

# **2024 Mallards Long Course Challenge**

**April 19 - 21, 2024**

**PRESENTED BY:**



**MARKHAM PAN AM CENTER**

16 Main Street  
Unionville, Ontario

# 2024 Mallards Long Course Challenge

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<b>DATE:</b>	April 19 - 21, 2024
<b>HOST:</b>	<b>Mallards Swim Team</b>
<b>LOCATION:</b>	MARKHAM Pan Am Center 16 Main Street, Unionville, Ontario
<b>FACILITY:</b>	10 Lanes, 50 meter Competition pool with Electronic Timing System.
<b>COMPETITION DESCRIPTION:</b>	Swimmers will swim in age combined events, 12 & Under and 13 & Over groups. <b>12 &amp; Under:</b> <ul style="list-style-type: none"><li>• All events are timed finals</li></ul> <b>13 &amp; Over:</b> <ul style="list-style-type: none"><li>• All events are timed finals except for 50 meter Freestyle and all 100 meter events.</li><li>• Preliminary events will run 10 lane heats with the fastest three heats circle seeded.</li><li>• Finals will run top 20 swimmers. There will be an "A" &amp; "B" finals. "A" final (10 swimmers) will swim first, followed by "B" final (10 swimmers).</li></ul>
<b>COMPETITION RULES:</b>	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 <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> and Swim Ontario warm-up safety rules will be in effect. Details <a href="#">HERE</a>
<b>DIVE STARTS:</b>	As per the facility rules for Dive Starts, this competition will be conducted from Starting Platforms (blocks) as per World Aquatics II.16.1.4 and 4.1 from both ends. This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing: Non-verbal instruction provided by a support person duly registered in the RTR and or hand signals given by the starter/referee and or an external strobe light.
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>
<b>COMPETITION COORDINATORS</b>	Wayne Dorrington, Level 5 Vivien Hughsam, Level 5 - <a href="mailto:hughsam.v.mst@gmail.com">hughsam.v.mst@gmail.com</a>
<b>MEET MANAGERS:</b>	Gregory Hasiuk, Mike Yang <a href="mailto:meetmanager@mallardsswimming.com">meetmanager@mallardsswimming.com</a>
<b>ENTRIES CO-ORDINATOR:</b>	Vivien Hughsam

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**OFFICIALS  
COORDINATORS**

Contact email: [officialschair@mallardsswimming.com](mailto:officialschair@mallardsswimming.com)

It would be greatly appreciated if each club could provide officials to help out at the meet. Please indicate sessions and positions preferred. We will do our best to accommodate.

**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 registration status will be declined entry. This event is sanctioned as an Invitational including foreign competitors/teams subject to the provisions below.

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:**

A competitor's age is their age as of the start date of the meet, April 19, 2024.

**PARTICIPANT  
SAFETY:**

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](#) & [Swimming Canada Event Photography](#) procedures will be in effect. For complete details click [HERE](#).

**MIXED-GENDER:**

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.

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.

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**COACH'S REGISTRATION:** Meet management will cross reference the list of coaches in attendance 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 FEES:**

Individual events to 200 m	\$15.00
Events 400 m and Up	\$20.00
Relays	\$25.00
Swimmer Fee	\$7.50 per swimmer inclusive of 'Relay Only' swimmers. Includes downloadable heat sheets for all days/sessions.

All fees include Swim Ontario Gold Bonus.

Payment will be by e-transfer or by cheque due on the first day of the event. Please contact the meet manager for e-transfer details.

**ENTRY DEADLINE:** Entries must be received by Monday, **March 18, 2024**  
Deadline for changes is Monday, **April 1, 2024**

**ENTRIES:** Entries must be submitted through the Swimming Canada online entries system at [www.swimming.ca](http://www.swimming.ca) and must include all attending coaches. Entries over email will not be accepted.

- Entries will be considered in order received and with preference given to clubs who attended last year.
- Entry confirmations will be sent by individual email from Swimming Canada.
- **No changes will be accepted after the change deadline; as the meet will have been final seeded.** 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.

Meet Management will:

- 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.
- Reserve the right to restrict and/or close entries prior to the deadline in the event of over subscription.

**ENTRY RESTRICTIONS:** Meet Management requests all swimmers be entered with real (provable) or estimated entry time to allow for proper seeding.

