



# 2019 ONTARIO MASTERS SWIMMING CHAMPIONSHIPS



**Markham Pan Am Sports Centre  
March 22 - 24, 2019**

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

**Register at:** <https://ms.mastersswimmingontario.ca>

**SANCTIONED BY:** Masters Swimming Ontario # 410

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**THOR**  
ThornhillMastersAquaticClub

2019 Ontario Masters Swimming Championships

- HOST:** Thornhill Masters Aquatic Club ([www.thornhillmultisport.com](http://www.thornhillmultisport.com))
- SANCTIONED BY:** Masters Swimming Ontario (MSO) #410  
The official meet package will be the version on the MSO meet listing at <https://ms.mastersswimmingontario.ca>
- COMMITTEE:** **MEET MANAGER:** Amanda Wilkins  
**OPERATIONS CHAIR:** Krista Ferlatte  
**Email:** [meetmanager@thornhillmultisport.com](mailto:meetmanager@thornhillmultisport.com)
- MEET REFEREE:** Y-Y Wong
- 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-metres, 10 lane pools with electronic timing.  
The meet will be run double ended, with 8 lanes used for competition.  
Lanes 0 & 9 will be used for continuous warm up /warm down.  
Lockers are limited. Please bring a lock.
- HOTELS:** Hotels are available nearby Unionville, Ontario (Markham).
- PUBLIC TRANSIT:** <http://www.yorkregiontransit.com/en/>
- PARKING:** Parking is available at the facility.
- ORDER OF EVENTS:** The order of events is shown on page 6.
- ELIGIBILITY:** Swimmers must have reached their 18th birthday on or before March 22, 2019.  
A swimmer's age is determined by his/her age as of December 31, 2019.  
Para swimmers are welcome to participate.  
  
All masters-aged swimmers will be accepted.  
  
Swimmers not registered with MSO must swim as Single-Event Registrants (club code SER). SER participants must pay the associated \$10.00 fee to receive MSO insurance coverage.
- ENTRY DEADLINES:** **All individual entries are due by March 16, 2019 by midnight.**  
**All relay entries are due by March 20, 2019 by midnight.**

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

The individual swimmer entry fee is \$80.00.

Individual events are included in the entry fee and there is 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.

Relays are entered by the coaches on the MSO website. Relay fees should be e-transferred to [info@thornhillmultisport.com](mailto:info@thornhillmultisport.com) immediately after the entries are completed on the MSO website.

**INDIVIDUAL ENTRIES:** Swimmers are limited to **6 individual events** and **4 relays**.

Age groups are 18-24, 25-29, 30-34, etc. (increasing in 5 year increments).

Men's and women's heats will be separate.

Please submit times for seeding purposes. NT (no time) will be rejected.

All entries are to be made through the MSO website at <https://ms.mastersswimmingontario.ca>. (See instructions below.)

One men's heat and one women's heat of 800IM will be offered on a first-come-first-served basis. Swimmers must enter the 800 Free and then indicate their wish to swim it as an IM on their meet entry form.

The Meet Manager reserves the right to limit entries, including the 1500 Free and cancel events.

**There will be NO DECK entries.**

**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 800m or more will be seeded by time, slowest to fastest.

The Meet Manager reserves the right to limit 1500m entries.

**RELAY ENTRIES:** **Relays are entered by club coaches (see How to Register below).**

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

All swimmers must be from the same club. A swimmer may swim only once in each relay event. A maximum of 4 relay events per swimmer may be entered.

Swimmers can indicate their relay interest and stroke preferences for medley relays when selecting their individual events. This information will be made available to club coaches.

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

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**RECORDS:** It is your responsibility to inform the Session Referee 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 long distance event.

Only swimmers registered with MSO are eligible for Ontario records. All swims will be considered for Christian Berger's Top Canadian Records and Rankings. (See April 12<sup>th</sup> MSO News <http://www.mastersswimmingontario.ca/>)

**RESULTS:** **During the event, results will be posted on the wall.**

All results will be posted to the MSO database at <https://ms.mastersswimmingontario.ca>.

Single-Event Registrants will swim and be reported under the club code "SER".

