

# MAC Rising Stars Invitational Long Course

**May 27 – 28, 2023**



**Markham Pan Am Pool**

<b>DATE(s):</b>	May 27- 28, 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>	To provide racing opportunities Invitational Age Group Meet – 11 & Under and 12 & Over. NO qualifying standards. All events are Timed Finals		
<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>	May Loo +Lea Chen + Khatija Mohamed + Harry Shardlow	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 + YY Wong	Email:	officials@markhamaquaticclub.com
<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> & <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.		
<b>COMPETITION RULES:</b>	<b>Sanctioned by Swim Ontario.</b>		
	All current Swimming Canada rules will be followed. All swimmers participating in a 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. Please note that <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> will be in effect. As per the Facility Rules for Dive Starts, this competition will be conducted as follows		
	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 both ends
<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:		
	X	Preference will be given to the host club first.	
	X	This is an invitational meet. Participation of this meet is at the full discretion of the host club.	
	X	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>	<b>X</b>	<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 27,2023	
<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>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.		
	Entries must include all attending coaches.		
	<b>X</b>	NT entries are not permitted	
	<b>X</b>	<b>Entries must be submitted using provable times or estimated entries times to allow proper seeding and not enter swimmers with "NT".</b>	
	<b>X</b>	Qualifying standard for entry is:	NO
	<b>X</b>	Qualifying period for entry to the meet is:	NO
<b>CONVERSION:</b>	<b>X</b>	Entry times can be converted. <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>May 10 , 2023</b>		
	Changes to entries will be accepted until	<b>May 15, 2023.</b>	

<b>ENTRY FEE:</b>	<input type="checkbox"/>	No Fee			
	<input checked="" type="checkbox"/>	Individual Events	\$15 for below 200m events \$20 for 400 , 800 & 1500 events	Relay Events	\$22
	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>	<input checked="" type="checkbox"/>	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 from fastest to slowest			
	<input type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.			

<b>SCHEDULE OF SESSIONS:</b>						
<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 27, 2023 Saturday AM	7:00 AM – 8:10 AM <b>Age 12 &amp; Over</b>	2	8:15AM	12:45PM	Time Final
		15 minutes Break for 800 Free		12:00PM		
2	May 27, 2023 Saturday PM	1:15 PM – 2:15PM <b>Age 11 &amp; Under</b>	2	2:20PM	6:50PM	Time Final
3	May 28, 2023 Sunday AM	7:00 AM – 8:10 AM <b>Age 12 &amp; Over</b>	2	8:15AM	12:45PM	Time Final
		15 minutes Break for 1500 Free		12:00PM		
4	May 28, 2023 Sunday PM	1:15 PM – 2:15PM <b>Age 11 &amp; Under</b>	2	2:20PM	6:50PM	Time Final

Meet Management reserves the right to change warm – up session times and **2 warm –ups will be split by gender**

Diving lanes will be open for last 10 minutes of warm up – one way swimming

West End Lane 0, 2, 4 and East End 1, 3, 5

Pace Lane – 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>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 clerk of course desk 30 minutes prior to the start of each session.		
	<input checked="" type="checkbox"/>	There is a positive check in 30 minutes before the start of the session at the Clerk of Course for the following events: <table border="1" data-bbox="943 707 1537 848" style="margin-left: 20px;"> <tr> <td><b>Distance Events – 400/ 800/ 1500 and Relays</b></td> </tr> </table>	<b>Distance Events – 400/ 800/ 1500 and Relays</b>	
<b>Distance Events – 400/ 800/ 1500 and Relays</b>				
<b>RELAYS</b>	<b>Entry rules:</b> Teams may move up no more than two swimmers from a younger category to fill a relay. <b>Relay name submission deadline 30 minutes before the start of the session</b>			
<b>MIXED-RELAYS</b>	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.			
<b>PENALTIES:</b>	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows		
<b>DECK ENTRIES:</b>	<input type="checkbox"/>	No Deck Entries are permitted		
	<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"/>	<table border="1" data-bbox="597 1402 1537 1444" style="margin-left: 20px;"> <tr> <td>Fee</td> <td><b>\$25 payable in cash to Clerk of Course prior to the event</b></td> </tr> </table>	Fee	<b>\$25 payable in cash to Clerk of Course prior to the event</b>
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<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>	
	X	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.
	X	Live Results / Meet Mobile are available.

