



MASTERS SWIMMING ONTARIO

2013 Ontario Masters Swimming Championship

Western Student Recreation Centre, London, Ontario

March 28 to 30, 2013

Proudly hosted by



Sanctioned by Masters Swimming Ontario



2013 ONTARIO MASTERS SWIMMING CHAMPIONSHIP

- DATE:** Thursday, March 28 through Saturday, March 30, 2013
- HOST:** London Silver Dolphins and Western Mustangs Swimming
- SANCTIONED BY:** Masters Swimming Ontario
- COMMITTEE:**
- | | | | |
|----------------------|-----------------|----------------|--|
| MEET CHAIR: | Nick Gilbert | (519) 476-6281 | nickglbrt@gmail.com |
| MEET LIAISON: | Ken Fitzpatrick | (Western U.) | kfitzpatrick@execulink.com |
| MEET MANAGER: | Alison Nell | (519) 657-2162 | MeetManagerMSO@2013provincialchampionships.com |
| MEET REFEREE: | Glenn Greig | (519) 438-2073 | glgreig@gmail.com |
| ENTRIES: | Alison Nell | (519) 657-2162 | alison.nell@sympatico.ca |
- LOCATION:** **Western Student Recreation Centre, Western University**
Corner of Western Road and Philip Aziz Avenue, London, Ontario
- FACILITY:** Eight lane, 50m pool with Keifer-type lane markers and Dolphin timing system.
The pool will be configured for SCM (8 lanes x 25m) with competition in the deep end.
- MEET FORMAT:** Short course (25m) championship meet. Standard Masters age categories.
All events are timed finals. There are no qualifying standards for this meet.
- MEET WEBSITE:** www.2013provincialchampionships.com
- ELIGIBILITY:** This meet is open to Masters swimmers registered with a provincial, state or national Masters organization. Swimmers must be 18 years old on or before March 28, 2013.
- RULES:** 2009 MSC Rules (updated October 23, 2011) apply: http://www.mymssc.ca/Rules_en.jsp
- WARM UP:** Please read the included warm up safety procedures.
The warm up procedure will be strictly monitored and enforced.
- SEEDING:** All events will be seeded by time and gender, slowest to fastest.

The 800m and 1500m free may be swum 2 per lane, at the discretion of meet management.
For events running 2 per lane **starts** shall be from beside the diving blocks or in the water.
- RESULTS:** Results will be posted at a designated area on deck.
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. Swimmers may pick up their awards at the Awards Table (deck level classroom to be determined), following the posting of the event results.
- SOCIAL:** Plans for the swimmer's social is being finalized. Details will be posted to the website, and sent to all early bird entrants by January 15, 2013. Expect liquid refreshments, food, loud music, and lots of fun.
- OFFICIALS & VOLUNTEERS:** Officials, timers, and other volunteers are required for all sessions.
If you or someone you know is interested please contact the Meet Referee or Meet Manager.
Refreshments, breakfast snacks, and lunch will be provided for officials.



Meet Registration & Fees

- ELIGIBILITY:** This meet is open to Masters swimmers registered with a provincial, state or national Masters organization. Swimmers must be 18 years old on or before March 28, 2013. The swimmer's age shall be that on December 31st, 2013. There are no qualifying standards for this meet.
- INDIVIDUAL ENTRIES:** **Submitting entries on line through the meet website is preferred.**
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.
All swimmers must provide **Master's affiliation and registration number** with entries.
Please include an email address for each registrant so that entries can be confirmed.
- Swimmers may enter a maximum of six individual events. Swimmers may enter any/all of the 400IM, 1500 Free and 800 Free events. If maximum number of entries is reached in these events an alternative event choice will be given.
Meet Management reserves the right to verify entry times and adjust seed times at its sole discretion.
- RELAY ENTRIES:** **Submitting entries on line through the meet website is preferred.**
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 the start of the session containing the relay
- ENTRY LIMITS:** The first **450** swimmers registered are guaranteed entry.
1500 Free will be limited to a maximum of 80 entries (2 per lane).
Record attempts may request a single lane; seeding is at the discretion of meet management.
400 IM will be limited to 8 heats (64 entries).
400 and 800 free may be swum 2 per lane.
Meet Management reserves the right to limit number of entries in any event.
- DEADLINE:** Individual entries (with payment) must be received by **Friday, March 8, 2013.**
Relay Entries must be received by **Friday Mar 15, 2013.**
- ENTRY FEES:** Individual swimmers: \$95.00 flat fee (includes registration, up to 6 events, & T-shirt)
Relay only swimmers: \$45.00 (includes T-shirt)
Relays: \$12.00 per relay team entry
- PAYMENT:** Payment may be made on-line (preferred) as part of registration or by mailing a cheque payable to "2013 Masters Provincials". No post-dated cheques will be accepted.
All cheques must be marked with the swimmer's name, MSO# and club affiliation and be received by March 8, 2013 at the following address: London Silver Dolphins, 624 Headley Drive, London, Ontario, N6H 3V4
- 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.
The first 450 swimmers to register will receive confirmation. The remaining registrants will receive acknowledgement of their entry request and will be placed on the waiting list.
- DECK ENTRIES:** No deck entries will be accepted.



At the Meet

Registration: All swimmers must report to the registration desk on arrival at the pool, to verify their registration status. The desk will be located on the entry level of the WSRC (Western Student Recreation Centre).

Positive Check-in: **400IM/1500Fr/800Fr/400Fr** swimmers **MUST** check in 45 minutes prior to the start of the event. Swimmers in 400IM or 1500Free may check in by email to MeetManagerMSO@2013provincialchampionships.com no later than 1:00pm Thursday.

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 the start of the session containing the relay. All substitutions submitted must have the swimmers name, age as of December 31, 2013, 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.

Swimmer

Readiness: It is important that swimmers follow the program heat sheets and be ready in the area behind their designated starting block prior to their heat. **Any swimmer that misses their heat will be scratched from the event.** Swimmers shall remain in the water at the conclusion of their heat, until the Referee signals the swimmers to exit the pool. For all events except backstroke, the next heat will start while the swimmers from the previous heat are still in the water.

Deck Seating: Only competitors will be allowed on deck.
Competitors will **not** be permitted on the east side of the pool.

Food: Convenience foods available in the immediate vicinity of the pool include: Subway, Pizza Hut, Barakat and Freshens Healthy Choices Café (in the WSRC)
Food will be supplied for officials and snacks for swimmers will be available (room to be determined)



2013 Ontario Masters Swimming Championships ORDER OF EVENTS

All competition will be held in the deep end of the pool.

Four lanes in the shallow end will be available for continuous warm-up and warm-down throughout the meet.

Session 1: Thursday, March 28, 2013 4:00 pm warm-up, 5:00 pm start, estimated finish 9:30 pm		
Women	Event	Men
1	400 IM	2
3	1500 Free	4
Session 2: Friday, March 29, 2013 8:00 am warm-up, 9:00 am start, estimated finish 12:30 pm		
Women	Event	Men
5	100 Free	6
7	50 Breast	8
9	50 Back	10
11	200 Fly	12
13	100 IM	14
15	4 x 50 Medley Relay (M,W)	16
Session 3: Friday, March 29, 2013 12:30 pm warm-up, 1:30 pm start, estimated finish 5:30 pm		
Women	Event	Men
17	50 Free	18
19	100 Back	20
21	200 Breast	22
23	4 x 50 Mixed Free Relay	23
25	400 Free	26
Session 4: Saturday, March 30, 2013 8:00 am warm-up, 9:00 am start, estimated finish 12:30 pm		
Women	Event	Men
27	200 Free	28
29	100 Fly	30
31	200 IM	32
33	100 Breast	34
35	4 x 50 Free Relay (M,W)	36
Session 5: Saturday, March 30, 2013 12:30 pm warm-up, 1:30 pm start, estimated finish 5:30 pm		
Women	Event	Men
37	200 Back	38
39	50 Fly	40
41	4 x 50 Mixed Medley Relay	41
43	800 Free	44



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.

Lane Assignment: Lane 8 is reserved for slow swimmers or swimmers with a disability.
The fastest swimmers are encouraged to warm up in lanes 4 and 5.

Direction: Lanes 1, 3, 5, 7: COUNTER-CLOCKWISE
Lanes 2, 4, 6, 8: CLOCKWISE

Diving: Diving is permitted in sprint lanes from start end of pool during designated sprint time only.

Socializing: Socializing is encouraged, but please do not block lanes during warm-up.

