

APRIL 26-28, 2019



ONTARIO MASTERS PROVINCIAL
CHAMPIONSHIPS

MEET PACKAGE

HOSTED BY ETOBICOKE OLYMPIUM MASTERS AQUATIC CLUB

2019 ONTARIO MASTERS PROVINCIALS

GENERAL INFORMATION

- Sanctioned by Swim Ontario and hosted by Etobicoke Olympium Masters Aquatic Club
- Meet Format:** Short Course 2.5 day format
- Location:** Etobicoke Olympium - 590 Rathburn Rd, Etobicoke, ON M9C 3T3
- Facility:** 8 lane 50m competition pool split in two 25m pools - Swiss Timing electronic timing system.
- Warm-up / Cool Down lanes:** available throughout the competition. Details will be provided with the final schedule of the meet.
- Swimmer Hospitality and Social Area:**
- Dates:** April 26-28, 2019
- Meet package:** The only meet package that is considered valid is the most current one located at www.swimming.ca

ORGANIZING COMMITTEE

- Meet Manager:
- Competition Coordinator:
- Officials Coordinator:
- Officials Needed: Sign up details?

ENTRIES: SWIM ONTARIO

All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com for approval.

HOTEL INFORMATION

Add hotel information please

ENTRY INFORMATION

ELIGIBILITY

All athletes must be registered as Competitive Masters – MSC swimmers with Swim Ontario, Masters – MSC or FINA Masters affiliated club. A valid SNC registration number is required for Canadian competitors and entries without a SNC registration number will be declined entry.

- A competitor's age is their age as of December 31, 2019

ENTRY FEES

- Individual Event:** \$5 including HST
- Relay Event:** \$20 including HST
- Splash Fee:** \$60 +HST (\$67.80) per swimmer
- Payment:** Swim Ontario will send payment instructions once the entry has been approved
- Payment options will be
 - a) Cheque (payable to Swim Ontario),
 - b) E-transfer
 - c) Credit card (a 2.5% service fee is added to all credit card transactions)

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- Payment is required before the swimmer or club may warm up on their first day of competition.
- Cancellations for individual events must be received by **11:59 pm Sunday April 20th 2019**. After this date, no refund will be granted. There will be no refunds for relays.

ENTRY PROCESS

- Entry Deadline:** April 16, 2019
- No Time (NT) will not be accepted. Please provide best estimates.
- Maximum of 6 individual events per swimmer plus all admissible relay events.
- The Swim Ontario entries coordinator will be responsible to validate swimmer registration.
- No direct email entries will be accepted.
- Accepted or rejected entries will be identified with a second email notification from Swim Ontario (with payment instructions).
- Psych Sheets and session timelines will be posted online at www.swimontario.com by April 22, 2019
- Individuals or clubs will have 48 hours after the final entry deadline to submit changes or corrections.
- All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com
- Deck entries and time trial events will not be permitted at the competition.

INDIVIDUAL EVENTS SUBMISSION

- Individual event entries submitted by swimmers must be completed via the Online Form <https://goo.gl/forms/Azd7LT4cIX4SUf352>
- Confirmation of entry and payment for swimmer completing the Online Form can be found at <https://docs.google.com/spreadsheets/d/13HCdzL60y0VZcAWwbxEqifpsMPuZonMzvMprXuaEPY/edit?usp=sharing>
- Clubs can submit through the Swimming Canada site if using Hy-Tek Team Manager/Team Unify for their entries www.swimming.ca .
 - For instructions please contact meetentries@swimontario.com
 - Clubs will be notified of accepted entries through the Swimming Canada site
- A maximum of 32 entries will be accepted for the 800 Free and 24 entries for the 1500 Free in each gender. Entries will be accepted on first come first served basis.
- Positive Checkin will be required for the distance events. Anyone that does not checkin at the designated time will be removed from the event.

