

<b>DATE(s):</b>	February 4-5, 2023	<b>REGION:</b>	Western	
<b>HOSTED BY:</b>	Hamilton Aquatic Club			
<b>LOCATION:</b>	Wayne Gretzky Sports Centre			
<b>FACILITY:</b>	25 M, 8 lane pool with starting blocks			
<b>PURPOSE &amp; DESCRIPTION:</b>	Opportunity to make qualifying times for future competitions.			
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>			
<b>COMPETITION COORDINATOR:</b>	Paul Leslie	Level:	5	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
<b>MEET MANAGER:</b>	Pam Wainwright	Email:	pam.wainwright@granderie.ca	
<b>SAFETY AT COMPETITION:</b>	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 <a href="#">Swim Ontario Concussion Management</a> & <a href="#">Swimming Canada Event Photography</a> procedures will be in effect. For complete details click <a href="#">HERE</a> . Every club and its participants are responsible for ensuring all facility rules and requirements are followed.			
<b>COMPETITION RULES:</b>	<b>Sanctioned by Swim Ontario.</b>			
	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 <a href="#">HERE</a> to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator. Please note that <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> 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		
<b>ELIGIBILITY:</b>	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:	Hamilton Aquatic Club, Oakville Aquatic Club, Cambridge Aquajets; others?		
	<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		

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<b>FOREIGN COMPETITORS:</b>	<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 <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition.		
<b>AGE UP DATE:</b>	Ages submitted are to be as		February 4, 2023	
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is		200	
	Each club is limited to the following number of swimmers		65	
	The maximum number of entries per swimmer is		6	
<b>ENTRY SUBMISSIONS:</b>	Entries must be submitted through the Swimming Canada online entries system at <a href="http://www.swimming.ca">www.swimming.ca</a> . Meet Management will not accept entries via email.			
	Entries must include all attending coaches.			
	<input 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.		
<b>CONVERSION:</b>	<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		
<b>ENTRY DEADLINE:</b>	<b>January 24, 2023</b>			
	Changes to entries will be accepted until		January 30, 2023	
<b>ENTRY FEE:</b>	<input type="checkbox"/>	No Fee		
	<input checked="" type="checkbox"/>	Individual Events	15	Relay Events
	<input checked="" type="checkbox"/>	Swimmer Fee	5	
	Payment Method:		Cheque made payable to Hamilton Aquatic Club	

<b>COACH'S REGISTRATION:</b>	Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a> . 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.	
<b>SEEDING:</b>	<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 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: Seeding will be in order of times entered, fastest to slowest, as converted pursuant to the conversion process as per meet package, 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	Feb. 4/23	4:30-5:10 pm	5:15 pm	8:30 pm	
2	Feb. 5/23	7:00-7:55 am	8:00 am	11:00 am	
3	Feb. 5/23	11:30 – 12:25 am	12:30 am	3:00 pm	

<b>MIXED-GENDER:</b>	<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>	
<b>CHECKIN AND SCRATCHES:</b>	<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 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:
	<input 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 type="checkbox"/>	30 minutes following the posting of results of respective event
<b>PENALTIES:</b>	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows
	<input type="checkbox"/>	Failure to participate in an event with a scratch or checkin deadline will result in following penalty:
<b>DECK ENTRIES:</b>	<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 cash
<b>OFFICIAL SPLIT TIMES:</b>	<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.
<b>RECORDS:</b>	<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.
<b>MEET RESULTS:</b>		Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a>
	<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.
<b>SCORING:</b>	<input type="checkbox"/>	No Scoring
	<input type="checkbox"/>	The following will be scoring:

<b>AWARDS:</b>	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	The following will be awarded: ribbons will be awarded for places 1-6 per age categories for each of male and female gender. Age categories are as follows: 10 and under, 11-12, 13-14, 15 and over
<b>ADDITIONAL INFORMATION:</b>		

## SCHEDULE OF EVENTS:

Session 1 Saturday, February 4, 2023 Warm-up: 4:30 PM -- Start: 5:15 PM	
Mixed	Event
101	50 Breaststroke
102	50 Backstroke
103	400 IM
104	200 Breaststroke
105	100 IM
106	200 Butterfly
107	200 Backstroke
108	100 Freestyle
109	800 Freestyle (deleting event, moving to session 2)

Session 2 Sunday, February 5, 2023 Warm-up: 7:00 AM -- Start: 8:00 AM	
Mixed	Events
201	50 Freestyle
202	50 Butterfly
203	200 IM
204	100 Backstroke
205	400 Freestyle
206	100 Butterfly
207	100 Breaststroke
208	200 Freestyle
109	800 Freestyle (moved from Session 1)
215	100 IM (adding new event)

Session 3 Sunday, February 5, 2023 Warm-up: 11:30 AM -- Start: 12:30 PM	
Mixed	Events
301	50 Freestyle
302	50 Butterfly
303	200 IM
304	100 Backstroke
305	400 Freestyle
306	100 Butterfly
307	100 Breaststroke
308	200 Freestyle