



**Downtown Swim Club , Toronto**  
is proud to present

# ALL OUT SWIM

## 2012

The Downtown Swim Club is pleased to present

### All OUT Swim 2012

**Saturday April 21<sup>st</sup> 2012**

Saturday April 21<sup>st</sup>

#### **Long Course Meter SWIM MEET**

Registration Open 9:00 am  
45 minute Warm UP 9:30 am  
Events Start 10:30 am  
16 Swimming Events including Relays  
University of Toronto Athletic Centre  
50 meter swimming pool  
55 Harbord Street  
Southeast corner of Harbord and Spadina  
Electronic timing

Saturday April 21<sup>st</sup>

#### **Celebration & Awards Ceremony**

Presentations 5:00 pm  
University of Toronto Athletic Centre  
Benson Lounge – Second Floor  
Southeast corner of Harbord and Spadina

#### **Meet Package**

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Please complete pages #6, #7 and #8 for complete registration



## Swim Meet Particulars

Saturday April 21<sup>st</sup> 2012

Warm-up: 9:30 am - Events Start: 10:30 am

50 meter pool at the University of Toronto Athletic Centre

55 Harbord St. SE corner Harbord & Spadina.

<u>Meet Order and Events</u>	
#1.--	200m FREE
#2.--	50m FLY
#3.--	100m BACK
#4.--	200m IM
#5.--	50m BREAST
#6.--	100m FREE
#7.--	200m MEDLEY RELAY
#8.--	800m FREE
	30 minute lunch break
#9.--	200m OPEN
#10.--	50m BACK
#11.--	100m FLY
#12.--	50m FREE
#13.--	100m BREAST
#14.--	200m FREE RELAY
#15.--	400m OPEN
#16.--	Exhibition and Fun Relay

### NOTES:

Register for a maximum of five individual events only. Relay entries will be confirmed on deck the day of the meet.

Please provide entry times with your registration. Heats will be slow to fast.

Make sure to check the **MSC RULES** about **OPEN** events and **NOTE** that you cannot swim the same event twice.

**Events #7 and #14** (relays) can be swum by four women or four men or two women and two men.

**Event # 8** – 800m free MAXIMUM 24 registrants

**Event #16** - Your club is also invited to take part in the exhibition and entertaining **Exhibition and Fun Relay**

(1-4 member team entry per club, exhibition, entry confirmation on deck, limit of 8 teams).

More information about Event 16 at [alloutswim@dsctoronto.ca](mailto:alloutswim@dsctoronto.ca) .

To convert your yard times to meters, multiply By 1.149.

The age of 18 must be attained by all swimmers or registrants by April 21st 2012

Age groups for individual events are 18-24., 25-29, 30-34, 35-39, etc.

Age groups for relays are 80+, 100+, 120+, etc.

**Warm-up note:** There will be a second warm-up/cool down at approx 1.5 hours into the meet, in the competition pool for 20 minutes. (the exact timing of this will be determined by the meet manager on the day of the meet ) All of the lanes of the 50 meter pool will be utilized for competition. Continuous warm-up and cool-down will take place in the teaching pool adjacent to the event pool. The warm-up process will be as per the current MSO/MSO guidelines, with sprint lanes clearly marked fast and slow. See the MSC Warm-Up/Warm Down Procedures on page 3.

### Rules

This Swimming Competition is sanctioned by Masters Swimming Ontario and is governed by all rules of Masters Swimming Ontario and Masters Swimming Canada

Current MSC Rules apply: <http://mymsc.ca/Documents/CMSWSwimmingRules20100307.pdf>



## MSC Warm-Up/Warm Down Procedures

**CMSW 1.6** MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters' swimming competitions in Canada.

**CMSW 1.6.1** The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action

**CMSW 1.6.2** There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. There shall be a 15 minute warm-down period at the conclusion of the meet

**CMSW 1.6.3** There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

**CMSW 1.6.4** All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

**CMSW 1.6.5** Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane.

**CMSW 1.6.6** The wearing of watches, the use of hand paddles, pull-buoys, kick boards and swim fins, shall be prohibited.

**CMSW 1.6.7** Warm-up procedures shall be prominently posted at various areas of the pool deck.

## Registration will open on January 23<sup>rd</sup>, 2012

*\*All swimmers must reach the age of 18 by April 21<sup>st</sup> 2012*

### On Line Registration.

You can register online for All Out Swim 2012. It's easy & convenient, and you can save time with this method of registration by not having to mail-in your registration. You can also register a team as a HY-Tek file transfer. For more information about team registration contact the Meet Manager at [alloutswim@dsctoront.ca](mailto:alloutswim@dsctoront.ca)

Register on line at: <http://dsctoronto.ca/alloutswim/> follow the links to registration

All fees must accompany registration. There is a PayPal option with online registration, there is a \$5.00 fee that will be applied. Please note that payment must be made in Canadian dollars. Using PayPal ensures your payment arrives in Canadian dollars.

*However you register please ensure your Masters Swimming Registration is valid. If your Masters Affiliation can not be validated you will not be permitted to compete or swim.*

*All entries must be sent no later than 11:59 pm **April 12<sup>th</sup> 2012***

### Registration by Mail.

Please complete pages 5, 6 and 7 of this meet package and submit by mail as directed below.

If registering form outside of Ontario please include a photocopy of your current and valid up to date **Masters Swimming Registration**, including, FNQ, USMS card or equivalent from your province, state or country.

Please make any cheques or money orders in Canadian funds payable to:

#### **Downtown Aquatics Corporation**

Send registration form, photocopy of your Masters Swimming ID and all fees in Canadian Dollars to:

**All OUT Swim 2012**  
**PO Box 001**  
**552 Church Street**  
**Toronto, Ontario Canada**  
**M4Y 2E3**

*All entries must be postmarked no later than **April 9<sup>th</sup>** delivered no later than **April 12<sup>th</sup> 2012***

### Rules

This Swimming Competition is sanctioned by Masters Swimming Ontario and is governed by all rules of Masters Swimming Ontario and Masters Swimming Canada

Current MSC Rules apply: <http://mymsc.ca/Documents/CMSWSwimmingRules20100307.pdf>

## SOCIAL ACTIVITIES

### **Celebration and Awards Ceremony**

*Saturday April 21<sup>st</sup>*

Post meet, the members of DSC and their friends invite you to a celebration and awards ceremony.

This event will include snacks and non alcoholic beverages and the celebration including awards from the meet and acknowledgement of the best teams and individual swimmers.

If you want to experience this event please make sure to indicate on your registration form page 6

## Hospitality While Visiting Toronto

If you are in need of hospitality or require information about travelling to Toronto please make sure to contact our Swim Meet Coordinator at [alloutswim@dsctoronto.ca](mailto:alloutswim@dsctoronto.ca)

## Hotels

### Courtyard Marriott Downtown Toronto

<http://www.marriott.com/hotels/travel/yyzcy-courtyard-toronto-downtown/>

475 Yonge St.

5 minutes walk to the Village 20 minutes walk to the pool

Approximate Rates Range (CAD\$119 - \$139 / night before taxes – 1 King or 2 Double Queen)

Phone: 1 416 924 0611

Toll-free: 1 800 847 5075

### Holiday Inn Toronto Midtown

[http://www.ihotelsgroup.com/h/d/hi/1/en/hotel/yyzbs?\\_requestid=1394305](http://www.ihotelsgroup.com/h/d/hi/1/en/hotel/yyzbs?_requestid=1394305)

280 Bloor Street West.

10 minutes walk to the pool ½ hour walk to the village.

Approximate Rates Range (CAD180 - \$200 / night before taxes – 1 King or 1 Queen or 2 double)

Phone: 1 416 968 0010

Toll-free: 1 877 660 8550

## Gay Friendly Bed and Breakfast:

<http://www.dundonaldhouse.com/>

<http://www.purpleroofs.com/bantinghouse-on.html>

<http://www.cawthrasquare.com/>

## Visit Toronto

Toronto is a vibrant city and one of the most multicultural in the world, with fine dining, museums, art galleries, amazing shopping, theatres and exciting forest and cycling paths for camping, hiking etc. Easy access by air (Pearson Intl. Airport & Porter in downtown Toronto,) car & train

Toronto has been a frontrunner on human rights and same sex marriage has been legal since 2005.

Come and discover and re-discover our city ...**we are waiting for you!!!**

For more information visit these websites:

<http://www.toronto.com>

[http://www.nowpublic.com/equal\\_marriage](http://www.nowpublic.com/equal_marriage)

