



## **OlymPINK Masters Distance & Sprint Challenge**

**Fundraiser for the Ottawa Breast Health Centre**

Brewer Pool, 100 Brewer Way

**April 6, 2019**

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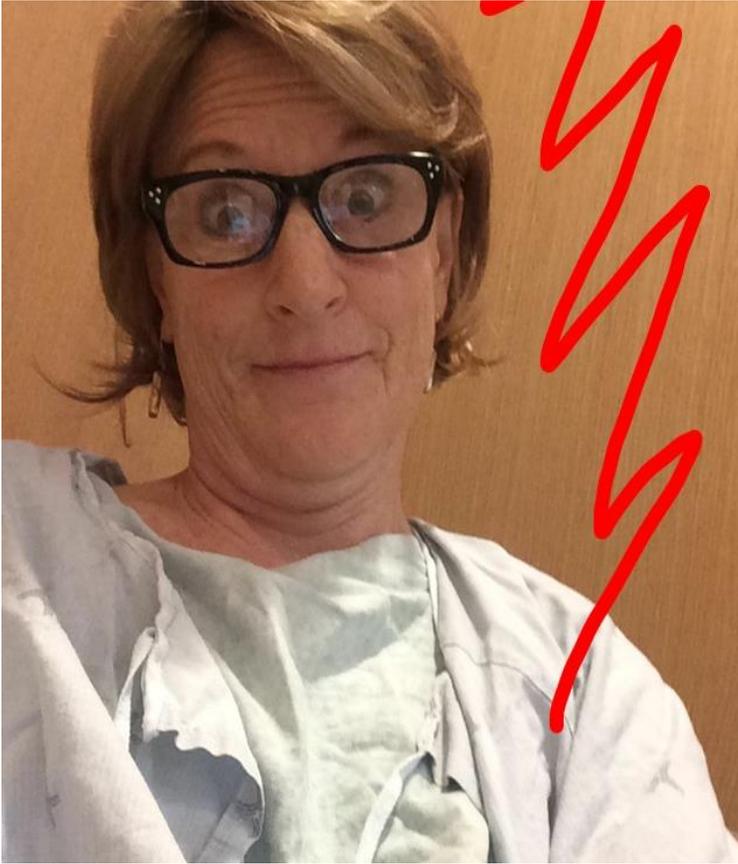


Sanction #415 by:



**MASTERS SWIMMING ONTARIO**

## Andrea Douglas' Story



*My slow maze of fear...*

I found a lump on May 22, 2014.

A mammogram and ultrasound came 7 days later. Eight more days until a biopsy, 3 more until an MRI and another week until I received the final diagnosis of Invasive Ductal Carcinoma. My first meeting with my breast cancer oncology surgeon took place June 20<sup>th</sup> and it would be another 3.5 weeks until my operation on July 16<sup>th</sup>.

A month of uncertainty. 29 days. 696 hours. 42,000 very slow ticking minutes until I knew what was going on.

And I'm one of the lucky ones. I had the rock star of oncology surgeons remove that 2.6cm lump with clear margins and there was no lymph involvement.

Still, I needed 4 rounds of chemo, 21 days of radiation and will be on meds to suppress hormones for years to come.

Now I want to help the thousands of women who follow me, because they will. OlymPINK is more than just a swim meet -- it's a fundraiser to support important technology needs at the Ottawa Hospital's Breast Health Centre. There will be well over 100 swimmers, a bunch of former Canadian Olympians, and breast cancer survivors, with a distance event in the morning and sprint races in the afternoon.

I have a dream to help make this happen.

## Why I'm swimming for breast cancer technology

- I'm not special. My cancer journey story is not a particularly unusual one. And maybe that's the point. When 1 in 8 women in Ottawa will face this diagnosis, I hardly stand out in the crowd. I'm a Mom, a wife, a sister, a daughter. And at B-TRAIIn Swimming, I'm a lane mate.
- The Terry Fox Marathon of Hope started around a kitchen table. My OlymPINK swim meet fundraiser started in a lane of Brewer Pool. Like Terry Fox, I have been powerfully touched by a terrible disease, but I have also be embraced by the hope and support that comes from medical advances and tender loving care.
- I feel a sense of responsibility that comes with being one of the "lucky" ones. And that's why I fundraise for the Ottawa Hospital. Because every piece of technology and every bit of research means one less woman faces this disease. Stopping this disease in its tracks sooner is worth every penny. The problem is there aren't enough pennies in our health care system for all the technologies that can make a difference.
- So it's up to us!
- Joining me in my dream of this swim fundraiser are 6 former Olympic swimmers. Because they get it. You don't reach the Olympics without a dream, without dedication, without a lot of hard work and without a team of support around you. And that's what you need to beat cancer. A dream of better and harder working technologies. For your Mom, your sister, your wife...your swim buddy.



**Host:** B-TRaiN Swimming  
**Sanctioned By:** Masters Swimming Ontario, #415  
**Meet Managers:** Andrea Smith & Megan Dodge  
**Meet Referee:** Michael Sweny

**Location:** **Brewer Pool**  
100 Brewer Way, Ottawa ON K1S 5T1

**Dates:** Saturday April 6, 2019  
Distance Challenge Warm-up: 7:00am  
Distance Challenge Meet Start/Finish: 7:45am-11:45am  
  
Sprint Challenge Warm-up: 12:00pm  
Sprint Challenge Meet Start/Finish: 12:45pm-4:00pm

**Format:** 1 day meet with timed finals. The meet will be run short course.

**Facilities:** Brewer Pool will be configured as a six lane, 25 M pool with manual timing.

**Website:** [www.OlympiNK.org](http://www.OlympiNK.org)

**Parking:** There is limited parking in front of the pool. This parking lot is shared with the arena. Overflow parking on the side streets around the pool.

