

# 2024 Dr Ralph Hicken Meet

Rev.1 (Mar.25) – Removed time standards for 12 & Under 100m events.

<b>DATE(s):</b>	May 2-5, 2024	<b>REGION:</b>	Central
<b>HOSTED BY:</b>	Mississauga Aquatic Club		
<b>LOCATION:</b>	590 Rathburn Road, Etobicoke, Ontario M9C 3T3		
<b>FACILITY:</b>	Etobicoke Olympium		
<b>PURPOSE &amp; DESCRIPTION:</b>	<p>To provide racing opportunities Invitational Age Group Meet</p> <p><u>12&amp; Under:</u></p> <p>No time standard (50m &amp; 100m events) Swim Ontario Festival “D” Time Standard (200m events) Swim Ontario Festival “B” Time Standard (400m to 800m events) All events will be timed finals.</p> <p><u>13&amp; Over:</u></p> <p>No time standard (50m events) Swim Ontario Age Group “D” Time Standard (100m &amp; 200m events) Swim Ontario Age Group “B” Time Standard (400m, 800m &amp; 1500m events) Prelims and Finals (50m to 200m events) Timed Finals (400m, 800m, and 1500m events) A &amp; B Finals for all individual 100m &amp; 200m events A, B &amp; C Finals for all individual 50m events Finals will swim youngest to oldest.</p> <p>Meet Management reserves the right to cancel heats in finals for any less than 6 swimmers.</p> <p>The Mississauga Aquatic Club reserves the right to allow its swimmers to enter this meet regardless of the time standards.</p>		
<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 COORDINATOR:</b>	Richard Chan	Level: 5	Email: <a href="mailto:richardctchan@gmail.com">richardctchan@gmail.com</a>
	Paula Di Battista	Level: 4	Email: <a href="mailto:pdiba@hotmail.com">pdiba@hotmail.com</a>
	Sean Smyth	Level: 4	Email: <a href="mailto:stringersmyth@yahoo.ca">stringersmyth@yahoo.ca</a>
	If Level 3 Referee is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>		
<b>MEET MANAGERS:</b>	Michael Connors	Email:	<a href="mailto:connormd@hotmail.com">connormd@hotmail.com</a>
	Jackie Hatherly	Email:	<a href="mailto:jackiehatherly@gmail.com">jackiehatherly@gmail.com</a>
	Will Li	Email:	<a href="mailto:williamli.gm@gmail.com">williamli.gm@gmail.com</a>
<b>SAFETY AT COMPETITION:</b>	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 <a href="#">Swim Ontario Concussion Management</a> the <a href="#">Swimming Canada Event Photography and Videography</a> and the Swim Ontario Event Photography procedures will be in effect. For complete details click <a href="#">HERE</a> .		
<b>COMPETITION RULES:</b>	<b>Sanctioned as an invitational by Swim Ontario.</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.		

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	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> 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 of the pool
		<input type="checkbox"/>	Deck or Bulkhead at	
		<input type="checkbox"/>	In-Water at	
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				
<b>ELIGIBILITY:</b>	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.			
	<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.		
<b>FOREIGN COMPETITORS:</b>	<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 <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition.		
<b>AGE UP DATE:</b>	Ages submitted are to be as		May 2, 2024	
<b>ENTRY DEADLINE:</b>	<b>April 22, 2024</b>			
	Changes to entries will be accepted until		April 26,2024	
<b>ENTRY FEE:</b>	<input checked="" type="checkbox"/>	Individual Events \$15.00 (50m to 200m), \$20.00 (400m, 800m & 1500m)		
	<input checked="" type="checkbox"/>	Relay Events \$25.00		
	<input checked="" type="checkbox"/>	Swimmer Fee \$12.00		
	Payment Method:		Please make cheque payable to “ <b>Mississauga Aquatic Club</b> ” or by e-transfer to <a href="mailto:susanne@mississaugaswimming.com">susanne@mississaugaswimming.com</a>	
<b>COACH'S REGISTRATION:</b>	Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a> . 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.			
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is		600	

