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| DATE(s): | Jr. Competitive Invitational – Feb 12, 2023 | REGION: | Western | |
| HOSTED BY: | Hamilton Aquatic Club | | | |
| LOCATION: | 39 Montcalm Drive | | | |
| FACILITY: | Westmount Recreation Centre | | | |
| PURPOSE & DESCRIPTION: | Making qualifying times for future meets | | | |
| 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: | Scott Hunt | Level: | 4 | |
| | If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/> | | | |
| MEET MANAGER: | Theresa Malar | Email: | Hacoffice2@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 | Deep End |
| | | <input type="checkbox"/> | 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: | | | |
| | <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 | | |



HAC Jr. Competitive Invitational – Feb 12

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| AGE UP DATE: | Ages submitted are to be as | February 12, 2023 | | | |
| ENTRY LIMITS: | The maximum number of participants per session is | 200 | | | |
| | Each club is limited to the following number of swimmers | 90 | | | |
| | The maximum number of entries per swimmer is | 3 | | | |
| 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 checked="" type="checkbox"/> | NT entries are not permitted | | | |
| CONVERSION: | <input checked="" type="checkbox"/> | Entry times can be converted. | | | |
| ENTRY DEADLINE: | February 7, 2023 | | | | |
| | Changes to entries will be accepted until | | | February 7, 2023 | |
| ENTRY FEE: | <input type="checkbox"/> | No Fee | | | |
| | <input type="checkbox"/> | Individual Events | | Relay Events | |
| | <input checked="" type="checkbox"/> | Swimmer Fee | 25.00 | | |
| | Payment Method: | | Cheque written to the Hamilton Aquatic Club | | |
| 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 the following order: 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 | February 12, 2023 | 12:00-12:55pm | 1:00pm | 4:00pm | N/A |

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| 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"/> | 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 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 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"/> | <table border="1"> <tr> <td>Fee</td> <td>\$ 25.00</td> </tr> </table> | Fee | \$ 25.00 |
| Fee | \$ 25.00 | | | |
| 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 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 type="checkbox"/> | Live Results / Meet Mobile are available. | | |
| SCORING: | <input checked="" type="checkbox"/> | No Scoring | | |
| | <input type="checkbox"/> | The following will be scoring: | | |
| AWARDS: | <input type="checkbox"/> | No awards | | |
| | <input checked="" type="checkbox"/> | <p>The following will be awarded:</p> <p>Best time ribbons</p> | | |

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| ADDITIONAL INFORMATION: | |
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SCHEDULE OF EVENTS:

| Session 1 Sunday February 23, 2023 Warm-up: 12:00pm Start-time: 1:00pm | | |
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| Women | | Men |
| 1 | 200 IM | 2 |
| 3 | 100 IM | 4 |
| 5 | 100 Free | 6 |
| 7 | 50 Free | 8 |
| 9 | 25 Free | 10 |
| 11 | 100 Back | 12 |
| 13 | 50 Back | 14 |
| 15 | 25 Back | 16 |
| 17 | 100 Breast | 18 |
| 19 | 50 Breast | 20 |
| 21 | 25 Breast | 22 |
| 23 | 100 Fly | 24 |
| 25 | 50 Fly | 26 |
| 27 | 25 Fly | 28 |
| 29 | 200 Free | 30 |
| 31 | 200 Back | 32 |
| 33 | 400 Free | 34 |