

MSO - 2018 Ontario Masters Swimming Championships

Nepean Sportsplex, Nepean, Ontario

Friday, March 23 – Sunday March 25, 2018

Proudly hosted by:



Sanctioned by:



MASTERS SWIMMING ONTARIO

Sanction #: 356

MSO 2018 Ontario Masters Swimming Championship - Nepean

- Host:** Nepean Masters Swim Club
- Sanctioned By:** Masters Swimming Ontario (Sanction #: 356)
- Meet Managers:** Megan Dodge and David Schneiderman (meetmgr@nmsc.org)
- Meet Referee:** Yik Hon Yu (Level V)
- Location:** **Nepean Sportsplex**
1701 Woodroffe Ave, Nepean, Ontario, K2G 1W2
- Dates:** Friday, March 23 – Sunday, March 25, 2018
- Format:** Timed finals. The meet will be run short course, double-ended. For each day of competition, women will be assigned one side of the pool and men will be assigned the other. Women shall start at the shallow end of the pool on March 23 and 25. Men shall start at the shallow end of the pool on March 24.
- Facilities:** The Nepean Sportsplex pool will be configured as two eight lane, 25m pools. A separate 25m pool will be open to swimmers for warm-up and cool-down.

Electronic timing will be used.
- Facility Website:** <https://ottawa.ca/en/residents/facilities/nepean-sportsplex>
- Parking:** There is limited parking at the front of the complex (between the building and Woodroffe Ave.) with overflow parking located at the rear of the complex.
- Lockers:** A limited number of lockers are available in the change rooms. Users must supply own locks.
- Order of Events:**

Friday, March 23		
	Warm up: 3:00-3:45 pm	Start: 4:00 pm
Women	Event	Men
1	200 Freestyle	2
3	50 Backstroke	4
	15 minute break	
5	4 x 50 Mixed freestyle relay	
6	100 Breaststroke	7
8	100 Butterfly	9
10	400 IM	11

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Saturday, March 24		
	Warm up: 8:00 - 8:45 am	Start: 9:00 am
Women	Event	Men
12	100 Backstroke	13
14	50 Butterfly	15
16	400 Freestyle	17
	15 minute break	
18	4 x 50 Medley relay	19
20	100 IM	21
22	200 Breaststroke	23
24	50 Freestyle	25
26	200 Butterfly	27
	15 minute break	
28	4 x 50 Freestyle relay	29
	WINE AND CHEESE SOCIAL	

Sunday, March 25		
	Warm up: 8:00 - 8:45 am	Start: 9:00 am
Women	Event	Men
30	800 Freestyle	31
32	1500 Freestyle	33
	40 minute warm up	
34	50 Breaststroke	35
36	200 Backstroke	37
38	100 Freestyle	39
	15 minute break	
40	200 IM	41
42	4 x 50 Mixed medley relay	

Warm up:

All MSO rules apply including warm-up and warm down: <http://www.mastersswimmingontario.ca/wp-content/uploads/2017/12/MSO-Rules-Warm-Up-v2017-12-26.pdf>

A separate 25m pool will be open to swimmers for warm-up and cool-down during the meet.

The Safety Marshals will indicate when lanes 1 and 2 will be opened for dives and sprints for part of the warm up period in the main pool.

All swimmers are required to enter feet first into the pool and diving is strictly prohibited during general warm up and in the warm up pool. 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.

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Rules:

The following Rules will apply: <http://www.mastersswimmingontario.ca/swim-meets/mso-rules-of-competition/>

Eligibility:

Swimmers must have reached their 18th birthday on or before March 23, 2018.

Swimmers not registered with MSO are welcome and must swim as Single-Event Registrants (club code SER). SER participants must pay the associated \$10.00 fee which will be automatically added when you pay online. The additional fee provides MSO insurance coverage for the duration of the event.

Age as of Dec. 31, 2018 will determine age groups.

Para-swimmers:

Para-swimmers are welcome to participate fully in the meet.

Registration:

Registration is online.

Please sign into the MSO Registration system at:

<https://ms.mastersswimmingontario.ca/web/logon/memberLogon.php>

Swimmers not registered with MSO or swimmers having difficulty accessing the registration site will need to contact the MSO Registrar to obtain a secure access ID and password. The MSO registrar can be reached at: MSOReg@mastersswimmingontario.ca

Your registration status with MSO will be automatically verified. Swimmers not registered with MSO will be entered as a Single-Event Registrant (club code SER) and assessed the associated \$10.00 fee.

Online payment is via by PayPal and includes a credit card option as a PayPal guest.

By proceeding to the meet entry page, swimmers acknowledge acceptance of the Athlete Waiver and Release.

Payment is accepted prior to selecting and entering events.

If there are any questions or concerns, please contact meet management at meetmgr@nmsc.org.

Maximum Entries/Events:

Each swimmer may enter a maximum of 6 individual events. (This does not include relays.)

Note that swimmers may swim either the 800 or 1500 but not both.

No Deck Entries:

There shall be no deck entries.

Individual Entries:

Individual Entry Deadline is March 16, 2018.

Individual entries **must be submitted online.**

Age groups are 18-24, 25-29, 30-34, etc. (in five year increments).

Please submit entry times for seeding purposes.

Swimmers may enter a maximum of 6 individual events.

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Relay Entries:

Relay Entries are due March 16, 2018.

Relay entries must be submitted online. Only coaches may submit relay entries.
All members of a relay team must be from the same club or affiliation.
Relay age groups are 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-360.
There are men, women, and mixed relays.
Mixed relays shall consist of 2 women and 2 men.
A swimmer may swim only once in each relay event.

Relay team members must swim in the order shown on the posted sheets. This order will be reflected on the lane timer sheets.

Relay substitutions must be submitted to meet management by the end of 30 minutes after the warm up period on the respective day of competition. All substitutions submitted must have the new swimmer's name, age as of Dec 31, 2018, relay gender, relay age group, and new order of swimmers in the relay. **A substitution may not change the age group of the relay.**

Fees:

\$80.00 per individual. **This fee includes relay events.** Payment is online. All online registration payments must be completed by **March 16, 2018**. Cancellations, with a refund, will be accepted until **March 16, 2018**.

The Start:

The "No False Start" rule will be in effect.

Event Seeding:

All events will be run slowest to fastest except the 800 and 1500 freestyle. The seeding of the 800 and 1500 freestyle will be at the Meet Manager's discretion.

There will be no deck entries.

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. Any swimmer who misses their heat will be scratched from that event.

Awards:

For individual events, there will be medals for 1st, 2nd, and 3rd place. There will be ribbons for 4th to 8th place. For relays, there will be ribbons for 1st, 2nd, and 3rd place.

Food & Social:

Light refreshments and water will be available for the swimmers during the meet. Swimmers must supply their own water bottle at the swimmer's table for water.

Please join us for an informal Wine and Cheese Social. This will start during the second 15 minute break on Saturday, March 24 and continue through event 28 and 29 (4 x 50 Freestyle relay). It will take place in the dining hall at the Nepean Sportsplex. All are welcome. This is included in your registration fee.

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Results:

The official results will be organized by gender and age group. Results will be posted in the foyer during the meet. Final results will be posted at <http://www.ms.mastersswimmingontario.ca>

Records:

Please note that results are eligible ONLY for MSO Ontario records. All MSO Ontario records are displayed on the MSO Website at <http://www.ms.mastersswimmingontario.ca>.

Volunteers:

A large number of volunteers are required to properly run a swim meet.
Help is needed for Officials and timers.

If you or someone you know is interested please contact: meetmgr@nmsc.org

YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOSTS