

# **2023 MSO Provincial Championship (LCM)**

Nepean Sportsplex, Nepean, Ontario  
Saturday, March 25 – Sunday March 26, 2023

**Proudly hosted by:**



**Sanctioned by:**



Sanction #: 804

**ADDITIONAL CHANGES MADE FOLLOWING CLOSE OF REGISTRATION**

## MSO 2023 Ontario Masters Swimming Championship – Nepean

**Sanctioned By:** Masters Swimming Ontario (Sanction #: 804)

**Meet Managers:** Megan Dodge and Ryan Saw (meetmgr@nmsc.org)

**Competition Coordinator:** Yik Hon Yu (Level V)

**Volunteers:** Ryan Saw ([meetmgr@nmsc.org](mailto:meetmgr@nmsc.org))  
Volunteer form at <https://forms.gle/Xhg2Qm4NJkmy7zGF8>

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

**Dates:** Saturday, March 25 – Sunday, March 26, 2023

**Entry Deadlines:** Friday, March 17<sup>th</sup> - Individual events  
Tuesday, March 21<sup>st</sup> - Relay Events

**There no deck-entries will be allowed**

**Format:** LONG COURSE, timed finals. Mixed gender seeding will be used for all events. There will be no age group specific seeding for sprint events. All events will be swum slowest to fastest.  
Seven lanes will be used for competition and one lane will be used for continuous warm up / warm down. The 800 Free and 800 IM will use all 8 lanes.  
Events will start from the deep end. No diving is permitted in the shallow end. Therefore, only 4x100 relays will be offered.

The 800 and 1500 Freestyle ~~may~~ **will** be 2 swimmers per lane. Swimmers are asked to provide their own lap counters. **Swimmers please provide one timer.**

There will be only 1 heat of 800 IM  
Swimmers can enter the 800 Freestyle OR the 800 IM - not both

**Positive Check-in** at the Clerk of Course table outside the meet management office. Swimmers not checked-in on time will be scratched from the event and the heats reseeded.

1500 Positive Check in - by ~~7:45 a.m.~~ **8:45 a.m.** Saturday, March 25th  
800 Positive Check in – by 12:45 p.m. Sunday, March 26th

**Relay Cards** to be picked up from the Clerk of Course at the start of each session. Changes to be reflected on the cards (see relay change rules below).

Electronic timing will be used.

**Town Hall & Social:** **SOCIAL CANCELLED:** We have been unable to find affordable options for the social. Instead MSO will host a *TOWN HALL – style meet and greet on the deck of the 25m* at the Sportsplex. The hall is small with a capacity of 50 people at any one time.

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**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 their own locks.

### Order of Events:

Saturday, March 25	
Session 1	Session 2
Warm up: 8:00-8:45 am Start: 9:00 am	Warm up: during break Re-start: 1:00 pm
1500 Freestyle ( <i>positive check in by 8:45 am</i> ) 2-PER LANE SEEDING <i>A second Warm-up follows the 1500 Free</i> <i>Additional WU in the 25m pool</i>	
50 Backstroke	200 Backstroke
200 IM	50 Freestyle
100 Fly	200 Breaststroke
4 x 100 Freestyle relay ( <b>by gender</b> )	400 Freestyle
Est. End: 12:15 pm	4 x 100 <b>Mixed</b> Medley relay
Est. End: 12:15 pm	Est. End: 4 pm
Break 45 minutes	<b>"WINE AND CHEESE" SOCIAL</b> Town Hall

Sunday, March 26	
Session 3	Session 4
Warm up: 7:00-7:45 am Start: 8:00 am	Warm up: during break Re-start: 12:45 pm
<b>Additional WU in the 25m pool</b>	<i>Positive Check-in for 800 Free by 12:45 pm</i>
400 IM	
100 Backstroke	100 Freestyle
200 Freestyle	200 Fly
50 Fly	50 Breaststroke
100 Breaststroke	800 Freestyle using all 8 lanes <b>2-PER LANE SEEDING</b>
800 IM using all 8 lanes	
4 x 100 medley relay ( <b>by gender</b> )	4 x 100 <b>Mixed</b> freestyle relay
Est. End: 11:30 am	Est. End: 4 pm
Break 45 minutes	

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

## COVID-19 and Respiratory infections:

Please monitor public health developments and take appropriate precautions. If you are unwell, don't come to the pool. If you have been in a high risk environment, please wear a mask.