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<b>ENTRY SUBMISSIONS:</b>	<b>ENTRIES:</b> Entries must be submitted through the Swimming Canada online entries system at <a href="http://www.swimming.ca">www.swimming.ca</a> and must include all attending coaches. Meet management will:	
	<ul style="list-style-type: none"> <li>not accept entries via email;</li> <li>notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li> <li>notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition.</li> </ul>	
	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 checked="" type="checkbox"/>	Qualifying standard for entry is:	<p><b>12&amp; Under:</b></p> <ul style="list-style-type: none"> <li>No time standard (50m &amp; 100m events)</li> <li>SO Festival “D” Time Standard (200m events)</li> <li>SO Festival “B” Time Standard (400m to 800m events)</li> </ul> <p><b>13&amp; Over:</b></p> <ul style="list-style-type: none"> <li>No time standard (50m events)</li> <li>SO Age Group “D” Time Standard (100m to 200m events)</li> <li>SO Age Group “B” Time Standard (400m &amp; 1500m events)</li> </ul> <p><b>The Mississauga Aquatic Club reserves the right to allow all of its swimmers to enter this meet regardless of the time standards.</b></p>
<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is:	September 1, 2022
<b>RELAYS:</b>	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"/>	Relay swimmers must be entered in a non-relay event in order to compete.
	The deadline for relay name submissions is 30 minutes prior to session start	
	<input checked="" type="checkbox"/>	Please submit times for seeding purposes only.
<b>CONVERSION:</b>	<input checked="" type="checkbox"/>	Entry times can be converted. All entries are to be submitted in LCM times. Please use the HY-TEK Team Manager for conversions of SCM time to LCM times at 2% before submitting entries.
<b>SEEDING:</b>	<input checked="" type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package. Relay events and distance events 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.

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## SCHEDULE OF SESSIONS

Session	Date	Age Group	Warm Up Period	Start of Session	Approx. Finish of Session	Est. Duration	Time Final Heat/Finals
1	Thursday Eve	Open	4:00 – 4:30 PM	4:30 PM	9:00 PM	4.5 hrs	Time Finals
2	Friday Prelims	13 & O	8:00 – 8:30 AM	8:30 AM	1:00 PM	4.5 hrs	Prelims
3	Friday Afternoon	12 & U	1:00 – 1:30 PM	1:30 PM	6:00 PM	4.5 hrs	Time Finals
4	Friday Finals	13 & O	6:00 – 6:50 PM	7:00 PM	9:00 PM	2.0 hrs	Finals
5	Saturday Prelims	13 & O	8:00 – 8:30 AM	8:30 AM	1:00 PM	4.5 hrs	Prelims
6	Saturday Afternoon	12 & U	1:00 – 1:30 PM	1:30 PM	6:00 PM	4.5 hrs	Time Finals
7	Saturday Finals	13 & O	6:00 – 6:50 PM	7:00 PM	9:00 PM	2.0 hrs	Finals
8	Sunday Prelims	13 & O	8:00 – 8:30 AM	8:30 AM	1:00 PM	4.5 hrs	Prelims
9	Sunday Afternoon	12 & U	1:00 – 1:30 PM	1:30 PM	6:00 PM	4.5 hrs	Time Finals
10	Sunday Finals	13 & O	6:00 – 6:50 PM	7:00 PM	9:00 PM	2.0 hrs	Finals

<b>MIXED-GENDER:</b>	<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>	
<b>CHECKIN AND SCRATCHES:</b>	<input checked="" type="checkbox"/>	Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.
<b>PENALTIES:</b>	<input checked="" type="checkbox"/>	<p>Failure to participate in an event with a scratch or check-in deadline will result in following penalty:</p> <p>\$50.00 fine for each offence (applies to initially named finalists and alternates – payable to the Mississauga Aquatic Club. Failure to pay before the swimmer’s next event will exclude the swimmer from further participation in the meet.)</p>
<b>DECK ENTRIES:</b>	<input checked="" type="checkbox"/>	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).
	<input checked="" type="checkbox"/>	Deck Entry Fee is \$20.00 per individual entry, payable in cash to Admin Desk prior to the event
<b>OFFICIAL SPLIT TIMES:</b>	<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.
	<input checked="" type="checkbox"/>	Please complete an “Official Split Request” form available at the Admin Desk prior to the session.

