November 17 - 19, 2023

PRESENTED BY:



MARKHAM PAN AM CENTER

16 Main Street Unionville, Ontario

DATE: November 17 - 19, 2023

HOST: Mallards Swim Team

LOCATION: MARKHAM Pan Am Center

16 Main Street, Unionville, Ontario

FACILITY: Two 25 m 10 Lane Competition pools with Electronic Timing System.

DESCRIPTION: Swimmers will swim in age combined events, 12 & Under and 13 & Over groups.

12 & Under:

All events are timed finals

13 & Over:

 All events are timed finals except for 50m & 100m Freestyle, 100m Back, 100m Butterfly, 100m & 200m Breaststroke events, Prelims/Finals.

 Preliminary events will run 10 lane heats with the fastest three heats circle seeded.

• Finals will run top 10 swimmers, A Finals only.

• 1500 m Freestyle: One heat only

COMPETITION RULES

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 <u>Swimming Canada Competition Warm-Up Safety Procedures</u> and

Swim Ontario warm-up safety rules will be in effect. Details HERE

DIVE STARTS: 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.

MEET PACKAGE: The only meet package which will be considered as valid must be the most

current version found on www.swimming.ca

COMPETITION Wayne Dorrington, Level 5

COORDINATORS: Vivien Hughsam, Level 5, hughsam.v.mst@gmail.com

Ximena Pagiamtzis, Level 4

MEET MANAGERS: Stephen Chan, Michael Chen, meetmanager@mailtandsswimming.com

OFFICIALS Contact email: officialschair@mallardsswimming.com

COORDINATORS: 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.

Foreign competitors/teams are welcome, 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, November 17, 2023

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 and Videography and the Swim Ontario 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 ensures 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.

COACH'S REGISTRATION:

Meet management will cross reference the **list of coaches in attendance** at this competition with the <u>Swim Ontario Compliancy lists</u>. If a coach is not on this list, meet management is obligated to enforce the <u>SNC</u> 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. Include downloadable heat sheets

for days/sessions.

All fees include Swim Ontario Gold Bonus and HST.

Payment will be by cheque due on the first day of the event.

ENTRY

Entries must be received by Monday, October 30, 2023

DEADLINE: Deadline for changes is Monday, **November 6, 2023, 12:00 noon**

ENTRIES:

Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca. Meet Management will not accept entries directly via email.

- Entries must include all attending coaches.
- Entries will be considered in order received and with the discretion of meet management.
- Entry confirmations will be sent by individual email from www.swimming.ca.
- 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.
- Meet management will notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition.
- Meet Management reserves 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 Time (NT) entries will not be accepted.
- No qualifying standard or period.
- No entry limits
- Relay swimmers must be entered in a non relay event in order to compete.

SEEDING/ CONVERSIONS:

Heats will be seeded slowest to fastest except in 400 IM, 400, 800 and 1,500m Free, fastest to slowest. All entries must be submitted using short course times in meters (SCM). Please use Hy-Tek default conversion factor to convert LCM times to SCM times before submitting entries.

OFFICIAL SPLITS:

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 advise the Referee at least 30 minutes prior to the commencement of the session. The procedure for obtaining an official split time requires coaches to complete the "Official Split Request" form (available at the Admin Desk table) and to forward it to the Referee or meet management prior to the start of the session.

RECORDS:

Swim times achieved at this competition will be eligible for application of provincial and national records. Coaches are to advise meet management of possible record attempts, and or if records are broken. Swim Ontario has a completed certified pool length survey for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

DECK ENTRIES:

Deck entries are permitted and will be **Exhibition** only, provided proof of registered status with valid Swimming Canada ID is provided to Meet Management. Entries must be made 30 mins. prior to the start of the session, and will be accepted based on the availability of empty lanes in slowest heats.

- Swimmer substitution will <u>not</u> be allowed.
- Cost is \$20.00 per Individual event to 200 m, \$25.00 per individual event 400m and up, and \$30 per relay event, payable in cash (exact amount) and submitted to the COC 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 relays 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).