Safety Marshals will be vigilant regarding infractions during warm-ups - specifically diving



Directions and Parking

Coordinates: Western Student Recreation Centre
GPS Location: -81.27521 43.00333

Directions: From the East or South (Downtown Route):

- Follow Hwy 401 to Wellington Road NORTH/Exeter Road Exit (#186B)
- Take the Wellington Road NORTH, through downtown to Pall Mall Street (9 kms)
- Turn left (west) onto Pall Mall Street and proceed one block to Richmond Street
- Follow Richmond Street to the University Gates (2 kms)
- Turn left into campus onto University Drive

From the East or South (Peripheral Route):

- Follow Hwy 401 to Highbury Avenue Exit (#189)
- Follow Highbury Avenue (north) to Oxford Street (9 kms)
- Turn left (west) onto Oxford Street and follow to Wharncliffe Road (4 kms)
- Turn right (north) onto Wharncliffe Road and follow to the fifth set of traffic lights
- Turn right (east) at the traffic lights into campus onto Lambton Drive

From the West:

- Follow Wharncliffe Road north past Oxford Street (Wharncliffe becomes Western Road)
- Follow Western Road to the fifth set of traffic lights
- Turn right (east) at the traffic lights into campus onto Lambton Drive

From the North:

- Follow Hwy 4 into London (Hwy 4 becomes Richmond Street)
- Follow Richmond Street past Masonville Mall to the Western Road exit
- Follow Western Road to the fifth set of traffic lights
- Turn left (east) at the traffic lights into campus onto Lambton Drive

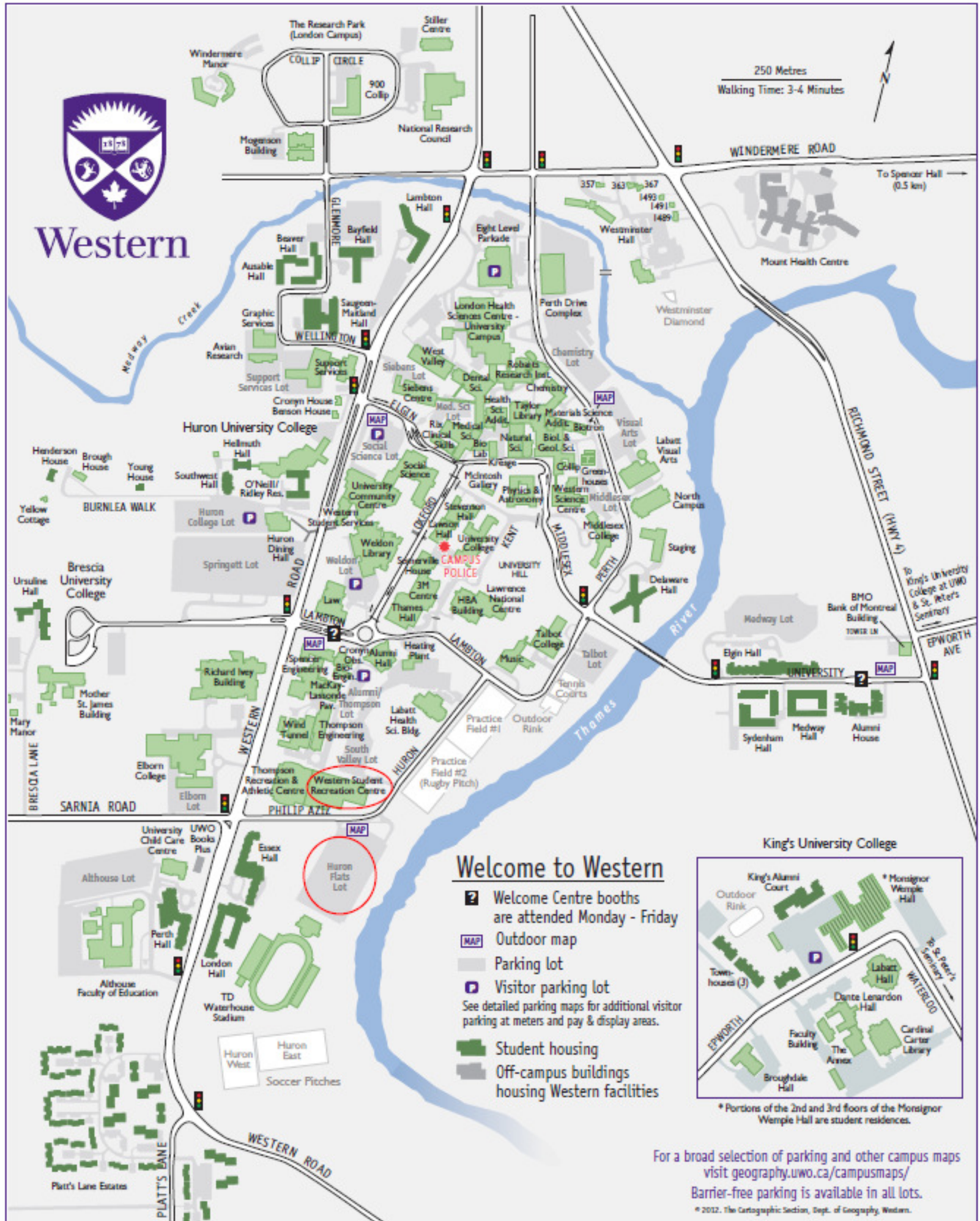
Maps & info: http://www.westernmustangs.ca/sports/2010/8/10/WSRC_0810105329.aspx?path=wsrc

