

# 2020 Ontario Masters Swimming Championships (MSO)

Nepean Sportsplex, Nepean, Ontario

Friday, March 27 – Sunday March 29, 2020

Proudly hosted by:



Sanctioned by:



Sanction #: 510

# 2020 Ontario Masters Swimming Championship (MSO) - Nepean

**Host:** Nepean Masters Swim Club

**Sanctioned By:** Masters Swimming Ontario (Sanction #: 510)

**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 27 – Sunday, March 29, 2020

**Entry Deadlines:** Friday, March 20th - Individual events  
Tuesday, March 24th – Relay Events  
There shall be no deck entries.

**Format:** Timed finals. The meet will be run short course, single-ended, except for the 400, 800, and 1500 Freestyle and 800 IM. The 400, 800, and 1500 Freestyle and 800 IM will be run short course, double ended.

**Facilities:** The Nepean Sportsplex pool will be configured as two eight lane, 25m pools. Designated lanes will be used for warm-up and cool-down before and during the competition.

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 27	Session 1	
	Warm up: 3:00-3:45 pm	Start: 4:00 pm
Women	Event	Men
1	200 Freestyle	2
3	50 Backstroke	4
5	100 Butterfly	6
7	50 Breaststroke	8
9	4 x 50 <b>Mixed</b> freestyle relay	
10	400 IM	11

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<b>Saturday, March 28</b>		<b>Session 2</b>	
		<b>Warm up: 7:00 - 7:45 am</b>	<b>Start: 8:00 am</b>
Women		Event	Men
<b>12 (deep end)</b>		1500 Freestyle	<b>13 (shallow end)</b>
14		50 Butterfly	15
16		100 Backstroke	17
18		4 x 100 freestyle relay	19
		<b>Session 3</b>	<b>Start: 1:00 pm</b>
20		200 Breaststroke	21
22		50 Freestyle	23
24		100 IM	25
<b>26 (shallow end)</b>		400 Freestyle	<b>27 (deep end)</b>
28		4 x 50 medley relay	29
		<b>WINE AND CHEESE SOCIAL</b>	

<b>Sunday, March 29</b>		<b>Session 4</b>	
		<b>Warm up: 7:00 - 7:45 am</b>	<b>Start: 8:00 am</b>
Women		Event	Men
<b>30 (shallow end)</b>		800 IM	<b>31 (deep end)</b>
<b>32 (shallow end)</b>		800 Freestyle	<b>33 (deep end)</b>
34		50 Freestyle Finals	35
36		200 Butterfly	37
38		100 Breaststroke	39
40		4 x 50 <b>Mixed</b> medley relay	
		<b>Session 5</b>	<b>Start: 12:00 pm</b>
41		4 x 100 medley relay	42
43		200 Backstroke	44
45		100 Freestyle	46
47		200 IM	48
49		4 x 50 Freestyle relay	50

### 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>

The shallow end will be open to swimmers for warm-up and cool-down during the meet except during the 400, 800, and 1500 freestyle. During the 400, 800, and 1500 freestyle, lane 8 will be available for

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warm-up and cool-down in the deep end and shallow end. **No diving is permitted at any time in the shallow end for warm-up or cool-down during the competition.**

The Safety Marshals will indicate when lanes 1 and 8 will be opened for dives and sprints for part of the warm up period in the deep end and from the bulkhead into the shallow end.

All swimmers are required to enter feet first into the pool and diving is strictly prohibited during general warm-up (except at designated times in lane 1 and 8). 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.

## Rules:

The following Rules will apply: <https://www.mastersswimmingontario.ca/rules-of-competition/>

## Eligibility:

Swimmers must have reached their 18th birthday on or before March 27, 2020. Swimmers age group shall be determined as of December 31st, 2020

All swimmers will be accepted. Swimmers not registered with Canadian Independent Masters Swimming (CIMS) or MSO must swim as Single-Event Registrants (club code SER). SER participants must pay the associated \$12.00 fee to receive insurance coverage.

Swimmers under the age of 26 years, must comply with Ontario's new Rowan's Law (Concussion Safety) requirements. Review the Government of Ontario's concussion awareness at <https://www.mastersswimmingontario.ca/rowans-law> . The required "Confirmation of Review" has been added to the online Waivers.

## Para-swimmers:

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

## Registration:

To enter online, please sign in at <https://ms.mastersswimmingontario.ca>

[Instructions](#) for using the meet entry system are found on the homepage.

If you are not a CIMS or MSO member, you may already be in the database from past meets. If not, contact the MSO Registrar who will add you to the system and get you started.

