

APPROVED

By Swim Ontario at 4:18 pm, Jan 26, 2023

DATE:	03/05/2023	REGION:	Central
HOSTED BY:	Northumberland Aquatic Club		
LOCATION:	Jack Burger Sports Complex		
FACILITY:	6 Lane, 25-meter competition pool with manual timing		
PURPOSE:	Provide a Racing Opportunity for NORAC 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:	Annette Otter	Level:	4
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted		
MEET MANAGER:	Patti Cumberland	Email:	torhaus5@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 .		
COMPETITION:	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 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.		
	Starts will be conducted from	Starting Platform (blocks)	
ELIGIBILITY:	This event includes participants from the following clubs:	Northumberland Aquatic Club	
	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.		
AGE UP DATE:	Ages submitted are to be as	03/05/2023	
ENTRY LIMITS:	The maximum number of participants per session is	50	
	Each club is limited to	50	swimmers
	A maximum of	3	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:	02-24-2023		

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.

<u>Warm-up period</u>	<u>Start</u>	<u>Finish</u>
7:30-8:00 am	8:00 am	10:00 am

SCHEDULE OF EVENTS:

1 - Mixed 50 Freestyle	
2 - Mixed 100 Freestyle	
3 - Mixed 100 IM	
4 - Mixed 200 IM	
5 - Mixed 50 Breaststroke	
6 - Mixed 100 Breaststroke	
7 - Mixed 50 Butterfly	
8 - Mixed 100 Butterfly	
9 - Mixed 50 Backstroke	
10 - Mixed 100 Backstroke	
11 - Mixed 200 Free Relay	

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