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<b>RECORDS:</b>	<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.
<b>MEET RESULTS:</b>	<input checked="" type="checkbox"/>	Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a>
	<input checked="" type="checkbox"/>	The meet program will be run on Hy-Tek Meet Manager.
<b>SCORING:</b>	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
	<input checked="" type="checkbox"/>	The following will be scored: Individual: 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Relay: 16, 14, 12, 10, 8, 6, 4, 2 Individual High Point Awards for each gender/age group (Scoring 5,3,1)
<b>AWARDS:</b>	<input checked="" type="checkbox"/>	Awards will be separated by gender and age group 10 & Under, 11-12, 13-14, 15 & Over
	<input checked="" type="checkbox"/>	The following will be awarded: Individual events – medals for 1 <sup>st</sup> to 3 <sup>rd</sup> . Relay events - medals for 1 <sup>st</sup> to 3 <sup>rd</sup> . Individual High Point Awards for each gender/age group (Scoring 5,3,1)
<b>PRIZES:</b>	<input checked="" type="checkbox"/>	<b>Arena Golden Crown Race – 50 Free</b>  <b>12 &amp; Under</b> – During the 50m Free event, winner of heat 1 will hold the crown. Each following heat winner will claim the crown provided they beat the current crown holder’s time. The final heat (8 swimmers) will swim one at a time trying to beat the current crown holder’s time. Fastest time for both boys and girls 12 & Under age group wins the Golden Crown Prize (Arena ST swimsuit) <b>13 &amp; Over</b> – A slowest to fastest swim-off by the top 8 males and top 8 females in the 50m Free based on the 50m Free Preliminary results. Fastest time in the 13-14 age group and the 15 & Over age group wins the Golden Crown Prize (Arena Carbon Swimsuit).  Top male and female 12 & Under, 13-14, 15 & Over
	<input checked="" type="checkbox"/>	Bell Heat Prizes – 12 & Under events
	<input checked="" type="checkbox"/>	Top Overall Fina Point Prizes <ul style="list-style-type: none"> <li>• 1<sup>st</sup> - \$500 (or equivalent value prize)</li> <li>• 2<sup>nd</sup> - \$100 (or equivalent value prize)</li> <li>• 3<sup>rd</sup> - \$50 (or equivalent value prize)</li> </ul> Ties will be determined by next highest scoring swim. Swimmers must be in attendance at the Sunday Finals to receive the award. If they are not there the award will go to the next highest FINA points recipient

## SCHEDULE OF EVENTS:

Session 1 (Timed Finals) Thursday, May 2, 2024 Warm-up: 4:00 PM - Start: 4:30 PM				
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
1	13 & OVER	1500 FREE	13 & OVER	2
3	12 & OVER	800 FREE	12 & OVER	4
5	13 & OVER	400 FREE	13 & OVER	6
Meet Management reserves the right to swim these events mixed gender and limit entries if required to fit available pool time.				

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Session 2 – FRIDAY PRELIMS				
Friday, May 3, 2024				
Warm-up: 8:00 AM - Start: 8:30 AM				
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
7	13 & OVER	200 FREE	13 & OVER	8
9	13 & OVER	100 BREAST	13 & OVER	10
11	13 & OVER	200 BACK	13 & OVER	12
13	13 & OVER	50 FLY	13 & OVER	14
201	13-14	400 FREE RELAY	13-14	202
203	15 & OVER		15 & OVER	204

Session 3 – FRIDAY AFTERNOON				
Friday, May 3, 2024				
Warm-up: 1:00 PM - Start: 1:30 PM				
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
101	12 & UNDER	200 FREE	12 & UNDER	102
103	12 & UNDER	100 BREAST	12 & UNDER	104
105	12 & UNDER	200 BACK	12 & UNDER	106
107	12 & UNDER	50 FLY	12 & UNDER	108
205	10 & UNDER	200 FREE RELAY	10 & UNDER	206
207	11-12		11-12	208
109	11-12	400 IM	11-12	110

Session 4 – FRIDAY FINALS						
Friday, May 3, 2024						
Warm-up: 6:00 PM - Start: 7:00 PM						
FEMALE			EVENTS	MALE		
Event	Age	Finals		Finals	Age	Event
7	13 – 14	A & B	200 FREE	A & B	13 – 14	8
	15 & OVER	A & B		A & B	15 & OVER	
9	13 – 14	A & B	100 BREAST	A & B	13 – 14	10
	15 & OVER	A & B		A & B	15 & OVER	
11	13 – 14	A & B	200 BACK	A & B	13 – 14	12
	15 & OVER	A & B		A & B	15 & OVER	
13	13 – 14	A, B & C	50 FLY	A, B & C	13 – 14	14
	15 & OVER	A, B & C		A, B & C	15 & OVER	

