



**2016 Ontario Masters  
Swimming Championship**  
Friday, April 1st - Sunday, April 3rd, 2016  
Markham Pan Am Centre Pool

**WEBSITE: [www.2016provincialchampionships.com](http://www.2016provincialchampionships.com)**

Proudly hosted by



2016 Ontario Masters Swimming Championship

**HOST:** Thornhill Masters Aquatic Club

**SANCTIONED BY:** Masters Swimming Ontario

**COMMITTEE:** **MEET MANAGERS:** Dieter Gamm, Paul St. Jean  
Email: meetmanager@thornhillmultisport.com  
**OPERATIONS CHAIR:** Amanda Wilkins  
Email: awilkins@rogers.com  
**MEET REFEREE:** Y-Y Wong

**ORDER OF EVENTS:** See page 5.

**ELIGIBILITY:** Swimmers must have reached their 18th birthday on or before April 1, 2016. Only Masters Swimmers registered with their provincial (MSO), state or, national body will be accepted. Masters registration numbers must be provided in advance for each swimmer.

**AGE:** A swimmer must have attained the age of 18 by April 1, 2016.  
A swimmer's age is determined by his/her age as of December 31, 2016.

**WEBSITE:** [www.2016provincialchampionships.com](http://www.2016provincialchampionships.com)

**ENTRY DEADLINES:** **All individual entries are due by March 20, 2016.**  
**All relay entries are due by March 25, 2016.**

**INDIVIDUAL ENTRIES:** Age groups are 18-24, 25-29, 30-34, etc. (increasing in 5 year increments). Men and women heats will be separate. Please submit times for seeding purposes. NT (no time) will be rejected. All entries are to be made through the event website. Swimmers are limited to **6 individual events**, not including relays. The Meet Manager reserves the right to limit entries and cancel events.  
**There will be NO DECK entries.**

**ENTRY FEES:** **All swimmers including "relay only" swimmers pay the individual swimmer entry fee.**

The individual swimmer entry fee is \$60.00.

This entry fee includes any fees due for sanctioning bodies or officials bodies. Individual events are \$5.00 each up to a maximum of 6 events per swimmer excluding relays. Please do not enter events you do not intend to swim as the potential for empty lanes can extend total meet time.

Relays are \$20.00 per team.

Copies of the meet package are available at [www.thornhillmultisport.com](http://www.thornhillmultisport.com) or <https://www.mastersswimmingontario.ca/>. Find the link for the provincials swim meet.

**Enter using the online form at [www.2016provincialchampionships.com](http://www.2016provincialchampionships.com).**  
VISA, MC or AMEX are accepted.

**ADVANCE RELAY ENTRIES:** Clubs need to submit only the number of relay teams per event on the relay entry page on the event website.

Relay age groups are 72-99, 100-119, 120-159, 160-199 (increasing in 40 year increments).

The 4 x 200m Relay may be swum as a medley or free relay (Men, Women or MiXed).

A swimmer may swim only once in each relay event.

Relay records will follow the rules of the masters swimming governing body.

Meet management reserves the right to swim relays in both ends.

Meet management reserves the right to restrict the number of heats in the 4 x 200 m Relay.

**2016 CLOTHING:** Meet T-shirts should be ordered with the entry form. They will be picked up with the registration package. Check out our online store for all items available.

**REGISTRATION:** Each swimmer will register in person upon arrival at the pool.  
Registration will take place in the pool lobby beginning at:  
4:00 p.m. on Friday, April 1, 2016  
7:00 a.m. on Saturday, April 2, 2016  
7:30 a.m. on Sunday, April 3, 2016

**EVENT SEEDING:** All events of 100m or less will be seeded by age group; and will be swum oldest to youngest, slowest to fastest.  
Women will swim in the EAST end on Friday and Sunday and in the WEST end on Saturday.  
The 800m and 1500m free may be swum with 2 swimmers per lane. (The host club reserves the right to run 800m and 1500m freestyle events using all 10 lanes.)  
All events of 200m or more will be seeded by time, slowest to fastest.

**RELAY CHECK-IN:** Relay cards must be picked up by a club representative from the check-in table in the lobby on Friday night. On Saturday and Sunday, they can be picked up from the meet manager.  
Entry cards for relays (part of package and available at registration table) need to be completely filled out. They should include: event #; event name; total team age; club name; relay gender (Men, Women, Mixed); individual swimmer names and ages (in swim order) and entry time.  
**Relay entries for that day's events are required ½ hour after the end of the session warm-up each day.**  
Late submission of relay cards may result in the team being scratched by meet management.  
Relay team members must swim in the order shown on the card as presented to the lane timers. Changes to swimmers or order may be made before the start of the heat if required. The age category of the relay may not be changed.

