



Fins Up 3 – The Hammerhead

APPROVED
By Swim Ontario at 3:35 pm, Jan 22, 2023

DATE(s):	February 5, 2023	REGION:	Western	
HOSTED BY:	Leamington Lasers, Windsor Essex Swim Team and Windsor Aquatic Club			
LOCATION:	Windsor International Aquatic and Training Centre 401 Pitt St W, Windsor Ontario			
FACILITY:	The pool is a 10 lane 72 metre indoor facility. Bulkhead divided will include a 50 metre competition pool. Omega Quantum Electronic Timing System and 10 lane display. Scoreboard with Hytek Meet Manager for scoring. Touchpads will be at the start endo the pool. Spectator seating will be upstairs on mezzanine level. No glass containers or outdoor shoes allowed on deck.			
PURPOSE & DESCRIPTION:	To provide competitive opportunities to age groups swimmers.			
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:	Linda Stanczak	Level:	4	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Ben Balkwill	Email:	Ben.balkwill@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	<input checked="" type="checkbox"/>	Starting Platforms at	Start end (0m)
		<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:	Open Meet		
	<input checked="" type="checkbox"/>	Preference will be given to the host club first.		



Fins Up 3 – The Hammerhead

	<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		
	<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 Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition.		
AGE UP DATE:	Ages submitted are to be as		February 5, 2023	
ENTRY LIMITS:	The maximum number of participants per session is		250	
	Each club is limited to the following number of swimmers		n/a	
	The maximum number of entries per swimmer is		3 individual events	
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 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.		
CONVERSION:	<input type="checkbox"/>	Entry times can be converted.		
	<input 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		
	<input type="checkbox"/>	Times will not be converted		
ENTRY DEADLINE:	February 1, 2023			
	Changes to entries will be accepted until		February 1, 2023	
ENTRY FEE:	<input type="checkbox"/>	No Fee		
	<input type="checkbox"/>	Individual Events		Relay Events



Fins Up 3 – The Hammerhead

	<input checked="" type="checkbox"/>	Swimmer Fee	\$40
	Payment Method:		Cheque payable to Leamington Laser Swim Team; Memo FinsUp meet Or e-transfer sent to treasurer@leamingtonlasers.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"/>	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 type="checkbox"/>	Seeding will be in the following order:	

SCHEDULE OF SESSIONS:					
Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	February 5, 2023	10:00-10:55am	11:00am	3:00pm	Time Finals

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>		
CHECKIN AND SCRATCHES:	<input checked="" type="checkbox"/>	There will be no scratch deadline for the following:	
	<input type="checkbox"/>	Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.	



Fins Up 3 – The Hammerhead

	<input type="checkbox"/>	All swimmers are required to check in with the Clerk of Course 30 minutes prior to 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 and 800 Free 400 IM
	<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	
PENALTIES:	<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:	
DECK ENTRIES:	<input type="checkbox"/>	No Deck Entries are permitted	
	<input 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 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 and at the discretion of Meet Management	
	<input checked="" type="checkbox"/>	Fee	\$ 20/event
OFFICIAL SPLIT TIMES:	<input checked="" type="checkbox"/>	Official split times are only allowable for 400 or 800 metre events. 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 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.	
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 type="checkbox"/>	No Scoring	
	<input type="checkbox"/>	The following will be scoring:	



Fins Up 3 – The Hammerhead

AWARDS:	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p>Ribbons will be awarded for 1st to 6th place in the following age categories & groups: 8 & Under, 9/10 ABC, 11/12 ABC, 13/14 ABC, 15 & Over ABC See Appendix A for ABC results time detail.</p> <p>Swimmers will also have the option of competing in 200IM, 50BR, and 50FR where their times will be combined for an Open Male and Female champion who will win a cash prize of \$100.</p>
ADDITIONAL INFORMATION:		<p>This will be a Long Course meet. Swimmers will have access to our regular set of Fins Up events. Swimmers will also have the option of competing in 200IM, 50BR, and 50FR where their times will be combined for an Open Male and Female champion who will win a cash prize of \$100. Relays will be offered during this meet.</p> <p>The purpose of this FinsUp Racing Series is to provide Sanctioned Racing opportunities to ALL swimmers.</p> <p>Net proceeds from the FinsUp Racing Series will be a profit-sharing series between all teams involved. Profits would be pooled over the 5 meets and any profit left will be divided up between the participating clubs. The share would be equivalent to how many officiating positions are filled over the course of the 5 meets. For example, if LLST provides 50% of officials LLST will receive 50% of the net proceeds.</p> <p>Volunteers are welcome and needed for all official positions. Volunteers can sign up using the Sign Up Genius app. Clubs may also email officials@windsoraquatic.com to request an official's position. Positions will be assigned by priority to those seeking experience for a Deck Evaluation and/or 'Sign Off'</p> <p>Backstroke ledges will be available for use. Swimmers shall be responsible for setting the device.</p> <p>Heat sheets will be sent digitally to coaches prior to the meet. It is the coaches' responsibility to share this information with participating athletes. There will be NO posting of events/lane assignments at the meet.</p> <p>WIATC entrance doors will be open for a 30 minutes period prior to the start of warm up. Athletes are asked to enter the facility in a staggered fashion to ensure physical distance. Spectators are asked give priority entrance to athletes, coaches and officials. Spectators will not be allowed on deck or in changerooms at anytime during warm up or the competition. Athletes are encouraged to arrive dress in their competition suits.</p> <p>No FOOD is allowed on deck. Athletes may eat in the lobby at the WIATC. Beverages are allowed. Athletes are reminded to remove mask to drink for only brief moments.</p> <p>Spectator seating is determined by the Facility Operators. If capacity limitations are in place, priority will be given to athletes. Viewing space is available in the lobby and mezzanine. Spectators must remain masked at all times. Food and Drink maybe only be consumed in designated spaces.</p>