- No qualifying standard or period.
- **No Time (NT) entries will not be accepted.**
- Session 1 - Maximum of 1 (one) 400 m Distance Event per swimmer.
- Sessions 1, 2, 3, 4, 6 & 7 - Maximum of 3 Individual and 1 Relay Event per swimmer per session.
- 400 IM and 400 m free events may be limited to the top 5 heats to keep within session constraints.

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- RELAYS:** Relay cards are to be submitted to the Admin Desk 15 minutes after the start of the session. Once submitted, no name changes will be permitted. Please submit relay entry times for seeding purposes. Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.
- MIXED RELAYS:** A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a relay is not an official time. Requests for official splits are not allowed for mixed relays.
- RECORDS:** 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 to advise meet management of possible record attempts, and or if records are broken.
- BACKSTROKE LEDGES:** Backstroke ledges will be available for use for 13 & Over Backstroke events. Swimmers shall be responsible for setting up the device.
- DECK ENTRIES:** 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). Swimmers entered on deck must have valid proof of Swimming Canada registration as an active, registered, competitive swimmer.
- Swimmer substitution will not be allowed.
  - Swimmers must have a 9 digit Swimming Canada ID.
  - **Cost is \$ 25.00 per individual event, and \$30 per relay event, payable in cash (exact amount) and submitted to the Admin Desk with the Deck Entry Form.**
- SESSION TIMES:** **In order to stay within the maximum session length of 4.5 hrs, meet management reserves the right to:**
1. Amend warm-up and start times according to the number of entries received.
  2. Limit the number of swimmers in an event and or run events in multiple sessions.
  3. Limit the number of heats in any particular event(s).
  4. Cancel or move relays to the finals session on Saturday, should session(s) run late.
- An updated schedule will be posted on the Mallards website as soon as it is available.
- SCHEDULE OF SESSIONS:** Sessions will not exceed 4.5 hrs in length (excluding warm up periods).

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SESSION:		AGE GROUP:	COMPETITION:	WARM UP:	START:	EST. LENGTH:
Friday	1	13 & O	Time Finals/Prelims	10:00 am - 11:00 am	11:05 am	4.5 hrs.
	2	12 & U	Time Finals	4:00 pm - 4:50 pm	4:55 pm	3.5 hrs.
Saturday	3	13 & O	Time Finals/Prelims	7:00 am - 8:00 am	8:05 am	4.5 hrs.
	4	12 & U	Time Finals	1:00 pm - 1:50 pm	1:55 pm	4.0 hrs
	5	13 & O	FINALS	6:15 pm - 7:05 pm	7:10 pm	1.5 hrs.
Sunday	6	12 & U	Time Finals	7:30 am - 8:20 am	8:25 am	4.5 hrs.
	7	13 & O	Time Finals	1:30 pm - 2:30 pm	2:35 pm	4.5 hrs

**SCHEDULE OF EVENTS:**

SESSION #1 - FRIDAY MORNING				
Warm Up: 10:00 am				
Start: 11:05 am				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
1	13 & Over	400 IM*	T-F	2
3	13 & Over	50 Free**	Prelim**	4
5	13 & Over	100 Breast**	Prelim**	6
7	13 & Over	100 Back**	Prelim**	8
9	13 & Over	400 Free*	T-F	10

\*Positive check-in required 30 min. before session start

\*\* SCRATCH DEADLINE for FINALS: 30 minutes following the completion of the last prelims events 27/28 on Saturday  
EVENT LIMIT: 1 (one) 400 m event per swimmer.

SESSION #2 - FRIDAY AFTERNOON				
Warm Up: 4:00 pm				
Start: 4:55 pm				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
11	12 & Under	200 Back	T-F	12
13	12 & Under	200 Breast	T-F	14
15	12 & Under	100 Fly	T-F	16
17	12 & Under	50 Back	T-F	18
19	12 & Under	200 IM	T-F	20

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SESSION #3 - SATURDAY MORNING				
Warm Up: 7:00 am				
Start: 8:05 am				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
21	13 & Over	100 Fly**	Prelim**	22
23	13 & Over	50 Breast	T-F	24
25	13 & Over	200 Back	T-F	26
27	13 & Over	100 Free**	Prelim**	28
29	13 & Over	200 IM	T-F	30
31	13 -14	200 Free Relay	T-F	32
33	15 & Over	200 Free Relay	T-F	34

\*\* SCRATCH DEADLINE for FINALS: 30 min after completion of preliminary events 27/28.