<http://Toronto.gaycities.com>

<http://www.viarail.ca>

<http://www.aircanada.com>

<http://www.flyporter.com>

Registration Personal Information and Swim Events	
<p><b>Personal Information</b></p> <p>Last Name:</p> <p>First Name:</p> <p>Address:</p> <p>City:</p> <p>Province/State:</p> <p>Postal/Zip Code:</p> <p>Country:</p> <p>Tel. Home:</p> <p>Tel. Work:</p> <p>e-mail:</p> <p>Masters Club Affiliation:</p> <p>Masters Reg. #:</p> <p>Age:</p> <p>Sex:</p> <p>Birth date (d/m/y):</p>	<p><b>EVENTS – LONG COURSE</b></p> <p>Maximum 5 Events + Relays time: 00.00.00</p> <p>1 200m Free ( ) _____</p> <p>2 50m Fly ( ) _____</p> <p>3 100m Back ( ) _____</p> <p>4 200m IM ( ) _____</p> <p>5 50m Breast ( ) _____</p> <p>6 100m Free ( ) _____</p> <p>7 200m Medley Relay ( ) _____</p> <p>8 800m Free ( ) _____</p> <p>break</p> <p>9 200m Open_____ ( ) _____</p> <p>10 50m Back ( ) _____</p> <p>11 100m Fly ( ) _____</p> <p>12 50m Free ( ) _____</p> <p>13 100m Breast ( ) _____</p> <p>14 200m Free Relay ( ) _____</p> <p>15 400m Open_____ ( ) _____</p> <p>16 Exhibition Fun Relay _____</p>

**Rules**

This Swimming Competition is sanctioned by Masters Swimming Ontario and is governed by all rules of Masters Swimming Ontario and Masters Swimming Canada  
 Current MSC Rules apply: <http://mymsc.ca/Documents/CMSWSwimmingRules20100307.pdf>

## Registration Social Events—Housing—Volunteer

### SOCIAL ACTIVITIES

Number of Guests

Celebration and Awards NO( ) YES( ) \_\_\_\_\_

Do you have any dietary restrictions? NO( ) YES( ) What:\_\_\_\_\_

### HOSTED HOUSING

Hosted housing will be available for the nights of April 15<sup>th</sup> & 16<sup>th</sup>.

To apply, please answer the following questions and submit before March 7th .

Priority will be given to the earliest applications. We will try to match guests and hosts in terms of gender, age and factors such as allergies and smoking.

Do you require accommodation?

YES( ) NO( )

If yes, for: Single( ) Couple( )

Do you have any allergies?

Dogs( ) Cats( ) Other:\_\_\_\_\_

Which would you prefer as a host?

Smoker( ) Non-Smoker( ) N/P( ) Male/Female \_\_\_\_\_

Do you require parking?

YES( ) NO( ) Comments:\_\_\_\_\_

### VOLUNTEERS

We are always looking for Deck Staff Volunteers if you are interested in volunteering or can bring someone along who is interested in volunteering please let us know at [alloutswim@dsctoronto.ca](mailto:alloutswim@dsctoronto.ca)

If you know somebody who is interested in volunteering, please provide the following information to send him/her/them the proper form:

Name:\_\_\_\_\_

Telephone:\_\_\_\_\_

e-mail:\_\_\_\_\_

## Registration Fees

### Registration online and by land mail opens January 23<sup>rd</sup>

#### Early Registration for Individuals and Teams January 23<sup>rd</sup> to February 29<sup>th</sup>

Each Individual Swimmer before February 29<sup>th</sup> \_\_\_\_\_ (x \$40.00 CAD) \$\_\_\_\_\_

Teams of 8 who register at the same time are eligible for a further discount

Each Swim Team Member before February 29<sup>th</sup> \_\_\_\_\_ (x \$35.00 CAD) \$\_\_\_\_\_

#### Late Registration for Individuals and Teams February 26<sup>th</sup> to April 12<sup>th</sup>

Each Individual Swimmer after February 29<sup>th</sup> Before 11:59 pm April 12<sup>th</sup>  
\_\_\_\_\_ (x \$45.00 CAD) \$\_\_\_\_\_

Teams of 8 who register at the same time are eligible for a further discount

Each Swim Team Member after February 29<sup>th</sup> Before 11:59 pm April 12<sup>th</sup>  
\_\_\_\_\_ (x \$40.00 CAD) \$\_\_\_\_\_

#### Registration for Relay Events

Registration for events 7 \_\_\_\_\_ and/or 14 \_\_\_\_\_ (x \$5.00 each CAD) \$\_\_\_\_\_

Team \_\_\_\_\_

### Registration online and by land mail closes 11:59 pm April 12<sup>th</sup>

**Total payable Swimming Events and Relays:** Individual Entry plus Relays \$\_\_\_\_\_

**All fees are to be paid in Canadian Dollars  
All Payments Cheques and Money Order to be made payable to:**

**The Downtown Aquatics Corporation**

Registration Closes 11:59 pm April 12<sup>th</sup>

Fees and registrations submitted after April 12<sup>th</sup> will not be accepted.

There are no refunds credits of transfers for any reason.

### **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 Downtown Aquatics Corporation, Master Swimming Ontario and Master Swimming Canada 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. In addition, I agree to abide by and be governed by the rules of MSO/MSC.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_