

# MAC Spring Invitational Long Course

## May 4 – 7, 2023



# Markham Pan Am Pool

Revised as February 26, 2023

Revised as January 23, 2023

<b>DATE(s):</b>	May 4- 7 ,2023	<b>REGION:</b>	Central
<b>HOSTED BY:</b>	Markham Aquatic Club		
<b>LOCATION:</b>	Markham Pan Am Pool, 16 Main Street , Unionville , ON		
<b>FACILITY:</b>	10 lanes, 50 meters pool , Swiss Timing System		
<b>PURPOSE &amp; DESCRIPTION:</b>	<p>To provide racing opportunities            Invitational Age Group Meet - 12&amp; Under – SO Festival “ E “ Time Standard , Timed Finals            13&amp; Over – SO Age Group “E” Time Standard, Prelim &amp; Finals A &amp; B            - “D “Time Standard for Distance Events, Timed Finals &amp; Fastest Heat Final Swims</p> <p><b>The Markham Aquatic Club reserves the right to allow all of its swimmers to enter this meet regardless of the time standards.</b></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>	Lea Chen + Harry Shardlow + May Loo + Khatija Mohamed + <b>Lisa Chow</b>	Level:	5
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>		
<b>MEET MANAGER:</b>	Stanley Liu + Jia Li +Julie Wat + YY Wong	Email:	officials@markhamaquaticclub.com
<b>SAFETY AT COMPETITION:</b>	<p>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> &amp; <a href="#">Swimming Canada Event Photography</a> procedures will be in effect. For complete details click <a href="#">HERE</a>. Every club and its participants are responsible for ensuring all facility rules and requirements are followed.</p>		
<b>COMPETITION RULES:</b>	<b>Sanctioned by Swim Ontario.</b>		
	<p>All current Swimming Canada rules will be followed.</p> <p>All swimmers participating in provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click <a href="#">HERE</a> to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.</p> <p>Please note that <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> will be in effect.</p> <p>As per the Facility Rules for Dive Start, this competition will be conducted as follows:</p>		
	FINA FR 2.3 and SW 4.1, Swimming Canada CFR 2.3.1, CSW 4.1.1 & 4.1.2	<b>X</b>	Starting Platforms at
<b>ELIGIBILITY:</b>	All athletes must be registered as Competitive swimmers with Swimming Canada. 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 is an invitational meet. Participation of this meet is at the full discretion of the host club.		
	This event includes participants from the following clubs:		
	<b>X</b>	Preference will be given to the host club first.	
	<b>X</b>	This is an invitational meet. Participation of this meet is at the full discretion of the host club.	

	<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 type="checkbox"/>	Foreign competitors' entries will not be accepted
	<input checked="" type="checkbox"/>	<p>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 and as such participation at this meet is at the full discretion of the host club.</p> <p>Foreign competitors/teams are welcome, subject to the provisions below.</p> <p>All foreign competitors must be registered with an amateur swimming organization recognized by FINA. 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.</p> <p>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</p>
<b>AGE UP DATE:</b>	Ages submitted are to be as	May 4,2023
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is	760
	Each club is limited to the following number of swimmers	
	The maximum number of entries per swimmer is	<b>Thursday - 1 event Friday, Saturday and Sunday - 3 events + 1 relay per session</b>
<b>ENTRY SUBMISSIONS:</b>	Entries must be submitted through the Swimming Canada online entries system at <a href="http://www.swimming.ca">www.swimming.ca</a> . Meet Management will not accept entries directly via email. Entries must include all attending coaches. 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"/>	<b>Entries must be submitted using provable times or estimated entries times to allow proper seeding and not enter swimmers with "NT".</b>
	<input checked="" type="checkbox"/>	Qualifying standard for entry is: 12& Under – SO Festival " E " Time Standard 13& Over – SO Age Group "E" Time Standard - "D "Time Standard for Distance Events <b>The Markham Aquatic Club reserves the right to allow all of its swimmers to enter this meet regardless of the time standards.</b>
	<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is: NO
	<input checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.

