.

Lockers: Lockers are available for use in the change rooms, with your own locks. There are no coin-operated lockers.

Water Bottles: Bottled water will not be available for sale. Please bring a refillable water bottle. Central filling stations will be provided.

Meet Rules Current MSC Rules apply – (http://mymsc.ca/rules_en.jsp)

Swim Suits: The Masters swim wear rule, approved by FINA on January 14, 2010, will be in effect at Provincials.

CMGR 5 SWIMWEAR

CMGR 5.1 In swimming competitions the swimmer must wear only one swimsuit in one or two pieces. No additional items, like armbands or leg bands shall be regarded as part of a swimsuit.

CMGR 5.2 Swimwear 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.

Meet Procedures

Warm-ups: MSC warm-up procedures will be in effect at this meet. 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. There will be a 15 minute cool down period following the last heat in each session. 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. Swimmers are required to enter feet first into the pool and diving is strictly prohibited during general warm-ups. 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. Sprint lanes for the last 20 minutes of warm-ups. Lanes 1 and 8 will be for sprinting. Diving in sprint lanes from blocks only. The no toys rule applies during warm-up (see Safety Procedure).

Starts: The “FINA” One Start “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.

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 shallow end on Friday and men in the deep end. Meet Management reserves the right to run all Saturday and Sunday events in the deep end of the pool.

The 800 and 1500 Free events may be swum with 2 swimmers per lane, unless swimmers indicate on their entry form that they wish their own lane. Such special requests may be allowed at the Meet Manager's discretion and would be swum after all other 2 per lane heats have been completed, if time allows.

Meet Management reserves the right to limit the total number of entries to 500 swimmers and/or limit entries in any event and/ or double end the meet as necessary.

**Swimmer
Readiness:**

It is important that swimmers follow the program heat sheets and are ready in the area behind their designated starting block prior to their heat. In the 50 m events swimmers should be ready three heats in advance, in 100m races swimmers should be ready two heats in advance, and in 200m races, swimmers should ready one heat in advance. Any swimmer that misses their heat will be scratched for the event. Swimmers shall remain in the water at the conclusion of their heat, until the Referee signals the swimmers to exit the pool. The next heat will start while the swimmers from the previous heat are still in the water.

Official's Break: A dinner break of 30 minutes will be taken for officials on Friday evening after event #2. Lunch breaks of 45 minutes for officials will be taken on Saturday and Sunday. The schedule will be subject to change. Coffee & Tea, and breakfast snacks will be available for officials from 8.00 a.m. each morning.

Awards

**Individual
Awards:**

Official MSO Championship Medals awarded for 1st, 2nd, and 3rd in each age group; MSO Championship ribbons for 4th through 8th in each age group. Age groups are 18-24, 25-29, 30-34, etc., increasing by five-year increments.

Relay Awards:

MSO Championship ribbons awarded to first 8 finishers in Relay Events in each age group
The Awards table will be set up in the upper level meeting room. Swimmers may pick up their awards following the posting of the event results.
Relay age groups are 72-99, 100-119, 120-159, 160-199, increasing in 40-year increments.

Social

Sorry no organized banquet! Saturday Night – Swimmers may choose to explore London's Richmond Row. See details on web site for Restaurant & Pub Reviews.

T-Shirts

Official Collector MSO Championship T-Shirts are available for sale. See details on web site.

Session Times

	Warm-up	Estimated Start	Estimated Finish
Session 1 – Friday, March 19	3:00 p.m.	4:00 p.m.	9:30 p.m.
Session 11 – Saturday, March 20	8:00 a.m.	9:00 a.m.	12:10 p.m.
Session 111 – Saturday, March 20	12:10 p.m.	1:00 p.m.	5:30 p.m.
Session IV – Sunday, March 21	8:00 a.m.	9:00 a.m.	12:20 p.m.
Session V – Sunday, March 21	12:20 p.m.	1:10 p.m.	4:30 p.m.



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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.



MASTERS SWIMMING ONTARIO

Accommodations:

StationPark **ALL SUITE HOTEL**

The Host Hotel for the 2010 Provincial Masters Championships is the **Station Park Hotel and Suites**. The room rate is \$129 per night. We have a block of 40 rooms reserved, 25 with 2 double beds and a pull-out sofa bed, and 15 with a king bed and a pull-out sofa bed. This is London's all-suite hotel, located within easy walking distance of several restaurants, clubs and bars, and will serve as an excellent starting point for Saturday night's festivities along "Richmond Row".

Contact info and address:

242 Pall Mall Street, London, Ontario, Canada N6A 5P6
Local Tel: (519) 642-4444 Fax: (519) 642-2551
Toll Free: 1-800-561-4574
www.stationparkinn.ca

Other hotels in downtown London:

Holiday Inn Express Hotel and Suites
374 Dundas
877-508-1762

Executive Suites London
362 Dundas
519-679-3932

Residence Inn
383 Colborne
519-433-7222

Delta Armouries
325 Dundas
519-679-6111

Hilton Hotel London
300 King St West
800-210-9336

2010
ONTARIO MASTERS SWIMMING CHAMPIONSHIPS
 Friday, March 19th – Sunday, March 21, 2010

Session I				
Friday March 19th, 2010				
Warm-up ⇒ 3:00 p.m. Start ⇒ 4:00 p.m. Estimated Finish ⇒ 9:30 p.m.				
<u>Women</u>		<u>Event</u>		<u>Men</u>
All events are Timed Finals				
#1		1500 Free		#2
		Dinner Break		
#3		400 IM		#4
#5		50 Breast		#6
#7		800 Free		#8

Sessions II & 111				
Saturday March 20th, 2010				
Warm-up ⇒ 8:00 a.m. Start ⇒ 9:00 a.m. Estimated Finish ⇒ 5:30 p.m.				
<u>Women</u>		<u>Event</u>		<u>Men</u>
All events are Timed Finals				
#9		100 Free		#10
#11		200 Breast		#12
#13		100 IM		#14
#15		4 X 50 Medley Relay		#16
		Lunch Break		
#50		4 X 50 Mixed FreeRelay		#50
#17		200 Back		#18
#19		50 Fly		#20
#21		400 Free		#22

Sessions IV & V				
Sunday March 21st, 2010				
Warm-up ⇒ 8:00 a.m. Start ⇒ 9:00 a.m. Estimated Finish ⇒ 4:30 p.m.				
<u>Women</u>		<u>Event</u>		<u>Men</u>
All events are Timed Finals				
#23		200 IM		#24
#25		50 Free		#26
#27		100 Back		#28
#29		100 Fly		#30
#31		4 X 50 Free Relay		#32
		Lunch Break		
#60		4 X 50 Mixed Medley Relay		#60
#33		200 Free		#34
#35		50 Back		#36
#37		100 Breast		#38
#39		200 Fly		#40