

APPROVED
By Swim Ontario at 2:42 pm, Jan 24, 2023

DATE(s):	27 th – 29 th January 2023		REGION:	North East
HOSTED BY:	Sault Surge Aquatics Team			
LOCATION:	John Rhodes Community Centre – 260 Elizabeth St, Sault Ste Marie, ON P6A 6J3			
FACILITY:	8 lane, 25m, & Colorado System			
PURPOSE & DESCRIPTION:	This meet is sanctioned by Swim Ontario as the age group short course regional championship for the Northeast region of Swim Ontario, and to help swimmers prepare for Festivals, OYJ and Provincial Championships.			
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:	Erin Banton	Level:	4	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted			
MEET MANAGER:	Johnathan O’Leary	Email:	Jdm002013@gmail.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 CFR 2.3.1, CSW 4.1.1 & 4.1.2	X	Starting Platforms at	Deep End
			Deck or Bulkhead 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:		NEOR clubs	
	•	Preference will be given to the host club first.		
	•	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.		
FOREIGN COMPETITORS:	•	Foreign competitors’ entries will not be accepted		
AGE UP DATE:	Ages submitted are to be as		27 th January, 2023	

ENTRY LIMITS:	While each club is not limited to the number of participants, the number of swims may be revised based on time restrictions. Clubs will be notified if additional entry limits must be implemented.		
	The maximum number of entries per swimmer is	7 Individual events, including the bonus swims	
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.		
	NT entries are not permitted		
	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".		
	<p>This meet has qualifying standards. See Appendix "B" for the 2023 Dave Kensit standards.</p> <p>14 & Under:</p> <p>Swimmers must achieve a minimum of one (1) Dave Kensit qualifying standard. Swimmer may swim the events they qualified for, plus any other events of their choosing, up to the maximum number of bonus swims as outlined in the "ENTRIES" section of this document in APPENDIX B, and in no case more than (7) individual events total.</p> <ul style="list-style-type: none"> • Para-swimmers do not require qualifying standards to participate in the swim meet <p>15 & Over:</p> <ul style="list-style-type: none"> • No qualifying standard required for swimmers to participate in the swim meet. • Swimmers with no qualifying standard may swim a maximum of 4 bonus events of their choosing, as outlined in the "ENTRIES" section of this document. • Swimmers who achieve at least one (1) Dave Kensit qualifying standard may swim the events they qualified for, plus any other events of their choosing, up to the maximum number of bonus swims as outlined in the "ENTRIES" section of this document, and in no case more than (7) individual events total. • Para-swimmers do not require qualifying standards to participate in the swim meet NOTE: 50 Fly, 50 Back, and 50 Breast cannot be used for qualification to participate in the meet. 50 Fly, 50 Back, and 50 Breast qualifying standards are for scoring only and these races must be checked off as bonus swims for entry purposes. • **Meet manager reserves the right to limit total number of bonus swims pending session length& amend warm-up/start timings** 		
MIXED-RELAYS	A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a relay is not an official time. Requests for official splits are not allowed for mixed relays.		
CONVERSION:	Entry times are not to be converted. Please submit times in course achieved.		
	Times will not be converted for seeding		
ENTRY DEADLINE:	Entry Deadline 23rd January 2023		
ENTRY FEE:	Payment Method: Please make cheques payable to: Sault Surge Aquatic Team		
	Individual Events	\$10.50 per event	Relay Events
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:	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.	
	<p>Seeding will be in the following order: Regional marshalling may be implemented for 12 & Under sessions.</p> <p>Age groups may be combined during time finals, except for events of the top 8 for each age group.</p> <p>Age Categories (girls and boys)</p> <ul style="list-style-type: none"> • 10 & Under • 11-12, • 13-14 • 15 & Over <p>12 & Under seeding:</p> <ul style="list-style-type: none"> • All individual events and relay events for 12 & Under swimmers are time finals, seeded slowest to fastest in super seeded events. • All 12 & Under swimmers may move up to swim in older relays, in any session. <p style="text-align: center;">13 & Over seeding:</p> <ul style="list-style-type: none"> • All heats for Girls and Boys 13 & Over will be circle seeded. • The fastest eight (8) Girls and the fastest eight (8) Boys in each age group category will advance to the finals in their particular age category. • There will be A finals for age groups 13-14, and 15 & Over swimmers. 	
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:	Scratches are to be made at the clerk of course desk 60 minutes prior to the start of each session.	
	All swimmers are required to check in with the Clerk of Course 60 minutes prior to each session.	
	A scratch deadline will apply for finals: 60 minutes following the posting of results of last event of prelims sessions	
PENALTIES:	•	No scratch penalty shall be imposed for late or day of scratches or No-Shows
DECK ENTRIES:	•	No Deck Entries are permitted

