

DATE(s):	March 3-5, 2023	REGION:	Central
HOSTED BY:	Newmarket Stingrays Swim Club		
LOCATION:	Magna Centre Pool, 800 Mulock Drive, Newmarket, ON, L3Y 9C1		
FACILITY:	8 Lane 25m pool with electronic timing		
PURPOSE & DESCRIPTION:	<p>All 12 & under events and all relays will be Timed Finals.</p> <p>All 13 & over events will have Prelims and "A & B" Finals, except for distance events 400M and longer, which will be timed finals. "B" finals will only be run if there are 16 or more competitors in the prelim.</p> <p>Each event at Finals will have a 13-14 year old Final, and a 15 & Over final.</p> <p>Any swim offs that are required will be scheduled by Meet Management during the preliminary session.</p>		
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca		
COMPETITION COORDINATOR:	Brian Wilson	Level:	4
	Rick Bremner		4
Don Maclean	5		
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted		<input type="checkbox"/>
MEET MANAGER:	Alice Cheung Irene Okeke Shelagh Greenwood	Email:	stingrays.meetmanager@gmail.com
SAFETY AT COMPETITION:	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 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.		
COMPETITION RULES:	Sanctioned by Swim Ontario.		
	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 HERE to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.		
	Please note that Swimming Canada Competition Warm-Up Safety Procedures 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	<input checked="" type="checkbox"/>	Starting Platforms at	Deep End
	<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at	
ELIGIBILITY:	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:	Open Invitational
	<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.
	<input type="checkbox"/>	Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition
FOREIGN COMPETITORS:	<input type="checkbox"/>	Foreign competitors' entries will not be accepted
	<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 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. 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:	Ages submitted are to be as	March 3, 2023
ENTRY LIMITS:	The maximum number of participants per session is	260
	Each club is limited to the following number of swimmers	
	The maximum number of entries per swimmer is	Session #1 : 1 entry per swimmer Session #2,3,5 &6 : 3 entries per swimmer per session
ENTRY SUBMISSIONS:	Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca . Meet Management will not accept entries via email. 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.	
	<input checked="" type="checkbox"/>	NT entries are not permitted
	<input 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 type="checkbox"/>	Qualifying standard for entry is:			
	<input type="checkbox"/>	Qualifying period for entry to the meet is:			
	<input type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.			
CONVERSION:	<input type="checkbox"/>	Entry times can be converted.			
	<input checked="" type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.			
	<input type="checkbox"/>	Times will be converted by the host			
	<input type="checkbox"/>	Times will not be converted			
ENTRY DEADLINE:	Feb 17, 2023				
	Changes to entries will be accepted until			Feb 23, 2023	
ENTRY FEE:	<input type="checkbox"/>	No Fee			
	<input checked="" type="checkbox"/>	Individual Events	\$13 for events under 400m \$15 for 400m events \$17 for 800/ 1500 -m events	Relay Events	No Relay
	<input checked="" type="checkbox"/>	Swimmer Fee	\$5 - digital heat sheets will be provided.		
	Payment Method:		via cheque, payable to Newmarket Stingrays Swim Club, to be delivered to Meet Manager prior to start of club's first session or, etransfer to Treasurer Marta Klakov: MKlakov@welchllp.com		
COACH'S 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.				
SEEDING:	<input type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package, followed by swimmers entered with NT (no times).			
	<input checked="" type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.			
	<input checked="" type="checkbox"/>	Seeding will be in the following order: All events will be seeded slowest to fastest with the exception of events 400M or longer which will be seeded fastest to slowest.			

SCHEDULE OF SESSIONS

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1 - Friday Distance 11 & Over	Mar 3	3:45 pm - 4:25 pm (400FR only) 6:25 pm - 6:45 pm (800FR only)	4:30 pm	8:25 pm	Timed Finals
2- Saturday 13 & Over	Mar 4	7:00 am - 7:40 am 7:40 am - 8:20 am	8:25 am	11:50 am	Prelims
3 - Saturday 12 & Under	Mar 4	11:55 am - 12:35 pm 12:35 pm - 1:15 pm	1:20 pm	5:30 pm	Time Finals
4 - Saturday 13 & Over	Mar 4	5:40 pm - 6:30 pm	6:35 pm	8:00 pm	Finals
5 - Sunday 13 & Over	Mar 5	7:00 am - 7:40 am 7:40 am - 8:20 am	8:25 am	11:45 am	Prelims
6 - Sunday 12 & Under	Mar 5	11:55 am - 12:35 pm 12:35 pm - 1:15 pm	1:20 pm	5:30 pm	Time Finals
7 - Sunday 13 & Over	Mar 5	5:40 pm - 6:30 pm	6:35 pm	8:25 pm	Finals