<b>CONVERSION:</b>	X	<b>All entries are to be submitted in LCM times. Please use the HY-TEK Team Manager for conversions of SCM times to LCM times at 2% before submitting entries</b>			
<b>ENTRY DEADLINE:</b>	<b>April 14 ,2023</b>				
	Changes to entries will be accepted until			<b>April 20, 20223</b>	
<b>ENTRY FEE:</b>	<input type="checkbox"/>	No Fee			
	X	Individual Events	\$15 for below 200M events \$20 for 400M & above events	Relay Events	\$22
	<input type="checkbox"/>	Swimmer Fee			
	Payment Method:		<b>Please make cheque payable to Markham Aquatic Club or e transfer</b>		
<b>COACH'S REGISTRATION:</b>	Meet management will cross reference the list of coaches in attendance 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>SEEDING:</b>	X	Seeding will be in order of times entered, as converted pursuant to the conversion process as per meet package. Heats will be seeded slowest to fastest except in distance events and Relay events from fastest to slowest			
	X	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.			
<b>SWIM OFFS</b>	X	<b>All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials</b>			
<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>	X	<b>Scratches for Prelim / Heats are to be made at the clerk of course desk 30 minutes prior to the start of each session.</b>			
	X	There is a positive check in 30 minutes before the start of the session at the Clerk of Course for the following events	<b>Distance Events – 400/ 800/ 1500 and Relays</b>		
	X	A scratch deadline will apply for finals.			
	X	<b>30 minutes following the posting of results of last event of prelims sessions ( excluding time final events ) at Clerk of Course</b>			

<b>RELAYS</b>	Entry rules: Teams may move up no more than two swimmers from a younger category to fill a relay. Relay name submission deadline 30 minutes before the start of the session
<b>FINALS:</b>	<p>X</p> <p>There will be an “ A “ &amp; “ B “ final for all 100 m and 200m events There will be an “A” final for 50m events 400 Free , 400 IM , Relay events fastest heat swim at Finals</p> <p>The finals sessions will run <b>A</b> final followed by <b>B</b> final</p> <p><b>All ‘A &amp; B Finals’ swimmers + alternates are required to check in with the Clerk of Course at Marshalling area 10 minutes prior to each FINALS swim</b></p>

SCHEDULE OF SESSIONS:						
<u>Session #</u>	<u>Date</u>	<u>Warm-up period (i.e. 1:00pm-1:50pm)</u>	<u># of warm-ups</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	May 4, 2023 Thursday PM	4:00 PM – 4:40 PM 11 & Over	1	4:45PM	8:45PM	Time Final
2	May 5, 2023 Friday AM	7:00 AM – 8:10 AM 13 & Over	2	8:15AM	12:45 PM	Prelim
3	May 5, 2023 Friday PM	1:15 PM – 1:45PM 12 & Under	1	1:50 PM	5:00 PM	Time Final
4	May 5, 2023 Friday Evening	5:15 PM – 5:55 PM 13 & Over	1	6:00PM	8:00PM	Finals
5	May 6, 2023 Saturday AM	7:00 AM – 8:10 AM 13 & Over	2	8:15AM	12:45 PM	Prelim
6	May 6, 2023 Saturday PM	1:15 PM – 1:45PM 12 & Under	1	1:50 PM	5:00 PM	Time Final
7	May 6, 2023 Saturday Evening	5:15 PM – 5:55 PM 13 & Over	1	6:00 PM	8:00PM	Finals
8	May 7, 2023 Sunday AM	7:00 AM – 8:10 AM 13 & Over	2	8:15AM	12:45 PM	Prelim
9	May 7, 2023 Sunday PM	1:15 PM – 1:45PM 12 & Under	1	1:50PM	4:35 PM	Time Final
10	May 7, 2023 Sunday Evening	4:45 PM – 5:25 PM 13 & Over	1	5:30PM	7:45PM	Finals

Meet Management reserves the right to change warm-up session times and 2 warm-ups will be split by gender  
For Finals warm-up, only finalists will be permitted for warm up.

