



2023 Central Region SC 'C' Championships

V2 – session time chngs and entry limit correction - removed 'only 1 distance event on Thursday.' V3 – session time changes.

APPROVED
By Swim Ontario at 10:12 am, Feb 23, 2023

DATE(s):	24-26 February 2023	REGION:	Central Region	
HOSTED BY:	North York Aquatic Club			
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Toronto ON, M9C 3T3			
FACILITY:	Two 8 lane 25 metre competition pools. Swiss Timing electronic timing.			
PURPOSE & DESCRIPTION:	Central Region Championships Meet			
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:	Su Kin Cheong	Level:	V	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Lynn Wong	Email:	Officials@nyacswimming.ca	
ENTRY COORDINATORS:	Charlotte Carroll	Email:	charlottecarroll1@gmail.com	
	Steve Goodwin		sdg9@rogers.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	Both ends
		<input type="checkbox"/>	Deck or Bulkhead at	
		<input type="checkbox"/>	In-Water at	
COMPETITON:	The age groups for qualification and awards will be 10&U, 11, 12, 13, 14, 15, 16&O. All events will be SCM. All swims will be Time Finals swum slowest to fastest.			
ELIGIBILITY:	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. All swimmers must be registered with a Central Region Club and meet age and adhere to qualifying times.			
	This event includes participants from the following clubs:	Central Region clubs only (of Swim Ontario)		
	<input 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.		



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FOREIGN COMPETITORS:	<input checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted		
AGE UP DATE:	Ages submitted are to be as		24 February 2023	
ENTRY LIMITS:	The maximum number of participants per session is		600	
	Each club is limited to the following number of swimmers		n/a	
	The maximum number of entries per swimmer is		7 individual events. Only one distance event on Thursday	
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 if entry system is operational -- otherwise email entries to Steve Goodwin – sdg9@rogers.com			
	Entries must include all attending coaches.			
	<input checked="" type="checkbox"/>	NT entries are not permitted		
	<input checked="" 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 checked="" type="checkbox"/>	Qualifying standard for entry is:	See times in Order of Events and event file: - 16&Over qualifying times are Swim Ontario E (16-16) and de-qualifying times are Swim ON C (17&O) - 14, 15 year old qualifying times are Swim ON E times and de-qualifying times are Swim ON C times - 13 year old qualifying times are Swim Ontario Fest E and de-qualifying times are Fest C - 12 year old qualifying times are Swim Ontario Fest F and Fest D - 11 year old and 10&U – qualifying times are Swim Ontario Fest G, and de-qualifying times are Fest E (where FEST F and FEST G are calculated as 25%/30% slower than the FEST standard from 2019)	
	<input checked="" type="checkbox"/>	Bonus Swim – 2 bonus swims per swimmer are allowed up to the entry limit (7 individual events). 400 Free is not eligible for Bonus. All Bonus entries must be slower than the qualifying standard. No exhibition swims are allowed.		
	<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is:	1 Sep 2021	
	<input checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.		
CONVERSION:	<input checked="" type="checkbox"/>	All entries must be in SCM. LCM entry times are to be converted at 2%. This is a qualifying/de-qualifying meet and must be kept as an 'S' meet (best time converted to SCM)		
ENTRY DEADLINE:	9 February 2023			
	Changes to entries will be accepted until		20 February 2023	
ENTRY FEE:	<input type="checkbox"/>	No Fee		
	<input checked="" type="checkbox"/>	Individual Events	\$15.00	Relay Events \$20.00
	<input type="checkbox"/>	Swimmer Fee		



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	Payment Method:	Cheque payable to North York Aquatic Club brought to meet. Please contact Meet Manager for electronic payment methods.
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.

SCHEDULE OF SESSIONS:					
Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Fri 24 Feb	4:30-5:10 pm	5:15 pm	7:45 pm	Time Final
2	Sat 25 Feb	8:00 – 8:40 am	8:45 am	10:00 am	Time Final
3	Sat 25 Feb	10:30-11:10 am	11:15 am	1:30 pm	Time Final
4	Sat 25 Feb	2:30-3:25 pm	3:30 pm	6:30 pm	Time Final
5	Sun 26 Feb	8:00 – 8:40 am	8:45 am	10:30 am	Time Final
6	Sun 26 Feb	10:30-11:10 am	11:15 am	1:45 pm	Time Final
7	Sun 26 Feb	2:30-3:25 pm	3:30 pm	6:30 pm	Time Final

MIXED-GENDER:	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. 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. In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.	
CHECKIN AND SCRATCHES:	<input checked="" type="checkbox"/>	There will be no scratch deadline for the following: Any events – scratches are to be marked on posted heat sheets without penalty, 30 minutes before the start of the session.
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"/>	No Deck Entries are permitted
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.



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RECORDS:	<input checked="" 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.
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 electronically as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
SCORING:	<input checked="" type="checkbox"/>	The following will be scored: Team Points –10-8-6-5-4-3-2-1 Relay Points – 20-16-12-10-8-6-4-2
AWARDS:	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	The following will be awarded: Medals – 1 st , 2 nd , 3 rd (Individual & Relay events in the following age groups (10&U, 11, 12, 13, 14, 15,16&O) No Individual High Point or Team Awards
ADDITIONAL INFORMATION:	<p>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</p> <ol style="list-style-type: none"> 1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet. 2. Absolutely no food in the bleachers or on the pool deck. 3. No running on the deck, under the bleachers or on the bleachers. 4. No climbing across the railing between the gallery and the bleachers. 5. No climbing over the yellow gates between the pool deck and the bleachers. 6. Shoes must be worn whenever outside the pool or change room areas. 7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups. 8. The use of flippers and hand paddles, during warm-ups is prohibited. 9. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments. 10. Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium 	

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SCHEDULE OF EVENTS and Time Standards:

FRIDAY EVENING								
Warm-up: 4:30 pm Start: 5:15 pm								
GIRLS				EVENTS	BOYS			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
1	13	2:56.00	3:12.00	200 IM	2	13	2:48.49	3:03.80
	14	2:45.07	3:00.07			14	2:37.49	2:51.80
3	15	2:43.37	2:58.22	400 FREE	4	15	2:33.48	2:47.44
	16&O	2:40.96	2:55.60			16&O	2:28.83	2:42.36
5	10&U	6:57.25	7:32.02	400 FREE	6	10&U	7:07.88	7:43.54
7	11	6:28.80	7:01.20			8	11	6:36.00
	12	5:48.45	6:18.75		12	12	5:49.60	6:20.00
9	13	5:30.00	6:00.00	400 FREE	10	13	5:24.50	5:54.00
	14	5:06.59	5:34.46			14	4:56.84	5:23.82
11	15	5:04.88	5:32.59	16&O	12	15	4:48.72	5:14.96
	16&O	5:00.82	5:28.16			16&O	4:41.91	5:07.54

SATURDAY MORNING – 10& Under								
Warm-up: 8:00 am Start: 8:45 am								
GIRLS				EVENTS	BOYS			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
13	10&U	3:46.80	4:05.70	200 IM	14	10&U	3:50.40	4:09.60
17	10&U	1:30.42	1:37.96	100 FREE	18	10&U	1:32.20	1:39.88
21	10&U	50.00	55.00	50 BREAST	22	10&U	50.00	55.00
25	10&U	1:43.43	1:52.05	100 BACK	26	10&U	1:46.38	1:55.25
29	10&U	45.00	50.00	50 FLY	30	10&U	45.00	50.00
33	10&U			4x50 FREE	34	10&U		

SATURDAY LATE MORNING – 11-12 YR OLD								
Warm-up: 10:30 am Start: 11:15 am								
GIRLS				EVENTS	BOYS			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
15	11	3:27.60	3:36.25	200 IM	16	11	3:30.00	3:50.10
	12	3:07.45	3:23.75			12	3:07.45	3:23.75
19	11	1:22.74	1:29.64	100 FREE	20	11	1:23.93	1:30.92
	12	1:14.76	1:21.26			12	1:14.20	1:20.65
23	11	3:55.22	4:14.83	200 BREAST	24	11	4:05.86	4:26.34
	12	3:31.82	3:50.24			12	3:31.82	3:50.24
27	11	1:35.15	1:43.08	100 BACK	28	11	1:36.34	1:44.36
	12	1:25.53	1:32.96			12	1:26.65	1:34.19
31	11	3:46.94	4:05.86	200 FLY	32	11	4:14.14	4:35.31
	12	3:19.36	3:36.70			12	3:22.77	3:40.40



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35	11-12			4x50 FREE	36	11-12		
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SATURDAY AFTERNOON – 13&Over

Warm-up: 2:30 pm

Start: 3:30 pm

WOMEN				EVENTS	MEN			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
37	13	1:10.70	1:17.12	100 FREE	38	13	1:07.72	1:13.87
	14	1:06.72	1:12.78			14	1:03.12	1:08.86
39	15	1:05.98	1:11.98		40	15	1:01.63	1:07.24
	16&O	1:05.58	1:11.54			16&O	59.68	1:05.10
41	13	3:19.36	3:37.49	200 BREAST	42	13	3:15.03	3:32.76
	14	3:07.52	3:24.56			14	2:59.76	3:16.10
43	15	3:06.96	3:23.95		44	15	2:57.21	3:13.32
	16&O	3:05.52	3:22.38			16&O	2:49.74	3:05.17
45	13	1:20.72	1:28.06	100 BACK	46	13	1:18.01	1:25.10
	14	1:15.61	1:22.49			14	1:12.49	1:19.08
47	15	1:14.53	1:21.30		48	15	1:10.60	1:17.02
	16&O	1:13.40	1:20.08			16&O	1:07.55	1:13.69
49	13	3:06.36	3:23.30	200 FLY	50	13	3:04.19	3:20.94
	14	2:51.20	3:06.77			14	2:44.77	2:59.75
51	15	2:49.87	3:05.32		52	15	2:40.31	2:54.89
	16&O	2:44.47	2:59.42			16&O	2:30.40	2:44.08
53	13-14			4x50 FREE	54	13-14		
55	15&O			4x50 FREE	56	15&O		
57	13	6:15.10	6:49.20	400 IM	58	13	6:07.40	6:40.80
	14	5:55.69	6:28.02			14	5:38.60	6:09.38
59	15	5:45.79	6:17.22		60	15	5:33.28	6:03.58
	16&O	5:43.56	6:14.80			16&O	5:25.30	5:54.88