**Lockers:** A limited number of lockers are available in the change rooms.  
Users must supply own locks.

**Social Event:** There will be a social event directly following the meet at Patty's Pub at 4:30pm. Tickets are \$10 and available online at the registration page. Your ticket gets you a spot at the awards ceremony, a chance to rub elbows with Olympians, entry for door prizes, as well as a drink from the bar and light snacks!

### **Order of Events:**

#### **Distance Challenge:**

Women	Event	Men
1	800 Freestyle	2
3	400 Freestyle Eliminator	4

#### 400 Freestyle Distance Challenge Eliminator Rules:

There will be 2 women's heats (age groups of 18-49, and 50+) and 2 men's heats (age groups of 18-49, and 50+). The last swimmer to touch at the 50m mark is eliminated, and the 5 remaining swimmers will continue racing. The last swimmer to touch at the 100m mark is eliminated, and the 4 remaining swimmers will continue racing. The last swimmer to touch at the 200m mark is eliminated, and the 3 remaining swimmers will continue racing. The last swimmer to touch at the 300m mark is eliminated, and the final 2 swimmers will race to the 400 wall. Winner will have bragging rights and win the special Distance Challenge Eliminator prize!

Registration for the 400 Freestyle Eliminator event is limited to the first 24 swimmers (12 men and 12 women). Successful entries will be notified by email and a full briefing of the rules will take place prior to the event.

The 800's will be swum alternating between slowest and fastest heats. When all entries are received, meet management will provide a time out to all swimmers for the morning. To make the most efficient use of space, meet management reserves the right to combine men and women.

#### Sprint Challenge:

Women	Event	Men
7	100 Freestyle	8
9	50 Butterfly	10
11	50 Backstroke	12
	10 minute break	
13	100 Individual Medley	14
15	50 Breaststroke	16
17	50 Freestyle	18
	<b><i>Olympian/Survivor Relays</i></b>	

#### Sprint Challenge Rules:

Those swimmers wishing to participate in the Sprint Challenge must register in and complete all 6 events. Points will be awarded for places 1<sup>st</sup> to 6<sup>th</sup>. If the swimmer is disqualified, no points will be awarded for that race.

Special prizes will be presented for the male and female winner of the Sprint Challenge at the social following the event.

#### Warm up:

All MSO rules apply including [warm-up and warm down](#)

The Safety Marshals will indicate when lanes 1 and 6 will be opened for dives and sprints for part of the warm up.

All swimmers are required to enter feet first into the pool and diving is strictly prohibited during any warm up or cool down.

Safety Marshals will be vigilant regarding infractions during warm-up - **specifically diving** - and shall report those infractions to the Referee. The Referee has the authority to expel swimmers from the competition.

#### Rules:

The following rules will apply: <http://www.mastersswimmingontario.ca/swim-meets/mso-rules-of-competition/>

## Meet Entry Process:

- Registration:** To register, please visit the following website: [www.OlymPINK.org](http://www.OlymPINK.org)  
If there are any questions or concerns, please contact the meet management at [andrea@btrainswimming.com](mailto:andrea@btrainswimming.com)
- Eligibility:** Swimmers must have reached their 18th birthday on or before April 6, 2019. Swimmers age will be determined as of December 31<sup>st</sup>.
- 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 \$5.00 fee to receive MSO insurance coverage.
- Maximum Entries** Maximum 96 swimmers accepted for the *Distance Challenge*  
Swimmers may enter **both** the 800 Freestyle and the 400 Freestyle Elimination Challenge. However, only the first 24 swimmers (12 men and 12 women) to enter the 400 Freestyle Elimination Challenge will be accepted.
- Maximum 120 swimmers accepted for the *Sprint Challenge* (maximum 6 events)
- Meet management reserves the right to limit the number of entries in the distance events to ensure the session finishes on time. No Time (NT) entries will not be accepted—an estimated time is required.**
- No Deck Entries:** There shall be no deck entries for individual events.
- Individual Entries:** **Entry Deadline is April 3, 2019.**
- Individual entries **must be submitted online.**  
Age groups are 18-24, 25-29, 30-34, etc. (in five year increments).  
Please submit entry times for seeding purposes.  
Swimmers may enter a maximum of 6 individual events.  
Please include an email address for each registrant, so that each entry can be confirmed.
- Confirmation:** Registration confirmation will be sent to the email address provided at registration.
- Fees:** **Distance Challenge:** \$40.00  
**Sprint Challenge:** \$65.00  
**BOTH the Distance and the Sprint:** \$75.00  
Payment is online. All online registration payments must be completed by **April 3, 2019.**

## Meet Procedures:

- The Start:** The “No False Start” rule will be in effect.
- Event Seeding:** All events except the 800 will be run slowest to fastest.  
**There will be no deck entries.**

**Swimmer Readiness:** It is most important that swimmers follow the Program heat sheets and are ready in the area behind their designated block prior to their heat. In 50m events they should be there three heats before their heat, in 100m events, two heats before their heat, and in relays, one heat before their heat. Any swimmer who misses their heat will be scratched from that event. Please notify the Referee and/or 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.

**Results:** The results will be posted on the meet website. All results will also 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:** Only MSO-registered swimmers are eligible for MSO Ontario records. All swims will be reviewed by Christian Berger who maintains All Canada records and rankings independently of swim organizations ([www.StatsMan.ca](http://www.StatsMan.ca)).

**Volunteers:** A large number of volunteers are required to properly run a swim meet. Help is needed for Officials and timers. If you or someone you know is interested please contact: Andrea Douglas at [andreadouglashome@gmail.com](mailto:andreadouglashome@gmail.com).