RELAY EVENTS SUBMISSION

- All members of a relay team must be from the same club and must be entered in at least one individual event during the meet.
- A swimmer may swim only once in each relay event.
- Mixed relays must be composed of 2 men and 2 women.
- Entries for relay events must be completed by one club representative (swimmer or coach) by using the online form [found at https://goo.gl/forms/rWKm8EmAbJNn7EX13](https://goo.gl/forms/rWKm8EmAbJNn7EX13) and must be completed by **April 19, 2019**.
- Clubs can submit through the Swimming Canada site if using Hy-Tek Team Manager/Team Unify for their entries www.swimming.ca .
 - For instructions please contact meetentries@swimontario.com
 - Clubs will be notified of accepted entries through the Swimming Canada site

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- Payment instructions will be sent to that representative.
- Relay names must be submitted to Meet Management 30 minutes before the start of the session for that day's relays.
- Any swimmers replacement must not change the age group category of the relay.
- Swimmers must be entered in at least one individual event during the meet to be eligible for relays.
- All submissions must specify the age group of the team, swimmers' names, ages as of Dec 31, 2019, relay gender (Men, Women or Mixed) and the order of swimmers.

COMPETITION RULES

ALL CURRENT FINA MASTERS RULES ARE IN EFFECT WITH THE EXCEPTION OF AGE ELIGIBILITY FOR ENTRY INTO THE COMPETITION AND SWIMWEAR.

WARM-UP SAFETY PROCEDURES

Please note that MASTERS SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be reported to the Referee and may be removed without warning from their first event following the warm-up period in which the violation occurred.
- The full document can be viewed [HERE](#)

SWIMWEAR

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5 of the Swimming Canada rule book. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

DIVE STARTS

As per the Swimming Canada Facility Rules for Dive Starts, dive starts will be conducted from Starting Platforms (blocks) from both ends as per FINA FR 2.3 and SW 4.1 of the Swimming Canada rule book. Dive starts from the deck (or bulkhead) and in-water starts are also permitted.

- The FINA one-start rule will be in effect for all types of starts (dive start from blocks, deck or in-water starts).
- It is important that swimmers are ready in the area behind their designated blocks prior to their heats. In 50m events, they should be there 3 heats in advance, in 100m events, 2 heats in advance and in 200m and over, and in relays, 1 heat in advance.
- Swimmers missing their heat are automatically scratched from that event.

AGE GROUPS

- Age as of December 31, 2019 determines age groups.
- Individual events:** 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, etc.
- Relay events:** 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, etc.

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SEEDING

- All events will be swum as timed final.
- All events will be run slowest to fastest separated by gender except for distance events (800 / 1500 free) which will be seeded fastest to slowest by gender.
- Meet management reserves the right to swim the distance events two (2) per lane or mix genders.
 - a) Please note that when swimming two per lane, front crawl is the only stroke permitted.
 - b) Some lap counters will be provided. Swimmers are to provide their own volunteer to operate.

RELAYS

- Relay details must be submitted to Meet Management 30 minutes before the start of the session for that day's relays.
- Any swimmers replacement must not change the age group category of the relay.
- Relay team members must swim in the order shown on the card or heat sheet or else they will be disqualified.

OFFICIAL SPLITS

Meet Management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event must advise the Referee prior to the commencement of the event in question on the "Official Split Request" form prior to the race. Official Split request forms are available at the Clerk of Course.

POSITIVE CHECKIN FOR DISTANCE EVENTS

- Positive check-in is required. **800m / 1500m free swimmers MUST check-in** with the Clerk of Course on the pool deck 30 minutes **prior to start of warmup** respective day the event is to swum on.
- Swimmers who do not positive checkin for these events will be removed before final seeding. Final seeding will be completed after the positive checkin.

RECORDS

- Swim Ontario has a completed certified pool length survey and swim times achieved at this competition will be eligible for provincial or national records.
- All swimmers attempting to set a record **MUST** inform meet management.
- Swimmers under the age of 25 are not eligible for masters **World records**.

Relay teams that include swimmers **under the age of 25 are not eligible for Masters World Records**.

