

** 2023-10-12 UPDATE TO Change DEADLINE**

DATE(s):	November 9 – 12, 2023	REGION:	CENTRAL
HOSTED BY:	ESWIM		
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Toronto Ontario		
FACILITY:	Two 8-lane 25 Meter competition pools with Swiss Timing electronic timing		
PURPOSE & DESCRIPTION:	Competitive environment to achieve official times.		
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca		
COMPETITION COORDINATOR:	Janet Morrison	Level: 5	Email: jk.n.ken@gmail.com
	If Level 3 Referee is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>		
MEET MANAGER:	Romeo Marra	Email:	mm+agisc@eswim.ca
	Results Management & Entry Coordination by RecTec	Stanley Liu	Results@rectec.ca 416-903-6929
	Event Live Streaming provided by RecTec — http://www.rectectv.ca/		
SAFETY AT COMPETITION:	Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The Swim Ontario Concussion Management the Swimming Canada Event Photography and Videography and the Swim Ontario Event Photography procedures will be in effect. For complete details click HERE .		
COMPETITION RULES:	Sanctioned as an invitational by Swim Ontario.		
	All current Swimming Canada rules will be followed. All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.		
	Please note that Swimming Canada Competition Warm-Up Safety Procedures and Swim Ontario warm-up safety rules will be in effect. Details HERE As per the Facility Rules for Dive Starts, this competition will be conducted as follows:		
	World Aquatics II.16.1.4 and 4.1, Swimming Canada C16.1.4.1, C4.1.1 & C4.1.2	<input checked="" type="checkbox"/>	Starting Platforms at
	<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at	
ELIGIBILITY:	All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registered status will be declined entry.		
	This event includes participants from the following clubs:	Open Invitational	
	<input checked="" type="checkbox"/>	Preference will be given to the host club first.	
	<input checked="" type="checkbox"/>	Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.	

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FOREIGN COMPETITORS:	<input checked="" type="checkbox"/>	Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. All foreign swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All foreign swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition.	
AGE UP DATE:	Ages submitted are to be as	November 9, 2023	
ENTRY DEADLINE:	October 30, 2023		
	Changes to entries will be accepted until	November 2, 2023	
ENTRY FEE:	<input checked="" type="checkbox"/>	Swimmer Fee \$10	
	<input checked="" type="checkbox"/>	Individual Events	\$15 Per Event \$20 Per 400m/800m/1500m Event
	<input checked="" type="checkbox"/>	Relay Events : \$22	
	Payment Method:		Please make cheque payable to ETOBICOKE SWIM CLUB and deliver to Clerk of Course. E-transfer available.
COACH'S REGISTRATION:	Meet management will cross reference the list of coaches submitted with entries at this competition with the Swim Ontario Compliance lists . If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.		
ENTRY LIMITS:	The maximum number of participant at the Meet		700
	Each club is limited to the following number of swimmers		120
	The maximum number of entries per swimmer is	4 events each day, plus one distance event on Thursday - To enter meet, swimmer must qualify in at least two events per the time standards in the meet package - 400m distance races and longer - entry only with qualifying times	
ENTRY SUBMISSIONS:	<p>ENTRIES:</p> <p>Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca and must include all attending coaches. Meet management will:</p> <ul style="list-style-type: none"> • not accept entries via email; • notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; • notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition. <p>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</p>		

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	<input checked="" type="checkbox"/>	NT entries are not permitted	
	<input checked="" type="checkbox"/>	Qualifying standard for entry is:	- To enter meet, swimmer must qualify in at least two events per the time standards in the meet package - 400m distance races and longer - entry only with qualifying times
	<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is:	January 1, 2020 – November 9, 2023
RELAYS:	Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.		
	<input checked="" type="checkbox"/>	The deadline for relay name submissions is	30 MINS before the start of the Session
CONVERSION:	<input checked="" type="checkbox"/>	Entry times can be converted.	
SEEDING:	<input checked="" type="checkbox"/>	Preliminary heat events will be seeded as per 3.1 with fastest 3 heats circle seeded for all preliminary events.	
	<input checked="" type="checkbox"/>	Seeding will be in the following order: All 12&U events are Timed Finals and will be seeded slowest to fastest. 13&O prelim events will be seeded slowest to fastest, with fastest three heat circle seeded. A and B finals for 13-14, 15-16 and 17 & over. Events with less than 16 entries at the entry deadline will be A-final only. Finals will be swum, A final first followed by B final. 400s will swim as Timed Finals with the fastest heats at Finals. 800m is for 11&O women/1500m is for 11&O men: swimmers must meet the time standard appropriate for their age group. 800/1500 are timed finals and will be swum fastest-slowest and results scored by age group. Relays (for 13&O) will be timed finals swum during prelim session Finals sessions in the schedule of events are for 13&Over only	

