

Ted Roach Memorial SCY Swim Meet
Sunday, January 25, 2026
Sanctioned by Masters Swimming Ontario

- Location:** Alderwood Pool, 2 Orianna Drive, Etobicoke, Ontario, M8W 4Y1
- Eligibility:** Swimmers must have reached their 18th birthday on or before Jan 25/26. The swimmer's age shall be that on December 31/26. Swimmers not registered with MSO must swim as Single-Event Registrants (SER). SER participants must pay the associated \$7.50 fee to receive MSO insurance coverage for the duration of the event.
- 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.
- These Rules were updated on October 4, 2024, to permit the use of technology and automated data collection devices (watches) **only during the race** and for the sole purpose of collecting data.
- Referee:** Craig Dwyer (Level 5)
- Contact:** Liz Canrinus (416) 427-2131 or email: liz.canrinus@sympatico.ca
- Entry Deadline:** No later than January 20, 2026, 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 1650 Free. 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 1650 Free.
- 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 1650 Free. 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 (1650 Free). 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.

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- Entry Limits:** Entry is limited to 6 events plus relays.
The 1650 Free is limited to a maximum of 2 mixed gender heats.
- Seeding:** Swimmers may choose only 1 of: back, breast, fly or IM in the 200 Open.
Heats will be swum slowest to fastest. The 1650 Free 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.**
MSO keeps all-Ontario records irrespective of membership affiliation.
- 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.
- Photography:** All photographs and video taken at Masters Swimming Ontario sanctioned competitions must observe generally accepted standards of decency. Under no circumstances are cameras to be used in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. No flash photography is permitted.
- Persons taking photos must be aware of the officials wherever they are on deck to ensure a well-run and fair competition. Photographers must not impede the work of the starter and referee, the stroke and turn officials at the turn end of the pool or the stroke judge walking alongside the race.

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.
Cancellations, with a refund, will be accepted until January 20TH.

Don't know your YARDS Seed times? Use the SwimSwam converter at
<https://swimswam.com/swimming-times-conversion-tool/>

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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 Registrant which requires an additional \$7.50 fee. (see below)

Questions about meet entries can be directed to the Meet Manager:

Liz Canrinus - liz.canrinus@sympatico.ca

Official Volunteers:

Your host, ATB, will run their own meet following the main meet. Please consider volunteering as an official. If interested please reach out to the Meet Manager.

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SCHEDULE OF EVENTS:

WOMEN	<u>LIST OF EVENTS</u>	<u>MEN</u>
1	1650 free (2 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 breast	14
15	100 free	16
17	50 fly	18
19	100 back	20
21	100 I.M.	22
	15 MIN. BREAK (Warm up)	
23	4 x 100 free relay	24
25	4 x 100 medley relay (mixed)	
27	50 back	28
29	200 free	30
31	100 fly	32
33	100 breast	34
35	50 free	36
37	4 x 50 free relay (mixed)	38
	30 MINUTE BREAK (Warm up)	
41	Alderwood swimmers 100 free	42
43	Alderwood swimmers 4 x 100 medley relay (mixed)	
45	Alderwood swimmers 4 x 50 free relay (mixed)	
47	Alderwood swimmers 200 free	48
49	Alderwood swimmers 100 open	50
51	Alderwood swimmers 50 free	52
53	Alderwood swimmers 200 open	54
55	Alderwood swimmers 50 open	56
57	Alderwood swimmers 4 x 100 free relay	
59	Alderwood swimmers 1650 free (1 mixed heat)	60

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

Each relay team shall provide on a timecard:

- 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 Orianna 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 Orianna 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 Orianna Dr.

Parking:

The pool has a medium-sized 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 20, 2026*******

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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, Canadian Independent Masters Swimming 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, 2025: _____

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 an additional fee of \$7.50 to receive insurance coverage for the duration of the event.

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: _____