SESSION #4 - SATURDAY AFTERNOON				
Warm Up: 1:00 pm				
Start: 1:55 pm				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
41(Mixed)	12 & Under	400 IM*	T-F	41(Mixed)
43	12 & Under	50 Free	T-F	44
45	12 & Under	50 Fly	T-F	46
47	12 & Under	100 Breast	T-F	48
49	12 & Under	200 Free	T-F	50
51 (Mixed)	10 & Under	200 Free Relay	T-F	51 (Mixed)
53	11-12	200 Free Relay	T-F	54

\*Positive check-in required 30 min. before session start

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SESSION #5 - SATURDAY FINALS Warm Up: 6:15 pm Start: 7:10 pm				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
21	13-14, 15&O	100 Fly*	Finals	22
27	13-14, 15&O	100 Free*	Finals	28
5	13-14, 15&O	100 Breast*	Finals	6
7	13-14, 15&O	100 Back*	Finals	8
3	13-14, 15&O	50 Free*	Finals	4

\*Positive check-in required 30 min. before session start for **ALL** events  
 Failure to scratch before the scratch deadline or to participate in a final event (NS),  
 all "Step-Downs" and "Unexcused incomplete swims" will result in a \$50 fine for each offense.

SESSION #6 - SUNDAY MORNING Warm Up: 7:30 am Start: 8:25 am				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
61 (Mixed)	12 & Under	200 Fly	T-F	61 (Mixed)
63	12 & Under	50 Breast	T-F	64
65	12 & Under	100 Free	T-F	66
67	12 & Under	100 Back	T-F	68
69 (Mixed)	10 & Under	200 Medley Relay	T-F	69 (Mixed)
71	11-12	200 Medley Relay	T-F	72
73	12 & Under	400 Free*	T-F	74

\*Positive check-in required 30 min. before session start



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SESSION #7 - SUNDAY AFTERNOON				
Warm Up: 1:30 pm				
Start: 2:35 pm				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
75	13 & Over	200 Fly	T-F	76
77	13 & Over	200 Breast	T-F	78
79	13 & Over	50 Back	T-F	80
81	13 & Over	50 Fly	T-F	82
83	13 & Over	200 Free	T-F	84
85	13-14	200 Medley Relay	T-F	86
87	15 & Over	200 Medley Relay	T-F	88

## SCRATCH RULES:

**PRELIMINARY and TIME FINAL EVENTS:** Scratches are to be made to the Admin Desk at least 30 minutes before the start of each session. No penalty for late scratches of these events. **NO REFUND(S) will be issued for swimmers who do not swim any heat for which they are seeded.**

**FINAL EVENTS:** Scratches to all final events must be made on the official **online form provided by Admin Desk. Email scratches will not be accepted.** Failure to scratch before the scratch deadline or to participate in a final event (NS), all "Step-Downs" and "Unexcused incomplete swims" will result in a \$50 fine for each offense.

- The Scratch Deadline for final events is 30 minutes after the completion of the last preliminary events 27/28 on Saturday, April 20.
- There will be no reseeding for scratches received after the final deadline.
- All fines for "No-Shows", "step-downs" and "unexcused incomplete swims" will be recorded by the Admin Desk. Unexcused incomplete swims shall be the sole determination of the Referee.
- Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.
- **Coaches are encouraged to enter athletes who will NOT be available for Saturday evening finals, as EXHIBITION in the Friday & Saturday preliminary events.**
- Failure to pay the fine before the swimmer's next individual event will exclude the swimmer from further participation in the meet.

## CHECK-IN:

**POSITIVE CHECK-IN** is required for all **400 IM, 400 m Free, and all FINAL events**, at least **30 minutes before the start of the session**, at the Admin Desk. Failure to do so may result in the swimmer being eliminated from the race.

**FINAL EVENTS:** Positive Check-In is required for all final events at the Admin Desk. Finalists and alternates are to report to the Marshaling 'ready area' **no later than 10 mins.** before their race. Finalists not present at 'final call' for an event will be replaced

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by an alternate and no show penalty will apply. Failure to pay the fine before the athlete's next individual (final or time final) event, will exclude the swimmer from further participation in the meet.