REGISTRATION INFORMATION

SAFETY AND LIABILITY

- Only Competitors, Certified Registered Coaches and Officials are allowed on deck.
- NO OTHER PERSON IS PERMITTED ON DECK** unless expressly authorized by the Meet Manager or Swim Ontario.
- Insurance and risk management do not extend to non-supervised minors or individuals that are age of majority that are not part of the competition either as a participant, coach, support staff or event volunteer/official.

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REGISTRATION

- Registration and welcome table will be set up in front lobby of the community centre.
- Coaches, and individual swimmers please register upon arrival.
- Daily heat sheets or a full set of heat sheets will be available at the registration / welcome table.
- Heat sheets also available for download on Meet Mobile and from the meet information webpage <http://www.swimontario.com/page.php?id=3253>

SCORING & AWARDS

- Only the top Eight (8) individual events and relays score:
 - a) **Individual Events:** 30-25-20-15-14-13-12-11
 - b) **Relay Events:** 60-50-40-30-28-26-24-22
- Event Awards:**
 - a) Medals: first through third
 - b) Ribbons: Fourth through eighth
- Team Awards:** Large and Small team banners. Small team will be defined after entries close.
- The awards table will be located in the front lobby by the registration desk.
- Swimmers or their representative must come to pick up their awards during the course of the meet.
- Please note awards will NOT be mailed.**

SANCTIONED EVENTS PHOTOGRAPHY

Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Swim Ontario for application and authorization (nicole@swimontario.com)

Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relations to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.

By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing within any championship venue shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.

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PROGRAM EVENT LIST

Meet Management reserves the right to change warm-up session times. Meet Management reserves the right to change event order to ensure reasonable session timelines

DAY 1 – FRIDAY, APRIL 26, 2019					
Late Afternoon Session Warm-up: 2:30 PM - Start: 3:30 PM					
W					M
1		400 IM			2
3		100 Fly			4
5		1500 Free			6
DAY 2 – SATURDAY, APRIL 27, 2019					
Morning Session Warmup: 8:00 AM - Start: 9:00 AM			Afternoon Session Warmup: 1:30 PM - Start: 2:30 PM		
W		M	W		M
7	100 Free	8	15	100 Back	16
9	200 Fly	10	17	50 Fly	18
11	50 Back	12	19	200 Breast	20
13	100 IM	14	105	200 Medley Relay	106
101	400 Free Relay	102		200 Medley Relay Mixed	108
	400 Free Mixed Relay	104	20	400 Free	22
DAY 3 – SUNDAY, APRIL 28, 2019					
Morning Session Warmup: 8:00 AM - Start: 9:00 AM			Afternoon Session Warmup: 1:30 PM - Start: 2:30 PM		
W		M	W		M
23	100 Breast	24	31	200 Free	32
25	200 Back	26	33	50 Breast	34
27	50 Free	28	113	200 Free Relay	114
29	200 IM	30		200 Free Relay Mixed	116
109	400 Medley Relay	110	35	800 FR	36
	400 Medley Relay Mixed	112			



ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. **Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event. Coaches are expected to set an example and enforce this rule with their swimmers.**
3. No running on the deck, under the bleachers or on the bleachers.
4. No climbing across the railing between the gallery and the bleachers.
5. No climbing over the yellow gates between the pool deck and the bleachers.
6. Shoes must be worn whenever outside the pool or change room areas.
7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.
8. The use of flippers and hand paddles, during warm-ups is prohibited.
9. The host club, meet manager and safety marshals are responsible for ensuring that the numbers of swimmers during warm-ups do not exceed the posted pool capacity of 470 (calculated by the Ontario Health Regulations). A good rule of thumb is that a single lane should never exceed more than 29 total swimmers at a time (including those in the water but not swimming). If facility staff notice that the overall pool capacity is being exceeded, they will attempt to notify the meet manager or safety marshals for their action. If pool capacities are continually not being adhered to, the pool may be cleared at the discretion of the lifeguards.
10. Swimmers who are not competing, are not to be in other areas of the building and are not to upset the normal operation of the other departments.
11. **Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways and all other areas.**



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