

2020 MASTERS SWIMMING ONTARIO
Provincial Championships – Slightly Delayed

Celebrating 50 Years of Masters Swimming



Nepean Sportsplex, Nepean, Ontario

Saturday, June 11 – Sunday June 12, 2022
(MASKS REQUIRED)

Hosted by:

Nepean Masters & BTRaIN
and Ottawa Area clubs

Sanctioned by:



MASTERS SWIMMING ONTARIO

Sanction #:701

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MASKS at Provincials

MSO has sanctioned this meet with a **mask mandate** for all indoor activities. The Social is being organized with an outdoor venue to permit relaxed interactions and optional masking. Why?

- There will be a large number of swimmers, fans, officials and volunteers in a humid, indoor environment.
- A good number of participants will be from vulnerable age groups.
- To run this meet properly, we rely on a large number of volunteers who will be close to swimmers entering or exiting the pool unmasked. Mask protocols protect both volunteers and swimmers.
- While rapid test kits are available, they lack accuracy and give a false sense of security.
- At the time of sanctioning, Ontario was on a steep incline of a 6th pandemic wave that will take several months to play out.

High quality, medical masks is the best way to prevent transmission. For the benefit of all participants, we ask for everyone to follow the mask protocols over these 2 days.

Co-Hosts: Nepean Masters Swim Club, B-TRiN Swimming & MSO

Sanctioned By: Masters Swimming Ontario (Sanction #: 701)

Meet Managers: Andrea Smith, BTRAIN & Ryan Saw, Nepean Masters
Email: MSOMeets@MastersSwimmingOntario.ca

Competition Coordinator: Bruce Sheppard, Level V

Volunteers: Andrea Douglas at andreadouglashome@gmail.com

Meet Package: The official sanctioned meet package will be found on the MSO website at <https://ms.mastersswimmingontario.ca/web/schedule.php>.

Any required changes to the meet package will be posted and communicated to swimmers who have already registered.

Location: **Nepean Sportsplex**
1701 Woodroffe Ave, Nepean, Ontario, K2G 1W2

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Dates: Saturday, June 11 – Sunday, June 12, 2022

Entry Deadlines: Friday, May 27th - Individual events
Tuesday, May 31st - Relay Events

There shall be no deck entries.

Format: Single-ended 25m, timed finals. Mixed gender seeding will be used for all events. There will be no age-group specific seeding for sprint events. All events swum slowest to fastest.

The 800 and 1500 Freestyle may be 2 swimmers per lane. Positive Check-In! Swimmers to provide 1 timer each. Swimmers to provide own lap counters if possible.

There will be a maximum 1 heat of 800 IM.

Town Hall & Social:

Saturday following the completion of the 1500 free
Where? - At the Sportsplex - **OUTSIDE** with optional masking
No cost for the social
Details to follow.

Facility: 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.

NOTE: The front entrance will be closed for renovations. Be prepared to walk around the building to access the pool. See the facility notes at the end of the meet package.

Lockers: A limited number of lockers are available in the change rooms. Users must supply own locks.

Safety: The safety of all participants is a top priority.

Concussion Safety

Officials, coaches and swimmers under the age of 26 years are required to review must comply with Ontario's Rowan's Law (Concussion Safety) requirements and review the Government of Ontario's concussion awareness at

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<https://www.mastersswimmingontario.ca/rowans-law> . As a best practice, all participants, irrespective of age or position, are encourage to review the materials.

COVID-19

MSO strongly encourages all participants to be fully vaccinated and boosted.

All participants must complete the [Provincial COVID-19 self-assessment](#) before coming to the pool each day and act accordingly.

All participants and spectators **must wear a mask** that covers the nose, mouth and chin at all times when in the facility and on deck.

Swimmers may remove their mask only when behind the blocks just prior to their heat. Put your mask back on ASAP following your heat.

All swimmers will be seated in the stands. Please continue to distance in the stands where possible.

Bring your own water bottles and snacks if needed. None will be provided to swimmers. **NOTE: Due to Sportsplex renovations, the canteen will only be open if that section of the lobby is open to the public. See additional information at the end of the meet package.**

MSO and meet managers will be monitoring COVID-19 developments and making any necessary changes to the meet.

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Order of Events –

Saturday, June 11 - Session 1	
Warm up: 8:00 - 8:45 am	Start: 9:00 a.m.
Women / Men	Event
1	200 Freestyle
2	200 Fly
3	50 Back
4	100 Breast
5	400 IM
6 / 7	4 x 50 Free Relay (W / M)
45 minute break – Restart 12:00 p.m.	
Session 2	
8	100 Back
9	200 Breast
10	50 Fly
11	4 x 50 MIXED medley relay
12	1500 Free
TOWNHALL & SOCIAL Onsite and OUTSIDE	

Sunday, June 12 - Session 3	
Warm up: 7:30 - 8:15 am	Start: 8:30 am
	Event
13	200 Back
14	50 Free
15	100 Fly
16	200 IM
17	400 Free
18 / 19	4 x 50 Medley Relay (M/W)
45 minute break – Restart 11:25 a.m.	
Session 4	
20	100 Free
21	50 Breast
22	100 IM
23	800 Free
24	800 IM
25	4 x 50 MIXED Freestyle relay

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Warm up:

All MSO rules apply including warm-up and warm down:

<https://www.mastersswimmingontario.ca/wp-content/uploads/2019/10/Masters-Rules-Warm-Up-v2019-09-20.pdf>

The shallow end will be open to swimmers for continuous warm-up and cool-down during the meet.

