

# Mallards Winter LC Invitational

January 24 - 26, 2025

PRESENTED BY:



MARKHAM PAN AM CENTER

16 Main Street  
Unionville, Ontario

**REVISED JAN. 15**

**Warm Up and Session Start Times Updated.**

**Relays for Session 4 & 5 Cancelled.**

**Parking Map Added.**

**REVISED Jan 17.**

**Session 4 Warm Up Start time corrected.**

# 2025 Mallards Winter LC Invitational

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<b>DATE:</b>	January 24-26, 2025
<b>HOST:</b>	Mallards Swim Team
<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>DESCRIPTION:</b>	All events are timed finals. Swimmers will swim in age-combined events, 12 & Under and 13 & Over groups.
<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.
<b>DIVE STARTS:</b>	<p>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.</p> <p>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></p>
<b>MEET PACKAGE:</b>	<p>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> and the Swimming Canada Registration and Event Management System (REMS).</p> <p>o <b>Interim Process:</b> Approved meet package, event files and entries upload will be found <a href="#">HERE</a></p>
<b>COMPETITION COORDINATORS:</b>	Wayne Dorrington, Level 5 Vivien Hughsam, Level 5 Ximena Pagiamtzis, Level 5
<b>MEET MANAGERS:</b>	Stephen Chan, Jill Madorsky, Rodney Mui <a href="mailto:meetmanager@mallardsswimming.com">meetmanager@mallardsswimming.com</a>
<b>ENTRIES COORDINATOR:</b>	Vivien Hughsam: <a href="mailto:hughsam.v.mst@gmail.com">hughsam.v.mst@gmail.com</a>
<b>OFFICIALS COORDINATORS:</b>	<p>Contact email: <a href="mailto:officialschair@mallardsswimming.com">officialschair@mallardsswimming.com</a></p> <p><b>It would be greatly appreciated if each club could provide officials to help out at the meet.</b> Please indicate sessions and positions preferred. We will do our best to accommodate.</p>
<b>ELIGIBILITY:</b>	All athletes must be registered as <u>Competitive</u> swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry.

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It is the responsibility of the swimmer's club to provide proof of active registration status in REMS. This event is sanctioned as an invitational including foreign competitors/teams subject to the provision below.

- **Interim Process:** Swimmers that have registered with their clubs and are in the entry files are permitted to attend. **Deck entries, if permitted, will only be for swimmers already in the meet.**
- For any new swimmers without a Swimming Canada ID, clubs will need to keep meet management informed when a swimmer is assigned an ID once fully Active in REMS.

Foreign Teams & their competitors are welcome, subject to the following provisions.

- **Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate.**
- All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.
- All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing.
- All competitors and coaches must be in good standing with their respective governing swim body.
- All foreign competitors 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 along with the insurance certificate.

**Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.**

**AGE UP DATE:** A competitor's age is their age as of the start date of the meet, January 24, 2025.

**SAFETY AT COMPETITION:** Swimming Canada and Swim Ontario believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or [www.swimming.ca/safesport](http://www.swimming.ca/safesport)

The [Swim Ontario Concussion Management](#) & Swimming Canada Event Photography and Swim Ontario Event Photography procedures will be in effect. For complete details click [HERE](#).

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

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**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 & SUPPORT STAFF 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.

- **Interim Process:** Clubs will ensure that all attending coaches have signed an agreement with the club (contract, volunteer agreement)

**Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.**

Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

- **Interim Process:** Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations and provide the name(s) of the support staff.

**d/DEAF & HARD of HEARING** This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:

**ACCOMMODATION:** non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.

- Visual Start hand signals given by the starter/referee.
- Visual Start Strobe Light options

1. **Facility-Provided Strobe Light:** An external strobe light is available at this facility
2. **Personal Strobe Light:** a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit.

**Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.**

Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access

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<b>ENTRY FEES:</b>	Individual events to 200 m	\$15.00
	Events 400 m and Up	\$20.00
	Relays	\$25.00
	Swimmer Fee	\$10.00 per swimmer inclusive of 'Relay Only' swimmers. Include downloadable heat sheets for all days/sessions.

All fees include Swim Ontario Gold Bonus and HST.

Payment will be by cheque or by e-transfer due on the first day of the event.