OFFICIAL SPLIT TIMES:	<ul style="list-style-type: none"> • 	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:	<ul style="list-style-type: none"> • 	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	
	<ul style="list-style-type: none"> • 	The meet program will be run on Hy-Tek Meet Manager.
	<ul style="list-style-type: none"> • 	Results will be posted as quickly as possible at the meet.
	<ul style="list-style-type: none"> • 	Live Results / Meet Mobile are available.
SCORING:	<ul style="list-style-type: none"> • The following will be scoring: Scoring will be based on Final results only. • 15 & Over must meet the 2023 Dave Kensit standards in order to score. • Only 1 relay team per club will be scored for each relay event, no limitation for the number of teams that may be entered. • Para-swimmers will not be scored • High Point Winner will be based on the following scoring: <ul style="list-style-type: none"> ○ 1st Place = 5 Points ○ 2nd Place = 2 Points ○ 3rd Place = 1 Point <ul style="list-style-type: none"> • Team points based on the following scheme: <ul style="list-style-type: none"> ○ Individual Events: 9, 7, 6, 5, 4, 3, 2, 1 ○ Relay Events: 18, 14, 12, 10, 8, 6, 4, 2 	
AWARDS:	<p>The following will be awarded: Individual Awards (girls and boys)</p> <ul style="list-style-type: none"> • 10 & Under ---> Medals 1st - 2nd - 3rd, Ribbons 4-5-6-7-8 • 11-12 -----> Medals 1st - 2nd - 3rd, Ribbons 4-5-6-7-8 • 13-14 -----> Medals 1st - 2nd - 3rd, Ribbons 4-5-6-7-8 • 15 & Over -----> Medals 1st - 2nd - 3rd, Ribbons 4-5-6-7-8 <p>Note: 15 & Over who do not meet 2023 Dave Kensit standards and place in top eight (8), will still receive the appropriate award as outlined above</p> <p>Relays:</p> <ul style="list-style-type: none"> • 10 & Under ---> Medals 1st, Ribbons 2-3 • 11-12 -----> Medals 1st, Ribbons 2-3 • 13-14 -----> Medals 1st, Ribbons 2-3 • 15 & Over -----> Medals 1st, Ribbons 2-3 <p>Individual High Point Awards (girls and boys)</p> <ul style="list-style-type: none"> • 10 & Under ---> Trophy 1st • 11-12 -----> Trophy 1st • 13-14 -----> Trophy 1st • 15 & Over > Trophy 1st 	

ADDITIONAL INFORMATION:	<p>Results posted by age group and gender: Female: 10 & under, 11-12, 13-14, 15 & over. Male: 10 & under, 11-12, 13-14, 15 & over.</p>
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Appendix A – Session Schedule

Session	Date	Ages	Warm Up	Start
#1 – Friday Evening	January 27th	11 & Over	4:00pm	5:00pm
#2 – Saturday Morning	January 28th	13 & Over	7:30am	8:30am
#3 – Saturday Afternoon	January 28th	12 & Under	12:00pm	1:00pm
#4 – Saturday Evening	January 28th	13 & Over	5:30pm	6:30pm
#5 – Sunday Morning	January 29th	13 & Over	7:30am	8:30am
#6 – Sunday Afternoon	January 29th	All Ages	12:00pm	1:00pm

Meet Management reserves the right to change warm-up times depending on the number of entries

Session	Girls Event	Ages	Distance	Event/Stroke	Format	Boys Event
Session 1	1	13 – 14	200	Medley Relay	Time Final	2
	3	15 & Over	200	Medley Relay	Time Final	4
	5	11 – 12	50	Backstroke	Time Final	6
	7	13 & Over	50	Backstroke	Time Final	8
	9	11 – 12	200	Individual Medley	Time Final	10
	11	13 & Over	200	Individual Medley	Preliminary	12
	13	11 – 12	50	Freestyle	Time Final	14
	15	13 & Over	50	Freestyle	Preliminary	16
	17	11 & Over	800	Freestyle	Time Final	18
	19	13 & Over	1500	Freestyle	Time Final	20
Session 2	21	13 & Over	200	Freestyle	Preliminary	22
	421	13 & Over	100	Para Freestyle (multiclass)	Time Final	422
	23	13 & Over	100	Backstroke	Preliminary	24
	423	13 & Over	50	Para Backstroke (multiclass)	Time Final	424
	25	13 & Over	200	Breaststroke	Preliminary	26
	425	13 & Over	100	Para Breaststroke (multiclass)	Time Final	426
	27	13 & Over	100	Butterfly	Preliminary	28
	427	13 & Over	50	Para Butterfly (multiclass)	Time Final	428
	29	13 & Over	50	Breaststroke	Time Final	30
	31	13 & Over	400	Individual Medley	Time Final	32
	33	13-14	200	Mixed Free Relay	Time Final	33
	34	15 & Over	200	Mixed Free Relay	Time Final	34

