


DATE(s):	May 30 – June 2, 2024		REGION:	Central Region	
HOSTED BY:	Etobicoke Swim Club				
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Etobicoke ON M9C 3T3				
FACILITY:	8-lane 50m pool, Swiss Timing				
PURPOSE & DESCRIPTION:	Age Group competitive environment to earn LC official times for future meets.				
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: V	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:	Clarissa Salinas Moldawa	Email:	mm@eswim.ca		
	Results Management and Entry Coordination by RecTec	Clarissa Salinas Moldawa	mm@eswim.ca		
	Event Live Streaming provided by RecTec - www.rectectv.ca				
	Electronic Timing provided by RecTec				
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	Both ends	
		<input checked="" type="checkbox"/>	Deck or Bulkhead at	Both ends	
	<input checked="" type="checkbox"/>	In-Water at	Both ends		
This competition can provide the following accommodations for swimmers who are d/Deaf or Hard of hearing:					
<input checked="" type="checkbox"/> Non-verbal instruction provided by a support person duly registered in the RTR					
<input checked="" type="checkbox"/> Hand signals given by the starter/referee					
<input checked="" type="checkbox"/> An external strobe light					

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.
	<input type="checkbox"/>	Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition
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	May 30, 2024
ENTRY DEADLINE:	May 15, 2024	
	Changes to entries will be accepted until	May 26, 2024
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events \$15 – 50-400m \$20 – 800/1500m
	Payment Method:	Cheque payable to Etobicoke Swim Club can be given to Admin Desk. For electronic method please send etransfer to the following email: office@eswim.ca .
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 participants per session is	400
	Each club is limited to the following number of swimmers	N/A
	The maximum number of entries per swimmer is	Maximum of 10 individual events. Max 3 events per session (Fri, Sat, Sun), 1 distance event (Thursday 800/1500).

ENTRY SUBMISSIONS:	ENTRIES: Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca and must include all attending coaches. Meet management will:	
	<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. 	
	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.	
	<input checked="" type="checkbox"/>	NT entries are not permitted
	<input checked="" type="checkbox"/>	Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".
<input type="checkbox"/>	Qualifying standard for entry is:	N/A
<input type="checkbox"/>	Qualifying period for entry to the meet is:	N/A
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"/>	No relays will be offered at this event.
CONVERSION:	<input checked="" type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.
	<input checked="" type="checkbox"/>	Times will be converted by the host at 2%
SEEDING:	<input checked="" type="checkbox"/>	Seeding for Time Final events will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package (swimmers entered with NT (no times) will be seeded in the slowest heats). 400/800/1500 will be seeded fastest to slowest
	<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"/>	Prelim/Finals for all 13&O events 50-200m (400/800/1500 are Time Final) A & B Finals for 13-14, 15-16, 17&O (Events with less than 16 entries at change deadline will have A final only. B finals will not run if fewer than 6 swimmers in B final after scratch deadline.) Finals seeding -- A Final before B Final, Young to Old (13-14, 15-16, 17&O) All 12&U events are Time Finals All 400/800/1500 are Time Finals swum Fast to Slow 400's (for 13&O events) fastest heats swims at finals.

SCHEDULE OF SESSIONS

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	Thurs May 30	4:00 pm – 5:25pm	5:30 pm	9:00 pm	TF - Distance
2	Fri May 31	8:00 am – 9:25 am	9:30 am	1:30 pm	Prelims
3	Fri May 31	1:30 pm - 2:25 pm	2:30 pm	5:30 pm	Timed Finals
4	Fri May 31	5:30 pm – 6:25 pm	6:30 pm	8:30 pm	FINALS
5	Sat June 1	8:00 am – 9:25 am	9:30 am	1:30 pm	Prelims
6	Sat June 1	1:30 pm - 2:25 pm	2:30 pm	5:30 pm	Timed Finals
7	Sat June 1	5:30 pm – 6:25 pm	6:30 pm	8:30 pm	FINALS
8	Sun June 2	8:00 am – 9:25 am	9:30 am	1:30 pm	Prelims
9	Sun June 2	1:30 pm - 2:25 pm	2:30 pm	5:30 pm	Timed Finals
10	Sun June 2	5:30 pm – 6:25 pm	6:30 pm	8:30 pm	FINALS

MIXED-GENDER:	<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. In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p>	
CHECKIN AND SCRATCHES:	<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 400/800/1500 events. 13&O 400's fastest heats at finals to be filled, no moving from Evening Finals to Prelims will be allowed.</p>
	<input checked="" type="checkbox"/>	<p>A scratch deadline will apply for finals: 30 minutes following the posting of results of last event of prelims sessions Friday - 200 Fly, Saturday - 50 Breast, Sunday - 50 Fly</p>
PENALTIES:	<input checked="" type="checkbox"/>	<p>Failure to participate in an event with a scratch or check-in deadline will results in following penalty:</p> <p>\$30.00</p>
	<input checked="" type="checkbox"/>	
DECK ENTRIES:	<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 \$ 20.00</p>

