

APPROVED

By Swim Ontario at 8:33 am, Feb 24, 2023

February 5 - Event order update

February 24 – Date Change

MAY 6 - 7, 2023

Please be advised that due to unforeseen circumstances, there has been a change of date to the 2023 Ontario Masters Provincials.

We apologize for this inconvenience. Anyone who has registered for the previous date and has paid and is unable to attend May 6th and 7th, 2023, we will gladly refund these entry fees.

2023
MASTERS
PROVINCIALS

Presented by



**TEAM AQUATIC
SUPPLIES LTD**



**ONTARIO MASTERS PROVINCIAL
CHAMPIONSHIPS
ETOBICOKE OLYMPIUM**

HOSTED BY EOMAC





GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by EOMAC
- **Meet Format:** Short Course – Time Finals
- **Location:** Etobicoke Olympium - 590 Rathburn Rd, Etobicoke, ON M9C 3T3
- **Facility:** 8 lane 50m competition pool - Swiss Timing electronic timing system.
- **Dates:** May 6-7, 2023
- **Meet package:** The only meet package that is considered valid is the most current one located at www.swimming.ca

PARTICIPANT SAFETY

Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](#).

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.

SWIM ONTARIO CONCUSSION MANAGEMENT PROCEDURE (ROWAN'S LAW)

- The [Swim Ontario Concussion Management Procedure](#) is in effect at all Swim Ontario sanctioned events. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Clubs and coaches must ensure athletes are aware of this procedure.
- Meet Management will have copies of the [Concussion Management procedure](#) at the competition.
- Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the [Swim Ontario Injury reporting form](#)

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.

OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust must be in an environment or space that is both 'open' and 'observable' to others.



EVENT PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#)

PROCEDURE

- Only individuals that have made an 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.
- 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 relation 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 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.

ORGANIZING COMMITTEE

- **Meet Managers:** Steve Goodwin - sdg9@rogers.com
- **Competition Coordinators:** Bud Seawright
- **Officials Coordinator:** Bud Seawright - bud@seawright.ca
- **Entries Coordinator:** Nicole Parent – meetentries@swimontario.com

MEET ENTRY INQUIRIES:

All inquiries regarding entries are to be directed to meetentries@swimontario.com

- Swim Ontario Meet Information Page:
<https://www.swimontario.com/athletes/competitions/2023-ontario-masters-provincials>

ENTRY INFORMATION

ELIGIBILITY

All athletes must be registered as Competitive Masters swimmers with Swimming Canada or **FINA** Master recognized organization with proof of registration and registration number. A valid Swimming



Canada registration number is required for all swimmers, and entries without a registration number will be declined.

- A competitor's age is their age as of December 31, 2023
- Swimmers not associated with an affiliated club can register as an Independent Masters (\$60 registration fee) by completing the form [HERE](#) and sending to heather@swimontario.com

ENTRY FEES & PAYMENT

- **Swimmer Fee:** \$96.05 (\$85+HST)
- **Relay Only Swimmer Fee:** \$96.05
- Entry Fees must be paid prior to arrival or at registration
- Payment methods:
 - **Etransfer:** etransfers@swimontario.com – indicate MASTERS PROV and Club Code/Name
 - **Credit Card (only prior to arrival):** TBD
 - **Cheque:** Payable to Swim Ontario
 - NO CASH PAYMENT ACCEPTED

ENTRY PROCESS & DEADLINE

- **Entry Deadline Wednesday, April 26, 2023**
- **Swimmers will be able to submit their own entries via the online form**
 - <https://form.jotform.com/SwimOntario/on-masters-provincial-entry-form>
- Maximum of 8 individual events per swimmer plus all admissible relay events.
- Clubs can also submit Hy-Tek entry file for their swimmers by emailing meetentries@swimontario.com with Subject Line: Masters Provincial Entries – Club Name
- **Entries Inquiries: Nicole Parent** – meetentries@swimontario.com
- No Time (NT) will not be accepted. Please provide best estimate.
- No further entries changes will be accepted after **Friday, April 28 at noon.**
- Final Psych Sheets will be posted online on the meet information page by **Monday, May 1.**
- 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.
- Swimmers / Clubs will be notified of accepted entries.
- A maximum of 24 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.