Fins Up 3 – The Hammerhead

SCHEDULE OF EVENTS:

Session # 1 Sunday, February 5, 2023		
Event #	Event	Gender
1	200 FREE	MIXED
2	100 BACK	MIXED
3	50 BREAST	MIXED
4	200 IM	MIXED
5	100 FREE	MIXED
6	50 BACK	MIXED
7	200 FLY	MIXED
8	50 FREE	MIXED
9	200 BREAST	MIXED
10	100 FLY	MIXED
11	400 FREE	MIXED
12	400 IM	MIXED
13	200 BACK	MIXED
14	100 BREAST	MIXED
15	50 FLY	MIXED
16	800 FREE	MIXED
100	200 Free Relay	MIXED



Fins Up 3 – The Hammerhead

APPENDIX A – AGE & RESULTS TIME ABC STREAMS – Short Course 25 metres

Athletes finishing times will be used to sort results into the respective ABC group for Awards.

Athletes who have a NT or have not met 'B' time cut will be designated 'C' cut.

If a B cut is not defined, results will be sorted into only A cut grouping for awards.

All 8 & Under Athletes will be included in A cut grouping for awards.

FEMALE									MALE							
9-10		11-12		13-14		15&Over		Events	15&Over		13-14		11-12		9-10	
A	B	A	B	A	B	A	B		A	B	A	B	A	B	A	B
								25Fr								
33:98	37.38	31.52	34.67	29:54	32.49	28.60	30:47	50Fr	26.70	28.45	28.07	30.88	31.77	34.95	34:48	37.93
1:15.35	1:22.89	1:08.95	1:15.85	1:04.27	1:10.70	1:01.93	1:05.98	100Fr	57.85	1:01.63	1:01.56	1:07.72	1:09.94	1:16.93	1:16.83	1:24.51
2:26.00	3:02.60	2:30.71	2:45.78	2:19.38	2:33.32	2:14.71	2:23.52	200Fr	2:06.06	2:14.30	2:15.44	2:28.98	2:33.66	2:49.03	2:52.00	3:08.10
5:47.71	6:22.48	5:24.00	5:56.40	5:00.00	5:30.00	4:46.17	5:04.88	400Fr	4:31.00	4:48.72	4:55.00	5:24.50	5:30.00	6:03.00	5:56.57	6:32.23
		11:03.89	12:10.28	10:10.70	11:11.77	9:54.79	10:33.68	800Fr	9:27.52	10:04.63	10:03.80	11:04.18	11:34.43	12:43.87		
								25Bk								
41.96	44.38	40.76	42.31	39.76	36.06	38.76	34.51	50Bk	32.94	34.50	34.04	36.54	36.94	42.33	42.94	46.28
1:26.19	1:34.81	1:19.29	1:27.22	1:13.38	1:20.72	1:09.95	1:14.53	100Bk	1:06.27	1:10.60	1:10.92	1:18.01	1:20.28	1:28.31	1:28.65	1:37.52
3:06.16	3:24.78	2:49.42	3:06.36	2:38.59	2:54.45	2:30.22	2:40.04	200Bk	2:23.99	2:33.41	2:34.65	2:50.12	2:53.36	3:10.70	3:15.03	3:34.53
								25Br								
46.41	51.32	43.41	48.16	40.41	43.00	38.41	40.86	50Br	37.39	42.51	42.39	41.39	41.59	49.99	48.39	53.93
1:37.52	1:47.27	1:31.61	1:40.77	1:23.73	1:32.10	1:21.12	1:26.43	100Br	1:16.52	1:21.52	1:22.25	1:30.48	1:33.58	1:42.94	1:41.46	1:51.61
		3:16.02	3:35.62	3:01.24	3:19.36	2:55.48	3:06.96	200Br	2:46.34	2:57.21	2:57.30	3:15.03	3:24.88	3:45.37		
								25Fl								
39.92	44.76	34.44	42.25	34.01	35.00	32.22	33.00	50Fl	28.16	32.50	31.07	37.94	33.70	43.83	41.91	45.02
1:31.11	1:40.22	1:22.25	1:30.48	1:14.37	1:21.81	1:09.82	1:14.38	100Fl	1:04.93	1:09.18	1:11.41	1:18.55	1:24.71	1:33.18	1:35.55	1:45.11
		3:09.12	3:28.03	2:49.42	3:06.36	2:39.45	2:49.87	200Fl	2:30.48	2:40.31	2:47.45	3:04.19	3:31.78	3:52.96		
1:29.64	1:38.60	1:24.41		1:16.01		1:13.36		100IM	1:08.87		1:13.69		1:26.35		1:31.61	1:40.77
3:09.00	3:27.90	2:53.00	3:10.30	2:40.00	2:56.00	2:33.35	2:43.37	200IM	2:24.06	2:33.48	2:35.50	2:48.49	2:55.00	3:12.50	3:12.00	3:31.20
		6:04.45	6:40.90	5:41.00	6:15.10	5:24.57	5:45.79	400IM	5:12.83	5:33.28	5:34.00	6:07.40	6:29.08	7:07.99		