**AWARDS:** **Medals** will be awarded 1<sup>st</sup> to 3<sup>rd</sup> place for individuals and relays. Ribbons will be awarded to 4-8<sup>th</sup> place in each age group for all individual events. Swimmers may 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.

**HOW TO REGISTER:** Please **sign into the MSO system to register** online at: <https://ms.mastersswimmingontario.ca>

**Need Help? Read "HOW to Sign-in and Register" or contact the MSO registrar.**

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

You will be asked to pay the individual registration fee first. Online payment is via by PayPal and includes credit card and Interac options as a PayPal guest. Following payment, you will be directed to an event selection page. **Click on your event choices and hit SAVE.**

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

### **RELAY ENTRIES:**

RELAYS are entered by a coach marked ACTIVE on the club's coach list, which is maintained by the Club Registrar.

Instructions for coaches will be made available on the MSO website.

Relay fees should be e-transferred to [info@thornhillmultisport.com](mailto:info@thornhillmultisport.com) immediately after the entries are completed on the MSO website.

Questions? Contact [meetmanager@thornhillmultisport.com](mailto:meetmanager@thornhillmultisport.com)

## 2019 Ontario Masters Swimming Championships

- MEET SIGN-IN:** Each swimmer will sign in upon first arrival at the pool.  
Sign-in will take place in an upstairs room beginning at:  
3:00 p.m. on Friday, March 22, 2019  
7:00 a.m. on Saturday, March 23, 2019  
7:30 a.m. on Sunday, March 24, 2019
- RELAY CHECK-IN:** Relay cards must be picked up by a club representative from the sign-in table upstairs 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:** All disqualifications (DQ) will be announced.  
All MSO rules apply including warm-up and warm down.  
<http://www.mastersswimmingontario.ca/swim-meets/mso-rules-of-competition/>
- 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:** 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.
- OFFICIALS:** A large number of volunteers are needed to properly run a swim meet. We need Officials and timers. If you or someone you know are interested in volunteering, 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.

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**ORDER OF EVENTS:**

<b>Friday, March 22, 2019</b>		<b>(Registration opens at 3 p.m.)</b>
<b>Warm Up</b>		<b>4:00 p.m. Warm Up, 5:00 p.m. START</b>
Event#		
<b>Women</b>	<b>Men</b>	
1	2	400 IM
3	4	50 Free
<b>15 minute break</b>		
5	6	1500 Free
<b>Saturday, March 23, 2019</b>		<b>(Registration opens at 7 a.m.)</b>
<b>Warm Up</b>		<b>8:00 a.m. Warm Up, 9:00 a.m. START</b>
EVENT#		
<b>Women</b>	<b>Men</b>	
7	8	100 Free
9	10	50 Back
11	12	200 Fly
13	14	100 IM
<b>15 minute break</b>		
15	16	4 x 100 Free Relay (M,W)
17	17	4 x 100 Free Relay (X)
<b>Warm Up during lunch hour</b>		<b>1:00 p.m. RE-START</b>
19	20	100 Back
21	22	50 Fly
23	24	200 Breast
<b>15 minute break</b>		
25	26	4 x 50 Medley Relay (M,W)
27	27	4 x 50 Medley Relay (X)
29	30	800 IM (1 heat each)
31	32	800 Free
<b>Sunday, March 24, 2019</b>		<b>(Registration opens at 7:30 a.m.)</b>
<b>Warm Up</b>		<b>8:00 a.m. Warm Up, 9:00 a.m. START</b>
EVENT#		
<b>Women</b>	<b>Men</b>	
33	34	400 Free
35	36	100 Breast
37	38	200 IM
<b>15 minute break</b>		
39	40	4 x 100 Medley Relay (M,W)
41	41	4 x 100 Medley Relay (X)
<b>Warm Up during lunch hour</b>		<b>1:00 p.m. RE-START</b>
43	44	200 Free
45	46	100 Fly
47	48	200 Back
49	50	50 Breast
<b>15 minute break</b>		
51	52	4 x 50 Free Relay (M,W)
53	53	4 x 50 Free Relay (X)

The meet will be run double ended, with 8 lanes for competition. Lanes 0 and 9 are for continuous warm-up. 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.