Diving lanes will be open for the last 10 minutes of warm up – one way swimming  
– West End Lane 0, 2, 4 and East End Lane 1, 3, 5;

Pace Lane will be assigned – West End Lane 6 & 8 and East End Lane 7 & 9

Back Stroke Ledge will be located at West End Lane 0 during warm up

<b>PENALTIES:</b>	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows	
	<input checked="" type="checkbox"/>	Failure to participate in an event with a scratch or checkin deadline will result in following penalty:	<b>Scratching from Finals after the final scratch deadline or failure to participate in an individual final event will result in a \$50 FINE for each offence (applies to initially named finalists and alternates swimming in the finals). All fines will be invoiced to the club by Markham Aquatic Club.</b>
<b>DECK ENTRIES:</b>	<input checked="" type="checkbox"/>	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.	
	<input checked="" type="checkbox"/>	Event Deck Entries are permitted for swimmers already entered in the competition.	
	<input checked="" type="checkbox"/>	Swimmer Deck Entries are permitted provided proof of registered status with valid Swimming Canada ID is provided to Meet Management.	
	<input checked="" type="checkbox"/>	Fee	<b>\$ \$25 payable in cash to Clerk of Course prior to the event</b>
<b>OFFICIAL SPLIT TIMES:</b>	<input type="checkbox"/>	Official Split requests are not permitted.	
	<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.	
<b>RECORDS:</b>	<input checked="" type="checkbox"/>	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.	
	<input type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and national records.	
<b>MEET RESULTS:</b>	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.	
	<input type="checkbox"/>	Results will be posted as quickly as possible at the meet.	
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.	

<b>SCORING:</b>	<input type="checkbox"/>	No Scoring	
	<input checked="" type="checkbox"/>	The following will be scored : Individual Events - 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8,7,6,5,4,3,2,1 Relay Events – 40,38,36,34,32,30,28,26,24,22,20,18,16,14, 12,10,8,6,4,2 Individual High Point for age group 13-14 and 15 & Over : 5,2,1	
<b>AWARDS:</b>	<input checked="" type="checkbox"/>	Medals from 1 <sup>st</sup> to 3 <sup>rd</sup> for age groups 10 & under, 11- 12, 13 - 14 and 15 & over Relay from 1 <sup>st</sup> to 3 <sup>rd</sup> for age groups 12 & U and 13 & Over Individual High Point Winner for age groups 13 - 14 and 15 & Over Team High Point Winner <b>Coaches please pick up awards prior to leaving – awards will NOT be mailed.</b>	
<b>HOSPITALITY</b>	<input checked="" type="checkbox"/>	<b>Grab and go bagged lunches will be provided to those coaches and officials working adjacent sessions</b>	
<b>OFFICIALS</b>	<input checked="" type="checkbox"/>	<b>If any registered officials from each attending club are interested in officiating, please send an email to <a href="mailto:officials@markhamaquaticclub.com">officials@markhamaquaticclub.com</a></b>	