Session 3	35	10 & Under	200	Mixed Free Relay	Time Final	35	
	36	11 – 12	200	Mixed Free Relay	Time Final	36	
	37	12 & Under	200	Freestyle	Time Final	38	
	39	10 & Under	100	Individual Medley	Time Final	40	
	41	12 & Under	100	Backstroke	Time Final	42	
	43	12 & Under	50	Breaststroke	Time Final	44	
	45	11 – 12	200	Breaststroke	Time Final	46	
	47	12 & Under	100	Butterfly	Time Final	48	
	49	10 & Under	200	Individual Medley	Time Final	50	
	51	11 – 12	400	Individual Medley	Time Final	52	
	53	10 & Under	200	Freestyle Relay	Time Final	54	
	55	11 – 12	200	Freestyle Relay	Time Final	56	
Session 4	11A	13-14	200	Individual Medley	Final	12A	
	11B	15 & Over	200	Individual Medley	Final	12B	
	21A	13-14	200	Freestyle	Final	22A	
	21B	15 & Over	200	Freestyle	Final	22B	
	23A	13-14	100	Backstroke	Final	24A	
	23B	15 & Over	100	Backstroke	Final	24B	
	25A	13-14	200	Breaststroke	Final	26A	
	25B	15 & Over	200	Breaststroke	Final	26B	
	27A	13-14	100	Butterfly	Final	28A	
	27B	15 & Over	100	Butterfly	Final	28B	
	15A	13-14	50	Freestyle	Final	16A	
	15B	15 & Over	50	Freestyle	Final	16B	
	Session 5	57	13 & Over	100	Freestyle	Preliminary	58
		457	13 & Over	50	Para Freestyle (multiclass)	Time Final	458
59		13 & Over	200	Backstroke	Preliminary	60	
459		13 & Over	100	Para Backstroke (multiclass)	Time Final	460	
61		13 & Over	50	Butterfly	Time Final	62	
63		13 & Over	100	Breaststroke	Preliminary	64	
463		13 & Over	50	Para Breaststroke (multiclass)	Time Final	464	
65		13 & Over	200	Butterfly	Preliminary	66	
465		13 & Over	100	Para Butterfly (multiclass)	Time Final	466	
67		13 & Over	400	Freestyle	Time Final	68	
69		13-14	200	Freestyle Relay	Time Final	70	
71		15 & Over	200	Freestyle Relay	Time Final	72	

Session 6	73	10 & Under	200	Medley Relay	Time Final	74
	75	11-12	200	Medley Relay	Time Final	76
	57A	13-14	100	Freestyle	Final	58A
	57B	15 & Over	100	Freestyle	Final	58B
	77	12 & Under	100	Freestyle	Time Final	78
	59A	13-14	200	Backstroke	Final	60A
	59B	15 & Over	200	Backstroke	Final	60B
	79	11-12	200	Backstroke	Time Final	80
	81	10 & Under	50	Backstroke	Time Final	82
	63A	13-14	100	Breaststroke	Final	64A
	63B	15 & Over	100	Breaststroke	Final	64B
	83	12 & Under	100	Breaststroke	Time Final	84
	65A	13-14	200	Butterfly	Final	66A
	65B	15 & Over	200	Butterfly	Final	66B
	85	12 & Under	50	Butterfly	Time Final	86
	87	11-12	200	Butterfly	Time Final	88
	89	10 & Under	50	Freestyle	Time Final	90
	91	12 & Under	400	Freestyle	Time Final	92

APPENDIX "B"

Dave Kensit Memorial Championship 2022-23 SC Standards								
Female				Event	Male			
15+	13-14	11-12	<10		<10	11-12	13-14	15+
34.90	37.22	45.38	48.94	50 Free	49.66	45.74	35.36	32.58
1:15.58	1:20.98	1:39.29	1:48.50	100 Free	1:50.64	1:40.72	1:17.56	1:10.60
2:44.39	2:55.62	3:37.02	3:59.04	200 Free	4:06.24	3:41.27	2:50.66	2:33.84
5:49.22	6:18.00	7:46.44	8:20.70	400 Free	8:33.46	7:55.20	6:11.70	5:30.71
12:05.84	12:49.48	15:56.00		800 Free		16:39.98	12:40.79	11:32.57
23:11.22				1500 Free				22:07.77
			51.14	50 Back	52.39			
1:25.37	1:32.46	1:54.18	2:04.12	100 Back	2:07.66	1:55.61	1:29.36	1:20.87
3:03.32	3:19.83	4:03.96		200 Back		4:04.43	3:14.86	2:55.72
			1:06.55	50 Breast	1:10.02			
1:38.99	1:45.50	2:11.92	2:20.42	100 Breast	2:26.10	2:14.76	1:43.64	1:33.38
3:34.15	3:48.36	4:42.26		200 Breast		4:55.03	3:43.40	3:22.99
			1:03.13	50 Fly	1:06.54			
1:25.20	1:33.70	1:58.44	2:11.20	100 Fly	2:17.59	2:01.98	1:29.97	1:19.24
3:14.59	3:33.47	4:32.33		200 Fly		5:04.97	3:30.99	3:03.63
			2:09.08	100 IM	2:11.92			
3:07.13	3:21.60	4:09.12	4:32.16	200 IM	4:36.48	4:12.00	3:15.93	2:55.81
6:36.08	7:09.66	8:44.81		400 IM		9:20.28	7:00.84	6:21.76