Please make cheque payable to “**Mallards Swim Team**” or by e-transfer to “**serge\_swim@rogers.com**”

**ENTRY** Entries must be received by Friday, **January 3,**  
**2025. DEADLINE:** Deadline for changes is Friday, **January 10, 2025.**

**ENTRIES** Entries must be submitted through the Swimming Canada Registration and Events  
**SUBMISSIONS:** System (REMS) and must include all attending coaches and support staff.

Meet management will:

- 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 (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition
- **Interim Process:** [Entries](#). Clubs will submit entries via an online form found [HERE](#)

**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.**

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

- **No Time (NT) entries will not be accepted.**
- No qualifying standard or period.
- Session 1 and 2 Max. of 3 individual events including 400 IM **OR** 800 Free.
- Sessions 3, 4, 5 and 6 Max. of 3 individual and 1 relay event per swimmer per session.
- 400 m and 800 m events may be limited to 2 to 4 heats, except for Session 1, top 10 swimmers.
- **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 hrs.**
- Relay swimmers must be entered in a non relay event in order to compete.

**SEEDING/** Heats will be seeded slowest to fastest except in 400 IM, 400, 800 m Free, fastest to  
**CONVERSIONS:** slowest. All entries must be submitted using long course times in meters (LCM). Please use Hy-Tek default conversion of times to LCM times before submitting entries.

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## OFFICIAL

### TIME SPLITS:

Meet management requires that any coach wishing to rely on a time achieved by the swimmers 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 in which the event will take place.

- Official Split Forms are available at the Admin Desk.
- Not all Official Split requests can be accommodated. Coaches shall provide the time the swimmer is trying to make upon request by Admin Desk and or MM team.

### RECORDS:

Swim times achieved at this competition 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.

### DECK ENTRIES:

Deck entries are accepted **ONLY** for swimmers who are already registered to participate in the meet and in the entry file.

Deck Entries are **Exhibition** Only. They are not eligible for scoring or awards, and will be accepted for empty lanes only (no new heats will be created).

- Swimmer substitution will not be allowed.
- Cost is \$25.00 per individual event and \$30.00 per relay event, payable in cash (exact amount) and submitted to the Admin Desk with the Deck Entry Form.

### RELAYS:

Relay cards are to be submitted to the Admin Desk 30 minutes before 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.

### 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	12 & under	Time finals	1:00pm - 1:55 pm	2:00 pm	2 hrs. 45 min.
	2	13 & over	Time finals	5:15pm - 6:05 pm	6:10 pm	2 hrs. 35 min.
Saturday	3	13 & over	Time Finals	8:00 am - 8:55 am	9:00 am	4 hrs. 05 min.
	4	12 & under	Time Finals	1:45 pm - 2:10 pm 2:15 pm - 2:40 pm	2:45 pm	4 hrs. 15 min.
Sunday	5	12 & under	Time Finals	8:00 am - 8:25 am 8:30 am - 8:55 am	9:00 am	4 hrs. 25 min.
	6	13 & over	Time Finals	2:00 pm - 2:55 pm	3:00 pm	4 hrs. 30 min.

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**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.

**SCRATCH RULES:** 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.**

**CHECK-IN:** **POSITIVE CHECK-IN** is required for all **400 IM, 400, 800 Free 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.

**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.

**MEET 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](http://www.swimming.ca) within 5 days of completion of the meet.

o **Interim Process:** [Competition Results Interim Process.](#)

Once approved, Swim Ontario will add the results file in hy-tek format/splash to the Interim Swim Ontario Sanctioned Events Page found [HERE](#) for clubs to reference.

This process will take more than 48 hours.

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

Relay Events: Medals: 1st - 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.

**EVENT HOST HOTEL:**

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

8500 Warden Ave., Markham Ontario, L6G 1A5

**For Group Rates, contact Sales Manager:**

Kristine Lagos

Email: [kristine.lagos@markhamsuites.com](mailto:kristine.lagos@markhamsuites.com) Phone: (905) 470-8500

**Booking Link, Click [HERE](#)**

# 2025 Mallards Winter LC Invitational

## SCHEDULE OF EVENTS:

<b>SESSION #1 - FRIDAY AFTERNOON</b> <b>Warm Up: 1:00 pm</b> <b>Start: 2:00 pm</b>				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
1* (Mixed)	Mixed 11 -12	400 IM*	Time Final	1* (Mixed)
3	12 & Under	50 Fly	Time Final	4
5	12 & Under	50 Breast	Time Final	6
7	12 & Under	100 Backstroke	Time Final	8
9* (Mixed)	Mixed 11-12	800 Free*	Time Final	9* (Mixed)