<p><b>ADDITIONAL INFORMATION:</b></p>	<p>Onsite Parking is limited. Extra parking space will be available at Unionville GO Station.</p> <p>All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area.</p> <p>Lockers are available but limited; please bring your own lock.</p> <p><b>NO FOOD or DRINK ON DECK</b> except for water. There are 2 fill stations and fountains on the pool deck. Concession vendor is available at the Lobby.</p> <p><b>Nearby Amenities:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Restaurants</a></li> <li>• <a href="#">Grocery Stores</a> (T&amp;T and Whole Foods have readymade food)</li> <li>• <a href="#">Tim Hortons</a></li> </ul> <p><b>Recommended Accommodation:</b></p> <p>Hampton Inn &amp; Suites by Hilton Toronto Markham 52 Bodrington Court Markham ON L6G 0A9          Homewood Suites by Hilton Toronto Markham 50 Bodrington Court Markham ON L6G 0A9  <a href="http://www.markhamhamptoninnandsuites.com">www.markhamhamptoninnandsuites.com</a>  <a href="http://www.markham.homewoodsuites.com">www.markham.homewoodsuites.com</a></p> <p><b>Contact for reservations:</b></p> <ul style="list-style-type: none"> <li>➤ <b>READY TO BOOK: CLICK <a href="#">HERE</a> FOR ONLINE RESERVATION:</b>  <a href="https://secure3.hilton.com/en_US/hp/reservation/book.htm?ctyhocn=YYZMKHX&amp;corporateCode=0003150147&amp;from=lnrlink">https://secure3.hilton.com/en_US/hp/reservation/book.htm?ctyhocn=YYZMKHX&amp;corporateCode=0003150147&amp;from=lnrlink</a></li> <li>➤ <b>THROUGH PHONE CALL: 1-905-752-5600 or 1-905-477-4663</b> and must provide Corp ID # "000315047"</li> </ul>
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## SCHEDULE OF EVENTS:

### Session 1 – Thursday PM May 4, 2023

Warm up: 4:00 PM – 4:40 PM; Start: 4:45PM

#### Alternating Heats for Event 1 & 2

Girls	Events	Boys
1	Mixed 11 & Over 800 Free **	1
2	Mixed 13 & Over 1500 Free ##	2

Meet management reserves the right to limit heats or 2 swimmers per lane to keep session within time constraints

\*\* 800 Free Officials splits for 400 M and 1500 Free ## Officials splits for 800 M

- **No Diving lanes will be open during warm up**
- Last 15 minutes of warm up, Pace Lanes will be assigned - East End Lane 7 & 9, West End Lane 6 & 8
- Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events

**SCHEDULE OF EVENTS:**

Backstroke ledges will be available for use. Swimmers shall be responsible for setting the device

# 400 Free may limit to top 6 heats ~~or 2 swimmers per lane~~, fastest heat swims at Finals

\*400 IM may limit to top 6 heats to keep session within time constraints, fastest heat swims at Finals

## Meet Management reserves the right to limit heats to keep session to within time constraints

\*\* Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay to keep session within time constraints . Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events

**All 50 Events start at WEST END**

<b>Session # 2- May 5 ,2023</b> Friday AM -13 & Over – Prelim Warm Up: 7:00 AM – 8:10 AM Start : 8:15AM			<b>Session # 3 -May 5, 2023</b> Friday PM – 12 & Under – Timed Final Warm Up: 1:15 PM – 1:45PM Start : 1:50 PM			<b>Session # 4 - May 5, 2023</b> Friday Evening – 13 & Over - Finals Warm Up: 5:15 PM – 5:55 PM Start : 6:00PM		
Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
3	400 FREE # Fastest heat swims at Finals	GIRLS 13 & O	13	400 FREE #	GIRLS 12 & U	3	400 FREE Fastest heat swims at Finals	GIRLS 13 & O
4	400 FREE # Fastest heat swims at Finals	BOYS 13&O	14	400 FREE #	BOYS 12& U	4	400 FREE Fastest heat swims at Finals	BOYS 13 & O
5	200 IM	GIRLS 13&O	15	200 IM	GIRLS 12& U	5	200 IM (A & B Finals)	GIRLS 13 - 14 , 15 & O
6	200 IM	BOYS 13&O	16	200 IM	BOYS 12& U	6	200 IM (A & B Finals)	BOYS 13 - 14 , 15 & O
7	50 FREE	GIRLS 13&O	17	50 FREE	GIRLS 12& U	7	50 FREE (A & B Finals)	GIRLS 13 - 14 , 15 & O
8	50 FREE	BOYS 13&O	18	50 FREE	BOYS 12& U	8	50 FREE (A & B Finals)	BOYS 13 - 14 , 15 & O
9	100 BACK	GIRLS 13&O	19	100 BACK	GIRLS 12& U	9	100 BACK (A & B Finals)	GIRLS 13 - 14 , 15 & O
10	100 BACK	BOYS 13&O	20	100 BACK	BOYS 12& U	10	100 BACK (A & B Finals)	BOYS 13 - 14 , 15 & O
101 11	4 X 50 FREE RELAY** Fastest heat swims at Finals	GIRLS 13-14 15 & O	21	4 X 50 FREE RELAY **	GIRLS 12 & U	101 11	4 X 50 FREE RELAY** Fastest heat swims at Finals	GIRLS 13-14 15 & O
102 12	4 X 50 FREE RELAY** Fastest heat swims at Finals	Boys 13-14 15 & O	22	4 X 50 FREE RELAY **	Boys 12 & U	102 12	4 X 50 FREE RELAY** Fastest heat swims at Finals	Boys 13-14 15 & O



