



APPROVED

By Swim Ontario at 8:55 pm, Jan 23, 2023

DATE:	01/21/2022				Mastara	
	01/31/2023			REGION:	western	
HOSTED BY:	Hamilton Aquatic Club	Hamilton Aquatic Club				
LOCATION:	Hill Park Recreation Centre					
FACILITY:	6 lane 25M pool with starting block					
PURPOSE:	to make 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	Scott Hunt			Level:	4	
COORDINATOR:	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted					
MEET MANAGER:	Lisa Hodge Email: squarepegs1		pegs1@yahoo.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 .					
COMPETITION:	Sanctioned as In-Hou	Sanctioned as In-House Competition by Swim Ontario.				
	All current Swimming Canada (SC) rules will be followed. Seeding for all swims will be optimized by distance and stroke, seeded either slowest fastest or fastest to slowest as communicated by Meet Management. Please note the Swimming Canada Competition Warm-Up Safety Procedures will be in effect. Events are Timed Finals. There will be no entry fee, scoring or awards permitted. Starts will be conducted from Starting Platform (blocks)					
ELIGIBILITY:	This event includes participants from the following clubs: Hamilton Aquat				<u> </u>	
	All athletes must be registered as Competitive swimmers with Swimming Canada. The participant is responsible to ensure all facility and club requirements have been met competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition.					
AGE UP DATE:	Ages submitted are to be	as 0	01/31/2023			
ENTRY LIMITS:	The maximum number of	The maximum number of participants per session is 10				
	Each club is limited to	o 10 swimmers				
	A maximum of	2	2		entries per swimmer	
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.					
ENTRY DEADLINE:	01-30-2023					



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.
SESSION:	This event is limited to 1 session with session length not exceeding 3 hours.

Warm-up period	<u>Start</u>	<u>Finish</u>
4:45-5:45 pm	6:00 PM	6:15 PM

SCHEDULE OF EVENTS:

200 FR	
50 BK	
400 FR	
50 FR	
400 IM	
50 FLY	
200 IM	
50 BR	
100 IM	

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

Mixed gender swimming is permitted for time trials, pursuant to the SO statement on compliance with the SC rule on mixed gender swimming.

Swim times achieved at this competition will NOT be used for applications of provincial and national records.

Official Results will be posted within 2 days of completion of the meet to www.swimming.ca