Parking: Use the Huron Flats parking lot (Lot S). Parking is \$5 coin entry. Parking gates are expected to be unattended on Friday/Saturday; further details will be published as available.

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



MASTERS SWIMMING ONTARIO





Accommodations

StationPark

ALL SUITE HOTEL

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 Colbome

519-433-7222

Delta Armouries

325 Dundas

519-679-6111

Hilton Hotel London

300 King St West

800-210-9336



MASTERS SWIMMING ONTARIO

2013 ONTARIO MASTERS SWIMMING CHAMPIONSHIP INDIVIDUAL ENTRY FORM

Last Name : _____ First Name: _____
 D.O.B. dd/mmm/yy: ____ / ____ / ____ Age as of Dec. 31, 2013: _____
 Gender : _____ MSO Registration # _____
 Club Code: _____ Club Name: _____
 Address: _____ Phone days: _____
 City: _____ Phone evenings: _____
 Postal Code: _____ Email: _____

Please refer to page 5 for event numbers

	EVENT #	EVENT NAME	ENTRY TIME
1			: :
2			: :
3			: :
4			: :
5			: :
6			: :
T-SHIRT (please circle)			
M / F	Small	Medium	Large XLarge XXXLarge

I wish to swim one per lane
 in the 800m_____,
 the 1500m _____
 (time permitting)
 Contact Person: Ken
 Fitzpatrick /
kfitzpatrick@execulink.com

Item	#	Unit Cost	Total	
Individual Registration Fee (includes registration, up to 6 events, & T-shirt)	one	\$95.00	\$	CHEQUES PAYABLE TO : 2013 Masters Provincials MAIL TO: MSO CHAMPS 2013 c/o London Silver Dolphins, 624 Headley Drive, London, ON, N6H 3V4 ENTRIES TO BE RECEIVED BY Friday, March 8, 2013 PLEASE PUT NAME, MSO#, AND CLUB ON CHEQUE
Relay only swimmers (includes T-shirt)	one	\$45.00	\$	
		TOTAL PAYABLE	\$	

Card # Exp: mm/yy

3% surcharge added for VISA or MasterCard

Name on Card _____ Signature _____



MASTERS SWIMMING ONTARIO

2013 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
Friday March 29, 2013		
15 (W)	4 X 50 MED. RELAY	_____
16 (M)	4 X 50 MED. RELAY	_____
23 (X)	4 x 50 MIXED FREE RELAY	_____
Saturday March 30, 2013		
35 (W)	4 x 50 FREE RELAY	_____
36 (M)	4 x 50 FREE RELAY	_____
41 (X)	4 x 50 MIXED MEDLEY RELAY	_____
TOTAL ENTRIES		_____

CHEQUES PAYABLE TO :
2013 Masters Provincials

MAIL TO: MSO CHAMPS 2013
c/o London Silver Dolphins,
624 Headley Drive,
London, ON, N6H 3V4

ENTRIES TO BE RECEIVED BY
FRIDAY,
MARCH 15, 2013

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.

ENTRY FEES:

of relay teams _____ @ \$12.00 per team \$ _____

Card # Exp: mm/yy

3% surcharge added for VISA or MasterCard

Name on Card _____ Signature _____