### SCHEDULE OF EVENTS:

Back stroke ledges will be available for use. Swimmers shall be responsible for setting the device

# 400 Free may limit to top 6 heats ~~or 2 swimmers per lane~~, fastest heat swims at Finals

\*400 IM may limit to top 6 heats to keep session within time constraints, fastest heat swims at Finals

## Meet Management reserves the right to limit heats to keep session to within time constraints

\*\* Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay to keep session within time constraints . Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events

All 50 Events start at WEST END

<b>Session #5 - May 6, 2023</b>			<b>Session #6- May 6, 2023</b>			<b>Session #7- May 6, 2023</b>		
Saturday AM -13 & Over – Prelim Warm Up: 7:00 AM – 8:10 AM Start : 8:15AM			Saturday PM–12 & Under–Timed Final Warm Up: 1:15 PM – 1:45PM Start : 1:50 PM			Saturday Evening – 13 & Over – Finals Warm Up: 5:15 PM – 5:55 PM Start : 6:00PM		
Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
23	400 IM * Fastest heat swims at Finals	GIRLS 13 & O	35	400 IM *	GIRLS 12 & U	23	400 IM Fastest heat swims at Finals	GIRLS 13 & O
24	400 IM * Fastest heat swims at Finals	BOYS 13&O	36	400 IM *	BOYS 12& U	24	400 IM Fastest heat swims at Finals	BOYS 13 & O
25	50 BACK	GIRLS 13&O	37	50 BACK	GIRLS 12 & U	25	50 BACK ( A Finals )	GIRLS 13 – 14 15 & O
26	50 BACK	BOYS 13&O	38	50 BACK	BOYS 12 & U	26	50 BACK (A Finals)	BOYS 13 – 14, 15 & O
27	100 BUTTERFLY	GIRLS 13&O	39	100 BUTTERFLY	GIRLS 12& U	27	100 BUTTERFLY ( A & B Finals)	GIRLS 13 - 14 , 15 & O
28	100 BUTTERFLY	BOYS 13&O	40	100 BUTTERFLY	BOYS 12& U	28	100 BUTTERFLY ( A & B Finals)	BOYS 13 - 14 , 15 & O
29	200 FREE ##	GIRLS 13&O	41	200 FREE ##	GIRLS 12& U	29	200 FREE ( A & B Finals)	GIRLS 13 - 14 , 15 & O
30	200 FREE ##	BOYS 13&O	42	200 FREE ##	BOYS 12& U	30	200 FREE ( A & B Finals)	BOYS 13 - 14 , 15 & O
31	100 BREAST	GIRLS 13&O	43	100 BREAST	GIRLS 12& U	31	100 BREAST ( A & B Finals)	GIRLS 13 - 14 15 & O
32	100 BREAST	BOYS 13&O	44	100 BREAST	BOYS 12& U	32	100 BREAST ( A & B Finals)	BOYS 13 - 14 , 15 & O
<b>103</b> 33	4 X 50 MEDLEY RELAY** Fastest heat swims at Finals	GIRLS 13 -14 15 & O	45	4 X 50 MEDLEY RELAY **	GIRLS 12 & U	<b>103</b> 33	4 X 50 MEDLEY RELAY** Fastest heat swims at Finals	GIRLS 13-14 15 & O
<b>104</b> 34	4 x 50 MEDLEY RELAY** Fastest heat swims at Finals	BOYS 13-14 15 & O	46	4 x 50 MEDLEY RELAY **	BOYS 12 & U	<b>104</b> 34	4 X 50 MEDLEY RELAY** Fastest heat swims at Finals	BOYS 13 -14 15 & O