**RULES:** Masters Swimming Canada Rules, 2013 – 2017 with latest amendments, shall apply.

## 2016 Ontario Masters Swimming Championship

- WARM UP:** Lanes 0 and 9 will be used for continuous warm-up during the meet. MSC Warm up-Cool-down rules shall apply and be enforced. See MSC Rules posted at the pool.
- SOCIAL:** Thornhill Masters is hosting a hospitality suite on Saturday night. We will have a list of local restaurants available at the registration desk.
- FOOD:** Food will be available during the meet in a sanctioned area. We ask that you do not bring food onto the pool deck. Food can be consumed in the bleachers. There will also be food available from independent vendors.
- RECORDS:** It is your responsibility to inform the Referee and/or Chief Timer at least 10 minutes prior to your heat if you have a chance of setting a record, including a split for the first swimmer in a relay or an interim distance in a distance event.
- AWARDS:** **Medals** will be awarded 1<sup>st</sup> to 3<sup>rd</sup> place. Ribbons to 4-8<sup>th</sup> place in each age group for all individual events. Swimmers will be able to pick up their award stickers from a location **upstairs** close to the awards table. Then they should proceed to the awards table to receive their awards.
- RESULTS:** Results will be posted at <http://mymsc.ca/Competition.jsp#results> after the meet. During the swim meet, results will be posted on the wall at pool level and on the meet website **www.2016provincialchampionships.com**.
- OFFICIALS:** If you are interested in volunteering as an official, please email [meetmanager@thornhillmultisport.com](mailto:meetmanager@thornhillmultisport.com). Officials meet at the beginning of each day 30 minutes before the start in the officials' room.
- LOCATION:** **Markham Pan Am Centre Pool**  
**16 Main Street Unionville, Unionville, Ontario L3R 2E5**
- DIRECTIONS:** Exit South on Main Street from Hwy. 7 at Unionville in Markham. The facility is on the SW corner of Main Street where it ends.  
*OR* Exit Kennedy St. N. from Hwy. 407. Turn left onto Unionville Gate. Turn left onto Main Street. The facility is on the SW corner where it ends.
- FACILITIES:** Two 25 metre, 10 lane pools with electronic timing. The meet will be run double ended, with 8 lanes used for competition. Lockers are limited. Please bring a lock.
- HOTELS:** The host hotel is the Hilton Toronto / Markham Suites Conference Centre & Spa. Other hotels are available in the nearby area.
- TRANSPORTATION:** <http://www.yorkregiontransit.com/en/>
- PARKING:** Parking is available at the facility.

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**ORDER OF EVENTS:**

<b>Friday, April 1, 2016</b>		(Registration opens at 4 p.m.)
<b>Warm Up</b>		5:00 p.m. Warm Up, 6:00 p.m. START
Event#		
<b>Women</b>	<b>Men</b>	
1	2	400 IM
3	4	4 x 200 Relay (M,W) (Free, Medley)
5	5	4 x 200 Relay (X) (Free, Medley)
7	6	1500 Free
<b>Saturday, April 2, 2016</b>		(Registration opens at 7 a.m.)
<b>Warm Up</b>		8:00 a.m. Warm Up, 9:00 a.m. START
EVENT#		
<b>Women</b>	<b>Men</b>	
9	8	100 Free
11	10	50 Breast
13	12	200 Fly
15	14	100 IM
17	16	4 x 100 Medley Relay (M,W)
18	18	4 x 100 Medley Relay (X)
<b>Warm Up</b>		During Lunch Hour 1:00 p.m. RE-START
19	20	100 Back
21	22	50 Fly
23	24	200 Breast
25	26	4 x 50 Free Relay (M,W)
27	27	4 x 50 Free Relay (X)
29	28	400 Free
<b>Sunday, April 3, 2016</b>		(Registration opens at 7:30 a.m.)
<b>Warm Up</b>		8:00 a.m. Warm Up, 9:00 a.m. START
EVENT#		
<b>Women</b>	<b>Men</b>	
31	30	200 Free
33	32	50 Back
35	34	100 Fly
37	36	200 IM
39	38	4 x 100 Free Relay (M,W)
40	40	4 x 100 Free Relay (X)
<b>Warm Up</b>		During Lunch Hour 1:00 p.m. RE-START
41	42	50 Free
43	44	100 Breast
45	46	200 Back
47	48	4 x 50 Medley Relay (M,W)
49	49	4 x 50 Medley Relay (X)
51	50	800 Free

The meet will be run double ended, with 8 lanes used for competition.

Lanes 0 and 9 will be used for continuous warm-up during the meet.

Relay check in: All relays must be registered and all changes made ½ hour after the end of the session warm-up each day and well ahead of the event start.