OFFICIAL SPLIT TIMES:	<input checked="" type="checkbox"/>	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.
RECORDS:	<input checked="" type="checkbox"/>	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. Coaches are asked to inform meet management of possible record attempts and/or if records are broken to ensure meet management can process the record application.
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca	
	<input checked="" type="checkbox"/>	The meet program will be run on Hy-Tek Meet Manager.
	<input checked="" type="checkbox"/>	Results will be posted as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
SCORING:	<input checked="" type="checkbox"/>	The following will be scored:
	Team Points for Individual Events – 30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1 Individual High Point – 5-2-1	
AWARDS:	<input checked="" type="checkbox"/>	The following will be awarded:
	-Medals for 1 st , 2 nd , 3 rd -Individual High Point for each age group/gender – (12&U, 13-14, 15-16, 17&O) (Ties broken by highest FINA Point swim) -Top Team Award	
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. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups. 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 May 30, 2024		
WOMEN	Warm-up: 4:00 PM Start: 5:25 PM	MEN
1	13 & Over 1500 Free	2
3	11 & Over 800 Free	4

Events will alternate 1, 2, 3, 4 – swimming fastest heats to slowest.
Swimming 2 per lane is no longer permitted.

FRIDAY May 31, 2024				
Session 2 13 & over Warm-up: 8:00 AM -- Start: 9:30 AM			Session 3 12 & under Warm-up: 1:30 PM -- Start 2:30 PM	
WOMEN	MEN		GIRLS	BOYS
5	6	200 FREE	15	16
7	8	50 BACK	17	18
9	10	100 BREAST	19	20
11	12	200 IM	21	22
13	14	200 FLY	23	24

FRIDAY FINALS				
WOMEN		Warm-up: 5:30 PM Start: 6:30 PM	MEN	
EVENT	AGE		EVENT	AGE
5	13-14	200 FREE	6	13-14
	15-16			15-16
	17&O			17&O
7	13-14	50 BACK	8	13-14
	15-16			15-16
	17&O			17&O
9	13-14	100 BREAST	10	13-14
	15-16			15-16
	17&O			17&O
11	13-14	200 IM	12	13-14
	15-16			15-16
	17&O			17&O
13	13-14	200 FLY	14	13-14
	15-16			15-16
	17&O			17&O

Schedule of events cont'd...

SATURDAY June 1, 2024					
Session 2 13 & over Warm-up: 8:00 am -- Start: 9:30 am			Session 3 12 & under Warm-up: 1:30 pm -- Start 2:30 pm		
WOMEN		MEN		GIRLS	BOYS
25		26	50 FREE	39	40
27		28	200 BACK	41	42
29		30	100 FLY	43	44
31		32	50 BREAST	45	46
33	17 & O	34	400 IM**	47	48
35	15-16	36		(11-12)	(11-12)
37	13-14	38			

** 400 IM – slower heats during Prelims (morning/afternoon), fastest heat at finals

SATURDAY FINALS				
WOMEN		Warm-up: 5:30 PM Start: 6:30 PM	MEN	
EVENT	AGE		EVENT	AGE
25	13-14	50 FREE	26	13-14
	15-16			15-16
	17&O			17&O
27	13-14	200 BACK	28	13-14
	15-16			15-16
	17&O			17&O
29	13-14	100 FLY	30	13-14
	15-16			15-16
	17&O			17&O
31	13-14	50 BREAST	32	13-14
	15-16			15-16
	17&O			17&O
37	13-14	400 IM	38	13-14
35	15-16		36	15-16
33	17&O		34	17&O

Schedule of events cont'd...

SUNDAY June 2, 2024					
Session 2 13 & over Warm-up: 8:00 am -- Start: 9:30 am			Session 3 12 & under Warm-up: 1:30pm -- Start 2:30pm		
WOMEN		MEN		GIRLS	BOYS
49		50	100 FREE	63	64
51		52	200 BREAST	65	66
53		54	100 BACK	67	68
55		56	50 FLY	69	70
57	17 & O	58	400 FREE**	71	72
59	15-16	60			
61	13-14	62			

** 400 Free – slower heats during Prelims (morning/afternoon), fastest heats at finals.
Swimming 2 per lane is no longer allowed – entries will be limited to time available.

SUNDAY FINALS					
WOMEN		Warm-up: 5:30 PM Start: 6:30 PM	MEN		
EVENT	AGE		EVENT	AGE	
49	13-14	100 FREE	50	13-14	
	15-16			15-16	
	17&O			17&O	
51	13-14	200 BREAST	52	13-14	
	15-16			15-16	
	17&O			17&O	
53	13-14	100 BACK	54	13-14	
	15-16			15-16	
	17&O			17&O	
55	13-14	50 FLY	56	13-14	
	15-16			15-16	
	17&O			17&O	
61	13-14	400 FREE**	62	13-14	
59	15-16		60	15-16	
57	17&O		58	17&O	

Meet Management reserves the right to create overflow sessions, combine heats or limit the number of heats should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.