MIXED-GENDER:	<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. In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p>	
CHECKIN AND SCRATCHES:	<input type="checkbox"/>	There will be no scratch deadline for the following:
	<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 type="checkbox"/>	All swimmers are required to check in with the Clerk of Course 30 minutes prior to 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:	800m & 1500m There will be a positive check-in for all finalists and alternates during the warm up for "A&B" finals
	<input checked="" type="checkbox"/>	A scratch deadline will apply for finals.	
	<input type="checkbox"/>	30 minutes following the posting of results of last event of prelims sessions	
	<input checked="" type="checkbox"/>	30 minutes following the posting of results of respective event	
PENALTIES:	<input 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 results in following penalty:	\$20 – payable to Newmarket Stingrays Swim Club (only applicable to initially named finalists and alternates)
DECK ENTRIES:	<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).	
	<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	\$ 20
OFFICIAL SPLIT TIMES:	<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 prior to the commencement of the session (or event) in question.	
RECORDS:	<input type="checkbox"/>	Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.	
	<input checked="" type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and national records.	
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca		
	<input checked="" type="checkbox"/>	The meet program will be run on Hy-Tek Meet Manager.	
	<input checked="" type="checkbox"/>	Results will be posted as quickly as possible at the meet.	
	<input checked="" type="checkbox"/>	Live Results http://results.teamunify.com/cannssc/ Meet Mobile are available.	

SCORING:	<input checked="" type="checkbox"/>	No Scoring
	<input type="checkbox"/>	The following will be scoring:
AWARDS:	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p>Medals: 1-2-3 & Ribbons: 4 to 8</p> <p>Girls: 9 & under 10, 11, 12, 13/14, 15 & Over</p> <p>Boys: 9 & under 10, 11, 12, 13/14, 15 & Over</p> <p>Coaches are asked to pick up awards for their teams from the meet management office prior to leaving at the end of the meet. Awards will not be mailed.</p>
ADDITIONAL INFORMATION:	<p>Split warm-up schedule:</p> <p>Session 2: 1st - NEW, OTTER, STARS, WSSC / 2nd - TSC, VEW, RHAC, BBST, TORCH</p> <p>Session 3: 1st - NEW, TSC, VEW / 2nd - RHAC, TORCH, WSSC, BBST, STARS</p> <p>Session 5: 1st - NEW, TSC, BBST / 2nd - OTTER, RHAC, STARS, WSSC, TORCH, VEW</p> <p>Session 6: 1st - NEW, TORCH, BBST, VEW / 2nd - RHAC, TSC, WSSC, STARS</p>	

SCHEDULE OF EVENTS:

Session 1 - 11 & Over (Timed Finals) Friday, March 3, 2023 Warm-up: 3:45 PM -- Start: 4:30 PM		
Women		Men
1	11 & Over 400 Freestyle	1
2	11 & Over 800 Freestyle	2
3	11 & Over 1500 Freestyle	3

*Event 3 11 & Over 1500 Freestyle Canceled

Session 2 - 13 & Over (Prelims) Saturday, March 4, 2023 Warm-up: 7:00 AM -- Start: 8:25 AM		
Women		Men
4	13 & Over 200 Freestyle	5
6	13 & Over 100 Backstroke	7
8	13 & Over 50 Breaststroke	9
10	13 & Over 100 Butterfly	11
12	13 & Over 200 Breaststroke	13
14	13 & Over 50 Freestyle	15
16	13 & Over 400 IM*	16

*400 IM is Timed Final

Session 3 - 12 & Under (Timed Finals) Saturday, March 4, 2023 Warm-up: 11:55 AM -- Start: 1:20 PM		
Women		Men
17	12 & Under 200 Freestyle	18
19	12 & Under 100 Backstroke	20
21	12 & Under 50 Breaststroke	22
23	12 & Under 100 Butterfly	24
25	11 & Over 200 Breaststroke	26
27	12 & Under 50 Freestyle	28
29	10 & U 100 IM	30
31	11 & O 400 IM	31

Session 4 - 13 & O (Finals) Saturday, March 4, 2023 Warm-up: 5:40 PM -- Start: 6:35 PM		
Women		Men
4	13 & Over 200 Freestyle	5
6	13 & Over 100 Backstroke	7
8	13 & Over 50 Breaststroke	9
10	13 & Over 100 Butterfly	11
12	13 & Over 200 Breaststroke	13
14	13 & Over 50 Freestyle	15

Session 5 - 13 & Over (Prelims) Sunday, March 5, 2023 Warm-up: 7:00 AM -- Start: 8:25 AM		
Women		Men
32	13 & O 200 Backstroke	33
34	13 & O 100 Freestyle	35
36	13 & O 50 Butterfly	37
38	13 & O 100 Breaststroke	39
40	13 & O 200 Butterfly	41
42	13 & O 50 Backstroke	43
44	13 & O 200 IM	45

Session 6 - 12 & Under (Timed Finals) Sunday, March 5, 2023 Warm-up: 11:55 AM -- Start: 1:20 PM		
Women		Men
46	11 & O 200 Backstroke	47
48	12 & U 100 Freestyle	49
50	12 & U 50 Butterfly	51
52	12 & U 100 Breaststroke	53
54	11 & O 200 Butterfly	55
56	12 & U 50 Backstroke	57
58	12 & U 200 IM	59

Session 7 - 13 & O (Finals) Sunday, March 5, 2023 Warm-up: 5:40 PM -- Start: 6:35 PM		
Women		Men
32	13 & O 200 Backstroke	33
34	13 & O 100 Freestyle	35
36	13 & O 50 Butterfly	37
38	13 & O 100 Breaststroke	39
40	13 & O 200 Butterfly	41
42	13 & O 50 Backstroke	43
44	13 & O 200 IM	45