RELAYS

- **Relay Entries can be done by clubs with Hy-Tek files or by one relay team member using the online form -** <https://form.jotform.com/SwimOntario/2023-mastersprovincials-relay-entry>
- There is no fee for relays (included in the swimmer entry fee)



REGISTRATION INFORMATION

REGISTRATION

- Registration and welcome table will be set up in the Olympic Lounge
- Coaches and individual swimmers please register upon arrival.
- A full set of heat sheets will be available at registration.
- Heat sheets also available for download on Meet Mobile and from the meet information page: <https://www.swimontario.com/athletes/competitions/2023-ontario-masters-provincials>

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

The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

SWIMWEAR

All swimmers shall be required to comply with swimwear rule GR 5 of the Swimming Canada rule book.

DIVE STARTS

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.

- 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.
- Swimmers missing their heat are automatically scratched from that event.

AGE GROUPS

- Age as of December 31, 2023 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.

SEEDING

- All events will be swum as timed final.
- All events will be run slowest to fastest separated by gender.



OFFICIAL SPLITS

No official splits requests will be granted.

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**.

Meet Management reserves the right to combine heats or limit the number of heats should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.

RELAYS

- All relays will be swum as timed final.
- Relay forms must be filled in and returned to the Clerk of the Course 30 minutes prior to the start of the session. No name changes will be accepted after this deadline unless approved by meet management.

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.

DECK ENTRIES

- Deck entries and time trial events will not be permitted.

SCORING AND AWARDS

EVENT SCORING

- Only the top Eight (8) individual events and relays score:
 - **Individual Events:** 30-25-20-15-14-13-12-11
 - **Relay Events:** 60-50-40-30-28-26-24-22



EVENT AWARDS

- **Medals:** first through third (individual)
- Swimmers or their representative must come to collect their awards in the Olympic Lounge during the course of the meet.
- **Please note awards will NOT be mailed.**
- **Masters Swim Series Individual Awards**

TEAM AWARDS

- **High Point Team-Overall:** The club with the highest points will be awarded a high point team banner
- **Masters Swim Series Team Award**

PROGRAM EVENT LIST

Meet Management reserves the right to change warm-up session times and to allocate team or gender warm-up schedules.

Meet Management reserves the right to change event order, limit 400 and 800/1500 events to ensure reasonable session timelines

DAY 1 – SATURDAY, MAY 6, 2023					
Morning Session Warmup: 8:30 AM - Start: 9:30 AM			Afternoon Session Warmup: 1:15 PM - Start: 2:15 PM		
W		M	W		M
1	200 Free	2	11	100 Back	12
3	200 Fly	4	13	50 Fly	14
5	50 Back	6	15	200 Breast	16
7	100 IM	8	105	200 Medley Relay	106
101	400 Free Relay	102		200 Medley Relay Mixed	108
	400 Free Mixed Relay	104		1500 Free	18
9	1500 Free				
DAY 2 – SUNDAY, MAY 7, 2023					
Morning Session Warmup: 8:30 AM - Start: 9:30 AM			Afternoon Session Warmup: 1:15 PM - Start: 2:15 PM		
W		M	W		M
19	100 Breast	20	31	100 Free	32
21	50 Free	22	33	50 Breast	34
23	200 Back	24	35	400 IM	36
25	100 Fly	26	113	200 Free Relay	114
27	200 IM	28		200 Free Relay Mixed	116
109	400 Medley Relay	110	37	800 Free	38
	400 Medley Relay Mixed	112			
29	400 Free	30			



2023

MASTERS

PROVINCIALS

Ontario 

