



ThornhillMastersAquaticClub

**Stephen Forsey Invitational Swim Meet**

**SUNDAY, February 25, 2018**

**Markham Pan Am Centre Pool**

**SANCTIONED BY:** Masters Swimming Ontario # MSO 354

**HOSTED BY:** Thornhill Masters Aquatic Club (THOR)

**MEET MANAGERS:** Amanda Wilkins, Paul St. Jean  
Email: meetmanager@thornhillmultisport.com

**REFEREE:** Y-Y Wong

**REGISTRATION DEADLINE:** Wednesday, February 21st, 2018 at 11:59 p.m.

Register at [www.thornhillmultisport.com](http://www.thornhillmultisport.com)

**FACILITIES:** 25 metres, 10 lane pool with electronic timing, single-ended  
Warm up/cool down will be held in the 2<sup>nd</sup> 25-metre pool and will run all day.

**START TIME:** Warm –up: 8:00 - 8:45 a.m.  
Start: 8.50 a.m. Ends about 4:00 pm depending on # entries.

**ORDER OF EVENTS:** See below. A permanent warm-up area will be provided. All events are self-marshalled. There will be a positive check-in to the Clerk of Course table on the day of the meet for the 400 m events. **Relay entries need to be submitted to the Clerk of Course desk prior to events 11 and 29 to allow time for processing.** All scratches must inform the Clerk of Course 30 min. prior to their event.

<b>Stephen Forsey Invitational Swim Meet</b>			
<b>WOMEN</b>	<b>EVENT</b>	<b>MEN</b>	<b>TIMING</b>
1	400m free (limited to 2 heats/20 entries of men and women)	2	8:50 a.m.
3	50m Breast	4	
5	100m Back	6	
7	200m IM	8	
9	100m Free	10	
11	200m Fly	12	
13	50m Back	14	
15	200m Breast	16	
17	4X50m IM Relay	18	
19	4X50m IM Relay MIXED	19	
	BREAK 30 minutes		11:30 a.m.
21	400m IM (limited to 2 heats/20 entries of men and women)	22	12 noon
23	50m Free	24	
25	100m Fly	26	
27	100m Breast	28	
29	200m Free	30	
31	50m Fly	32	
33	200m Back	34	
35	100m IM	36	
37	4X50m free Relay	38	
39	4X50m Free Relay MIXED	39	3:00 p.m.
	POTLUCK		Ongoing until 4 p.m.

**SOCIAL:** Refreshments will be served during the meet.

**A Pot Luck will conclude the meet!**

- LOCATION:** **Markham Pan Am Centre Pool**  
**16 Main Street Unionville, Unionville, Ontario L3R 2E5**
- PARKING/TRANSIT:** Parking is available at the facility. Public transit information is available from the following website. <http://www.yorkregiontransit.com/en/>
- DIRECTIONS:** Exit South on Main Street from Hwy. 7 at Unionville in Markham.  
The facility is on the SW corner of Main Street where it ends.  
*OR* Exit Kennedy St. N. from Hwy. 407. Turn left onto Unionville Gate.  
Turn left onto Main Street. The facility is on the SW corner where it ends.
- LOCKERS:** Limited, bring lock
- ELIGIBILITY:** Swimmers must have reached their 18th birthday on or before Feb. 25, 2018.  
All swimmers will be accepted. A liability waiver is included with the entry form.  
Swimmers not registered with MSO must swim as Single-Event Registrants (SER). SER participants must fill out the Single Event Insurance Form and Waiver and pay the \$5.00 fee.
- AGE GROUPS:** A swimmer must have attained the age of 18 by Feb. 25, 2018  
A swimmer's age is determined by his/her age as of December 31, 2018.  
Individual 18-24, 25-29, 30-34, 35-39 etc 5-year increments.  
Relays 72+,100+,120+,160+,200+,240+,280+, etc. 40 year increments.
- ENTRIES:** Men's and women's heats will be separate.  
All events will be seeded by entry time slowest to fastest.  
Swimmers are limited to **5 individual events and 2 relays**.  
The 400m Free and 400m IM are limited to 20 female and 20 male participants.  
There will be a positive check-in to the Clerk of Course table on the day of the meet for the 400 m events. (Please identify a 6<sup>th</sup> event in the online entry form in case you are not one of the first 20 entries.) Every effort will be made to notify any swimmer who did not meet the cut off prior to the day of the meet.  
The Meet Manager reserves the right to limit entries and cancel events.  
**The maximum number of entries accepted will be 250 swimmers.**  
**There will be NO DECK entries.**  
**All scratches must inform the Clerk of Course 30 min. prior to their event.**
- HEAT SHEETS:** Heat sheets will be emailed to the swimmer before the event.  
Please print out and bring to the meet.
- RELAY ENTRIES:** Entry cards for relays (part of package and available at registration table) need to be completely filled out stating event #, event name, total team age, club name, individual swimmer names and ages (in swim order) and entry time.  
**Relay entries need to be submitted to the Clerk of Course desk prior to events 11 and 29 to allow time for processing.**  
All swimmers shall be from the same club, otherwise the team is "exhibition".  
Names and order can be changed up until start of the heat, but not the age group.
- ATHLETE's WAIVER:** **MSO Swimmers** - A liability waiver is included with the entry form.  
**Non-MSO Swimmers:** The SER waiver is included with the single event registration form.
- RULES:** Masters Swimming Canada Rules, 2013 – 2017, shall apply.  
MSC Warm up-Cool-down rules shall apply and be enforced. (Posted at pool)  
All disqualifications (DQ) will be announced.

- SAFETY:** All MSO rules apply including warm-up and warm down.  
<http://www.mastersswimmingontario.ca/wp-content/uploads/2017/09/MSO-Rules-Warm-Up-v2013-12-16.pdf>
- OFFICIALS:** If you are interested in volunteering as an official, please email [meetmanager@thornhillmultisport.com](mailto:meetmanager@thornhillmultisport.com).
- RESULTS:** All results will be posted to the MSO database at <https://ms.mastersswimmingontario.ca>. Single-Event Registrants will swim and be reported under the club code "SER".
- RECORDS:** It is your responsibility to inform the Session Referee at least 10 minutes prior to your heat if you have a chance of setting a record.
- Only swimmers registered with MSO will be eligible for records. All records stay in Ontario.
- AWARDS:** Ribbons will be awarded 1<sup>st</sup> to 3<sup>rd</sup> place in each group.
- ENTRY FEE:** **\$65 per swimmer.**  
 Please do not enter events you do not intend to swim as the potential for empty lanes can extend the total meet time.

<b>ONLINE</b>
Go to <b><a href="http://www.thornhillmultisport.com">www.thornhillmultisport.com</a></b> . Enter using the online form. Agree to the waiver. Complete the SER form for non-MSO swimmers. There is a \$5 fee. Payment by credit card will be available using PayPal.