



MASTERS SWIMMING ONTARIO

2004 Ontario Masters Swimming Championship

Etobicoke Olympium, Toronto, Ontario

March 26 to 28, 2004



Proudly hosted by
The Ontario Swimming Officials Association
with assistance from
many volunteers from local Masters Swimming Clubs

Sanctioned by Masters Swimming Ontario



MASTERS SWIMMING ONTARIO

2004 ONTARIO MASTERS SWIMMING CHAMPIONSHIP

HOSTS: Ontario Swimming Officials Association

SANCTIONED BY: Masters Swimming Ontario

MEET MANAGER: Michael Stroud **MEET REFEREE:** Horst Tietze

ADMINISTRATION: Steve Goodwin **RECORDS:** Charlie Lane

LOCATION: **Etobicoke Olympium** (Do not mail entries to this address)
590 Rathburn Road, Toronto, Ontario

DATES: Friday, Saturday and Sunday, March 26, 27 and 28, 2004

FORMAT: 3-day Championship Meet with time finals. The meet will be run short-course metres (25m), double-ended.

FACILITIES: The Etobicoke Olympium is an 8 lane, 50 metre facility. The pool has electronic touchpads and electronic displays in both ends of the pool. There is an adjacent 6 lane, 25 yard patio pool.

WEBSITE: www.geocities.com/mastersswimming

Please note : Effective March 15, 2004
The minimum age for competition at Masters Swim Meets in Ontario is lowered to 18.
The youngest age group is expanded to 18-24.
All entrants to Provincials must be 18 before March 26.
We welcome these younger adults to their first Championship.

SESSIONS:

Friday March 26	Warm-up:	5:00 pm – 5:50 pm
	Start:	6:00 pm
Saturday March 27	Warm up:	8:00 am – 8:50 am
	Start:	9:00 am
Sunday March 28	Warm-up:	8:00 am – 8:50 am
	Start	9:00 am

Warm ups:

Warm up and cool down lanes will be available from one hour prior to the start of the meet each day, throughout the meet, during the officials lunch break and for fifteen minutes after the end of each session in either the competition pools or the adjacent patio pool or both. Throughout the pre-session and lunch break warm-ups in the competition pools, lane 8 shall be reserved for slow swimmers or swimmers with a disability. The fastest swimmers are encouraged to use lanes 4 and 5 during general warm up. Socializing is encouraged, however, socializers are requested not to block lanes being used for warm ups. Sprint lanes, when opened, shall be lanes 1 and 2.

Safety Marshalls will be more vigilant regarding infractions during warm-ups - **specifically diving** - and shall report those infractions to the Referee. The Referee has always had the authority to expel swimmers from the competition. Be warned.

Lockers:

The Olympium has only coin operated lockers in the change rooms, for 50 cents or \$1.00. So bring enough quarters and loonies for each time you may need to visit your locker.

Toys:

The no toys rule applies during warm ups. (See Safety Procedures)

Lunch Break:

Lunch breaks of 45 minutes for officials will be taken on Saturday after events 19/20 and on Sunday after event 41. This schedule will be subject to change at short notice if required.

RULES:

Generally MSO Rules as published in the **MSO Handbook 2002** shall apply.

FINA has made no recent rule changes however has clarified several rules including those relating to movement prior to the start and the backstroke turn. With regards the start, you cannot start your forward motion down the pool before the gun goes. With the backstroke turn, continuity in the turning process is important once you turn onto your front, so keep the advance arm moving.

REGISTRATION:**Eligibility:**

The Championship is open to all registered Masters Swimmers, 18 years of age and older. Swimmers on relay teams shall be registered with the same club. Unattached swimmers shall neither enter relays nor swim relays.

MSO Registration:

All Ontario entries will be checked against the most current MSO list of eligible Ontario Masters Swimmers. Please check with your Club contact to be sure your 2004 fees have been sent to MSO. Out-of-province and international entries must include a copy of their current registration card with their entry.

Meet Entry Process:

Entries shall be sent to:

2004 Ontario Masters Swimming Championship
c/o Chris Smith
152 Duncairn Road,
Toronto, Ontario, M3B 1E2, CANADA.

Phone (416) 444-1885

We welcome the sending of entries initially by email to chrismith32@hotmail.com, to be followed within ten days by receipt of posted entry form, cheque for entry fees, and a copy of your registration card if required. Clubs may enter electronically using the Hy-tek Team Manager program, sending a hard copy and cheque to the above address. Meet events can be downloaded from the meet web-site.

Make cheques payable to OSOA/OMSC and include NAME, MSO#, and CLUB CODE on the cheque

Deck Entries:

This is a Championship Meet. There shall be no deck entries.

Registration:

Each swimmer will register in person. Registration will take place just inside the Olympium lobby beginning at 4 pm on Friday, 7 am on Saturday and 8 am on Sunday. Swimmers competing on Friday should pick up their heat sheets early in order to have up-to-date meet procedures.

