



2021

Virtual OWS Challenge

Enter by August 22nd

Swim and Report by Labour Day

1971-2021



50 Years of Masters Swimming

COVID-19 IS STILL WITH US....!!!!

BUT last year's Virtual OWS Challenges was so much fun we are doing it again.

Even better, this year's Challenge helps to launch our celebration of 50 years of Masters Swimming in Ontario and in Canada.

There will again be two separate Challenges.

Short Distance Otter Challenge (250m, 500m, 750m, 1km)

Long Distance Loonie Challenge (1.5km, 3km, 5km, 10km)

Complete any or all distances over the summer. Submit your results and an image from your timing/tracking device.

Each Challenge has its own fees and awards. You may enter both Challenges by paying the fee for each one.

Every swimmer will receive a personalized recognition of their accomplishments. Complete 3 out of 4 distances within a Challenge and your award will earn the distinction of Otter or Loonie. Complete all four distances and you will be recognized as a Super Otter or Super Loonie.

Note: You may not combine distances across the two Challenges to achieve the distance distinctions.

Best of all, tells us about your swim and post some photos on MSO's Facebook group or on your Instagram including the hashtag - **#MSOSwims, #MasterSwim50FOR50, #MastersSwim50**

WHEN?

Enter before 11 p.m. August 22nd 2021

Complete and report your swims by the Labour Day Weekend.

Awards will be sent on a first-come-first-served basis while quantities last.

WHERE?

Any (safe) Open Water venue or pool.

WHO?

All Masters aged swimmers are welcome to participate. You must have reached your 18th birthday on or before the day you enter the Challenge.

EVENTS?

Short-Distances: 250m, 500m, 750m, 1km

Long-Distances: 1.5 km, 3 km, 5 km, 10 km

Wetsuit and non-wetsuit categories

Age Groups: 18-24; 25-29; 30-34 and so on in 5 year increments.

You may swim any and all swim distances. The events must have a separate time, i.e., overlapping splits cannot be used to achieve shorter distances. (see RULES)

All swims must be reported by Labour Day.

The 10 km event is intended for experienced OWS swimmers. Please swim within your abilities and with proper safety support!

FEES?

\$10.00 for the Short-Distance Challenge and \$10.00 for the Long Distance Challenge

All swimmers must register before 11:00 p.m. August 22nd

All swims must be reported by the end of the Labour Day weekend

To enter and pay the fee, **see instructions below**.

SUBMITTING YOUR RESULTS

This will be low tech!

- Complete the [Google Form](https://forms.gle/KAHa4Xc7FghJ4uVF6) at <https://forms.gle/KAHa4Xc7FghJ4uVF6>
 - Smart Watch results – identify the location and submit a screen clip of your swim to MSOReg@MastersSwimmingOntario.ca
 - One Smart Watch result may be used for buddies swimming together, yet physically distanced. Each individual swimmer must report results via the [Google Form](https://forms.gle/KAHa4Xc7FghJ4uVF6). However, one person can submit the screenshot and name all the swimmers in the group.
 - No Smart Watch? - have a coach or friend time your swim and estimate the distance. Submit the venue, distance and time. (Note: Google Maps has a measurement feature).
 - The distances may be swum (continuously) in a pool, i.e., the OWS Challenge is not intended to record a practice composed of a variety of sets and rests. Please use the MEGAmetre Tracker for practice sets.
 - All results for swimmers having entered and paid the fee will be entered in the MSO Results Database. They will be added as they arrive over the Challenge period.
 - A distance may be swum and submitted multiple times. Only the fastest time for each distance will be kept in the database.

- Never swim alone. Have a rescue equipped support on the water (not in the water). Swim parallel to the shore if supported by a lifeguard or spotter on shore.
- Wear a brightly coloured cap and use a tow float for visibility. Remember that tow floats are not lifesaving quality devices.
- Always plan for the weather and water conditions. Use wetsuits within the recommended water temperature ranges.

Club-organized swims must have a club safety plan that is in line with the [OWS Guidance](#) and local public health COVID-19 restrictions.

HOW TO ENTER

The OWS Challenge is using the MSO meet entry system. 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, MSO or MSM member, you may already be in the database from past years and meets. If not, contact the [MSO Registrar](#) who will add you to the system and get you started. 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. Selecting your distance and adding a seed time is optional. But why not guess and see how close you get. If you decided to enter your seed times, don't forget to **hit SAVE**.

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