SESSION:		AGE GROUP:	COMPETITION:	WARM UP:	START:	EST. LENGTH:
Friday	1	All Ages	Time Finals/Prelims	4:00 pm - 5:00 pm	5:05 pm	3 hrs
	2	13 & Over	Time Finals/Prelims	7:30 am - 8:15 am	8:20 am	4 hrs.
Saturday	3	12 & Under	Time Finals	12:40 pm - 1:25 pm	1:30 pm	3 hrs.
	4	13 & Over	FINALS & 1500 Free	4:45 pm - 5:30 pm	5:35 pm	2 hrs
Sunday	5	12 & Under	Time Finals	8:00 am - 8:45 am	8:50 am	3 hrs.
	6	13 & Over	Time Finals	12:15 pm - 1:00 pm	1:05 pm	4 hrs.

SCHEDULE OF EVENTS:

SESSION #1 - FRIDAY AFTERNOON Warm Up: 4:00 pm Start: 5:05 pm

GIRLS	AGE GROUP	<u>EVENT</u>	COMPETITION	<u>BOYS</u>
1**	12 & Over	400 IM**	T-F	2**
3	12 & Under	100 Breast	T-F	4
5	13 & Over	100 Breast*	Prelims	6
7	12 & Under	100 Fly	T-F	8
9	13 & Over	100 Free*	Prelims	10
11	12 & Under	50 Back	T-F	12
13	12 & Under	200 IM	T-F	14
15**	11 & Over	800 Free**	T-F	16**

^{*}Scratch deadline: 30 mins. following the completion of the last Preliminary Events 27/28 in Session #2

** Positive check-in required 30 min. before the session starts.

SESSION #2 - SATURDAY MORNING Warm Up: 7:30 am

Start: 8:20 am

GIRLS	AGE GROUP	<u>EVENT</u>	COMPETITION	<u>BOYS</u>
21	13 & Over	200 Breast*	Prelims	22
23	13 & Over	100 Back*	Prelims	24
25	13 & Over	50 Free*	Prelims	26
27	13 & Over	100 Fly*	Prelims	28
29	13 & Over	50 Breast	T-F	30
31	13 & Over	200 Free	T-F	32
33	13 & Over	200 IM	T-F	34
35	13 - 14 yrs	200 Free Relay	T-F	36
37	15 & Over	200 Free Relay	T-F	38

^{*}Scratch deadline: 30min following the completion of the last Preliminary Events 27/28 for Session #2

SESSION #3 - SATURDAY AFTERNOON Warm Up: 12:40 pm

Start: 1:30 pm

GIRLS	AGE GROUP	<u>EVENT</u>	COMPETITION	<u>BOYS</u>
41	12 & Under	200 Free	T-F	42
43	12 & Under	50 Breast	T-F	44
45	12 & Under	100 Back	T-F	46
47	12 & Under	50 Free	T-F	48
49	12 & Under	200 Fly	T-F	50
51 (Mixed)	10 & Under	200 Free Relay	T-F	51 (Mixed)
53	11-12 yrs	200 Free Relay	T-F	54

SESSION #4 - SATURDAY FINALS Warm Up: 4:45 pm Start: 5:35 pm						
<u>GIRLS</u>	GIRLS AGE GROUP EVENT COMPETITION BOYS					
5**	13-14, 15&0	100 Breast**	Final	6**		
23**	13-14, 15&0	100 Back**	Final	24**		
9**	13-14, 15&0	100 Free**	Final	10**		
27**	13-14, 15&0	100 Fly**	Final	28**		
21**	13-14, 15&0	200 Breast**	Final	22**		
25**	13-14, 15&0	50 Free**	Final	26**		
17** (Mixed)	13 & Over	1500 Free**	Time Final	17** (Mixed)		

**Positive check-in required 30 min. before session start for <u>ALL</u> events Failure to scratch before the scratch deadline or to participate in a final event will result in a \$35 fine for each offense.

