



OlymPINK Masters Distance & Sprint Challenge

Fundraiser for the Ottawa Breast Health Centre

Brewer Pool, 100 Brewer Way

April 18, 2020

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MASTERS SWIMMING ONTARIO

Host: B-TRaiN Swimming

Sanctioned By: Masters Swimming Ontario

Meet Managers: Mary Beth Creskey & Francesca MacDonald

Meet Referee: William Van Straaten

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

Dates: Saturday April 18, 2020
Warmup: 8:30am
Meet starts: 9:30am
Estimated end time: 2:30pm

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

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 the Clocktower Pub at 3:00pm. Tickets are \$15 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:

Sprint Challenge:

Women	Event	Men
1	25m Freestyle Elimination HEATS	2
3	200 Mystery	4
5	100 Freestyle	6
7	50 Butterfly	8
9	25m Freestyle Elimination SEMIFINALS	10
11	50 Backstroke	12
	10 minute break	
	<i>Survivor & Olympian Relays</i>	
13	100 Individual Medley	14
15	25m Freestyle Elimination FINALS	
17	50 Breaststroke	16
19	50 Freestyle	18
	<i>Swim with an Olympian Relays</i>	

Sprint Challenge Rules:

Those swimmers wishing to participate in the Sprint Challenge must register in and complete all 6 events (100 FR/50 FL/50 BK/100 IM/50 BR/50 FR). Points will be awarded for places 1st to 6th. 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.

“The Stupid” Challenge Rules:

Those swimmers wishing to participate in “The Stupid” Challenge must register in and complete ALL 8 events (25 FR/200 Mystery/100 FR/50 FL/50 BK/100 IM/50 BR/50 FR). This Challenge is not point based, and completion of all 8 events is all that is required to qualify for this award.

200 Mystery:

This is no typical 200! Expect the unexpected! Swimmers wishing to compete in the 200 Mystery event will choose their event from a random draw prior to their race. It is a fun race, without an official time, and only needs to be completed to be considered for “The Stupid” award, as it is not an existing event recognized by MSO. This event will consist of multiple strokes in random order. It will NOT be a 200 of any one stroke, and therefore will not be a 200 Butterfly.

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
If there are any questions or concerns, please contact the meet management at andrea@btrainswimming.com

Eligibility: Swimmers must have reached their 18th birthday on or before April 18, 2020. Swimmers age will be determined as of December 31st.

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 175 swimmers accepted for the OlymPINK Masters Challenge. Swimmers may enter up to 8 events

No Deck Entries: Deck entries will not be permitted for individual events.

Individual Entries: **Entry Deadline is April 4, 2020.**

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 8 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: **OlymPINK Masters Challenge:** \$65.00
Payment is online. All online registration payments must be completed by **April 4, 2020.**

Meet Procedures:

The Start: The "No False Start" rule will be in effect.

Event Seeding: All events 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".

Awards: The Sprint Challenge Award will be awarded to the swimmer in each age group who competes in all 6 sprint events (100 FR/50 FL/50 BK/100 IM/50 BR/50FR) and has the fastest combined time for all 6 events. A swimmer who gets disqualified or does not complete an event will no longer be eligible for the award. Those swimmers wishing to participate in "The Stupid" Challenge must register in and complete ALL 8 events (25 FR/200 Mystery/100 FR/50 FL/50 BK/100 IM/50 BR/50 FR). This Challenge is not point based, and completion of all 8 events is all that is required to qualify for this award.

200 Mystery Event: Swimmers wishing to compete in the 200 Mystery event will choose their event from a random draw prior to their race. It is a fun race, without an official time, and only needs to be completed to be considered for "The Stupid" award, as it is not an existing event recognized by MSO. This event will consist of multiple strokes in random order. It will NOT be a 200 of any one stroke, and therefore will not be a 200 Butterfly.

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).

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: **Mary Beth Creskey** at mbcameron@gmail.com