

## Stephen Forsey Invitational Swim Meet SUNDAY, February 24, 2019 Markham Pan Am Centre Pool

SANCTIONED BY: Masters Swimming Ontario # 402
HOSTED BY: Thornhill Masters Aquatic Club (THOR)
Details at www.thornhillmultisport.com

**MEET MANAGERS**: Amanda Wilkins

Email: meetmanager@thornhillmultisport.com

**REFEREE:** Y-Y Wong

INDIVIDUAL REGISTRATION DEADLINE: Wednesday, February 20th, 2019 at 11:59 p.m. RELAY EVENT REGISTRATION DEADLINE: Friday, February 22nd, 2019 at 11:59 p.m.

HOW TO REGISTER: Please sign into the MSO Registration system at: <a href="https://ms.mastersswimmingontario.ca//web/logon/memberLogon.php">https://ms.mastersswimmingontario.ca//web/logon/memberLogon.php</a>.

**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 in advance online.** All scratches must inform the Clerk of Course 30 min. prior to their event.

|       | Stephen Forsey Invitational Swim Meet                      |     |                      |
|-------|--|-----|----------------------|
| WOMEN | EVENT  | MEN | TIMING               |
| 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 - SUBMIT MORNING RELAY CHANGES                   | 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 – SUBMIT AFTERNOON RELAY CHANGES                  | 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 a lock

**ELIGIBILITY:** Swimmers must have reached their 18th birthday on or before Feb. 24, 2019.

All swimmers will be accepted. Swimmers not registered with MSO must swim as Single-Event Registrants (club code SER). SER participants must pay the fee to

receive MSO insurance coverage.

**AGE GROUPS**: A swimmer must have attained the age of 18 by Feb. 24, 2019

A swimmer's age is determined by his/her age as of December 31, 2019.

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 relavs**.

The 400m Free and 400m IM are limited to 20 female and 20 male participants. We will contact you once the event is full and there is a waiting list. There will be a positive check-in to the Clerk of Course table on the day of the meet for the 400 m events. 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 to print out and bring to the event..

**RELAY ENTRIES:** Entry cards for relays (part of package and available at registration table) will be

completed online. Note that RELAYS are entered by a coach listed in the club's

coach list which is maintained by a Club Registrar.

Relay entries typically state event #, event name, total team age, club name, individual swimmer names and ages (in swim order) and entry time. All

swimmers shall be from the same club, otherwise the team is "exhibition". SER relays are exhibition as well. Exhibition relays will be reported via preliminary

results but will not be uploaded to the MSO database.

Names and order can be changed up until start of the heat, but not the age group. Relay entries names and order changes need to be submitted to the Clerk of Course desk prior to events 5 (for morning) and 23 (for afternoon)

to allow time for processing.

**REFUNDS & CANCELATIONS:** Refunds are not available after registration has closed.

Refunds are not available for weather-related events.

**RULES & SAFETY:** All disqualifications (DQ) will be announced.

All MSO rules apply including warm-up and warm down.

http://www.mastersswimmingontario.ca/swim-meets/mso-rules-of-competition/

OFFICIALS: A large number of volunteers are required to properly run a quality swim

meet. If you are interested in volunteering as an official or a timer,

please email 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 Ontario records. All swims will be considered for Christian Berger's Top Canadian Records and Rankings. (see April 12<sup>th</sup> News

http://www.mastersswimmingontario.ca/)

**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.

## **ONLINE**

Please sign into the MSO Registration system at:

https://ms.mastersswimmingontario.ca//web/logon/memberLogon.php

Need Help? Read "HOW to Sign-in and Register" or contact the MSO registrar.

Swimmers not registered with MSO or swimmers having difficulty accessing the registration site will need to contact the MSO Registrar to obtain a secure access ID and password. The MSO registrar can be reached at: MSOReg@mastersswimmingontario.ca.

Your registration status with MSO will be automatically verified. Swimmers not registered with MSO will be entered as a Single-Event Registrant (club code SER) and assessed the associated fee.

Online payment is via by PayPal and includes a credit card option as a PayPal guest.

By proceeding to the meet entry page, swimmers acknowledge acceptance of the Athlete Waiver and Release.

Payment is accepted prior to selecting and entering events.

Note that RELAYS are entered by a coach listed in the club's coach list which is maintained by a Club Registrar.

Questions? Contact meetmanager@thornhillmultisport.com.