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/>

Meet Entry Process:

Eligibility:

Swimmers must have reached their 18th birthday on or before June 10, 2022. Swimmers age group shall be determined as of December 31st, 2022

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 an additional \$15.00 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.

Special Olympians and Para-swimmers:

Special Olympians and Para-swimmers are welcome to participate fully in the meet. Please contact the meet manager if there are any special needs.

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Entry Limits:

Swimmers may enter up to **6 events and 4 relays**.

Fees:

\$75.00 per individual. Payment is online. All online swimmer registration payments must be completed by **Friday May 27, 2022 @ 11:59 p.m.**

Cancellations, with a refund, will be accepted until **May 26, 2022**. No refunds after the meet file has been transferred to the Meet Manager.

Social included in the swimmer meet fee.

HOW TO ENTER:

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 an 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

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

Your registration status with CIMS/MSO will be automatically verified. Swimmers not registered will be entered as Single-Event Registrants (club code SER) and assessed an additional \$15.00 fee.

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

You can revisit and update your entries as often as you like until the registration deadline for individuals on May 27th at 11:59 p.m. Entries will be locked in thereafter.

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 the meet management at

MSOMeets@MastersSwimmingOntario.ca

For technical registration system support please email

MSOReg@MastersSwimmingOntario.ca

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Meet Procedures:

Event Seeding:

All events will be run slowest to fastest. The 800 and 1500 freestyle may be swum 2 swimmers per lane. There will be positive check in for the 800IM, 800 and 1500.

There will be no deck entries.

The Start:

The “No False Start” rule will be in effect.

Over the Top Starts will ensure that the meet moves efficiently. For backstroke starts, the pool will be cleared after each heat.

Marshalling:

To avoid crowding behind the blocks and on the deck, all swimmers will be marshalled for each race. Inform the marshal if there is a designated individual who needs to assist you onto the blocks.

Swimmers will be marshalled up to 3 heats in advance of their swim, and this process will move very quickly during the 50s.

A white board on the pool deck will indicate which event and heat is being called up for marshalling.

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

Disqualifications:

All DQs will be announced over the PA system.

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.

Team 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 same point systems will be applied to both the individual and relay events:
20-17-16-15-14-13-12-11 / 9-7-6-5-4-3-2-1.

Food & Social:

Swimmers are asked to bring their own food for during the meet. Light refreshments will be available for officials only.

Informal Social outside following the 1500 free on Saturday. Details to follow.

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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 notify the Meet Referee 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 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). 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.

If you or someone you know is interested please contact Andrea Douglas at

andreadouglasshome@gmail.com

YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOSTS

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Annex: Access to the Sportsplex during Renovations

Entrance #1 (front entrance) will be closed for renovations until sometime July/August. To access the pool, everyone must use our [Emergency Exit doors](#) located between the Physio Clinic and the Nepean Lawn Bowling Pavilion. A ramp and automatic door opener will be in place to accommodate anyone with mobility challenges. Additional lighting has been added to the exterior wall for added visibility and safety at night.

Swimming Pool Emergency Exit Doors



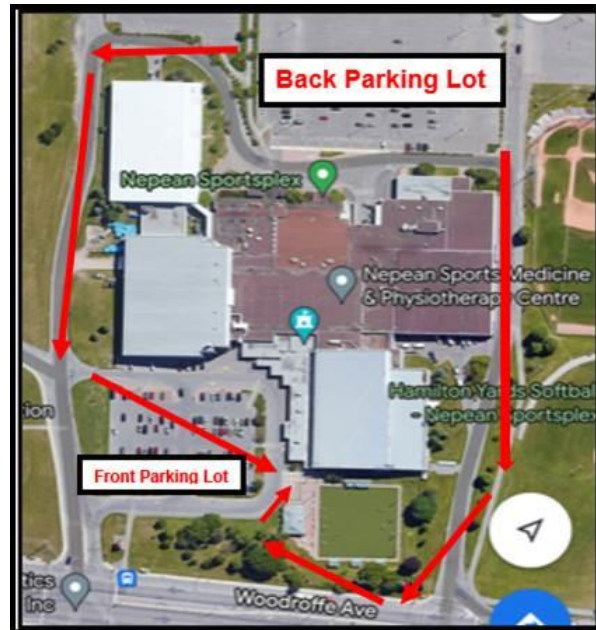
Parking

If the front parking lot is full, you may park in the back lot located East of the facility. From the back lot, you can access the building using [Entrance #3](#) or [Entrance #4](#).

Beware, there will be times during the renovations where accessing the pool from the back parking lot will not be possible. Therefore, please be prepared to walk outside, around the building to the temporary pool access at the Pool Emergency Exit doors.

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Accessing the Pool Entry from outdoors from Back Parking Lot:



All officials, coaches, spectators and athletes will have to follow the same entry and exit plan, which is to use the Emergency Exit Doors. Events that coordinate VENDORS in the lobby need to make alternate arrangements. Vendors may set up on the pool deck or outside on the grass near the Emergency Exit Doors if weather permits.

The canteen will only be open if that section of the lobby is open to the public.