**## On Sunday swimmers are limited to two 200M events per session and Meet Management reserves the right to limit heats to keep session within time constraints. ALL 50 Events start at WEST END**

Session #8 - May 7 - 2023 Sunday AM -13 & Over – Prelim Warm Up: 7:00 AM – 8:10 AM Start : 8:15AM			Session # 9 -May 7 , 2023 Sunday PM – 12 & Under- Timed Final Warm Up: 1:00 PM – 1:35PM Start : 1:40 PM			Session # 10 – May 7, 2023 Sunday Evening – 13 & Over – Finals Warm Up: 5:30 PM – 6:10 PM Start : 6:15PM		
Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
47	200 BACK ##	GIRLS 13 & O	61	200 BACK ##	GIRLS 12 & U	47	200 BACK (A & B Finals)	GIRLS 13 - 14 , 15 & O
48	200 BACK ##	BOYS 13&O	62	200 BACK ##	BOYS 12& U	48	200 BACK (A & B Finals)	BOYS 13 - 14 , 15 & O
49	50 BUTTERFLY	GIRLS 13&O	63	50 BUTTERFLY	GIRLS 12 & U	49	50 BUTTERFLY (A Finals)	GIRLS 13 - 14 , 15 & O
50	50 BUTTERFLY	BOYS 13&O	64	50 BUTTERFLY	BOYS 12& U	50	50 BUTTERFLY (A Finals)	BOYS 13 - 14 , 15 & O
51	200 BREAST ##	GIRLS 13&O	65	200 BREAST ##	GIRLS 12& U	51	200 BREAST (A & B Finals)	GIRLS 13 - 14 , 15 & O
52	200 BREAST ##	BOYS 13&O	66	200 BREAST ##	BOYS 12& U	52	200 BREAST (A & B Finals)	BOYS 13 - 14 , 15 & O
53	100 FREE	GIRLS 13&O	67	100 FREE	GIRLS 12& U	53	100 FREE (A & B Finals)	GIRLS 13 - 14 15 & O
54	100 FREE	BOYS 13&O	68	100 FREE	BOYS 12& U	54	100 FREE (A & B Finals)	BOYS 13 - 14 , 15 & O
55	50 BREAST	GIRLS 13&O	69	50 BREAST	GIRLS 12 & U	55	50 BREAST (A Finals)	GIRLS 13 - 14 , 15 & O
56	50 BREAST	BOYS 13&O	70	50 BREAST	BOYS 12& U	56	50 BREAST (A Finals)	BOYS 13 - 14 , 15 & O
57	200 BUTTERFLY ##	GIRLS 13&O	71	200 BUTTERFLY ##	GIRLS 12& U	57	200 BUTTERFLY (A & B Finals)	GIRLS 13 - 14 , 15 & O
58	200 BUTTERFLY ##	BOYS 13&O	72	200 BUTTERFLY ##	BOYS 12& U	58	200 BUTTERFLY (A & B Finals)	BOYS 13 - 14 , 15 & O
<b>105</b> 59	4 X 100 FREE RELAY ** Fastest heat swims at Finals	GIRLS 13-14 15 & O	73	4 X 100 FREE RELAY **	GIRLS 12 & U	<b>105</b> 59	4 X 100 FREE RELAY ** Fastest heat swims at Finals	GIRLS 13 - 14 15 & O
<b>106</b> 60	4 X 100 FREE RELAY ** Fastest heat swims at Finals	BOYS 13-14 15 & O	74	4 X 100 FREE RELAY **	BOYS 12 & U	<b>106</b> 60	4 X 100 FREE RELAY ** Fastest heat swims at Finals	BOYS 13 - 14 15 & O