* Must qualify in one of the listed events. Stroke 50's open to all who qualify.
 ** All swimmers 15+ may swim regardless of qualifying. See meet document for details.

Entry Limitations: Swimmers will be limited to a maximum of 7 individual events (including bonus events)

Swimmers are not limited to the number of relays they may swim, provided they are not swimming for more than 1 team in the same event.

- 100 IM events are limited to ages 10 & Under.
- 200 Backstroke, 200 Butterfly, 200 Breaststroke, 400 IM events are limited to ages 11 & Over.
 - 800 Freestyle events are limited to ages 11 & Over.
 - 1500 Freestyle events are limited to ages 13 & Over.
 - Swimmers may swim 800 Freestyle or 1500 Freestyle, but not both events.
 - Clubs are limited to 2 relay teams in each event

Para-swimmers

Para-swimmers will be restricted to the following events:

- 13 & Over 50 and 100 para backstroke
- 13 & Over 50 and 100 para breaststroke
- 13 & Over 50 and 100 para freestyle
- 13 & Over 50 and 100 para butterfly

Bonus Swims

Swimmers are eligible to swim a maximum of (4) individual bonus events. The number of bonus swims each swimmer is entitled to is based on their age and the number of events in which they have qualified, as shown in the chart below.





15 & Over swimmers do not require a Qualifying Time to participate in the swim meet. They will automatically be eligible for 4 bonus swims. However, in order to be eligible for more than 4 swims, 15 & Over swimmers must achieve at least 1 Dave Kensit qualifying standard at the 15 year old level.

The following events cannot be used as bonus swims. Swimmers entering the following events must meet the 2023 Dave Kensit qualifying standards as per "Appendix B":

- 200 Backstroke, 200 Butterfly, 200 Breaststroke
- 400 IM, 400 Freestyle
- 800 Freestyle, 1500 Freestyle

Please enter all Bonus Swims with swimmers best time and indicate that the event is a bonus event.

Number of Qualified Events	14 & Under Number of Bonus Swims	15 & Over Number of Bonus Swims
0	0	4
1	4	4
2	4	4
3	4	4
4	3	3
5	2	2
6	1	1
7	0	0

ACCOMMODATIONS <i>Rates are valid for the Dave Kensit Swim Meet. Package dates January 27-28 are subject to applicable taxes and fees.</i>		RATE	Available Rooms	Accessible Rooms	WiFi Internet	On Site Licensed Dining Room	Bar / Lounge	Pool	Hot Tub / Sauna	Free Breakfast Included	Exercise Facility	Pets Allowed	Additional Information
	Quality Inn & Suites Bay Front 180 Bay St., SSM, ON P6A 6S2 Tel: 705-945-9264 Resv: 1-800-567-4421 www.qualityinnssm.com Email: info@qualityinnssm.com	\$129 - \$139	15	2	*	*	*	*	*	*	*		
	Sleep Inn 727 Bay St., SSM, ON P6A 6Y3 Tel: 705-253-7533 Resv: 1-877-953-7533 www.sleepinnssmarie.ca Email: kelly@sleepinn.on.ca	\$109 - \$119	25	2	*				*	*	*	*	-Hot breakfast, smoothie, snacks -Free wifi -Free local/long distance calling -In room fridge/microwave/pod-coffee maker -Sauna and gym 24 hours -Admission to the Canadian Bushplane Heritage Centre
	Super 8 by Wyndham 184 Great Northern Rd. Hwy 17 North, SSM, ON P6B 4Z3 Tel: 705-910-2585 Email: jasonlewis@saultsuper8.ca	\$96.9 - \$106.9	40		*					*		*	
	Delta Sault Ste. Marie Waterfront Hotel and Conference Centre 208 St. Mary's River Dr., SSM, ON, P6A 5V4 Tel: 705-949-0611 Resv: 1-888-236-2427 ssm.reservations.sm@deltahotels.com	\$129	60	2	*	*	*	*	*		*	*	