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

\* 400 IM and 800 Free Limited to Top 10 Swimmers

<b>SESSION #2 - FRIDAY EVENING</b> <b>Warm Up: 5:15 pm</b> <b>Start: 6:10 pm</b>				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
11*	13 & Over	400 IM*	Time Final	12*
13	13 & Over	50 Fly	Time Final	14
15	13 & Over	50 Breast	Time Final	16
17	13 & Over	50 Free	Time Final	18
19*	13 & Over	800 Free*	Time Final	20*

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

\* 400 IM and 800 Free, See [Entry Restrictions](#)



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<b>SESSION #3 - SATURDAY MORNING</b> <b>Warm Up: 8:00 am</b> <b>Start: 9:00 am</b>				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
21	13 & Over	100 Fly	Time Final	22
23	13 & Over	200 IM	Time Final	24
25	13 & Over	200 Breast	Time Final	26
27	13 & Over	100 Back	Time Final	28
29	13 & Over	200 Free	Time Final	30
31	13 - 14 yrs	4x50 Free Relay	Time Final	32
33	15 & Over	4x50 Free Relay	Time Final	34

<b>SESSION #4 - SATURDAY AFTERNOON</b> <b>Warm Up: 1:45 pm</b> <b>Start: 2:45 pm</b>				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
41	12 & Under	100 Fly	Time Final	42
43	12 & Under	200 Free	Time Final	44
45	12 & Under	200 Breast	Time Final	46
47	12 & Under	50 Free	Time Final	48
49	12 & Under	200 IM	Time Final	50
51 (Mixed)	10 & Under	4x50 Free Relay	Time Final	51 (Mixed)
53	11 - 12 yrs	4x50 Free Relay	Time Final	54

## 2025 Mallards Winter LC Invitational

<b>SESSION #5 - SUNDAY MORNING</b> <b>Warm Up: 8:00 am</b> <b>Start: 9:00 am</b>				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
61	12 & Under	200 Fly	Time Final	62
63	12 & Under	100 Breast	Time Final	64
65	12 & Under	50 Back	Time Final	66
67	12 & Under	100 Free	Time Final	68
69	12 & Under	200 Back	Time Final	70
71 (Mixed)	10 & Under	200 Medley Relay	Time Final	71 (Mixed)
73	11 - 12 yrs	200 Medley Relay	Time Final	74
75*	12 & Under	400 Free*	Time Final	76*

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

\* 400 Free, See [Entry Restrictions](#)

<b>SESSION #6 - SUNDAY AFTERNOON</b> <b>Warm Up: 2:00 pm</b> <b>Start: 3:00 pm</b>				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
81	13 & over	200 Fly	Time Final	82
83	13 & over	100 Breast	Time Final	84
85	13 & over	50 Back	Time Final	86
87	13 & over	100 Free	Time Final	88
89	13 & over	200 Back	Time Final	90
91	13 - 14 yrs	200 Medley Relay	Time Final	92
93	15 & over	200 Medley Relay	Time Final	94
95*	13 & over	400 Free*	Time Final	96*