### APPENDIX A – QUALIFYING STANDARDS

13 & Over – Qualifying times are Swim Ontario Age Group “E” Time Standard, Prelim/Finals A & B

13 & Over – “D” Times Standard for Distance Events, Timed Finals, fastest heat swims at Finals

12 & Under – Qualifying Times are Swim Ontario Festival “E” Time Standard, All events are Timed Finals

12 & Under – “E” Times Standard for Distance Events, Timed Finals

#### SWIM ONTARIO FESTIVAL “E” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
10 Years	11 Years	12 Years			10 Years	11 Years	12 Years
41.59	38.58	36.77	Free	50	42.19	38.89	35.93
1:32.23	1:24.40	1:19.57		100	1:34.04	1:25.60	1:18.97
3:23.18	3:04.46	2:53.62		200	3:29.30	3:08.08	2:52.40
7:05.59	6:36.58	6:10.87		400	7:16.44	6:43.92	6:12.10
	13:32.60	12:33.53		800		14:09.97	12:43.18
1:45.49	1:37.06	1:31.02	Back	100	1:48.50	1:38.25	1:32.23
3:47.87	3:27.37	3:15.31		200	3:58.72	3:32.20	3:15.91
1:59.36	1:52.13	1:45.49	Breast	100	2:04.18	1:54.54	1:44.89
	3:59.93	3:45.46		200		4:10.78	3:45.46
1:51.52	1:40.67	1:33.43	Butterfly	100	1:56.95	1:43.68	1:32.83
	3:51.48	3:32.20		200		4:19.21	3:35.81
3:51.34	3:31.75	3:19.51	IM	200	3:55.01	3:34.20	3:19.51
	7:26.09	6:59.83		400		7:56.23	7:08.40

50M Fly/Back/Breast are qualified for by 100M Fly/Back/Breast

#### SWIM ONTARIO AGE GROUP “E” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
13 Years	14 Years	15 & Over			13 Years	14 Years	15 & Over
35.03	34.40	33.90	Free	50	33.23	32.24	31.66
1:15.85	1:14.23	1:13.42		100	1:12.73	1:10.24	1:08.58
2:44.76	2:41.15	2:40.68		200	2:39.29	2:34.45	2:29.44
1:25.61	1:24.14	1:22.93	Back	100	1:22.93	1:20.66	1:18.56
3:04.76	3:00.07	2:58.08		200	2:59.22	2:54.76	2:50.70
1:38.09	1:36.91	1:36.17	Breast	100	1:35.23	1:31.74	1:30.72
3:31.30	3:28.66	3:28.03		200	3:25.58	3:20.03	3:17.18
1:25.38	1:24.05	1:22.76	Butterfly	100	1:22.91	1:19.45	1:16.98
3:13.92	3:10.50	3:09.02		200	3:07.04	3:03.35	2:58.38
3:08.92	3:03.68	3:01.79	IM	200	3:01.80	2:55.24	2:50.78

50M Fly/Back/Breast are qualified for by 100M Fly/Back/Breast

#### SWIM ONTARIO AGE GROUP “D” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
13 Years	14 Years	15 & Over			13 Years	14 Years	15 & Over
5:35.80	5:26.93	5:25.11	Free	400	5:26.72	5:16.54	5:07.88
11:33.68	11:23.48	11:16.89		800	11:22.24	11:04.30	10:44.75
22:09.51	21:49.96	21:35.15		1500	21:56.05	21:13.56	20:36.09
6:22.55	6:19.29	6:08.74	IM	400	6:10.87	6:01.08	5:55.40