**SWIM OFFS:** Swim offs will take place during the preliminary session in which the tie took place, at a mutually agreed upon time between coaches and officials.

**PSYCH SHEETS:** Psych sheets will be posted online at [www.mallardsswimming.com](http://www.mallardsswimming.com) through a link on the homepage of Mallards Swim Team.

**RESULTS:** Results will be reported based on the following categories:

Girls: 10 & under, 11-12, 13-14, 15 & over.

Boys: 10 & under, 11-12, 13-14, 15 & over.

Unofficial meet results will be available on Live Results. Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)

**OTHER INFORMATION:** No food will be allowed on deck.  
No glass objects will be allowed on deck.  
All swimmers, coaches and volunteers/ officials will wear footwear when in the hallways and indoor/deck shoes when in the pool area.  
Lockers are not available.  
Onsite parking is free but may be limited.  
Extra parking space will be available at Unionville GO Station. [Unionville GO Station](#)

**AWARDS:** Individual Events: Medals: 1st - 3rd place for all age groups  
Ribbons: 4th - 10th place for 12&U age groups only

Relay Events: Medals for 1st place and  
Ribbons for 2nd-3rd place for all age groups

Awards will be broken down as follows:

Girls: 10 & Under, 11-12 yrs 13-14, 15 & Over.

Boys: 10 & Under, 11-12yrs, 13-14, 15 & Over.

Light refreshments will be provided for Coaches and Officials working the meet.

Amenities around Markham Pan Am Center

- [Langham Square](#) (Restaurants and Supermarket)
- [Whole Foods](#) (Supermarket & Cooked Foods)
- [New Kennedy Square](#) (Restaurants, Food court and Supermarket)
- [Markville Mall](#) (Food court, Tim Hortons, McDonalds, Joey)
- [Tim Hortons](#) (Kennedy Rd/14th Ave.)

**EVENT HOST** [\*\*Hilton Suites Conference Centre and Spa:\*\*](#)

**HOTELS:** 8500 Warden Ave.,  
Markham Ontario, L6G 1A5

[Booking Link](#)

**Reservation Deadline:** March 19, 2024

Contact [KRISTINE LAGOS, Group Sales Manager](#)  
[Kristine.lagos@markhamsuites.com](mailto:Kristine.lagos@markhamsuites.com)

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**Mallards Long Course Challenge 2024**  
April 18 - 21, 2024.



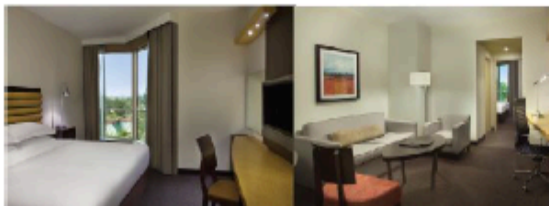
**RATES STARTING FROM \$199.00**

## TEAM BENEFITS

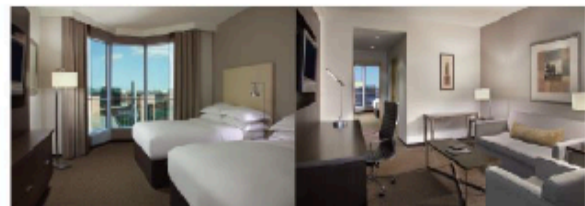
- Closest hotel in Markham Pan Am Centre
- Complimentary parking
- All Suite hotel featuring spacious two-room suites with separate bedroom and living room

## RESERVATIONS

- For 10 rooms or more reservations, call Kristine
- For 10 rooms or less, click [here](#) to book
- Discounted Breakfast Buffet \$18 ++ per person (Regular price \$28++ per person)



Standard Suite King Bedroom and Living Room



Standard Suite Double Bedroom and Living Room

Contact Kristine Lagos, Group Sales Manager at 905-470-8577 or [kristine.lagos@markhamsuites.com](mailto:kristine.lagos@markhamsuites.com)

8500 Warden Avenue Markham, ON L6G 1A5 905-470-8500 [www.torontomarkham.hilton.com](http://www.torontomarkham.hilton.com)