[MSOReg@MastersSwimmingOntario.ca](mailto:MSOReg@MastersSwimmingOntario.ca)

You will be asked to pay the meet entry fee first. The online registration system accepts PayPal which includes a credit card option. You will then be directed to the event selection page. Click on your event choices, add a seed time and hit SAVE.

Your registration status with CIMS or MSO will be automatically verified. Swimmers not registered with CIMS or MSO will be entered as Single-Event Registrants (club code SER) and assessed the associated \$12.00 fee.

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

Note that RELAYS are entered by a Coach or Relay Captain listed in the club's coach list which is maintained by the Club Registrar.

If there are any questions or concerns, please contact meet management at [meetmgr@nmsc.org](mailto:meetmgr@nmsc.org).

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## Entries/Events:

Each swimmer may enter a maximum of 6 individual events and 6 relays.

There shall be no deck entries.

## Individual Entries:

**Individual Entry Deadline is Friday, March 20, 2020.**

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.

Swimmers may enter **both** the 800 and 1500.

There will be 2 heats (14 swimmers) maximum for the 800 IM for each gender.

## Relay Entries:

**Relay Entries are due Tuesday, March 24, 2020.**

Relay entries must be submitted online. Only Coaches or Relay Captains listed on the club's coaches list can 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, 2020, 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:

\$85.00 per individual. **This fee includes relay events and the Wine and Cheese Social.** Payment is online. All online registration payments must be completed by **March 20, 2020**. Cancellations, with a refund, will be accepted until **March 20, 2020**.

## 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.**

## Procedure for swimming the 400, 800, and 1500 Freestyle and 800 IM in the shallow end:

The 400, 800, and 1500 Freestyle and 800 IM will be run short course, double ended. Please refer to the Order of Events above in order to determine if you are swimming any of these events in the shallow end. If you are swimming any of these events in the **shallow end** then the procedure will be as follows:

- 1) A marshalling area, with a marshal, will be designated with a sign near the bulkhead (center) of the pool. Present yourself to this marshalling area. If you are in the next heat, there will be a seat available in the marshalling area for your designated lane.

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- 2) Inform the marshal if there is a designated individual who needs to assist you onto the blocks.
- 3) When the previous heat finishes, the referee and starter will clear the swimmers from the pool. During this time, the lane timers will walk off the bulkhead.
- 4) Once the lane timers are off the bulkhead, the marshal will direct the next heat onto the bulkhead and swimmers will proceed to their lane and starting block.
- 5) Once swimmers are behind their blocks, the usual race start procedure will follow.
- 6) **NB:** Lane counters will not be permitted on the bulkhead.

## 50 Freestyle Finals

Events 34 and 35 are the 50 Freestyle Finals. There will be 2 heats for each gender. The first heat will consist of the top 8 swimmers, age 50 and over, based on times from event 22 and 23. The second heat will consist of the top 8 swimmers, age 49 and under, based on times from event 22 and 23. Each heat will receive awards as per individual events (see below). However, the results of events 34 and 35 will not score points.

## 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place. There will be ribbons for 4<sup>th</sup> to 8<sup>th</sup> place. For relays, there will be ribbons for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place.

## Scoring:

All swimmers are eligible to score points whether they are registered with MSO or swimming as SER. However, the SER club code will not be counted in the overall team standings.

The points for individual events shall be: 9-7-6-5-4-3-2-1.

The points for relay events shall be: 18-14-12-10-8-6-4-2. Within the top 8 relay teams in each relay event, only the top 2 teams of a given club shall score points.

## Food & Social:

Light refreshments and water will be available for the swimmers during the meet.

Please join us for an informal Wine and Cheese Social. This will start towards the end of session 3 – an announcement will be made on deck. It will take place in **Hall B** at the Nepean Sportsplex. All are welcome. This is included in your registration fee.

## 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 notify the Referee and/or Chief Timer before your swim if there is a chance you could set 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 CIMS or MSO are eligible for Provincial records as recorded by CIMS and MSO. Meet results may be shared with independent record-tracking lists for inclusion in aggregated records and rankings, for example, Christian Berger's Top Canadian Records and Rankings ([www.StatsMan.ca](http://www.StatsMan.ca)). Record recognition by any other sanctioning organization is at the discretion of such sanctioning organization.

## Volunteers:

A large number of **volunteers** are required to properly run a swim meet.

Help is needed for Officials and timers.

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If you or someone you know is interested please contact: [meetmgr@nmsc.org](mailto:meetmgr@nmsc.org)

**YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOSTS**