

DATE:	01/31/2023	REGION:	Western
HOSTED BY:	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 COORDINATOR:	Scott Hunt	Level:	4
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted		
MEET MANAGER:	Lisa Hodge	Email:	squarepegs1@yahoo.com
SAFETY AT COMPETITION:	<p>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.</p>		
COMPETITION:	Sanctioned as	In-House Competition	by Swim Ontario.
	<p>All current Swimming Canada (SC) rules will be followed. Seeding for all swims will be optimized by distance and stroke, seeded either slowest to fastest or fastest to slowest as communicated by Meet Management. Please note that 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.</p>		
	Starts will be conducted from	Starting Platform (blocks)	
ELIGIBILITY:	This event includes participants from the following clubs:	Hamilton Aquatic Club	
	<p>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. Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition.</p>		
AGE UP DATE:	Ages submitted are to be as	01/31/2023	
ENTRY LIMITS:	The maximum number of participants per session is	10	
	Each club is limited to	10	swimmers
	A maximum of	2	entries per swimmer
ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca . Meet Management will not accept entries via email.</p>		
	Entries must include all attending coaches.		
ENTRY DEADLINE:	01-30-2023		

