

Dean Boles Invitational Meet

APPROVED

By Swim Ontario at 10:05 am, Jan 20, 2023

DATE(s):	February 4 and 5, 2023		REGION:	Western
HOSTED BY:	Region of Waterloo (ROW) Swim Club			
LOCATION:	Wilfrid Laurier University Athletic Complex 75 University Avenue West Waterloo, ON N2L 3C5 (Corner of King St. and University West Ave.)			
FACILITY:	<ul style="list-style-type: none"> • 6 lanes short course and long course configurations • Omega OSB11 starting blocks • Omega Ares 21 Timing system with 6 lanes scoreboard • For parking at Wilfrid Laurier University - Waterloo campus, please refer to Parking Wilfrid Laurier University (wlu.ca) 			
PURPOSE & DESCRIPTION:	This is an age groups invitational meet which offers 2 LCM sessions on Saturday February 4, and 2 SCM sessions on Sunday February 5.			
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca			
COMPETITION COORDINATORS:	Angus Cunningham	Level:	5	
	Tam Nguyen	Level:	5	
MEET MANAGER:	Sara Jain, and Gavin Bee	Email:	meetmanager@rowswimming.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:	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	the start-end of the deep pool
		<input checked="" type="checkbox"/>	Bulkhead at	the 25 m turn-end of the deep pool
	<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:			
	<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 checked="" 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.			
AGE UP DATE:	Ages submitted are to be as	February 4, 2023			
ENTRY LIMITS:	The maximum number of entries per swimmer is	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.				
	Entries must include all attending coaches.				
	<input checked="" type="checkbox"/>	Instead of NT entries, coach should provide the best estimate of entry time.			
CONVERSION:	<input checked="" type="checkbox"/>	Entry times can be converted.			
ENTRY DEADLINE:	January 29, 2023				
	Changes to entries will be accepted until	January 31, 2023			
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events	\$13	Relay Events	
	<input checked="" type="checkbox"/>	Swimmer Fee	\$5		
	Payment Method:		Please make cheques payable to Region of Waterloo Swim Club or internet E-Transfer to office@rowswimming.ca prior to the first day of the meet.		
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).			
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>				
SCRATCH DEADLINES:	<input checked="" type="checkbox"/>	Time final and prelim session scratch sheets to be submitted to Meet Management office on pool deck 15 minutes after the start of the warmup.			

	<input checked="" type="checkbox"/>	All swimmers are required to check in with the Clerk of Course prior to each swim for marshalling.
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows
DECK ENTRIES:	<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 \$ 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.
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.
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 type="checkbox"/>	Results will be posted as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
SCORING:	<input checked="" type="checkbox"/>	No Scoring
AWARDS:		
	<input checked="" type="checkbox"/>	The following will be awarded: <ul style="list-style-type: none"> • Age groups are 10&U, 11&12, 13&14, and 15&O. • Medals for 1st to 3rd, ribbons for 4th to 6th. • There is no award for 400m events.
ADDITIONAL INFORMATION:		Due to recent Campus expansion, please refer to Parking Wilfrid Laurier University (wlu.ca) for parking at Wilfrid Laurier University - Waterloo campus.

COACHES ARE ASKED TO PLEASE PICK UP AWARDS PRIOR TO LEAVING. AWARDS WILL NOT BE MAILED.

SCHEDULE OF EVENTS

Schedule of Sessions					
Session	Date	Warm-up Period*	Start Time	Approx. Finish	Time Final/Heats/Finals
1 LCM	Feb. 4, 2023	7:00 am – 7:55 am	8 am	12:30 pm	Timed Final
2 LCM	Feb. 4, 2023	1:00 pm – 1:55 pm	2 pm	6:30 pm	Timed Final
3 SCM	Feb. 5, 2023	7:00 am – 7:55 am	8 am	12:30 pm	Timed Final
4 SCM	Feb. 5, 2023	1:00 pm – 1:55 pm	2 pm	6:30 pm	Timed Final

*Meet management reserves the right to change warm-up start time and duration. The information will be communicated via email to the coach of all clubs.

Session 1 LCM Saturday, Feb. 4, 2023 Warm-up: 7:00 am – Start: 8:00 am		
Women	Description	Men
1	200 Free	2
3	100 Fly	4
5	50 Breast	6
7	50 Free	8
9	100 Back	10
11	200 Breast	12
13	400 IM	14

Session 2 LCM Saturday, Feb. 4, 2023 Warm-up: 1:00 pm – Start: 2:00 pm		
Women	Description	Men
15	200 Fly	16
17	100 Breast	18
19	200 IM	20
21	50 Back	22
23	50 Fly	24
25	100 Free	26
27	200 Back	28
29	400 Free*	30

* Meet Management reserves the right to swim the 400m Free with two swimmers per lane and/or gender combined.

Session 3 SCM		
Sunday, Feb. 5, 2023		
Warm-up: 7:00 am – Start: 8:00 am		
<u>Women</u>	<u>Description</u>	<u>Men</u>
31	200 Free	32
33	100 Fly	34
35	50 Breast	36
37	50 Free	38
39	100 Back	40
41	200 Breast	42
43	400 IM	44

Session 4 SCM		
Sunday, Feb. 5, 2023		
Warm-up: 1:00 pm – Start: 2:00 pm		
<u>Women</u>	<u>Description</u>	<u>Men</u>
45	200 Fly	46
47	100 Breast	48
49	200 IM	50
51	50 Back	52
53	50 Fly	54
55	100 Free	56
57	200 Back	58
59	400 Free*	60

* Meet Management reserves the right to swim the 400m Free with two swimmers per lane and/or gender combined.