



OlymPINK Masters Challenge

Fundraiser for the Ottawa Cancer Foundation

Brewer Pool, 100 Brewer Way

April 15, 2023

Proudly powered by:



Sanctioned by:



Host: B-TRaiN Swimming

Sanctioned By: Masters Swimming Ontario, Sanction # 403

Meet Manager: Marybeth Creskey

Meet Referee: Chris Ritchie, Level 5

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

Dates & Times: Saturday April 15, 2023

Warmup: 12:00pm
Meet starts: 1:15pm

Estimated end time: 4:30pm

Entry Deadline April 10, 2023 @ 11:59 pm

Fees: \$75.00 - Swimmers not registered with MSO pay an additional \$7.50 SER fee

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

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

Website: The meet is a fundraiser for the Ottawa Cancer Foundation.
Visit www.OlymPINK.org for more information and **to donate!!**

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: All awards will be presented at the social event directly following the meet at **Craft Beer Market** at 5:00pm. Stay tuned for details!

Order of Events:

Women	Event	Men
1	25m Freestyle Elimination HEATS	2
3	200 Mystery (Enter as 200 Free)	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>	

25 Elimination Rules:

This is an OPEN AGE GROUP event for men and for women. All entries will be seeded by speed and gender (slowest to fastest) and swum as preliminary heats. The fastest 12 women and 12 men from the heats will advance to the semi-finals (2 heats of 6 swimmers for each gender). The fastest 6 women and 6 men will advance to the Finals (1 heat of 6 swimmers for each gender).

Sprint Challenge Rules:

Swimmers participating in the Sprint Challenge must register in and complete **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 in each age group at the social following the event.

“The Stupid” Challenge Rules:

Swimmers participating 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 points based, and completion of all 8 events is all that is required to qualify for this award.

200 Mystery Explained:

This is no typical 200! Expect the unexpected! Swimmers competing 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. 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.

NOTE: The 200 Mystery is not a recognized event. So we had to trick the entry system.
TO ENTER THE 200 MYSTERY – CLICK ON 200 FREE IN THE ENTRY SYSTEM.

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.

Please remember to leave your sports watch at home. It may not be worn in warm up nor in competition.

Rules:

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

Meet Entry Process:

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 \$7.50 fee to receive MSO insurance coverage.

Special Olympians and Para-swimmers:

Special Olympians and Para-swimmers are welcome to participate fully in the meet. Please contact the meet manager if there are any special needs

Maximum Entries:

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

Fees and Entry Deadlines:

\$75.00 (swimmers not registered with MSO pay an additional \$7.50 SER fee)

Entry Deadline is April 10, 2023.

Individual entries **must be submitted online using the MSO entry system (see HOW to ENTER below).**

Please submit entry times for seeding purposes. Seed times help run the meet efficiently.

No Deck Entries:

No deck entries will not be permitted

HOW TO ENTER:

To enter online, please sign in at <https://ms.mastersswimmingontario.ca>

[Instructions](#) for using the meet entry system are found on the homepage.

Swimmers not registered with MSO may have difficulty accessing the registration system. Contact the MSO Registrar who will get you started. MSOReg@MastersSwimmingOntario.ca

You will be asked to pay the meet entry fee first. The online registration system accepts PayPal which includes a credit card guest option. You will then be directed to the event selection page. Click on your event choices, add an entry time in the coloured square below. **Don't forget to hit SAVE before leaving the page. Please include the entry time for seeding purposes.**

Your registration status with MSO will be automatically verified. Swimmers not registered will be entered as Single-Event Registrants (club code SER) and assessed an additional \$75.00 fee.

By proceeding to the meet entry page, swimmers acknowledge acceptance of the Athlete Waiver and Release.

You can revisit and update your entries as often as you like until the registration deadline for individuals on **April 10, 2023 at 11:59 p.m.** Entries will be locked thereafter.

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

For technical registration system support please email MSOReg@MastersSwimmingOntario.ca

Meet Procedures:

The Start:

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

Over the Top Starts may be used to ensure that the meet moves efficiently. For backstroke starts, the pool will be cleared after each heat.

Masters swimmers may start their Free, Breast and Fly events from the blocks, deck or in the water

Event Seeding:

All events will be run slowest to fastest, irrespective of gender.

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 at the pool. 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".

Individual age groups are 18-24, 25-29, 30-34, etc. (in five year increments)

Awards:

The Sprint Challenge Award will be awarded to the swimmer in each age group & gender 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 points based, and completion of all 8 events is all that is required to qualify for this award.

Records:

All swims will be reviewed by MSO for All-Ontario record swims. All swims will be reviewed by Christian Berger who maintains All Canada records and rankings independently of swim organizations (www.StatsMan.ca).

Volunteers – Volunteers - 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

YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOSTS