

2023 Central Region SC 'B' Championships

Rev 1 – Session Times and Awards

APPROVED
By Swim Ontario at 7:45 am, Jan 31, 2023

DATE(s):	2-5 February 2023	REGION:	Central Region	
HOSTED BY:	Oshawa Aquatic Club & York Swim Club			
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Toronto ON, M9C 3T3			
FACILITY:	Two 8 lane 25 metre competition pools. Swiss Timing electronic timing.			
PURPOSE & DESCRIPTION:	Central Region Championships Meet and last chance qualifier for Swim Ontario Festivals & Ontario Youth Juniors			
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:	Su Kin Cheong Sandra Rousseau Libby Kalman	Level:	V V IV	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Kathy Wetmore at (OSHAC) Charlotte Carroll (York)	Email:	oshac.meetmanager@gmail.com charlottecarroll1@gmail.com	
ENTRY COORDINATORS:	Charlotte Carroll Steve Goodwin	Email:	charlottecarroll1@gmail.com sdg9@rogers.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	<input checked="" type="checkbox"/>	Starting Platforms at	Both ends
	CFR 2.3.1, CSW 4.1.1 & 4.1.2	<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at		
COMPETITON:	The age groups for qualification and awards will be 10&U, 11, 12, 13, 14, 15, 16&O. All events will be SCM. All 12&U swims will be Time Finals. All 400, 800, and 1500 events will be Time Finals and will swim fastest to slowest. All Relays will be Time Finals and swum during the Preliminary Sessions. All other events (13&O) will have prelims and A Finals. Finals will swim young to old.			
ELIGIBILITY:	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.			

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	All swimmers must be registered with a Central Region Club and meet age and qualifying standards. Exhibition swims only for swimmers that age up between Central Region B Champs and Ontario Youth-Junior Championships or Winter Festivals	
	This event includes participants from the following clubs:	Central Region clubs only (of Swim Ontario)
	<input 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 checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted
	<input 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	2 February 2023
ENTRY LIMITS:	The maximum number of participants per session is	600
	Each club is limited to the following number of swimmers	n/a
	The maximum number of entries per swimmer is	7 individual events. Only one distance event on Thursday
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.	
	Entries must include all attending coaches.	
	<input checked="" type="checkbox"/>	NT entries are not permitted
	<input checked="" 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 checked="" type="checkbox"/>	Qualifying standard for entry is:

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	<input checked="" type="checkbox"/>	Swimmers earning an OYJ or Festival standard AFTER the change deadline, for an event already entered in this meet, may still swim the event. It will NOT be marked exhibition.		
	<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is:	1 Sep 2021	
	<input checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.		
CONVERSION:	<input checked="" type="checkbox"/>	All entries must be in SCM. LCM entry times are to be converted at 2%.		
	<input 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:	20 January 2023			
	Changes to entries will be accepted until		30 January 2023	
ENTRY FEE:	<input type="checkbox"/>	No Fee		
	<input checked="" type="checkbox"/>	Individual Events	\$15.00	Relay Events \$20.00
	<input type="checkbox"/>	Swimmer Fee		
	Payment Method:		Cheque payable to York Swim Club brought to meet. Please contact Meet Manager for electronic payment methods.	
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 using standard Hy-Tek conversion (2%). 400/800/1500 will be seeded fast to slow.		
	<input checked="" type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.		
	<input type="checkbox"/>	Seeding will be in the following order:		

SCHEDULE OF SESSIONS:					
Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Thurs 2 Feb	4:30 – 5:25 pm	5:30 pm	8:00 pm	Time Final
2	Fri 3 Feb	4:30 – 5:25 pm	5:30 pm	8:00 pm	Time Final & Prelims
3	Sat 4 Feb	8:00 – 8:55 am	9:00 am	11:30 am	Prelims
4	Sat 4 Feb	12:00 – 12:55 pm	1:00 pm	3:30 pm	Time Finals
5	Sat 4 Feb	4:30-5:25 pm	5:30 pm	7:30 pm	Finals
6	Sun 5 Feb	8:00 – 8:55 am	9:00 am	11:30 am	Prelims
7	Sun 5 Feb	12:00 – 12:55 pm	1:00 pm	4:00 pm	Time Finals
8	Sun 5 Feb	4:30 – 5:25 pm	5:30 pm	7:30 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.</p> <p>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 checked="" type="checkbox"/>	There will be no scratch deadline for the following: Prelim Events and Time Finals events
	<input checked="" type="checkbox"/>	Scratches on posted heat sheets are required for all Relay and 400/800/1500 time finals at least 30 minutes before the start of the session. Scratches for prelims & 12&U time final events are to be made on the posted heat sheets without penalty.
	<input checked="" type="checkbox"/>	A scratch deadline will apply for finals.
	<input checked="" type="checkbox"/>	30 minutes following the posting of results of last prelim event of prelim session (Sat after 200 Fly, Sun after 50 Free)
	<input 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 check-in deadline will result in following penalty: \$50.00 fine for each offence payable to York Swim Club. This fine applies to originally named finalists & alternates only for Saturday/Sunday Evening Final events.
DECK ENTRIES:	<input checked="" type="checkbox"/>	No Deck Entries are permitted
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 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.
	<input 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 electronically as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
SCORING:	<input checked="" type="checkbox"/>	<p>The following will be scored:</p> <p>Individual High Point – 5-2-1 Team Points –10-8-6-5-4-3-2-1 Relay Points – 20-16-12-10-8-6-4-2</p>
AWARDS:	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p>Medals – 1st, 2nd, 3rd (Individual & Relay events in the following age groups (10&U, 11, 12, 13, 14, 15,16&O)</p> <p>Individual High Point for each gender/age group – ties broken by highest FINA point swim</p> <p>Team High Point Award</p> <p>There will be no Individual or Team High Point Awards. Scoring will be done but for reporting purposes only.</p>
ADDITIONAL INFORMATION:	<p>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</p> <ol style="list-style-type: none"> 1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet. 2. Absolutely no food in the bleachers or on the pool deck. 3. No running on the deck, under the bleachers or on the bleachers. 4. No climbing across the railing between the gallery and the bleachers. 5. No climbing over the yellow gates between the pool deck and the bleachers. 6. Shoes must be worn whenever outside the pool or change room areas. 7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups. 8. The use of flippers and hand paddles, during warm-ups is prohibited. 9. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments. 10. Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium 	

SCHEDULE OF EVENTS and Time Standards:

<u>THURSDAY EVENING</u>								
Warm-up: 4:30 pm Start: 5:30 pm								
<u>GIRLS</u>				<u>EVENTS</u>	<u>BOYS</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qualify</u>
1	11	11:37.08	13:16.67	800 FREE	2	11	12:09.15	13:53.32
	12	10:15.63	11:47.97			12	10:23.51	11:57.04
	13	10:10.59	11:11.77			13	10:00.52	11:04.18
	14	10:01.62	10:40.95			14	9:44.73	10:22.95
	15	9:54.79	10:33.68			15	9:27.52	10:04.63
	16&O	9:37.74	10:21.72		16&O	9:06.65	9:48.27	
3	13	19:30.27	20:46.77	1500 FREE	4	13	19:18.41	20:34.15
	14	19:13.05	20:28.44			14	18:41.02	19:54.30
	15	19:00.02	20:14.55			15	18:08.03	19:19.16
	16&O	18:27.29	19:51.60			16&O	17:28.02	18:47.81

<u>FRIDAY EVENING</u>								
Warm-up: 4:30 pm Start: 5:30 pm								
<u>GIRLS</u>				<u>EVENTS</u>	<u>BOYS</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
5	13	2:39.36	2:56.00	200 IM	6	13	2:33.36	2:48.49
	14	2:34.94	2:45.07			14	2:27.82	2:37.49
	15	2:33.35	2:43.37			15	2:24.06	2:33.48
	16&O	2:29.68	2:40.96			16&O	2:17.20	2:28.83
7	10&U	6:05.10	6:57.25	400 FREE	8	10&U	6:14.40	7:07.88
	11	5:40.20	6:28.80			11	5:46.50	6:36.00
	12	5:03.00	5:48.45			12	5:04.00	5:49.60
9	13	4:55.57	5:30.00	400 FREE	10	13	4:47.58	5:24.50
	14	4:47.78	5:06.59			14	4:38.62	4:56.84
	15	4:46.17	5:04.88			15	4:31.00	4:48.72
	16&O	4:39.08	5:00.82			16&O	4:20.89	4:41.91

SATURDAY MORNING								
Warm-up: 8:00 am Start: 9:00 am								
WOMEN				EVENTS	MEN			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
11	13	1:03.98	1:10.70	100 FREE	12	13	1:01.35	1:07.72
	14	1:02.62	1:06.72			14	59.24	1:03.12
	15	1:01.93	1:05.98			15	57.85	1:01.63
	16&O	1:00.64	1:05.58			16&O	55.18	59.68
13	13	2:58.24	3:19.36	200 BREAST	14	13	2:53.42	3:15.03
	14	2:56.01	3:07.52			14	2:48.73	2:59.76
	15	2:55.48	3:06.96			15	2:46.34	2:57.21
	16&O	2:53.25	3:05.52			16&O	2:37.71	2:49.74
15	13	1:12.21	1:20.72	100 BACK	16	13	1:09.95	1:18.01
	14	1:10.97	1:15.61			14	1:08.04	1:12.49
	15	1:09.95	1:14.53			15	1:06.27	1:10.60
	16&O	1:07.77	1:13.40			16&O	1:02.69	1:07.55
17	13	2:43.58	3:06.36	200 FLY	18	13	2:37.78	3:04.19
	14	2:40.70	2:51.20			14	2:34.66	2:44.77
	15	2:39.45	2:49.87			15	2:30.48	2:40.31
	16&O	2:32.08	2:44.47			16&O	2:19.75	2:30.40
19	13-14			4x50 FREE	20	13-14		
21	15&O			4x50 FREE	22	15&O		
23	13	5:36.73	6:15.10	400 IM	24	13	5:26.46	6:07.40
	14	5:33.86	5:55.69			14	5:17.82	5:38.60
	15	5:24.57	5:45.79			15	5:12.83	5:33.28
	16&O	5:18.62	5:43.56			16&O	5:02.29	5:25.30

SATURDAY AFTERNOON									
Warm-up: 12:00 pm Start: 1:00 pm									
GIRLS				EVENTS	BOYS				
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual	
25	10&U	3:18.45	3:46.80	200 IM	26	10&U	3:21.60	3:50.40	
27	11	3:01.65	3:27.60			28	11	3:03.75	3:30.00
	12	2:43.00	3:07.45				12	2:43.00	3:07.45
29	10&U	1:19.12	1:30.42	100 FREE	30	10&U	1:20.67	1:32.20	
31	11	1:12.40	1:22.74			32	11	1:13.44	1:23.93
	12	1:05.01	1:14.76				12	1:04.52	1:14.20
33	10&U	45.00	50.00	50 BREAST	34	10&U	45.00	50.00	
35	11	3:25.82	3:55.22	200 BREAST	36	11	3:35.12	4:05.86	
	12	3:04.19	3:31.82				12	3:04.19	3:31.82
37	10&U	1:30.50	1:43.43	100 BACK	38	10&U	1:33.08	1:46.38	
39	11	1:23.25	1:35.15			40	11	1:24.29	1:36.34
	12	1:14.37	1:25.53				12	1:15.35	1:26.65
41	10&U	40.00	45.00	50 FLY	42	10&U	40.00	45.00	
43	11	3:18.58	3:46.94	200 FLY	44	11	3:42.37	4:14.14	
	12	2:53.36	3:19.36				12	2:56.32	3:22.77
45	10&U			4x50 FREE	46	10&U			
47	11-12			4x50 FREE	48	11-12			

SATURDAY FINALS								
Warm-up: 4:30 pm				Start: 5:30 pm				
WOMEN				EVENTS	MEN			
Event	Age				Event	Age		
5	13			200 IM	6	13		
	14					14		
	15					15		
	16&O					16&O		
11	13			100 FREE	12	13		
	14					14		
	15					15		
	16&O					16&O		
13	13			200 BREAST	14	13		
	14					14		
	15					15		
	16&O					16&O		
15	13			100 BACK	16	13		
	14					14		
	15					15		
	16&O					16&O		
17	13			200 FLY	18	13		
	14					14		
	15					15		
	16&O					16&O		

SUNDAY MORNING								
Warm-up: 8:00 am				Start: 9:00 am				
WOMEN				EVENTS	MEN			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
49	13	2:18.98	2:33.32	200 FREE	50	13	2:14.37	2:28.98
	14	2:15.94	2:24.83			14	2:10.29	2:18.81
	15	2:14.71	2:23.52			15	2:06.06	2:14.30
	16&O	2:11.25	2:21.65			16&O	2:00.94	2:10.43
51	13	1:12.02	1:21.81	100 FLY	52	13	1:09.93	1:18.55
	14	1:10.90	1:15.54			14	1:07.02	1:11.40
	15	1:09.82	1:14.38			15	1:04.93	1:09.18
	16&O	1:08.21	1:13.41			16&O	1:02.13	1:06.87
53	13	2:35.86	2:54.45	200 BACK	54	13	2:31.18	2:50.12
	14	2:31.90	2:41.83			14	2:27.41	2:37.05
	15	2:30.22	2:40.04			15	2:23.99	2:33.41
	16&O	2:26.42	2:38.70			16&O	2:16.38	2:26.87
55	13	1:22.74	1:32.10	100 BREAST	56	13	1:20.33	1:30.48
	14	1:21.74	1:27.09			14	1:17.39	1:22.45
	15	1:21.12	1:26.43			15	1:16.52	1:21.52
	16&O	1:19.86	1:25.95			16&O	1:12.39	1:17.90
57	13	29.54	32.49	50 FREE	58	13	28.03	30.88
	14	29.02	30.92			14	27.20	28.97
	15	28.60	30.47			15	26.70	28.45
	16&O	28.06	30.27			16&O	25.39	27.39
59	13-14			4x50 MEDLEY	60	13-14		
61	15&O			4x50 MEDLEY	62	15&O		

SUNDAY AFTERNOON								
Warm-up: 12:00 pm				Start: 1:00 pm				
GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
63	10&U	2:54.30	3:19.20	200 FREE	64	10&U	2:59.55	3:25.20
65	11	2:38.25	3:00.85		66	11	2:41.34	3:04.39
	12	2:21.84	2:43.12			12	2:20.86	2:41.99
67	10&U	1:35.67	1:49.33	100 FLY	68	10&U	1:40.33	1:54.66
69	11	1:26.36	1:38.70		70	11	1:28.95	1:41.65
	12	1:16.34	1:27.79			12	1:15.85	1:27.23
71	10&U	3:15.47	3:43.39	200 BACK	72	10&U	3:24.78	3:54.04
73	11	2:57.89	3:23.30		74	11	3:02.03	3:28.03
	12	2:39.57	3:03.51			12	2:40.06	3:04.07
75	10&U	1:42.40	1:57.02	100 BREAST	76	10&U	1:46.53	2:01.75
77	11	1:36.19	1:49.93		78	11	1:38.25	1:52.30
	12	1:26.19	1:39.12			12	1:25.70	1:38.56
79	10&U	35.68	40.78	50 FREE	80	10&U	36.20	41.38
81	11	33.10	37.82		82	11	33.36	38.12
	12	30.04	34.55			12	29.35	33.75
83	10&U			4x50 MEDLEY	84	10&U		
85	11-12				86	11-12		
87	10&U	1:34.12	1:47.57	100 IM	88	10&U	1:36.19	1:49.93
89	11	6:22.67	7:17.34	400 IM	90	11	6:48.53	7:46.90
	12	5:43.00	6:34.45			12	5:50.00	6:42.50

SUNDAY FINALS								
Warm-up: 4:30 pm				Start: 5:30 pm				
WOMEN				EVENTS	MEN			
Event	Age				Event	Age		
49	13			200 FREE	50	13		
	14					14		
	15					15		
	16&O					16&O		
51	13			100 FLY	52	13		
	14					14		
	15					15		
	16&O					16&O		
53	13			200 BACK	54	13		
	14					14		
	15					15		
	16&O					16&O		
55	13			100 BREAST	56	13		
	14					14		
	15					15		
	16&O					16&O		
57	13			50 FREE	58	13		
	14					14		
	15					15		
	16&O					16&O		