Individual Entries:

- Individual entries must be submitted on the official entry form enclosed with this package.
- Age groups are 18-24, 25-29, 30-34, increasing in five year increments.
- Please submit entry times for seeding purposes – NT will be rejected.
- Swimmers may enter a maximum of 6 individual events.

Electronic Entries – Clubs may enter electronically using the Hy-Tek program. Meet event download will be available at the meet website or by email. Please submit entries to Steve Goodwin at sdg9@rogers.com.

Relay Entries:

- Clubs need submit only the number of relay teams per event on the relay entry form enclosed.
- Relay age groups are 72-99, 100-119, 120-159, 160-199, increasing in 40 year increments
- The 4 x 200m relay may be swum as a medley or freestyle relay; men, women or mixed.
- A swimmer may swim only once in each relay event.
- Meet Management reserves the right to swim relays in both ends or in the shallow end only
- Meet Management reserves the right to restrict the number of heats in the 4 x 200m relay.

Relay Check-In:

- Relay cards may be picked up by a club representative from the check in table in the lobby on Friday night or from the Relay Coordinator on Saturday or Sunday.
- Relay cards must be submitted to the Relay Coordinator by 6:00 pm on Friday and 10:00 am on Saturday and Sunday for that day's relays with all required information – club, swimmers names, ages as of December 31, 2004, gender, order of swimmers and age group.
- Late submission of relay cards may result in the team being scratched by Meet Management.
- The heat and lane positions for all relay teams for that day's events will be posted on the pool area wall shortly after all entries are submitted and seeded.
- Relay team members must swim in the order shown in the card. Changes to swimmers or order may be made before the start of the heat, however if a change results in a change to the age group, that team will swim exhibition, the time will not count for awards, points, records or rankings.

Age Determination Date:

Your age for the meet is as of **December 31, 2004**. Swimmers must have attained the age of 18 before competing. Swimmers under the age of 25 and relay teams which include swimmers under 25 are not eligible for Masters World Records.

Entry Deadline:

Individual entries must be received by Friday **March 5, 2004** and relay entries by Friday **March 19, 2004**. Entries received after this date may be returned. Swimmers who include a valid phone number or email address will be notified if their entries are rejected.

Confirmation:

You may check your registration on the meet web-site: www.geocities.com/mastersswimming

Confirmation of receipt of your entry will be posted on the site. Individual event entries will not be listed.

Fees:

1. All swimmers, including "relay only" swimmers, shall pay the registration fee of \$20.00
2. Individual events are \$6.00 each, six events are \$30.00.
3. Relays are \$8.00 each per team.

FOOD & SOCIAL:

Swimmers Food:

Light refreshments and water will be available for the swimmers during the meet. The cafeteria adjacent to the pool will be open throughout most of the meet serving warm food, light snacks and drinks.

Officials Food:

Morning coffee/tea and breakfast snacks will be available for officials from 8 am each morning and from 4 pm on Friday night. There will be a lunch break for officials on Saturday and Sunday after events 19/20 and 41.

Happy Hour:

There will be a Wine and Cheese Party on Saturday afternoon starting prior to the end of the last session - all swimmers and officials are invited. There are many fine restaurants in the Toronto area and we encourage you and your teammates to sample some. The price of the Wine and Cheese is included in your registration fee. **Since liquor is being served and since 18 year olds may be attending – please be prepared to show Photo ID (tee hee tee hee). But seriously folks, this is a huge concern to the organizers and your co-operation is requested and appreciated.**

Massage Therapists:

Student Massage Therapists with their supervisors will be on duty throughout the meet to provide swimmers with massages. Please take advantage of this great opportunity and be sure to tell your therapist how much you appreciate the service.

TIMING & OFFICIALS:

Timing System:

The Omega OSM6 and ARES-21 electronic timing system at the Olympium will provide the primary timing. We require three timers per lane for World Records to be accepted by FINA. There may be no electronics for the 800m and 1500m for those swimmers swimming two per lane, therefore lots of timers will be required.

Officials:

Providing sufficient officials to ensure a well run, smooth flowing Championship Meet is a major task. If you or anyone you know is willing to officiate at any or all sessions of this meet, please indicate on the entry form or contact Horst Tietze at 416 225-6532. Officials should meet in the Officials room at the start of warm-up and should ideally wear white. We request that local clubs in particular urge their members who are not competing at any time during the meet, spouses, friends, etc. to contact Horst and come out and give us a hand. Your assistance is necessary and greatly appreciated.

MEET PROCEDURES:

The Start:

- The 'One False Start' rule will be in effect.
- In the 800 and 1500 Free, starting blocks will not be used, instead, swimmers will start from bulkhead level beside the starting block, or if they choose, in the water.

