

2010
Ontario Masters Swimming
Championships



MASTERS SWIMMING ONTARIO



M S O

2010

Ontario Masters Swimming Championships

General Information for Meet Volunteers

All events are Timed Finals.

- Date:** Friday March 19th, Saturday March 20th, and Sunday March 21st, 2010
- Hosted by:** London Silver Dolphins and the London Aquatic Club
- Location:** Canada Games Aquatic Centre 1045 Wonderland Road North (at Gainsborough Road) London, Ontario, N6G 2Y9
- Meet Format:** The meet will run set up as a short course 2 x 25M double ended pool. The pool will be configured as 7 lane 2 x 25M pool with women competing in one end and men in the other end for Friday night sessions. The eighth lane in each end will be reserved for continuous warm up - warm down.
- Saturday and Sunday sessions will use the 8 lane 25 m in the deep end only with continuous warm-up in the shallow end. Meet Management reserves the right to change the format for the Saturday and Sunday sessions to a double ended 7 lane 25m meet, with a continuous 25m warm up in the 8th lane, at its sole discretion.
- Meet Co-Chairs:** Chuck Grace Tel: (519) 200-8789
Nick Gilbert Tel: (519) 438-3911
- Meet Manager:** Paul Cappa swim4life@isp.ca Tel: (519) 471-4846
- Meet Referee:** Dave Bloch-Hansen davebh@rogers.com Tel: (519) 473-3444
- Minor Officials:** Stacey Richardson stacey_487@rogers.com
- Awards:** Lianne Pilon ljpilon@rogers.com
- Meet Website:** www.2010provincialchampionships.com
- Minor Officials & Volunteers:** A large number of volunteers are required to properly officiate and host a meet of this size and importance. Officials and timers are required for all sessions. If you or someone you know is interested please contact the Meet Manager.
- Parking:** There is parking immediately adjacent to the facility. Overflow parking is available at the high school next to the pool (**except for Sunday am**). Parking maps will be

posted on the entry doors to the building and available on the Meet website. Please do not park in front of Medway Arena.

Lockers: Lockers are available for use in the change rooms, with your own locks. There are no coin-operated lockers.

Water Bottles: Bottled water will not be available for sale. Please bring a refillable water bottle. Central filling stations will be provided.

Official's Break: A dinner break of 30 minutes will be taken for officials on Friday evening after event #2. Lunch breaks of 45 minutes for officials will be taken on Saturday and Sunday. The schedule will be subject to change. Coffee & Tea, and breakfast snacks will be available for officials from 8.00 a.m. each morning.

T-Shirts: Volunteers will receive an MSO Sponsor's Souvenir T-Shirt (while supplies last).

Session Times

	Warm-up	Estimated Start	Estimated Finish
Session 1 – Friday, March 19	3:00 p.m.	4:00 p.m.	9:30 p.m.
Session 11 – Saturday, March 20	8:00 a.m.	9:00 a.m.	12:10 p.m.
Session 111 – Saturday, March 20	12:10 p.m.	1:00 p.m.	5:30 p.m.
Session IV – Sunday, March 21	8:00 a.m.	9:00 a.m.	12:20 p.m.
Session V – Sunday, March 21	12:20 p.m.	1:10 p.m.	4:30 p.m.

2010
ONTARIO MASTERS SWIMMING CHAMPIONSHIPS
 Friday, March 19th – Sunday, March 21, 2010

Session I				
Friday March 19th, 2010				
Warm-up ⇒ 3:00 p.m. Start ⇒ 4:00 p.m. Estimated Finish ⇒ 9:30 p.m.				
<u>Women</u>		<u>Event</u>		<u>Men</u>
All events are Timed Finals				
#1		1500 Free		#2
		Dinner Break		
#3		400 IM		#4
#5		50 Breast		#6
#7		800 Free		#8

Sessions II & 111				
Saturday March 20th, 2010				
Warm-up ⇒ 8:00 a.m. Start ⇒ 9:00 a.m. Estimated Finish ⇒ 5:30 p.m.				
<u>Women</u>		<u>Event</u>		<u>Men</u>
All events are Timed Finals				
#9		100 Free		#10
#11		200 Breast		#12
#13		100 IM		#14
#15		4 X 50 Medley Relay		#16
		Lunch Break		
#50		4 X 50 Mixed FreeRelay		#50
#17		200 Back		#18
#19		50 Fly		#20
#21		400 Free		#22

Sessions IV & V				
Sunday March 21st, 2010				
Warm-up ⇒ 8:00 a.m. Start ⇒ 9:00 a.m. Estimated Finish ⇒ 4:30 p.m.				
<u>Women</u>		<u>Event</u>		<u>Men</u>
All events are Timed Finals				
#23		200 IM		#24
#25		50 Free		#26
#27		100 Back		#28
#29		100 Fly		#30
#31		4 X 50 Free Relay		#32
		Lunch Break		
#60		4 X 50 Mixed Medley Relay		#60
#33		200 Free		#34
#35		50 Back		#36
#37		100 Breast		#38
#39		200 Fly		#40