

DATE(s):	March 31, 2023 – April 2, 2023	REGION:	Western	
HOSTED BY:	Windsor Aquatic Club			
ENTRY DEADLINE:	MIDNIGHT – MARCH 20, 2023 Changes to entries will be accepted until: <table border="1" style="float: right; margin-top: 10px;"> <tr> <td>March 28, 2023 Email Meet Manager with event change requests after entry deadline for entered athletes</td></tr> </table>			March 28, 2023 Email Meet Manager with event change requests after entry deadline for entered athletes
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LOCATION:	Windsor International Aquatic and Training Centre - 401 Pitt St W, Windsor Ontario			
FACILITY:	The pool is a 10 lane 72 metre indoor facility. Bulkhead divided will include a 50 metre competition pool. Omega Quantum Electronic Timing System and 10 lane display. Scoreboard with Hytek Meet Manager for scoring. Touchpads will be at both ends of the pool. Warm down pool will be available for 13& over sessions. Spectator seating will be upstairs on mezzanine level. No glass containers or outdoor shoes allowed on deck			
PURPOSE & DESCRIPTION:	To provide competitive opportunities to age groups swimmers. The Meet will consist of: <ul style="list-style-type: none"> • Timed Final events consisting of 400m, 800m & 1500m • Timed Finals for 12 & Under Heats & Finals for 13 & Over			
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:	Linda Stanczak	Level:	4	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Aaron Arlotti	Email:	aaron.arlotti.wac@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 both ends	
		<input checked="" type="checkbox"/>	Deck or Bulkhead at both ends	
		<input type="checkbox"/>	In-Water at	

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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:	WAC, WEST, LLST, SR, BLEN, SSAT, WAAC, CW, MS, HHBF, NEW, CC, HHAC, ISS, ELAC, Pacific Coast Swimming <i>This is an open meet. Additional teams are welcome to contact the Meet Manager if interested in attending.</i>	
	<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.	
	<input 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 type="checkbox"/>	Foreign competitors' entries will not be accepted	
	<input checked="" type="checkbox"/>	Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All foreign swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition.	
AGE UP DATE:	Ages submitted are to be as	March 31, 2023	
ENTRY LIMITS:	The maximum number of participants per session is	500	
	Each club is limited to the following number of swimmers	No Limit	
	The maximum number of entries per swimmer is	No Limit	
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 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 type="checkbox"/>	Qualifying standard for entry is:	
	<input type="checkbox"/>	Qualifying period for entry to the meet is:	

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CONVERSION:	<input checked="" type="checkbox"/>	Entry times can be converted.			
	<input type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.			
	<input checked="" type="checkbox"/>	Times will be converted by the host			
	<input type="checkbox"/>	Times will not be converted			
ENTRY FEE:	<input type="checkbox"/>	No Fee			
	<input checked="" type="checkbox"/>	Individual Events	\$12	Relay Events	\$15
	<input checked="" type="checkbox"/>	Swimmer Fee	\$5		
	Payment Method:		Cheque payable to Windsor Aquatic Club		
COACH'S REGISTRATION:	<p>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.</p>				
SEEDING:	<input checked="" type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package, followed by swimmers entered with NT (no times).			
	<input checked="" type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.			
	<input checked="" type="checkbox"/>	<p>Seeding will be in the following order:</p> <ul style="list-style-type: none"> All entries times will be converted to Long Course (LC) times, using the default conversion factors in Hy-Tek Meet Manager, and then seeded accordingly in order of times entered. Non-conforming times (yards, etc.) and swimmers entered with NT (no time) will be seeded last. Meet Management reserves the right to combine age groups/events if time requires, and the right to split preliminary session age categories to ensure proper session lengths. There will be an "A" final for male and female 13, 14, 15, 16 & Over. All Relays will be timed finals. The 800 Free and 1500 Free will swim fastest to slowest and will be timed finals with alternating W/M heats. The 400 Free and 400 IM will swim slowest to fastest and will be timed finals. 13 & Over preliminaries will swim combined age groups and will be separated into designated age groups for finals. If necessary 1500 Free events may be limited to 2 heats and the 800 Free to 3 heats of each gender. Those qualifying will be determined by entry time. The fastest 20 for 1500 & 30 for 800 will swim. If necessary 400 Free and 400 IM events may be limited to 3 heats per age grouping (Grouping will be 12& Under /13 & Over) and gender. Meet Management reserves the right to combine male and female heats of events with distances of 400m or greater to ensure proper session lengths. 			

SCHEDULE OF SESSIONS:

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Fri March 31 st	11:00 – 11:55 pm	12:00 pm	2:00 pm	Timed Finals
2	Fri March 31 st	2:15 pm – 2:55 pm	3:00 pm	5:00 pm	Time Finals
3	Fri March 31 st	5:15 pm – 5:55 pm	6:00 pm	8:00 pm	Heats
4	Sat April 1 st	7:00 – 7:55 am	8:00 am	11:30 am	Heats
5	Sat April 1 st	12:00 pm – 12:55 pm	1:00 pm	4:30 pm	Timed Finals
6	Sat April 1 st	5:00 – 5:55 pm	6:00 pm	8:00 pm	Finals
7	Sun April 2 nd	7:00 am – 7:55 am	8:30 am	11:30 am	Heats
8	Sun April 2 nd	12:00 pm – 12:55 pm	1:00 pm	4:30 pm	Time Finals
9	Sun April 2 nd	5:00 – 5:55 pm	5:30 pm	7:30 pm	Finals

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 type="checkbox"/>	There will be no scratch deadline for the following:	
<input checked="" type="checkbox"/>	Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.	
<input type="checkbox"/>	All swimmers are required to check in with the Clerk of Course 30 minutes prior to each session.	
<input checked="" type="checkbox"/>	There is a positive check in 30 minutes before the start of the session at the Clerk of Course for the following events:	1500 Free 800 Free 400 Free 400 Individual Medley
<input checked="" type="checkbox"/>	A scratch deadline will apply for finals.	
<input type="checkbox"/>	30 minutes following the posting of results of last event of prelims sessions	
<input checked="" type="checkbox"/>	60 minutes after the completion of the morning session.	

PENALTIES:

☒ No scratch penalty shall be imposed for late or day of scratches or No-Shows

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	<input type="checkbox"/>	Failure to participate in an event with a scratch or checkin deadline will result in the following penalty:	
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 checked="" 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"/>	Fee	\$ 20.00 per Individual Event & \$25.00 per Relay
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 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.	
	<input 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 type="checkbox"/>	Results will be posted as quickly as possible at the meet.	
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.	
SCORING:	<input checked="" type="checkbox"/>	No Scoring	
AWARDS:	<input type="checkbox"/>	No awards	
	<input checked="" type="checkbox"/>	The following will be awarded: <ul style="list-style-type: none"> • Medals 1st to 3rd - Individual events. • Ribbons 4th to 8th - Individual events. • Relay Events: Ribbons: 1st to 6th. • Awards and results, for individual events, will be broken out by gender and: 10 & Under, 11, 12, 13, 14, 15, 16 & Over (except: 1500 Free will have 13 & Under, 800 Free and 400 IM will have 12 & Under, 400 Free & 200's of Back, Breast and Fly will have 11 & Under) 	

ADDITIONAL INFORMATION:

- All Events will be swum as a combined age group and will be separated into designated age groups for awards.
- No new heats will be created for deck entries.
- Deck entries must be requested no later than 30 minutes prior to the start of the session.
- Backstroke Ledges will be available for use. Officials will attach the ledge to the block, swimmers shall be responsible for adjusting the length.

Shirts

Shirts may be ordered from: [WAC Spring Invitational 2023 Store](#). Please distribute the link and deadline date to your swimmers and their families.

DEADLINE FOR ORDERING SHIRTS IS 9:00 AM ON MARCH 13TH, 2023.

The store will open January 23rd, 2023. Shirts will be distributed to the coaches on the first day of the meet.

Hotel Information

WAC Spring invitational 2023: Mar 31–April 1, 2023. Reservations should be booked starting March 30th.

