

GMAC MARCH LC INVITATIONAL

APPROVED

By Swim Ontario at 3:02 pm, Jan 24, 2023

DATE(s):	March 23-26 2023	REGION:	Western
HOSTED BY:	GMAC		
LOCATION:	Victoria Rd Recreation Centre, Guelph, Ontario		
FACILITY:	Victor Davis Memorial Pool		
PURPOSE & DESCRIPTION:	Competition		
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:	Mary Gerrard	Level:	4
MEET MANAGER:	Dawn Larson	Email:	dlarson@uoguelph.ca
SAFETY COORDINATOR:	Dawn Larson	Email:	dlarson@uoguelph.ca
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:	<p>Sanctioned as Open Invitational by Swim Ontario.</p> <p>All current Swimming Canada rules will be followed.</p> <p>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.</p> <p>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: rules FINA FR 2.3 and SW 4.1, Swimming Canada CFR 2.3.1, CSW 4.1.1 & 4.1.2 with starting platforms at the bulkhead.</p>		
ELIGIBILITY:	<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 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 is open to all clubs.</p> <p>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.</p> <p>Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition.</p>		
FOREIGN COMPETITORS:	<p>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.</p>		

GMAC MARCH LC INVITATIONAL

AGE UP DATE:	Ages submitted are to be as	March 23, 2023
ENTRY LIMITS:	The maximum number of participants per session is	200
	Each club is limited to the following number of swimmers	80
	The maximum number of entries per swimmer is 1 for session 1 and 3 for all other sessions	Session limits 4 hrs
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.	
	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.	
CONVERSION:	<input checked="" type="checkbox"/>	Entry times can be converted.
ENTRY DEADLINE:	February 20, 2023	
	Minor (less than 10%) changes to entries will be accepted until	March 6, 2023
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events \$15; Swimmer Fee \$2
	<input checked="" type="checkbox"/>	Payment Method: Cheques made payable to Guelph Marlin Aquatic Club or e-transfer to gmacswimclub@gmail.com using the password swimming
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 checked="" 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). 800 and 1500 events seeded fast to slow.

SCHEDULE OF SESSIONS:

Session #	Date	Warm-up period (i.e. 1:00pm-1:50pm)	# of warm-ups	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Mar 23	3:45-4:30pm	1	4:35pm	8:35pm	Time Finals
2	Mar 24	7:00-7:50am	1	8:00am	12:00pm	Heats
3	Mar 24	12:00-12:50pm	1	1:00pm	5:00pm	Time Finals
4	Mar 24	5:00-5:55pm	1	6:00pm	7:30pm	Finals
5	Mar 25	7:00-7:50am	1	8:00am	12:00pm	Heats
6	Mar 25	12:00-12:50pm	1	1:00pm	5:00pm	Time Finals
7	Mar 25	5:00-5:55pm	1	6:00pm	7:30pm	Finals
8	Mar 26	7:00-7:50am	1	8:00am	12:00pm	Time Finals
9	Mar 26	12:00-12:40pm	1	12:45pm	4:30pm	Time Finals

SCHEDULE OF EVENTS:

Session # 1: 11 and over – Time Finals Maximum one event (800 or 1500 Free)

800 and 1500 Free will be seeded fastest to slowest. Heats may be doubled.

Heats of 400IM and/or 400 Free will be added to session #1 if other sessions are over-subscribed.

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
1	800	mixed	2	1500	mixed			

Session #2: 13 and over Prelims, except for 400 IM which is a time final. Maximum 3 events

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
3	50 Free	Female	7	100 Fly	Female	11	400 IM	Female
4	50 Free	Male	8	100 Fly	Male	12	400 IM	Male
5	200 Back	Female	9	200 Free	Female			
6	200 Back	Male	10	200 Free	Male			

Session #3: 12 and under Time Finals Maximum 3 events.

If session is over-time, there will be an additional created with a 15 minute warm-up before starting the 400 Free or

heats of 400 Free will be moved to sessions #1, #6 or #9

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
15	50 Free	Female	19	200 Fly	Female	23	400 Free	Female
16	50 Free	Male	20	200 Fly	Male	24	400 Free	Male
17	200 Back	Female	21	100 Breast	Female			
18	200 Back	Male	22	100 Breast	Male			

Session # 4 Finals Same Order as session #2

Finals for 13-14, 15 and over for Female and Male

A and B finals for 50 and 100 distance events, A finals for 200 distance events

Session # 5: 13 and over – Prelims, except for 400 Free which is a time final. Maximum 3 events. If session is over-time, fastest heats of the 400 Free will be moved to session 7.

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
25	50 Back	Female	29	200 Fly	Female	33	400 Free	Female
26	50 Back	Male	30	200 Fly	Male	34	400 Free	Male
27	100 Breast	Female	31	100 Back	Female			
28	100 Breast	Male	32	100 Back	Male			

Session #6: 12 and under - Time Finals Maximum 3 events

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
35	50 Fly	Female	39	200 Breast	Female	43	400 IM	Female
36	50 Fly	Male	40	200 Breast	Male	44	400 IM	Male
37	100 Free	Female	41	100 Back	Female			
38	100 Free	Male	42	100 Back	Male			

Session # 7 Time Finals Same Order as session #5
Finals for 13-14, 15 and over for Female and Male
A and B finals for 50 and 100 distance events, A finals for 200 distance events

Session #8: 13 and over - Time Finals Maximum 3 events.

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
47	50 Fly	Female	51	100 Free	Female	55	50 Breast	Female
48	50 Fly	Male	52	100 Free	Male	56	50 Breast	Male
49	200 Breast	Female	53	200 IM	Female			
50	200 Breast	Male	54	200 IM	Male			

Session #9: 12 and under - Time Finals Maximum 3 events.

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
57	50 Back	Female	61	100 Fly	Female	65	50 Breast	Female
58	50 Back	Male	62	100 Fly	Male	66	50 Breast	Male
59	200 IM	Female	63	200 Free	Female			
60	200 IM	Male	64	200 Free	Male			

CHECKIN AND SCRATCHES:	<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"/>	Scratches for finals must be made 30 minutes following the posting of results of last event of prelims sessions
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches.
DECK ENTRIES:	<input checked="" type="checkbox"/>	Deck Entries are permitted for swimmers already entered in the competition. Deck Entries are Exhibition Only and not eligible for scoring or awards. Deck entries will be accepted for empty lanes only (no new heats will be created). Fee: \$15
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.
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)

GMAC MARCH LC INVITATIONAL

	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.	
RECORDS:	<input checked="" 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.
SCORING:	<input checked="" type="checkbox"/>	No Scoring
	<input checked="" type="checkbox"/>	The following will be awarded: Ribbons 1 st – 6 th 10 and under, 11-12
MEET RESULTS:	Official Results will be posted within 5 days 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"/>	Prelim results will be posted as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.