



Downtown Swim Club , Toronto
is proud to present

ALL OUT SWIM 2010

Toronto



Friday April 16th to Sunday April 18th 2010

Friday April 16th

WELCOME PARTY

6:30 to 9:30
Location—TBA

Saturday April 17th

SWIM MEET (Long Course)

Opening Ceremonies 10:00 am
Warm UP 10:30 am Start 11:00 am
15 Swimming Events including Relays
University of Toronto Athletic Centre
50 meter swimming pool—55 Harbord Street
Southeast corner of Harbord and Spadina

Celebration & Awards Ceremony

Informal Dinner and Awards 7:30—10:00
Location—TBA

Post Dinner Event

A night out on the town from 10:30
Location—TBA

Sunday April 18th

Farewell Breakfast

Brunch 11:00 am to 1:30pm
Location—TBA



TORONTO
www.dsctoronto.ca

Meet Package

Page 1	Announcement
Page 2	Swim Meet Events and Description
Page 3	Meet Registration Information
	Social Activities Information
Page 4	Hospitality While Visiting Toronto
Page 5	Registration
	Personal Information
	Swimming Event Registration
Page 6	Registration
	Social Events
	Hosted Housing
	Volunteers
Page 7	Fee Calculation



Swim Meet Particulars

Saturday April 17th 2010

Warm-up: 10:00 am - Start: 11:00 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

Register for a maximum of five individual events only. Relay entries will be registered on deck the day of the meet.. Please provide entry times with your registration. Heats will be slow to fast.

At the discretion of the meet manager, the 400m OPEN may be swum two per lane.

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

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

Age groups for individual events are 20-24, 25-29,30-34, 35-30, 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/MSC guidelines, with sprint lanes clearly marked fast and slow.

Swim Meet Registration - On Line and by Mail

On Line Registration.

You can register online for All Out Swim 2010. It's easy & convenient, and you can save time with this method of registration by not having to mail-in your registration.

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 \$3.00 fee that will be applied. Please note that payment must be made in Canadian dollars. Using paypal ensures your payment arrives in Canadian dollars.

If you are registering online please email the equivalent copy to: alloutswim@dsctoronto.ca

Registration by Mail.

Please include a photocopy of your current and valid up to date **Masters Swimming Registration**, including MSO, FNQ, USMS card or equivalent.

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 2010
PO Box 001
552 Church Street
Toronto, Ontario Canada
M4Y 2E3

*All entries must be postmarked no later than **April 7th 2010***

SOCIAL ACTIVITIES

Welcome Party

Friday April 16th

Plan to attend the welcome party to meet your fellow swimmers, get acquainted with the Downtown Swim Club and find out about the rest of the weekend..

Location to be Announced—There is no fee for this event. Please make sure to register yourself and your guests

Celebration and Awards Ceremony

Saturday April 17th

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

This evening event will include an informal dinner and celebration including awards from the meet and acknowledgement of the best teams and individual swimmers.

If you want to experience this event please register.

Cost \$30.00 Location to be announced—Please make sure to register yourself and your guests

Post Dinner Event

Saturday April 17th

Join the DSC as we continue to celebrate and have a night on the town.

Location to be announced—There is no fee for this event. Please make sure to register yourself and your guests

Farewell Breakfast

Sunday April 18th

Come to a breakfast banquet as we say farewell for another year.

Make sure you get your tickets in advance and come and say so-long to your fellow swimmers.

Cost \$25.00 Location to be announced—Please make sure to register yourself and your guests

Hospitality While Visiting Toronto

Hosted Housing

If you would like hosted housing, please complete the housing information.

Our housing coordinator or your host will contact you to make the necessary arrangements.

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.ichotelsgroup.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://Toronto.gaycities.com>

<http://www.viarail.ca>

<http://www.aircanada.com>

Registration Personal Information and Swim Events

Personal Information

Last Name:
 First Name:
 Address:
 City:
 Province/State:
 Postal/Zip Code:
 Tel. Home:
 Tel. Work:
 e-mail:
 Masters Reg. #:
 Age:
 Sex:
 Birth date (d/m/y):

EVENTS – LONG COURSE

Maximum 5 Events + Relays
 time: 00.00.00

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	()	_____
break		
9 200m Open _____	()	_____
10 50m Back	()	_____
11 100m Fly	()	_____
12 50m Free	()	_____
13 100m Breast	()	_____
14 200m Free Relay	()	_____
15 400m Open _____	()	_____

Registration Social Events—Housing—Volunteer

SOCIAL ACTIVITIES

		how many:
Welcome Party	NO() YES()	_____
Celebration and Awards	NO() YES()	_____
Post Dinner Event	NO() YES()	_____
Farewell Brunch	NO() YES()	_____

Do you have any dietary restrictions?

NO() YES() What: _____

HOSTED HOUSING

Hosted housing will be available for the nights of April 16th & 17^h.

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

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

Swimming Event FEES qty: subtotal:

Individual (before March 7th) _____ (x \$35 CAD) _____

Teams of 8 or more price per each all registrations must be made at the same time

Each(before March 7th) _____ (x \$30 CAD) _____

Individual (after March 7th) _____ (x \$45 CAD) _____

Teams of 8 or more price per each all registrations must be made at the same time

Each(After March 7th) _____ (x \$40CAD) _____

Sub Total Swimming Events: _____

Social Event FEES qty: subtotal:

Welcome Party _____ (x No Charge) _____

Celebration and Awards Ceremony _____ (x \$30 CAD) _____

Post Dinner Event _____ (x No Charge) _____

Farewell Breakfast _____ (x \$25 CAD) _____

Sub Total Social Events: _____

Total payable: _____

All fees are to be paid in Canadian Dollars

Registration Closes Midnight April 7th

Fees and registrations submitted after April 7th will not be accepted.