



All OUT Swim 2020

- DATE:** Saturday, February 8, 2020
- HOSTED BY:** Downtown Swim Club, Central Region, <https://www.dsctoronto.ca>
Varsity Pool - University of Toronto
55 Harbord Street
Toronto, Ontario, M5S 2W6
- MEET WEBPAGE:** <https://www.dsctoronto.ca/all-out-swim-2020>
- TIME:** Warm-up: 8:00 am to 8:45 am
Start: 9:00 am
Expected end: 4:00 pm
- FACILITY:** 8 lane 50 metre pool with electronic timing. Lane 8 will be used for continuous warm-up/warm-down available during competition.
50 metre events will begin at the South end of the pool (below the diving platforms).
- PARKING:** Paid parking available nearby - <https://transportation.utoronto.ca/parking/rates/>
- PUBLIC TRANSIT:** Toronto Transit Commission - <http://ttc.ca>,
<https://transportation.utoronto.ca/visitors/using-public-transit/>
- SANCTION:** Sanctioned by Masters Swimming Ontario, # 508.
- CHANGE ROOMS & LOCKERS:** The Spadina change rooms will be available for use during the competition.
Access to the change rooms is through the pool gallery. A limited number of lockers are available, please bring a lock.
- HEAT SHEETS:** Available for download from the meet webpage on, or before, Friday, February 7. Printed copies will not be supplied.
- COMPETITION COORDINATOR:** Chris Smith, Level 5, chrismith32@hotmail.com
John Elvidge, Level 5, richvidge@gmail.com
- MEET MANAGER:** Chim Kan, Joel Cayne, meetmanager@dsctoronto.ca
- COMPETITION RULES:** MSO Rules of Competition shall apply. See <http://www.mastersswimmingontario.ca/swim-meets/mso-rules-of-competition/> for details.

MSO Warm up-Warm-down rules shall apply and be enforced. See <http://www.mastersswimmingontario.ca/wp-content/uploads/2017/12/MSO-Rules-Warm-Up-v2017-12-26.pdf> for details.

ELIGIBILITY: Swimmers must have reached their 18th birthday on or before February 8, 2020. Swimmers age shall be determined as of December 31st. Age groups are 18-24, 25-29, 30-34, etc. (in five year increments).

All swimmers will be accepted. Swimmers not registered with MSO must swim as Single-Event Registrants (club code SER). SER participants must pay the associated \$6.00 fee to receive MSO insurance coverage.

SER swimmers under the age of 26 years, must comply with Ontario's new Rowan's Law (Concussion Safety) requirements. The Government of Ontario's concussion awareness resources is accessible from the MSO site at <https://www.mastersswimmingontario.ca/rowans-law/>. The required "Confirmation of Review" has been added to the Waivers in the meet entry system.

ENTRY FEE: \$65 per swimmer on or before Thursday, December 19, 2019 (Early Bird!!!)
\$75 per swimmer after Thursday, December 19, 2019

Maximum 5 individual events and 4 relays per swimmer
A maximum of 200 swimmers will be accepted.

REGISTRATION: Registration will only be accepted through the MSO website.
Please sign into the MSO system to register online at <https://ms.mastersswimmingontario.ca>
Online Entry Deadline: Sunday, February 2, 2020
Relay Entry Deadline: Tuesday, February 4, 2020

Instructions on [How to Sign in](#) and use the MSO meet registration system can be found on the MSO homepage.

You will be asked to pay the registration fee first. The online registration system accepts PayPal, which includes a credit card option. You will then be directed to an event selection page. Click on an event, add your seed time and hit SAVE.

Q: I am not an MSO member. Can I still register online?

A: Yes. You may already be in the database from past seasons. If not, contact the MSO Registrar (MSOReg@MastersSwimmingOntario.ca) who will add you to the system and get you started.

- Swimmers may re-enter the meet and change their entries online until the entry deadline on February 2, 2020. Changes to entries will not be accepted after the deadline.
- NT entries are not permitted. Estimated workout times are acceptable.
- Relay swimmers must be entered in a non-relay event in order to compete.
- The meet will be limited to a maximum of 200 swimmers.
- The 800 metre freestyle event will be limited to 3 heats and may be swum with two swimmers per lane. Priority will be given to the first 21 male and 21 female entries submitted for the events before Monday, January 13. Thereafter, the 3 heats will then be filled with entries irrespective of gender.
- The 400 metre freestyle and IM event will be limited to 4 heats. Priority will be given to the first 14 male and 14 female entries submitted for the 400 metre event before Monday, January 13. Thereafter, the 4 heats will then be filled with entries irrespective of gender.

