

DATE(s):	04/Feb/23	REGION:	Central												
HOSTED BY:	Clarington Swim Club and Clarington Masters Swim Club														
LOCATION:	Alan Strike Aquatic Centre – 49 Liberty St. N, Bowmanville ON L1C 2L8														
FACILITY:	6 lane 25 meter pool – Swiss timing system														
PURPOSE & DESCRIPTION:	Invitational														
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:	Bernie Grose	Level:	5												
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted														
MEET MANAGER:	Ximena Davidson	Email:	xxiimmee@hotmail.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:	<p>Sanctioned by Swim Ontario.</p> <p>All current Swimming Canada rules & FINA Masters 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</p> <table border="1"> <tr> <td>FINA FR 2.3 and SW 4.1, Swimming Canada CFR 2.3.1, CSW 4.1.1 & 4.1.2</td><td><input checked="" type="checkbox"/></td><td>Starting Platforms at</td><td>Start End (deep end)</td></tr> <tr> <td></td><td><input type="checkbox"/></td><td>Deck or Bulkhead at</td><td></td></tr> <tr> <td></td><td><input type="checkbox"/></td><td>In-Water at</td><td></td></tr> </table>			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	Start End (deep end)		<input type="checkbox"/>	Deck or Bulkhead at			<input type="checkbox"/>	In-Water at	
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ELIGIBILITY:	<p>All athletes must be registered as Masters 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.</p> <table border="1"> <tr> <td><input checked="" type="checkbox"/></td><td>Preference will be given to the host club first.</td></tr> </table>			<input checked="" type="checkbox"/>	Preference will be given to the host club first.										
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FOREIGN COMPETITORS:	<input checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted													
AGE UP DATE:	Ages submitted are to be as	December 31, 2023													
ENTRY LIMITS:	The maximum number of entries per swimmer is	no limit													

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca. Clubs can submit entries using the Hy-Tek Entry file directly to meet the manager, via the Entries Upload on the Swimming Canada site.</p> <p>Individual swimmer entries can be completed via this link https://form.jotform.com/SwimOntario/roc-masters-meet-entry-form</p> <p>A valid Swimming Canada 9-digit ID is required</p> <p>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.</p>		
ENTRY DEADLINE:	<p>January 31, 2023</p> <p>Changes to entries will be accepted until February 2, 2023</p>		
ENTRY FEE:	<input checked="" type="checkbox"/> Individual Events	\$15	
	Payment Method:	eTransfer to claringtonswimclub@gmail.com by 03-Feb-23 or Cheque made payable to Clarington Swim Club	
SEEDING:	<input checked="" type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, followed by swimmers entered with NT (no times).	

SCHEDULE OF SESSIONS:

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	04/Feb/23	1:00-1:50pm	2:00pm	6:00pm	TF

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. 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"/>	Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.	
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"/>	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 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 type="checkbox"/>	Live Results / Meet Mobile are available.
SCORING:	<input checked="" type="checkbox"/>	No Scoring
AWARDS:	<input checked="" type="checkbox"/>	No awards
ADDITIONAL INFORMATION:		

SCHEDULE OF EVENTS:

Session 1 Saturday, February 4, 2023 Warm-up: 1:00 pm -- Start: 2:00pm		
Women		Men
1	50 Back	2
3	100 Free	4
5	50 Breast	6
7	100 IM	8
9	100 Fly	10
11	50 Free	12
13	200 IM	14
15	100 Back	16
17	50 Fly	18
19	200 Free or IM	20
21	100 Breast	22
23	400 Free	24