

UPDATED MARCH 23RD

Dear Swimmers and Coaches,

1500 and 800 - **Swimmers please be prepared to provide an additional timer.** With 2-per lane, we will not have electronics available. We have secured only 8 lap counters so far. Please bring your own lap counters if you have them.

Final session report and Heat Sheets are now posted. On the MSO website at <https://www.mastersswimmingontario.ca/swim-meets/ontario-championship/>

Saturday, March 25th

Session 1: Warm-up 8:00 am – Competition Starts at 9:00 am 8:45 am –
1500 positive check – in 8:45 am 8:30 am



- The 25m warm-up pool is available from **8:00 to 9:45 am ONLY**. The 1500 will be using all 8 lanes during this time.
- After 9:45 am, 1 lane in the competition pool will be available for Warm Up & Warm Down.
- The 1500 will be run 2 per lane. Men and women will not be seeded in the same lane.
- The 1500 is expected to end around 11:11 am.
- ~~There will be NO BREAK following the 1500. Please plan your warm ups accordingly.~~
- **The Men's 400 Free Relay will be the last event in Session 1.**

Session 2: Warm-up during the 30 minute lunch break

- Competition start to be determined.
- **The Women's 400 Free Relay will run at the START of Session 2**
- **Session 2 is expected to end The session is expected to run until 5:45pm**

MSO's Meet & Greet – 4:00 pm 5:00 pm to 6:45pm

- We have the pool booked from **4:00pm to 6:45pm. It may be used for WD during events and relays.**
- We will have a guard, so that the hot tub should be available.
- **The Meet and Greet with light snacks will start around 5:00 pm**

Sunday, March 26th

Session 3: Warm-up 7:00 am – Competition Starts at 8:00 am

- The 25m warm up pool is available from **8:00 am to 10:00 am 11:30 am ONLY**.
- We will be competing in all 8 lanes during time (events 12-14) **entire 3rd session**

Session 4: Warm-up during the 45 minute lunch break – competition start approx. 1 pm.

- **Positive check-in for the 800 free – 12:45 pm or 15 minutes before Session 4 start.**
- The 800 will be run 2 per lane using all 8 lanes.
- Men and women will not be seeded in the same lane.

AWARDS

2023 Ottawa Provincials medallion for every swimmer who entered PRIOR to the DEADLINE (300)
1st, 2nd and 3rd pins which may be put onto the ribbon of the medallion
4th to 8th will receive a ribbon.

Relays – RIBBONS ONLY FOR ALL PLACES 1ST TO 3rdTH Ribbons to 8th if sufficient quantity.



will be in the lobby on Saturday offering a variety of suits, goggles, caps, pull buoys etc. You can check out their website in advance... <https://www.goswim.ca/>