



October 16, 2018

To: Club Contacts, Presidents, Registrars and Treasurers

We are well into the season and registration is tracking slightly above this time last year. The season is still young and we know that clubs are still getting organized. Thank you to all clubs and Registrars for their hard work. We look forward to our continued collaboration in serving our swimmers.

### **Fall Events and Meets are open for registration**

There are a few events coming quickly. Please encourage your swimmers to support them. The hosts have been working hard to prepare and every one of them is aimed at having fun.

October 28<sup>th</sup> – MSO Symposium – A Swim Clinic with former Olympian Tera Van Beilen – McMaster University in Hamilton

November 11<sup>th</sup> – Fast and Furious Swim Meet – NEW HOST Guelph Marlins - Guelph

November 17<sup>th</sup> – Willy Lee Charity meet – Ottawa

December 2<sup>nd</sup> – TECH Time Trial - Ottawa

December 9<sup>th</sup> – 3<sup>rd</sup> Red vs Blue Meet – Nepean FOLLOWED BY THE MSO AGM

December 15<sup>th</sup> – North York Gators Pentathlon - Markham

### **Annual General Meeting – save the date**

Please join us for MSO's AGM on December 9, 2018 at the Nepean Sportsplex in Ottawa.

The meeting will take place immediately following the Nepean Red vs Blue meet.

Formal notice will be sent out separately in the coming days. All MSO members are encouraged to attend. As per MSO Bylaws, only those clubs and unattached swimmers (as a group) registered during the 2017-2018 season have voting rights.

MSO is a volunteer organization and needs the help of committed people. Please consider submitting your candidacy for a Board position or volunteering your time to make this organization run. We are always looking for people with good technical skills in WORD PRESS (website), Sharepoint and Office 365. Please contact [MSOReg@MastersSwimmingOntario.ca](mailto:MSOReg@MastersSwimmingOntario.ca) and volunteer today.

### **Important Changes to Diving Rules for Competition and Training**

Swimmers who attended MSO Provincials last March, showed patience and flexibility when the meet suddenly changed going from a double-ended to a single-ended format. The change was the result of the City's revised risk assessment that resulted in the elimination of diving in the shallow end. Since then Swim Canada issued revised pool depth Guidelines and communications for both competition and training.

Masters swimming rules have always been closely aligned with Swim Canada rules and MSO will continue to do so. While we finish updating the MSO Rules of Competition, including the Facilities Guidelines, we direct you to the [Swim Canada statements and communications](#).

Diving for both Competition and Training

Water Depth	
Less than 1.2m	No Diving; in water starts only (no change from previous rules)
1.2 m to 1.35 m	Diving from permanent deck or bulkhead where height is not more than 0.35m from water surface.
1.35 m (equal to or great than)	Diving from Starting Platform (max 0.75m from water surface as per FR 2.7)
<a href="https://swimming.ca/content/uploads/2018/04/Communication_final.pdf">https://swimming.ca/content/uploads/2018/04/Communication_final.pdf</a>	

### **NEW MSO Program to add spice to your Practice**

The **MSO Challenge Circuit** is a new event aimed at:

- a) Engaging all clubs in healthy competition regardless of club size and location;
- b) Providing all swimmers an opportunity to learn how to race every event in a comfortable and familiar venue;
- c) Having fun!

MSO recognizes the diversity of its membership; the diversity of club size and focus as well as the diversity of swimmer ability and interests. We recognize that smaller towns and cities may not have sufficient clubs and swimmers to support sanctioned competition. Travel to meets may be prohibitive and so they focus only on the championship season. We have keen competitors, casual competitors and fitness swimmers who may be reluctant to give formal competition a go. A local, smaller, less formal event might be of interest to those who rarely compete or never competed. So how do we engage ALL clubs and ALL swimmers? Through the Circuit Challenge.

#### **How do we engage ALL clubs and ALL swimmers?**

The MSO Challenge Circuit makes available the competitive experience to ALL MSO swimmers wherever your club may be located. Super Low costs – No travel needed. And YES, the results will count and will be ranked. They will be uploaded to the MSO database.

#### **The Rules – there are always Rules!**

- 1) Each Challenge Circuit event will be set up like a time trial/dual meet during existing practice time(s). Clubs are encouraged to team up with other local clubs and use timers and officials from their own club. Clubs may host as many time trials/dual meets as they wish to complete the events within any Challenge period.

- 2) The club is responsible to secure a qualified meet referee and starter, and two timers per lane. The club must ensure that meet conditions were met. The meet referee shall validate/sign off on the meet results.
- 3) A record application must be supported by 3 manual times, a pool survey and a signed submission by the time trial referee.
- 4) During each Challenge Circuit period, swimmers will choose from a prescribed set of events. All events are to be submitted as SCM. Clubs swimming in SCY pools, without access to an SCM pool may submit converted times - <https://swimswam.com/swimming-times-conversion-tool/>
- 5) Clubs have until the end of the Challenge Circuit period (see dates below) to submit all validated results to MSO at [MSOMeets@MastersSwimmingOntario.ca](mailto:MSOMeets@MastersSwimmingOntario.ca). Don't wait until the end; interim results will be accepted and encouraged. The results may be submitted as a CL2 Hytek file (preferred), spreadsheet ([template available](#)) or paper, provided that all the standard information is included (e.g., MSO#, name, club, gender, date of birth).
- 6) The Challenge Circuit is separate and distinct from sanctioned meets. In other words, if you swim an event at a sanctioned meet, please don't submit it with your Challenge results.
- 7) All Challenge Circuit swimmers must be MSO registered. Independent swimmers registered with TOMS are encouraged to contact the nearest MSO affiliated club regarding opportunities to swim as guests.
- 8) Club results will be combined with those from other clubs so that the results from each Challenge Circuit will be treated like one, large swim meet.

## Challenge Periods and Events

### MSO Challenge Circuit #1: November 1-January 30

Target Events: 400 FR/200 FL/200 BK/100 FR/50 BK/50 BR  
*Optional Events: 100 IM/50 FR/50 FL / 25 FR/25BK/25 BR/25 FL*  
Results Submission Deadline: January 30

### MSO Challenge Circuit #2: February 1-April 30

Target Events: 1500 FR/200 IM/200 BR/100 IM/100 BK/50 FL  
*Optional Events: 100 FR/50 FR/50BK/50 BR/25 FR/25BK/25 BR/25 FL*  
Results Submission Deadline: April 30

## MSO Challenge Circuit #3: May 1-July 30

Target Events: 800 FR/400 IM/200 FR/100 FL/100 BR/50 FR

*Optional Events: 100 BK/100 IM/50 FL/50BK/50 BR/25 FR/25BK/25 BR/25 FL*

Results Submission Deadline: July 30

**This is the first time MSO is offering the Circuit Challenge. Feedback received during the first Circuit may be used to adjust the 2<sup>nd</sup> and 3<sup>rd</sup> Challenge Circuits.**

### Questions?

Please contact Andrea Smith at [A\\_Smith@MastersSwimmingOntario.ca](mailto:A_Smith@MastersSwimmingOntario.ca) or at [MSOMeets@MastersSwimmingOntario.ca](mailto:MSOMeets@MastersSwimmingOntario.ca)