SESSION #5 - SUNDAY MORNING Warm Up: 8:00 am Start: 8:50 am							
GIRLS	GIRLS AGE GROUP EVENT COMPETITION BOYS						
61	12 & Under	100 Free	T-F	62			
63	12 & Under	50 Fly	T-F	64			
65	12 & Under	200 Back	T-F	66			
67	12 & Under	100 IM	T-F	68			
69	12 & Under	200 Breast	T-F	70			
71 (Mixed)	10 & Under	200 Med Relay	T-F	71 (Mixed)			
73	11-12 yrs	200 Med Relay	T-F	74			

^{**}Positive check-in required 30 min. before the session starts.

400 Free**

76******

T-F

75******

12 & Under

SESSION #6 - SUNDAY AFTERNOON Warm Up: 12:15 pm **Start: 1:05 pm**

GIRLS	AGE GROUP	<u>EVENT</u>	COMPETITION	<u>BOYS</u>
81	13 & Over	200 Fly	T-F	82
83	13 & Over	50 Back	T-F	84
85	13 & Over	50 Fly	T-F	86
87	13 & Over	200 Back	T-F	88
89	13-14 yrs	200 Medley Relay	T-F	90
91	15 & Over	200 Medley Relay	T-F	92
93**	13 & Over	400 Free**	T-F	94**

^{**}Positive check-in required 30 min. before session start

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.

> FINAL Events: Scratches to all final events must be made on official scratch cards submitted to the Admin Desk. Scratch deadline is 30 minutes after the completion of the last preliminary events, #27 (for Girls) and #28 (for Boys) on Saturday, Nov. 18. Failure to scratch before the scratch deadline or to participate in a final event will result in a \$35 fine for each offense. Failure to pay the penalty will exclude the swimmer from further participation in the meet. There will be no reseeding for scratches received after the final deadline.

> NO REFUND(S) will be issued for swimmers who do not swim any heat for which they are seeded.

CHECK-IN:

POSITIVE CHECK-IN is required for all 400 IM, 400, 800 and 1500m 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 by an alternate and no show penalty will apply. Failure to pay will exclude the swimmer from further participation in the meet.

SWIM OFFS:

SWIM OFF will take place during the preliminary session in which the tie took place at a mutually agreed upon time between coaches and officials.

RELAYS: Relay cards are to be submitted to the Admin Desk 30 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 RELAY: 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.

PSYCH SHEETS: Psych sheets will be posted online at 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 meet results will be

uploaded to www.swimming.ca within 5 days of completion of the meet.

OTHER No food will be allowed on deck.

INFORMATION: No glass objects will be allowed on deck.

Lockers are not available.

Onsite parking is free but may be limited.

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, 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.

REFRESHMENTS: Light refreshment will be provided for Coaches and Officials working the meet.

Amenities around Markham Pan Am Center

<u>Langham Square</u> (Restaurants and Supermarket)

Whole Foods (Supermarket & Cooked Foods)

New Kennedy Square (Restaurants, Food court and Supermarket)

Markville Mall (Food court, Tim Hortons, McDonalds, Joey, Pickle Barrel...)

<u>Tim Hortons</u> (Kennedy Rd/14th Ave.)

EVENT HOST HOTEL

Hilton Suites Conference Centre and Spa:

8500 Warden Ave.,

Markham Ontario, L6G 1A5

For Group Rates, Contact Sales Manager OR Click on the Booking Link below:

Kristine Lagos

Email: kristine.lagos@markhamsuites.com

Phone: (905) 470-8577

FOR BOOKING LINK: CLICK HERE

Reservations must be made by October 28, 2023







Mallards ABI Meet November 16-19,2023

Contact Kristine Lagos, Group Sales Manager at 905-470-8577 or kristine.lagos@markhamsuites.com



Rate starting from \$189.00

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 <u>here</u> to book
- Discounted Hot Breakfast Buffet \$18.00 per person (Regular \$28.00 per person)







Standard Suite Double Bedroom and Living Room

8500 Warden Avenue Markham, ON L6G 1A5 905-470-8500 www.torontomarkham.hilton.com