SCHEDULE OF SESSIONS

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Nov 9, 2023	4:00pm – 5:00pm	5:00pm	9:00pm	Timed Finals
2	Nov 10, 2023	8:00am – 9:00am	9:00am	12:30pm	Prelims
3	Nov 10, 2023	1:30pm – 2:30pm	2:30pm	5:00pm	Timed Finals
4	Nov 10, 2023	5:00pm – 6:00pm	6:00pm	9:00pm	Finals
5	Nov 11, 2023	8:00am – 9:00am	9:00am	12:30pm	Prelims
6	Nov 11, 2023	1:30pm – 2:30pm	2:30pm	5:00pm	Timed Finals
7	Nov 11, 2023	5:00pm – 6:00pm	6:00pm	9:00pm	Finals
8	Nov 12, 2023	8:00am – 9:00am	9:00am	12:30pm	Prelims
9	Nov 12, 2023	1:30pm – 2:30pm	2:30pm	5:00pm	Timed Finals
10	Nov 12, 2023	5:00pm – 6:00pm	6:00pm	9:00pm	Finals

<p>MIXED-GENDER:</p>	<p>An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.</p> <p>In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.</p> <p>In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p>		
<p>CHECKIN AND SCRATCHES:</p>	<input checked="" type="checkbox"/>	<p>There will be no scratch deadline for the following:</p>	<p>Scratches are to be made on the posted heat sheets. No penalty for late scratches for Prelim events or 12&Under events.</p>
	<input checked="" type="checkbox"/>	<p>There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events:</p>	<p>All 800/1500 events, all 13&O 400's, and all Finals events</p>
	<input checked="" type="checkbox"/>	<p>A scratch deadline will apply for finals.</p>	
	<input checked="" type="checkbox"/>	<p>30 minutes following the posting of results of last event of prelims sessions</p>	
<p>PENALTIES:</p>	<input checked="" type="checkbox"/>	<p>Failure to participate in an event with a scratch or checkin deadline will results in following penalty:</p>	<p>\$50 fine - payable to Etobicoke Swim Club. Applies to all initially named finalists and alternates</p>
<p>DECK ENTRIES:</p>	<input checked="" type="checkbox"/>	<p>Deck entries are permitted provided proof of registered status with valid Swimming Canada ID is provided to Meet Management. Deck Entries are Exhibition Only. They are not eligible for scoring or awards. Deck entries will be accepted for empty lanes only (no new heats will be created).</p>	
	<input checked="" type="checkbox"/>	<p>Event Deck Entries are permitted for swimmers already entered in the competition.</p>	
	<input checked="" type="checkbox"/>	<p>Deck Entry Fee is \$ 20</p>	
<p>OFFICIAL SPLIT TIMES:</p>	<input checked="" type="checkbox"/>	<p>Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee at least 30 minutes prior to the commencement of the session in which the event will take place.</p>	
<p>RECORDS:</p>	<input checked="" type="checkbox"/>	<p>Swim times achieved at this event will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.</p>	
<p>MEET RESULTS:</p>	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p>		
	<input checked="" type="checkbox"/>	<p>The meet program will be run on Hy-Tek Meet Manager.</p>	
	<input checked="" type="checkbox"/>	<p>Results will be posted as quickly as possible at the meet.</p>	
	<input checked="" type="checkbox"/>	<p>Live Results / Meet Mobile are available.</p>	
<p>SCORING:</p>	<input checked="" type="checkbox"/>	<p>The following will be scored:</p> <p>Individual High Point 5-2-1 Team High Point for Ind & Relay Events: 30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1</p>	

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AWARDS:	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p>Medals for 1st, 2nd and 3rd and ribbons for 4th through 8th for all individual events Medals for 1st, 2nd and 3rd for all relay events Individual High Points for each age group- 10&U, 11-12,13-14, 15-16, 17&O (Ties broken by highest FINA point swim)</p>
ADDITIONAL INFORMATION:	<p>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</p> <ol style="list-style-type: none"> 1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet. 2. Absolutely no food in the bleachers or on the pool deck. 3. No running on the deck, under the bleachers or on the bleachers. 4. No climbing across the railing between the gallery and the bleachers. 5. No climbing over the yellow gates between the pool deck and the bleachers. 6. Shoes must be worn whenever outside the pool or change room areas. 7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. <p>It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.</p> <ol style="list-style-type: none"> 8. The use of flippers and hand paddles, during warm-ups is prohibited. 9. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments. 10. Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium. 	