RELAY ENTRIES: Relay entries should be submitted online by the club coach or relay captain. All final relay entries must be submitted by 9:30 am to the registration table.

- All members of a relay team must be from the same club, otherwise, the relay will be marked exhibition.
- Relay age groups are 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-360.
- There are men, women and mixed relays.
- A swimmer may swim only once in each relay event.

OPEN EVENTS: For the 200m Open event, swimmers may swim either butterfly, backstroke, breaststroke or individual medley. When registering for the event, please select **ONE** of the strokes on the registration site.

When registering for the 400m freestyle and IM events, please select **ONE** of the strokes on the registration site.

Swimmers will be judged based according to the stroke that they swim. Swimmers must notify their lane timekeepers which stroke they will be swimming for an open event.

REFUNDS AND CANCELLATIONS: Refunds will only be provided in the event the host club cancels the swim meet. There will be no weather related or pool closure refunds.

SCHEDULE OF EVENTS: See event list - Appendix A

SEEDING: Seeding will be in order of times entered. The 800 freestyle, and the 400 metre IM and freestyle events will be seeded by mixed-gender. All other events are seeded by gender. Heats will be swum slowest to fastest.

DECK ENTRIES: No deck entries allowed.

CHECK IN AND SCRATCHES: There is a positive check in for the 800 free, 400 free and 400 IM (i.e., events 1, 2, 21 and 22) 30 minutes prior to the start of each session. Scratches are recorded as No Swim (NS).

RECORDS: Please notify the Referee and Chief Timer before your swim if there is a chance you could set a record, including a split for the first swimmer in a relay or an interim distance in a long-distance event.

Only swimmers registered with MSO are eligible for Ontario records as recorded by MSO. MSO may share meet results with independent record-tracking lists for inclusion in aggregated records and rankings, for example, Christian Berger's Top Canadian Records and Rankings (www.StatsMan.ca). Record recognition by any other sanctioning organization is at the discretion of such sanctioning organization.

MEET RESULTS: All results, including those of swimmers registered as SER, will be posted on <https://ms.mastersswimmingontario.ca>.

SAFETY & LIABILITY: Only participating swimmers, officials, coaches, and authorized people are allowed on deck. No glass is permitted on the pool deck, in the change rooms or in the pool gallery. There is no food, other than water, permitted on the pool deck. Outdoor shoes are not permitted on the pool deck.

SOCIAL: A social will follow the event, see the meet webpage for details.

REFRESHMENTS: Water and snacks available during the competition in the designated area.

Appendix

Event List

AM Session

Saturday, February 8, 2020

Warm-up: 8:00 AM -- Start: 9:00 AM

<i>Women</i>		<i>Men</i>
<i>1</i>	<i>800 Freestyle</i>	<i>1</i>
<i>3</i>	<i>200 Open (any stroke except Free)</i>	<i>4</i>
<i>5</i>	<i>50 Butterfly</i>	<i>6</i>
<i>7</i>	<i>50 Breaststroke</i>	<i>8</i>
<i>9</i>	<i>100 Freestyle</i>	<i>10</i>
<i>11</i>	<i>100 Backstroke</i>	<i>12</i>
<i>13</i>	<i>4x50 Medley Relay</i>	<i>14</i>
<i>15</i>	<i>4x50 Mixed Medley Relay</i>	<i>15</i>
<i>17</i>	<i>4x100 Freestyle Relay</i>	<i>18</i>
<i>19</i>	<i>4x100 Mixed Freestyle Relay</i>	<i>19</i>

PM Session
Saturday, February 8, 2020

<i>Women</i>		<i>Men</i>
<i>21</i>	<i>400 Freestyle or Individual Medley</i>	<i>21</i>
<i>23</i>	<i>200 Freestyle</i>	<i>24</i>
<i>25</i>	<i>50 Backstroke</i>	<i>26</i>
<i>27</i>	<i>50 Freestyle</i>	<i>28</i>
<i>29</i>	<i>100 Breaststroke</i>	<i>30</i>
<i>31</i>	<i>100 Butterfly</i>	<i>32</i>
<i>33</i>	<i>4x50 Freestyle Relay</i>	<i>34</i>
<i>35</i>	<i>4x50 Mixed Freestyle Relay</i>	<i>35</i>
<i>37</i>	<i>4x100 Medley Relay</i>	<i>38</i>
<i>39</i>	<i>4x100 Mixed Medley Relay</i>	<i>39</i>