SUNDAY MORNING – 10&U

Warm-up: 8:00 am

Start: 8:45 am

GIRLS				EVENTS	BOYS			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
61	10&U	3:19.20	3:35.80	200 FREE	62	10&U	3:25.20	3:42.30
65	10&U	1:49.33	1:58.44	100 FLY	66	10&U	1:54.66	2:04.22
69	10&U	3:43.39	4:02.01	200 BACK	70	10&U	3:54.04	4:13.54
73	10&U	1:57.02	2:06.78	100 BREAST	74	10&U	2:01.75	2:11.90
77	10&U	40.78	44.17	50 FREE	78	10&U	41.38	44.82
81	10&U			4x50 MEDLEY	82	10&U		
85	10&U	1:47.57	1:56.53	100 IM	86	10&U	1:49.93	1:59.09



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SUNDAY LATE MORNING – 11-12 YR OLD

Warm-up: 10:30 am
Start: 11:15 am

GIRLS				EVENTS	BOYS			
Event	Age	De- Qualifying	Qualifying		Event	Age	De- Qualifying	Qualifying
63	11	3:00.85	3:15.92	200 FREE	64	11	3:04.39	3:19.76
	12	2:43.12	2:57.30			12	2:41.99	2:56.08
67	11	1:38.70	1:46.93	100 FLY	68	11	1:41.65	1:50.12
	12	1:27.79	1:35.43			12	1:27.23	1:34.81
71	11	3:23.30	3:40.25	200 BACK	72	11	3:28.03	3:45.37
	12	3:03.51	3:19.46			12	3:04.07	3:20.08
75	11	1:49.93	1:59.09	100 BREAST	76	11	1:52.30	2:01.65
	12	1:39.12	1:47.74			12	1:38.56	1:47.13
79	11	37.82	40.98	50 FREE	80	11	38.12	41.30
	12	34.55	37.55			12	33.75	36.69
83	11-12			4x50 MEDLEY	84	11-12		
87	11	7:17.34	7:53.79	400 IM	88	11	7:46.90	8:25.80
	12	6:34.45	7:08.75			12	6:42.50	7:17.50

SUNDAY AFTERNOON – 13&Over

Warm-up: 2:30 pm
Start: 3:30 pm

WOMEN				EVENTS	MEN			
Event	Age	De- Qualifying	Qualifying		Event	Age	De- Qualifying	Qualifying
89	13	2:33.32	2:47.26	200 FREE	90	13	2:28.98	2:42.53
	14	2:24.83	2:37.99			14	2:18.81	2:31.43
91	15	2:23.52	2:36.56	100 FLY	92	15	2:14.30	2:26.51
	16&O	2:21.65	2:34.52			16&O	2:10.15	2:21.98
93	13	1:21.81	1:29.24	200 BACK	94	13	1:18.55	1:25.69
	14	1:15.54	1:22.40			14	1:11.40	1:17.89
95	15	1:14.38	1:21.14	100 BREAST	96	15	1:09.18	1:15.47
	16&O	1:13.41	1:20.09			16&O	1:06.87	1:12.95
97	13	2:54.45	3:10.31	50 FREE	98	13	2:50.12	3:05.58
	14	2:41.83	2:56.54			14	2:37.05	2:51.32
99	15	2:40.04	2:54.59	4x50 MEDLEY	100	15	2:33.41	2:47.35
	16&O	2:38.70	2:53.12			16&O	2:26.87	2:40.22
101	13	1:32.10	1:40.48	4x50 MEDLEY	102	13	1:30.48	1:38.70
	14	1:27.09	1:35.00			14	1:22.45	1:29.94
103	15	1:26.43	1:34.28	4x50 MEDLEY	104	15	1:21.52	1:28.93
	16&O	1:25.95	1:33.77			16&O	1:17.90	1:24.98
105	13	32.49	35.45	4x50 MEDLEY	106	13	30.88	33.68
	14	30.92	33.73			14	28.97	31.61
107	15	30.47	33.24	4x50 MEDLEY	108	15	28.45	31.03
	16&O	30.27	33.02			16&O	27.39	29.88
109	13-14			4x50 MEDLEY	110	13-14		
111	15&O			4x50 MEDLEY	112	15&O		



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