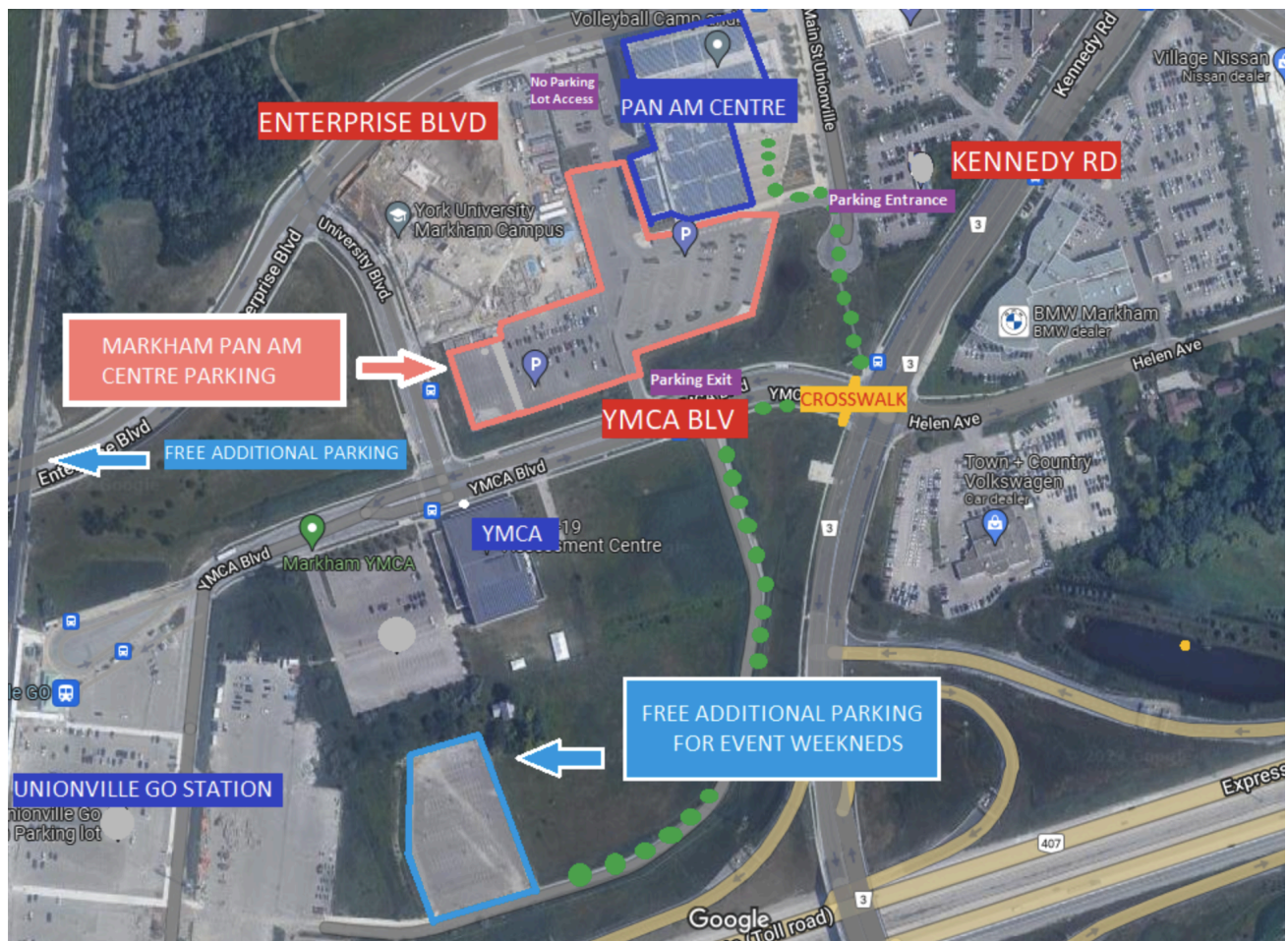
\*Positive check-in required 30 min. before the session start

\* 400 Free, See [Entry Restrictions](#)

# 2025 Mallards Winter LC Invitational

- 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.
- REFRESHMENTS:** 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.)

## PARKING MAP:



# 2025 Mallards Winter LC Invitational



## Mallards Winter LC Invitational 2025 January 23-26, 2025

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



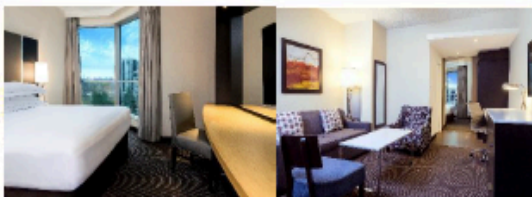
Rate starting from \$189.00

### Team Benefits

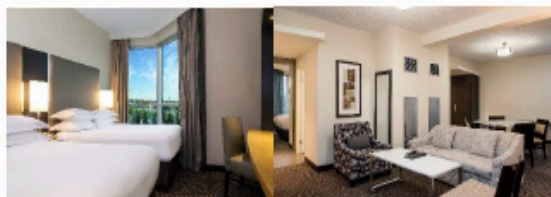
- Closest hotel in Markham Pan Am Centre
- Complimentary parking
- All suite hotel featuring spacious two room suites With separate bedroom and living room

### Reservations

- For 10 rooms or more reservations, call Kristine
- For 10 rooms or less, click [here](#) to book
- Discounted Hot Breakfast Buffet \$18.00 per person (Regular \$28.00 per person)



Standard Suite King Bedroom and Living Room



Standard Suite Double Bedroom and Living Room

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