<b>SCORING:</b>	X	No Scoring
<b>AWARDS:</b>	X	The following will be awarded: <b>Individuals events – Medals from 1<sup>st</sup> to 3<sup>rd</sup> place for age groups 9 &amp; Under, 10 -11, 12-13 and 14 &amp; Over</b> <b>Relays events – Medals from 1st to 3<sup>rd</sup> place for 11 &amp; U and 12 &amp; Over</b> <b>Coaches please pick up awards prior to leaving – awards will NOT be mailed</b>
<b>HOSPITALITY</b>	X	<b>Grab and go bagged lunches will be provided to those coaches and officials working adjacent sessions</b>
<b>OFFICIALS</b>	X	<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>

<b>ADDITIONAL INFORMATION:</b>	<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 and must provide Corp ID # “000315047”</b></li> </ul>
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## 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

\*400 IM may limit to top 4 heats to keep session within time constraints

\*\* 800 / 1500 Free are limit to top 6 heats or 2 swimmers per lane

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

+ Swimmers are limit to one (1) – 200M event per session

Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events

All 50 Events start at WEST END

### Session 1 – Saturday Morning May 27, 2023

Warm UP: 7:00 AM – 8:10 AM Start : 8:15AM

GIRLS 12 & Over	EVENTS	BOYS 12 & Over
101	Mixed 4 X 50 Free Relay ## ( 2 Girls and 2 Boys)	101
1	200 Freestyle +	2
3	50 Freestyle	4
5	100 Backstroke	6
7	200 Breaststroke +	8
9	50 Breaststroke	10
11	100 Butterfly	12
13	Mixed 400 IM *	13
	Break for 15 Minutes	
Girls 11 & Over	Event	BOYS 11 & Over
15	Mixed 11 & Over – 800 Freestyle ** Limit to top 60 swimmers	15

### Session 2 – Saturday Afternoon May 27, 2023

Warm UP: 1:15 PM – 2:15PM Start : 2:20PM

GIRLS 11 & Under	EVENTS	BOYS 11 & Under
15 ( session 1)	Mixed 11 & Over – 800 Freestyle ** Limit to top 60 swimmers Swim at the last event of morning session 1	15 ( session 1)
102	Mixed 4 X 50 Free Relay ## ( 2 Girls and 2 Boys)	102
17	200 Freestyle +	18
19	50 Freestyle	20
21	100 Backstroke	22
23	200 Breaststroke +	24
25	50 Breaststroke	26
27	100 Butterfly	28
29	Mixed 400 IM*	29

## SCHEDULE OF EVENTS

### Session 3 – Sunday Morning May 28, 2023

Warm UP: 7:00 AM – 8:10 AM Start : 8:15AM

GIRLS 12 & Over	EVENTS	BOYS 12 & Over
103	Mixed 4 X 50 Medley Relay ## ( 2 Girls and 2 Boys)	103
31	200 Butterfly+	32
33	50 Butterfly	34
35	100 Freestyle	36
37	200 Backstroke +	38
39	50 Backstroke	40
41	100 Breaststroke	42
43	200 IM +	44
45	Mixed 400 Freestyle*	45
	Break for 15 Minutes	
Girls 11 & Over	Event	BOYS 11 & Over
47	Mixed 11 & Over – 1500 Freestyle ** Limit to top 60 swimmers	47

### Session 4 – Sunday Afternoon May 28, 2023

Warm UP: 1:15 PM – 2:15PM Start : 2:20PM

GIRLS 11 & Under	EVENTS	BOYS 11 & Under
47	Mixed 11 & Over – 1500 Freestyle ** Limit to top 60 swimmers Swim at the last event of morning session 3	47
104	Mixed 4 X 50 Medley Relay ## ( 2 Girls and 2 Boys)	104
49	200 Butterfly +	50
51	50 Butterfly	52
53	100 Freestyle	54
55	200 Backstroke +	56
57	50 Backstroke	58
59	100 Breaststroke	60
61	200 IM +	62
63	Mixed 400 Freestyle*	63