Event Seeding:

- All events of 100m or less will be seeded by age group; and will be swum oldest to youngest, slowest to fastest.
- Women will swim in the shallow end on Friday and Sunday and the deep end on Saturday.
- The 800m and 1500m free may be swum with 2 swimmers per lane, unless swimmers indicate on the bottom of their entry form that they wish their own lane. Such special request heats will be swum after all the other 2 per lane heats have been completed.
- All events of 200m or more will be seeded by time, slowest to fastest.
- Swimmers may swim both the 800m and 1500m Free.

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. In 50m events they should be there three heats before their heat, in 100m events, two heats before their heat and in 200m or over and in relays one heat before their heat. Any swimmer who misses their heat will be scratched from that event.

Results:

- Results will be posted on the wall of the corridor outside the cafeteria.
- The official results will be organized by age group. One copy of the results will be e-mailed to each club and each unattached swimmer and mailed to those clubs and unattached swimmers without email.
- The results will be posted on both the Meet and MSO website as soon as possible after the meet. The MSO website shows the results for Ontario registered swimmers only.
- A printed copy of the results, mailed out, may be obtained for \$20.00 by indicating so on the entry form or paying for it at the registration desk.

Awards:

- For individual events, official MSO Championship Medals will be awarded to the first 3 finishers and MSO Championship Ribbons will be awarded for places 4 to 8 in each age group. For relay events, teams in each age group will receive MSO Championship Ribbons for places 1 to 8.
- The Awards Table will be located in the Cafeteria. Swimmers will pick up their award stickers across from the awards table then proceed to the awards table to receive their awards.

Acknowledgment:

The Board of the Ontario Swimming Officials Association thanks Masters Swimming Ontario for allowing us to run the 2001, 2002, 2003 and now the 2004 Ontario Masters Swimming Championship. The funds we receive from hosting these allow us to train officials across the province, they are essential for running meets for all swimmers in Ontario.

We would like to thank those members of the OSOA Board and all other officials who have contributed to organizing and running this event and our other meets throughout the year – without the officials there would be no competitions. We would also like to thank the many Masters Swimmers, significant others, friends and family from local Masters Swim Clubs for the assistance – a truly collaborative effort this year. And finally we would thank all the swimmers who participate. We look forward to seeing you and hope you all have a great Championship.

2004 Championship Coordinating Committee

Steve Goodwin, John Grootveld, Charlie Lane, Chris Smith, Michael Stroud and Horst Tietze.

2004 T-Shirts and Sweat Shirts:

The multi-coloured design that appears on the cover of this meet information package will be printed on 100% cotton, high quality, light grey short sleeved T-shirts, long sleeved T-shirts and long sleeved sweat shirts, a great souvenir of the meet. Shirts will not be pre-ordered but can be purchased at the Sports Shop at the Olympium. At time of printing, prices have not been finalized.

Sports Shop:

The shop at the Olympium will sell swimming gear and accessories during the meet.

Hotel Information

Check out the MSO website www.mastersswimmingontario.ca/pdf/PROV2004SportsFlyer.pdf for a great rate at the nearby Ramada



MASTERS SWIMMING ONTARIO - MSO Safety Procedures

The following information is excerpted from the MSO Rule Book. It is provided to inform all swimmers of the Safety Procedures to be adhered to at all MSO Sanctioned Swim Meets.

Infractions of these rules may result in the offending swimmer being reported to the Referee who shall deal with the infraction under rule SW 2.1.1.

SAFETY PROCEDURES:

1. There shall be no running on the deck.
2. Climbing to and from the balconies shall be prohibited.

GENERAL WARMUP:

1. During warm-ups, no swimmer shall enter the pool by a dive or a jump from any area of the deck or starting block. Swimmers shall enter the pool FEET FIRST in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. Meet Management shall ensure that barriers are placed on the starting blocks during the general warm up.
3. All lanes shall be used for general warm-up with circle swimming only.
4. The use of hand paddles, swim fins, pull buoys & flutter boards during warm-up shall be prohibited.

During warm-ups, swimmers in adjacent lanes must circulate in opposite directions to avoid risk of injuries along the lane ropes.

- **CLOCKWISE** - lanes shall be designated as: **2, 4, 6, 8**
- **COUNTER-CLOCKWISE** - lanes shall be designated as: **1, 3, 5, 7**

SPECIFIC WARMUP:

1. This portion of the warm-up shall begin 20 minutes prior to clearing the pool.
2. One outside lane and the adjacent lane may be designated as sprint lanes. Diving shall be from the normal starting end of the pool. During this time only one way swimming is allowed in these lanes. Upon completing one length the swimmer shall leave the lane.

THE WARMUP PROCEDURE SHALL BE STRICTLY MONITORED



ORDER OF EVENTS

Please ensure the proper event number is included on your individual entry form. Women's events will be swum in the shallow end on Friday and Sunday, the deep end on Saturday.

