

DATE(s):	Feb 24-26	REGION:	Eastern	
HOSTED BY:	Kingston Blue Marlins			
LOCATION:	Kingston			
FACILITY:	Queens Athletic and Recreation Centre (ARC)			
PURPOSE & DESCRIPTION:	An introduction to heats and finals for 13 and over swimmers not typically qualified for meets with heats and finals. Distance events for all ages and an exciting dash for cash 25 Free			
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:	Cory Cronk	Level:	4	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Cynthia Surette	Email:	cynthia@surette.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	<input checked="" type="checkbox"/>	Starting Platforms at	Deep end
		<input type="checkbox"/>	Deck or Bulkhead at	
	<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:	QDSC, KBM, NKB, EBSC, PERTH, ROCS, SWOTT		
	<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	Feb 24, 2023		

Heats and Finals SC finale

ENTRY LIMITS:	The maximum number of participants per session is	160		
	Each club is limited to the following number of swimmers	100		
	The maximum number of entries per swimmer is	7		
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.			
	Prerequisite time for 800 Free is a 6:00 400 time, for 1500 is a 12:00 800 time			
	<input checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.		
	<input checked="" type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.		
<input checked="" type="checkbox"/>	Times will be converted by the host			
ENTRY DEADLINE:	FEBRUARY 14, 2023			
	Changes to entries will be accepted until	Feb 22, 2023		
ENTRY FEE:				
	<input checked="" type="checkbox"/>	Individual Events \$13	Relay Events	\$15
	Payment Method: Cheque payable to Kingston Blue Marlins or EFT to treasurer@swimkingston.ca			
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"/>	Time Final 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 checked="" type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.		
	<input checked="" type="checkbox"/>	Friday night 400 Free and Sunday 800 Free will be seeded fastest to slowest		

SCHEDULE OF SESSIONS:					
<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	Feb 24	4:00-5:00 pm	5:00 pm	8:00 pm	TF
2	Feb 25	8:30-9:30 am	9:30 am	12:30 pm	TF & Heats
3	Feb 25	1:30-2:30 pm	2:30 pm	5:30 pm	TF
4	Feb 25	5:30-6:15 pm	6:15 pm	8:00 pm	Finals
5	Feb 26	8:30-9:30 am	9:30 am	12:30 pm	TF
6	Feb 26	1:00-2:00 pm	2:00 pm	5:00 pm	TF

Heats and Finals SC finale

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>	
MIXED-RELAYS	<p>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.</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.
	<input checked="" 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: 400 Free, 400 IM, 800 & 1500 Free
	<input checked="" type="checkbox"/>	A scratch deadline will apply for finals.
	<input checked="" type="checkbox"/>	30 minutes following the posting of results of last event of prelims sessions
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 \$ 20 per event
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 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 as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
SCORING:	<input checked="" type="checkbox"/>	No Scoring
	<input checked="" type="checkbox"/>	The following will be awarded: Medals for 1 st to 3 rd – all ages individual events Ribbons for 4 th to 7 th for 12 & under swimmers. Age categories are 10 & under, 11, 12, 13, 14-15, 16 & over for individual events
ADDITIONAL INFORMATION:	Events will be swim with mixed gender and separated out for purposes of results	

SCHEDULE OF EVENTS:

Session 1 Friday, February 24, 2023	Warm-up: 4:00 PM -- Start: 5:00 PM
Event #	Event
1	All ages, mixed genders 200 IM
2	All ages 400 Free

Session 2 – 13 & over Saturday, February 25, 2023	Warm-up: 8:30 AM -- Start: 9:30 AM
Event #	Event
3	13 & over 400 IM Time Final (TF)
4	4 * 50 mixed 13-14 Free Relay TF
5	4 * 50 mixed 15+ Free Relay TF
6	200 Back prelims
7	50 Fly prelims
8	200 Free prelims
9	200 Breast prelims
10	50 Back prelims
11	100 Free prelims
12	50 Breast prelims
13	200 Fly prelims

Session 3 12 & under Time Finals Saturday, February 25, 2023	Warm-up: 1:30 PM -- Start: 2:30 AM
Event #	Event
14	100 Free TF
15	50 Fly TF
16	100 Breast TF
17	200 Back TF
18	50 Br TF
19	200 Fly TF
20	4 * 50 mixed 10 & under Free Relay TF
21	4 * 50 mixed 11-12 Free Relay TF

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Session 4 Finals Saturday, February 25, 2023		Warm-up: 5:30 PM -- Start: 6:15 PM
Event #	Event	
22	Cash 25 Eliminator	
6	200 Back Finals	
7	50 Fly Finals	
8	200 Free Finals	
9	200 Breast Finals	
22	Cash 25 Eliminator Top 7	
10	50 Back Finals	
11	100 Free Finals	
12	50 Breast Finals	
13	200 Fly Finals	
22	Cash 25 Eliminator 1 st \$50, 2 nd \$40. 3 rd \$20 Ages 13, 14, 15 & over – both male and female	

Session 5 12 & under Time Finals Sunday, February 26, 2023		Warm-up: 8:30 AM -- Start: 9:30 AM
Event #	Event	
23	200 Free	
24	100 Back	
25	50 Free	
26	200 Breast	
27	50 Back	
28	100 Fly	
29	400 IM	

Session 6 all ages distance events and 13 & over time Finals Sunday, February 26, 2023		Warm-up: 1:00 PM -- Start: 2:00 PM
Event #	Event	
30	800 Free – all ages	
31	50 Free 13 & over TF	
32	100 Breast 13 & over TF	
33	100 Back 13 & over TF	
34	100 Fly 13 & over TF	
35	1500 Free all ages	