

Ted Roach Memorial SCY Swim Meet
Sunday, January 29, 2023
Sanctioned by Masters Swimming Ontario (#801)

- Location:** Alderwood Pool, 2 Orianna Drive, Etobicoke, Ontario, M8W 4Y1
- Eligibility:** Swimmers must have reached their 18th birthday on or before Jan 29/23. The swimmers age shall be that on December 31/23. Swimmers not registered with MSO must swim as Single-Event Registrants (SER). SER participants must pay the associated \$7.50 fee to receive insurance coverage.
- Swimmers under the age of 26 years, must comply with Ontario's Rowan's Law (Concussion Safety) requirements. Review the Government of Ontario's concussion awareness at <https://www.mastersswimmingontario.ca/rowans-law/>. The required "Confirmation of Review" has been added to all Waivers.
- Warm up & Start Times:** Warm up: 7:45 a.m., Start: 8:30 a.m.
- Rules & Safety:** Masters Rules of Competition shall apply.
<https://www.mastersswimmingontario.ca/rules-of-competition/>
[Warm up-Cool-down rules](#) shall apply and be enforced.
- Referee:** Craig Dwyer (Level 5)
- Contact:** Gregg Thurlbeck (416) 766-0438 or email: thurlbeckg@gmail.com
- Entry Deadline:** No later than January 24, 2023 at 11:30 p.m.
- Deck Entries:** Deck entries are permitted up to 15 minutes prior to the start of the meet. No deck entries for the 500 Free and 400 IM. Current MSO registration must be verifiable, or the SER fee will be added. All deck entrants must complete the attached Athlete Waiver and Release. Deck entry cards to be picked up from the registration table before the end of the 400 IM.
- Relay Entries:** Relays may be entered online by a club coach prior to the deadline. Relay entries may also be submitted at the registration table on the day of the meet prior to the completion of Event 2. Blank relay cards will be available at the registration table.
- Entry Fees:** Individual Pre-registered: \$50.00
Deck Entries: \$60.00 Individual - no deck entries for events 1 & 2. Late entries will be considered deck entries and will be added to the program at registration if space allows and once the deck entry fee is paid.
- Entry Limits:** **Entry is limited to 6 events plus relays.**
The 500 Free/400 IM will be run as a single event and with a maximum of 5 mixed gender heats. You may swim 500 Free OR 400 IM.
Swimmers may choose only 1 of: back, breast, fly or IM in the 200 Open.

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- Seeding:** Heats will be swum slowest to fastest. The 500 Free/400 IM will be seeded as mixed gender. Scratches for all other events should be marked on the posted heat sheets.
- Records:** Timing is manual, which requires three official times to set a record. While every effort will be made to provide three watch times for every swim, **it is your responsibility to inform the referee at least 10 minutes prior to your heat if you have a chance of setting a record.**
- All results are considered for All-Ontario records maintained by MSO.
- Awards:** Ribbons to 1st, 2nd, and 3rd place finishes in each age group.
- Age Groups:** Individual: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 etc.
Relay: 72+, 100+, 120+, 160+, 200+, 240+, 280+, 320+, etc....
- Food & Water:** Lunch will be available throughout most of the meet. Please bring a reusable water bottle as bottled water will not be made available.

HOW TO REGISTER AND PAY:

ONLINE preferred: Please sign-in at <https://ms.mastersswimmingontario.ca>

Instructions for using the meet entry system may be found on the MSO homepage.

You will be asked to pay the meet entry 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 your event choices, add your seed times and **hit SAVE**.

If you are not an MSO member, or you are having difficulty accessing the registration system, please contact the system registrar at MSOReg@MastersSwimmingOntario.ca

OR

Deck enter on the morning of the event. The deck entry fee is \$60.00. You must have your MSO number for the entry form. Or you may swim under a Single Event Insurance form which requires an additional \$7.50 fee. (see below)

Questions about meet entries can be directed to the Meet Manager:
Gregg Thurlbeck - thurlbeckg@gmail.com

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SCHEDULE OF EVENTS:

WOMEN	<u>LIST OF EVENTS</u>	<u>MEN</u>
1	500 free or 400 I.M. (5 mixed heats max)	2
	15 MIN. BREAK (Warm up)	
3	200 open (state your stroke – no free) back, breast, fly, I.M.	4
13	50 back	14
15	100 free	16
17	50 fly	18
19	100 breast	20
21	100 back	22
	15 MIN. BREAK (Warm up)	
23	4 x 50 medley relay	24
25	4 x 100 free relay (mixed)	
27	50 breast	28
29	200 free	30
31	100 fly	32
33	100 I.M.	34
35	50 free	36
37	4 x 50 medley relay (mixed)	
	30 MINUTE BREAK (Warm up)	
41	Alderwood swimmers 50 open	42
43	Alderwood swimmers 4 x 100 free relay (mixed)	
45	Alderwood swimmers 4 x 50 medley relay	46
47	Alderwood swimmers 200 free	48
49	Alderwood swimmers 100 open	50
51	Alderwood swimmers 200 open	52
53	Alderwood swimmers 100 free	54
55	Alderwood swimmers 50 free	56
57	Alderwood swimmers 4 x 50 medley relay (mixed)	
59	Alderwood swimmers 500 free or 400 I.M. (1 mixed heat)	60

RELAYS: (Blank cards to be picked up at registration table)

Each relay team shall provide on a time card:

- the age group entered
- name and code of Club
- full name, age and gender of each swimmer
- the order in which the swimmers shall swim

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HOW TO GET THERE

Directions: From the North:

Hwy 427 South to Brown's Line. Right on Horner Ave right on Orianne Dr.

From the East:

Gardner to 427/Brown's Line exit, Brown's Line exits to the left, continue South on Brown's Line, right on Horner Ave, then right on Orianne Dr.

From the West:

QEW to West Mall exit turn right on to Evans Ave, east to Brown's Line, South on Brown's Line, right on Horner Ave, then right on Orianne Dr.

Parking:

The pool has a medium size lot. Street parking has a three hour limit so cars may need to be moved in order to avoid tickets.

DECK ENTRY EVENT SELECTION AND WAIVERS

DECK ENTRY FORM: If you have never swum the event before, please estimate your time

Event #	Event Name (STATE STROKE FOR the 200 Open EVENTS 3 and 4)	Time

*******PRE-REGISTRATION DEADLINE: JANUARY 24, 2023*******

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ATHLETE WAIVER & RELEASE

In consideration of the acceptance of this entry, I for myself, my executors, administrators and assigns, do hereby release and discharge the Alderwood Teddy Bares and Master Swimming Ontario from all claims and damages, demands and actions whatsoever in any manner arising or growing out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

Last Name: _____ Gender: M ____ F ____

First Name: _____

D.O.B.: (d)_____(m)_____(yr)_____ Age as of Dec. 31, 2023: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone Number: _____ E-Mail address: _____

I am registered with MSO: Swimmer #: _____ Club Name: _____

OR

I am not registered with MSO. As a Single-Event Registrant I will pay the additional fee of \$7.50 to receive insurance coverage.

I am a Single-Event Registrant under the age of 26 years. I confirm that I have read the Government of Ontario's Concussion Awareness Resource (Rowan's Law) – see <https://www.mastersswimmingontario.ca/rowans-law/>

I have read and agree with the above waiver

Signature: _____ Date: _____