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Session 5 – SATURDAY PRELIMS				
Saturday, May 4, 2024				
Warm-up: 8:00 AM - Start: 8:30 AM				
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
15	13 & OVER	200 IM	13 & OVER	16
17	13 & OVER	100FLY	13 & OVER	18
19	13 & OVER	200 BREAST	13 & OVER	20
21	13 & OVER	50 FREE	13 & OVER	22
209	13-14	400 MEDLEY RELAY	13-14	210
211	15 & OVER		15 & OVER	212

Session 6 – SATURDAY AFTERNOON				
Saturday, May 4, 2024				
Warm-up: 1:00 PM - Start: 1:30 PM				
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
111	12 & UNDER	200 IM	12 & UNDER	112
113	12 & UNDER	50 FREE (GOLDEN CROWN RACE FORMAT)	12 & UNDER	114
115	12 & UNDER	200 BREAST	12 & UNDER	116
117	12 & UNDER	100 FLY	12 & UNDER	118
213	10 & UNDER	200 MEDLEY RELAY	10 & UNDER	214
215	11-12		11-12	216

Session 7 – SATURDAY FINALS						
Saturday, May 4, 2024						
Warm-up: 6:00 PM - Start: 7:00 PM						
FEMALE			EVENTS	MALE		
Event	Age	Finals		Finals	Age	Event
801	13 – 14		GOLDEN CROWN 50 FREE (TOP 8 BASED ON 50 FREE PRELIMINARY RESULTS)	13 – 14	801	
802	15 & OVER			15 & OVER	802	
15	13 – 14	A & B	200 IM	A & B	13 – 14	16
	15 & OVER	A & B		A & B		
17	13 – 14	A & B	100 FLY	A & B	13 – 14	18
	15 & OVER	A & B		A & B		
19	13 – 14	A & B	200 BREAST	A & B	13 – 14	20
	15 & OVER	A & B		A & B		
21	13 – 14	A, B & C	50 FREE	A, B & C	13 – 14	22
	15 & OVER	A, B & C		A, B & C		

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Session 8 – SUNDAY PRELIMS				
Sunday, May 5, 2024				
Warm-up: 8:00 AM - Start: 8:30 AM				
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
23	13 & OVER	200 FLY	13 & OVER	24
25	13 & OVER	50 BACK	13 & OVER	26
27	13 & OVER	100 FREE	13 & OVER	28
29	13 & OVER	50 BREAST	13 & OVER	30
31	13 & OVER	100 BACK	13 & OVER	32
33	13 & OVER	400 IM (Timed Final)	13 & OVER	34

Session 9 – SUNDAY AFTERNOON				
Sunday, May 5, 2024				
Warm-up: 1:00 PM - Start: 1:30 PM				
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
119	12 & UNDER	200 FLY	12 & UNDER	120
121	12 & UNDER	50 BACK	12 & UNDER	122
123	12 & UNDER	100 FREE	12 & UNDER	124
125	12 & UNDER	50 BREAST	12 & UNDER	126
127	12 & UNDER	100 BACK	12 & UNDER	128
129	12 & UNDER	400 FREE	12 & UNDER	130

Session 10 – SUNDAY FINALS						
Sunday, May 5, 2024						
Warm-up: 6:00 PM - Start: 7:00 PM						
FEMALE			EVENTS	MALE		
Event	Age	Finals		Finals	Age	Event
23	13 – 14	A & B	200 FLY	A & B	13 – 14	24
	15 & OVER	A & B		A & B	15 & OVER	
25	13 – 14	A, B & C	50 BACK	A, B & C	13 – 14	26
	15 & OVER	A, B & C		A, B & C	15 & OVER	
27	13 – 14	A & B	100 FREE	A & B	13 – 14	28
	15 & OVER	A & B		A & B	15 & OVER	
29	13 – 14	A, B & C	50 BREAST	A, B & C	13 – 14	30
	15 & OVER	A, B & C		A, B & C	15 & OVER	
31	13 – 14	A & B	100 BACK	A & B	13 – 14	32
	15 & OVER	A & B		A & B	15 & OVER	