## Rules:

The MSO Rules will apply: <http://www.mastersswimmingontario.ca/swim-meets/mso-rules-of-competition/>

**No watches or sharp jewelry may be worn during warm up or competition.**

*CMSW 10.21: No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect. No watches, pacing and musical devices may be worn during a competition. Lap counters may be allowed by the referee for long distance events.*

## 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>

*OMSW 1.6.6 The wearing of watches, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, the use of hand paddles, pull-buoys, kick boards, ankle bands, snorkels and swim fins, shall be prohibited.*

All swimmers are required to enter feet first into the pool.

The Safety Marshals will indicate when lanes 1 and 2 will be opened for dives and sprints for part of the warm up period.

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.

## Meet Entry Process:

### Eligibility:

Swimmers must have reached their 18th birthday on or before March 25, 2023. Swimmers age group shall be determined as of December 31st, 2023.

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. As a best practice, all participants, irrespective of age or position, are encouraged to review the materials.

### 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**

There will be only 1 heat of 800 IM

Swimmers can enter the 800 Freestyle or the 800 IM - not both

Swimmers must indicate their desire to swim a relay via questions in the entry form. Responses will be available to the club coach or relay captain who will make up and enter club relays. See additional relay details below.

## Fees and Entry Deadlines:

\$90.00 per individual. All relays and the social are included in the swimmer meet fee.

Payment is online. All online swimmer registration payments must be completed by **Friday, March 17, 2023 @ 11:59 p.m.**

**Relay deadline** – March 21, 2023 @ 11:59 pm

Cancellations, with a refund, will be accepted until **March 17, 2022**. No refunds after the meet file has been transferred to the Meet Manager.

## 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.

Swimmers not registered with MSO may have difficulty accessing the registration system. Contact the MSO Registrar who will 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 guest option. You will then be directed to the event selection page. Click on your event choices, add an entry time in the coloured square below. Don't forget to hit SAVE before leaving the page. **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 March 17<sup>th</sup> at 11:59 p.m. Entries will be locked 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. RELAY DEADLINE: March 21, 2023 @ 11:59 pm.

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

For technical registration system support please email [MSOReg@MastersSwimmingOntario.ca](mailto: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 **will** be swum 2 swimmers per lane.

**Positive Check-in** for the 800 and 1500 freestyle at the Clerk of Course table outside the meet management office. Swimmers not checked-in on time will be scratched from the event and the heats reseeded.

### More about Relays:

There are men's, women's and mixed relays. A swimmer may swim only once in each relay event.

Relay age groups are: 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, etc.

RELAY CARDS to be picked up from the Clerk of Course at the start of each session. Substitutions may be made on the relay card and must include the swimmer's name and age. **A substitution may not change the age group of the relay.**

Relay team members must swim in the order shown on the final relay card.

### 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.

Masters swimmers may start their Free, Breast and Fly events from the blocks, deck or in the water.

### Disqualifications:

All DQs will be announced over the PA system.

### 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.

Individual age groups are 18-24, 25-29, 30-34, etc. (in five year increments).

### 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 applies 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.

Informal Social will follow the afternoon session on Saturday. Details to follow.

### 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.

*All-Ontario* records are recorded in the MSO database. 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.

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### **Results:**

The official results will be organized by gender and age group. Results will be posted on the walls during the meet. Final results will be posted at <http://www.ms.mastersswimmingontario.ca>

### **Volunteers – Volunteers – Volunteers:**

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

Officials, timers and volunteers are invited to sign up using the following Google Form.

<https://forms.gle/Xhg2Qm4NJkmy7zGF8>

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