Event # Women	Men	Friday, March 26, 2004 5:00 pm warm-up, 6:00 pm start
1	2	400 IM
3	3	4 x 200 Relays
5	6	1500 Free
Event # Women	Men	Saturday, March 27, 2004 8:00 am warm-up, 9:00 am start
7	8	200 IM
9	10	50 Breast
11	12	100 Fly
13	14	100 Free
15	16	4 x 50 Free Relay
17	17	4 x 100 Mixed Medley Relay
19	20	4 x 50 Medley Relay
Warm-up		Officials Lunch
21	22	200 Back
23	24	100 Breast
25	26	50 Fly
27	28	400 Free
Party		
Event # Women	Men	Sunday, March 28, 2004 8:00 am warm-up, 9:00 am start
29	30	200 Free
31	32	50 Back
33	34	200 Fly
35	36	100 IM
37	37	4 x 50 Mixed Free Relay
39	39	4 x 100 Mixed Free Relay
41	41	4 x 50 Mixed Medley Relay
Warm-up		Officials Lunch
43	44	200 Breast
45	46	100 Back
47	48	50 Free
49	50	800 Free



2004 ONTARIO MASTERS SWIMMING CHAMPIONSHIP INDIVIDUAL ENTRY FORM

Name : _____ MSO Registration #: _____
 Club Name: _____ D.O.B. day/month/year: ___ / ___ / ___
 Club Code: _____ Gender: _____ Age as of Dec. 31, 2004: _____
 Address: _____ Phone days: _____
 City: _____ Phone evenings: _____
 Postal Code: _____ Email: _____

Please refer to previous page for event numbers

	EVENT #	EVENT NAME	ENTRY TIME
1	_____	_____	____ : ____ : ____
2	_____	_____	____ : ____ : ____
3	_____	_____	____ : ____ : ____
4	_____	_____	____ : ____ : ____
5	_____	_____	____ : ____ : ____
6	_____	_____	____ : ____ : ____

Item	#	Unit Cost	Total	CHEQUES PAYABLE TO : OSOA/OMSC PLEASE MAIL TO: 2004 ONTARIO MASTERS SWIMMING CHAMPIONSHIP c/o Chris Smith 152 Duncairn Road Toronto, M3B 1E2 Phone (416) 444-1885 ENTRIES TO BE RECEIVED BY <u>FRIDAY, MARCH 5, 2004</u> *PLEASE PUT NAME, MSO#, AND CLUB ON CHEQUE
Individual Registration Fee:	one	\$ 20.00 per swimmer	\$ 20.00	
Individual Entry Fees:	_____	Events @ \$ 6.00 per event Or \$30.00 for six events	\$ _____	
Results	_____	Printed and mailed - \$20.00	\$ _____	
		TOTAL PAYABLE	\$ _____	

I wish to swim one per lane in the 800m_____, the 1500m_____

_____ can officiate on Friday, _____ Saturday, _____ Sunday, _____
 phone _____; email _____
 _____ can officiate on Friday, _____ Saturday, _____ Sunday, _____
 phone _____; email _____



MASTERS SWIMMING ONTARIO

THE 2004 ONTARIO MASTERS SWIMMING CHAMPIONSHIP RELAY ENTRY FORM

Club Name: _____ Club Letters: _____

Club Representative: _____

Address: _____

City: _____ Postal code: _____

Phone (days:) _____ Phone (evenings): _____

E-mail: _____

EVENT #	EVENT NAME	#OF TEAMS
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Friday March 26, 2004

3 4 X 200 RELAY _____

**CHEQUES PAYABLE TO :
OSOA/OMSC**

Saturday March 27, 2004

15 WOMEN 4 X 50 FREE RELAY _____

16 MEN _____

17 MIXED 4 X 100 MEDLEY RELAY _____

19 WOMEN 4 X 50 MEDLEY RELAY _____

20 MEN _____

PLEASE MAIL TO:

**2004 ONTARIO MASTERS
SWIMMING CHAMPIONSHIP**

c/o Chris Smith
152 Duncairn Road
Toronto, M3B 1E2

Sunday March 28, 2004

37 MIXED 4 X 50 FREE RELAY _____

39 MIXED 4 X 100 FREE RELAY _____

41 MIXED 4 X 50 MEDLEY RELAY _____

Phone for information only
(416) 444-1885

ENTRIES TO BE RECEIVED BY
FRIDAY,
MARCH 19, 2004

TOTAL ENTRIES _____

ENTRY FEES:

of relay teams _____ @ **\$8.00 per team** \$ _____

NOTE: Payment for Relays must be received by separate cheque, and must accompany this form. It is not necessary to include names or ages of swimmers, or age group of team at this time.