Towneplace Suites Marriott – 250 Dougall Ave. Windsor (3 min walk) (519) **977.9707**

- Studio King suites with one king and single pullout (max 3 people) \$154/night
- Studio Suite with 2 queen beds: \$154/night
- Free Wi-Fi
- Parking \$15/night

Four Points by Sheraton – 430 Ouellette Ave. (10 min walk) (519) **256-4656**

- 2 queen beds: \$139/night
- Parking: 15/night
- Free Wi-Fi
- Restaurant on site

Best Western Plus Waterfront Hotel: 277 Riverside Dr. W (3 min walk) (519) **973-5555**

- One bed: \$149/night
- 2 beds: \$159/night
- Parking: \$15/night
- Free Wi-fi

Holiday Inn & Suites Ambassador Bridge: 1855 Huron Church Road (12 min drive) (519) **966-1200**

- King room: \$142/night
- Queen room: \$142/night
- Free parking
- Free Wi-Fi

SCHEDULE OF EVENTS:

Friday

Session # 1 - Open			Session # 2 – 12 & Under Timed Final			Session # 3 – 13 & Over Prelims		
Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
1	800 Free	W	101	200 Free	G	11	200 IM	W
2	800 Free	M	102	200 Free	B	12	200 IM	M
3	1500 Free	W	103	100 Back	G	13	50 Fly	W
4	1500 Free	M	104	100 Back	B	14	50 Fly	M
			105	200 Fly	G	15	200 Back	W
			106	200 Fly	B	16	200 Back	M

Saturday

Session # 4 – 13 & Over Prelims			Session # 5 - 12 & Under Timed Final			Session # 6 – 13 & Over Finals		
Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
17	100 Back	W	107	200 IM	G	17	100 Back	W
18	100 Back	M	108	200 IM	B	18	100 Back	M
19	400 IM	W	109	50 Back	G	11	200 IM	W
20	400 IM	M	110	50 Back	B	12	200 IM	M
21	200 Fly	W	111	400 Free	G	21	200 Fly	W
22	200 Fly	M	112	400 Free	B	22	200 Fly	M
23	50 Free	W	113	50 Breast	G	23	50 Free	W
24	50 Free	M	114	50 Breast	B	24	50 Free	M
25	100 Breast	W	115	100 Fly	G	25	100 Breast	W
26	100 Breast	M	116	100 Fly	B	26	100 Breast	M
27	200 Free	W	117	100 Free	G	13	50 Fly	W
28	200 Free	M	118	100 Free	B	14	50 Fly	M
200	4 x 50 Free Relay	W	119	200 Breast	G	27	200 Free	W
201	4 x 50 Free Relay	W	120	200 Breast	B	28	200 Free	M
202	4 x 50 Free Relay	M	210	4 x 50 Free Relay	G			
203	4 x 50 Free Relay	M	211	4 x 50 Free Relay	G			
			212	4 x 50 Free Relay	B			
			213	4 x 50 Free Relay	B			

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Sunday

Session # 7 – 13 & Over Prelims			Session # 8 - 12 & Under Timed Final			Session # 9 – 13 & Over Finals		
Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
29	200 Breast	W	121	200 Back	G	15	200 Back	W
30	200 Breast	M	122	200 Back	B	16	200 Back	M
31	100 Free	W	123	50 Free	G	29	200 Breast	W
32	100 Free	M	124	50 Free	B	30	200 Breast	M
33	50 Breast	W	125	100 Breast	G	31	100 Free	W
34	50 Breast	M	126	100 Breast	B	32	100 Free	M
35	100 Fly	W	127	50 Fly	G	33	50 Breast	W
36	100 Fly	M	128	50 Fly	B	34	50 Breast	M
37	50 Back	W	230	4 x 50 Medley Relay	G	35	100 Fly	W
38	50 Back	M	231	4 x 50 Medley Relay	G	36	100 Fly	M
221	4 x 50 Medley Relay	W	232	4 x 50 Medley Relay	B	37	50 Back	W
221	4 x 50 Medley Relay	W	233	4 x 50 Medley Relay	B	38	50 Back	M
221	4 x 50 Medley Relay	W	129	400 IM	G			
222	4 x 50 Medley Relay	M	130	400 IM	B			
39	400 Free	W						
40	400 Free	M						