SCHEDULE OF EVENTS:

Thursday, November 9, 2023				
Warm-up 4:00 – 5:00pm – Start 5:00pm				
Events		Qualifying Times		
Number	Description	15 & Over	13-14	11-12
1 (Women)	800m Free	10:05.00	10:30.00	11:30.00
2 (Men)	1500m Free	18:30.00	19:30.00	20:30.00
201 (Women)	1500m Free	19:20.00	20:00.00	20:40.00
202 (Men)	800m Free	9:30.00	10:15.00	10:30.00

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Friday November 10, 2023										
Warm-up 8:00am Start 9:00am						Warm-up 1:30pm Start 2:30pm				
Age	WOMEN		MEN		Event	AGE	GIRLS		BOYS	
15 & O	3	2:23.52	4	2:14.16	200 Free	10 & U	23	3:02.60	24	3:08.10
13 -14	5	2:27.63	6	2:23.15	200 Free	11-12	25	2:45.78	26	2:49.03
15 & O	7	36.00	8	32.00	50 Back	10 & U	27	45.00	28	45.00
13 -14	9	38.00	10	34.00	50 Back	11-12	29	42.00	30	42.00
15 & O	11	2:43.37	12	2:33.48	200 IM	10 & U	31	3:27.90	32	3:31.20
13 -14	13	2:49.77	14	2:43.38	200 IM	11-12	33	3:10.30	34	3:12.50
15 & O	15	1:26.43	16	1:21.52	100 Breast	10 & U	35	1:47.27	36	1:51.61
13 -14	17	1:28.14	18	1:25.58	100 Breast	11-12	37	1:40.77	38	1:42.94
15 & O	19	2:49.87	20	2:40.31	200 Fly	12 & U	39	3:28.03	40	3:52.96
13 -14	21	2:51.56	22	2:47.73	200 Fly					

FINALS: Friday Evening warm-up 5:00pm; Start 6:00pm

Saturday November 11, 2023										
Warm-up 8:00am Start 9:00am						Warm-up 1:30pm Start 2:30pm				
Age	WOMEN		MEN		Event	AGE	GIRLS		BOYS	
15 & O	43	30.44	44	28.45	50 Free	10 & U	67	37.38	68	37.93
13 -14	45	31.47	46	29.84	50 Free	11-12	69	34.67	70	34.95
15 & O	77	2:40.04	48	2:33.41	200 Back	10 & U	71	3:24.78	72	3:34.78
13 -14	49	2:44.98	50	2:39.72	200 Back	11-12	73	3:06.36	74	3:10.70
15 & O	51	1:14.38	52	1:09.18	100 Fly	10 & U	75	1:40.22	76	1:45.11
13 -14	53	1:16.73	54	1:14.50	100 Fly	11-12	77	1:30.48	78	1:33.18
15 & O	55	40.00	56	35.00	50 Breast	10 & U	79	48.00	80	48.00
13 -14	57	42.00	58	37.00	50 Breast	11-12	81	45.00	82	45.00
15 & O	59	-	60	-	4x50 Free	10 & U	83	-	84	-
13 -14	61	-	62	-	4x50 Free	11-12	85	-	86	-
15 & O	63	5:45.79	64	5:33.28	400 IM (100 IM 10 & U)	10 & U	87	1:38.60	88	1:40.77
13 -14	65	5:38.74	66	5:47.80	400 IM	11-12	89	6:40.90	90	7:07.99

FINALS: Saturday Evening warm-up 5:00pm; Start 6:00pm

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Saturday November 11, 2023										
Warm-up 8:00am Start 9:00am						Warm-up 1:30pm Start 2:30pm				
Age	WOMEN		MEN		Event	AGE	GIRLS		BOYS	
15 & O	91	1:05.96	92	1:01.63	100 Free	10 & U	115	1:22.89	116	1:24.51
13 -14	93	1:08.17	94	1:05.07	100 Free	11-12	117	1:15.85	118	1:16.93
15 & O	95	3:06.96	96	2:57.21	200 Breast	12 & U	119	3:35.62	120	3:45.37
13 -14	97	3:07.99	98	3:03.38	200 Breast					
15 & O	99	1:13.94	100	1:10.60	100 Back	10 & U	123	1:34.81	124	1:37.52
13 -14	101	1:16.92	102	1:14.53	100 Back	11-12	125	1:27.22	126	1:28.31
15 & O	103	36.00	104	32.00	50 Fly	10 & U	127	45.00	128	45.00
13 -14	105	38.00	106	34.00	50 Fly	11-12	129	42.00	130	42.00
15 & O	107	-	108	-	4 x 50 Medley	10 & U	131	-	132	-
13 -14	109	-	110	-	4 x 50 Medley	11 - 12	133	-	134	-
15 & O	111	5:04.88	112	4:28.24	400 Free	10 & U	135	6:22.48	136	6:32.23
13 -14	113	5:10.89	114	5:01.66	400 Free	11 - 12	137	5:56.40	138	6:03.00

FINALS: Sunday Evening warm-up 5:00pm; Start 6:00pm