



ThornhillMastersAquaticClub

Stephen Forsey Invitational Swim Meet
SUNDAY, February 23, 2020
Markham Pan Am Centre Pool

HOSTED BY: Thornhill Masters Aquatic Club (THOR)
Details at www.thornhillmultisport.com

SANCTIONED BY: Master Swimming Ontario, # 507

MEET MANAGER: Amanda Wilkins
Email: meetmanager@thornhillmultisport.com

REFEREE: Y-Y Wong

INDIVIDUAL REGISTRATION DEADLINE: Wednesday, February 19, 2020 at 11:59 p.m.

RELAY EVENT REGISTRATION DEADLINE: Friday, February 21, 2020 at 11:59 p.m.

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

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

LOCATION: **Markham Pan Am Centre Pool**
16 Main Street Unionville, Unionville, Ontario L3R 2E5

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

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

SOCIAL: Refreshments will be served during the meet.
A Potluck will conclude the meet!

ORDER OF EVENTS: 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.

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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.

ELIGIBILITY: Swimmers must have reached their 18th birthday on or before February 23, 2020.

All swimmers will be accepted. Para swimmers are welcome to attend.

Swimmers not registered with CIMS or MSO must swim as Single-Event Registrants (club code SER). SER participants must pay the 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.

AGE GROUPS: A swimmer's age is determined by his/her age as of December 31, 2020. 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.** 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 minutes before the 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 or relay captain. Only those listed in the club's Coach List have access to relay entries. Please contact your Club Registrar if access is needed.

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 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: **Many 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 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.

AWARDS: Ribbons will be awarded 1st to 3rd place in each group.

ENTRY FEE: **\$70.00 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.

HOW to ENTER ONLINE

Please sign into the Registration system at: <https://ms.mastersswimmingontario.ca>

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

Swimmers not registered with CIMS or MSO, or swimmers having difficulty accessing the registration site may 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 CIMS or MSO will be automatically verified. Swimmers not registered 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 and, for swimmers under 26 years, confirmation that concussion materials have been reviewed.

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.