

**APPROVED**

By Swim Ontario at 6:08 pm, Jan 26, 2023

<b>DATE(s):</b>	March 31-April 2, 2023		<b>REGION:</b>	Central
<b>HOSTED BY:</b>	Uxbridge Swim Club			
<b>LOCATION:</b>	Uxpool 1 Parkside Drive Uxbridge, ON, L9P 1K7			
<b>FACILITY:</b>	25 metre Colorado Electronic Touch Pad Timing System and Scoreboard			
<b>PURPOSE &amp; DESCRIPTION:</b>	This is a 25m short course meet for swimmers of all competitive levels, no qualifying standards.			
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>			
<b>COMPETITION COORDINATOR:</b>	Harry Shardlow		Level:	5
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted			<input type="checkbox"/>
<b>MEET MANAGER:</b>	Jaimie Walker & Laura Lee	Email:	<a href="mailto:uscmeetmanager1@outlook.com">uscmeetmanager1@outlook.com</a>	
<b>SAFETY AT COMPETITION:</b>	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 <a href="#">Swim Ontario Concussion Management</a> & <a href="#">Swimming Canada Event Photography</a> procedures will be in effect. For complete details click <a href="#">HERE</a> . Every club and its participants are responsible for ensuring all facility rules and requirements are followed.			
<b>COMPETITION RULES:</b>	<b>Sanctioned by Swim Ontario.</b>			
	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 <a href="#">HERE</a> to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator. Please note that <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> 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	Deep end only
		<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at		
<b>ELIGIBILITY:</b>	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:		Open invitational to any interested clubs.	
	<input checked="" 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
<b>FOREIGN COMPETITORS:</b>	<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 <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition.
<b>AGE UP DATE:</b>	Ages submitted are to be as	March 24, 2023
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is	200
	Each club is limited to the following number of swimmers	n/a
	The maximum number of entries per swimmer is	3 individual and one relay per session.  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 hours. Coaches will be notified in advance.
<b>ENTRY SUBMISSIONS:</b>	Entries must be submitted through the Swimming Canada online entries system at <a href="http://www.swimming.ca">www.swimming.ca</a> . Meet Management will not accept entries via email. Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.	
	Entries must include all attending coaches.	
	<input checked="" type="checkbox"/>	NT entries are not permitted
	<input 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:
	<input checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.
	<b>CONVERSION:</b>	<input checked="" type="checkbox"/>
<input type="checkbox"/>		Entry times are not to be converted. Please submit times in course achieved.
<input type="checkbox"/>		Times will be converted by the host
<input type="checkbox"/>		Times will not be converted
<b>ENTRY DEADLINE:</b>	<b>March 6, 2023</b>	
	Changes to entries will be accepted until	March 17, 2023
<b>ENTRY FEE:</b>	<input type="checkbox"/>	No Fee

	<input checked="" type="checkbox"/>	Individual Events	\$10 - 50/100/200m events \$15 - 400/800/1500m events	Relay Events	\$20 per relay
	<input checked="" type="checkbox"/>	Swimmer Fee	\$5.00		
	Payment Method:		Cheques are to be made payable to: <b>UXBRIDGE SWIM CLUB</b> . Please contact the Meet Manager if electronic payment is preferred.		
<b>COACH'S REGISTRATION:</b>	Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a> . 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.				
<b>SEEDING:</b>	<input type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package, starting with NT entries, if permitted.			
	<input type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.			
	<input checked="" type="checkbox"/>	Seeding will be in the following order: All events 200m and below will be swum slowest to fastest, as converted pursuant to the conversion process as per meet package. All 400 and longer events will be seeded fastest to slowest.			

**SCHEDULE OF SESSIONS:**

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	March 31	4:30 - 5:30 pm	5:30 pm	9:00 pm	3.5 hours
2	April 1	8:00 - 9:00 am	9:00 am	1:00 pm	4 hours
3	April 1	2:00 - 3:00 pm	3:00 pm	7:00 pm	4 hours
4	April 2	8:00 - 9:00 am	9:00 am	1:00 pm	4 hours
5	April 2	2:00 - 3:00 pm	3:00 pm	7:00 pm	4 hours

<b>MIXED-GENDER:</b>	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.				
<b>CHECKIN AND SCRATCHES:</b>	<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:	400 Free, 400 IM, 800 Free, 1500 Free
	<input 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 type="checkbox"/>	30 minutes following the posting of results of respective event	
<b>PENALTIES:</b>	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows	
	<input type="checkbox"/>	Failure to participate in an event with a scratch or checkin deadline will result in following penalty:	
<b>DECK ENTRIES:</b>	<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	\$ 15 individual entry up to 200m; \$20 individual entry 400m and longer; relay entry \$25
<b>OFFICIAL SPLIT TIMES:</b>	<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.	
<b>RECORDS:</b>	<input 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 checked="" type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and national records.	
<b>MEET RESULTS:</b>	Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a>		
	<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.	
<b>SCORING:</b>	<input type="checkbox"/>	No Scoring	
	<input type="checkbox"/>	The following will be scoring: Individual High Point: 5-2-1	

<b>AWARDS:</b>	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p><b>Individual Events:</b> Ribbons will be awarded for individual events 1st-6th in the following age categories: 10&amp;under, 11-12, 13-14, and 15 &amp; older.</p> <p><b>Relay Events:</b> Ribbons will be awarded 1st-3rd.</p> <p><b>Awards must be collected by coaches at the end of the meet. Awards will NOT be mailed out afterwards.</b></p> <p><b>High Points Awards:</b> Awarded by gender and: 12 &amp; under 13-14, 15 &amp; over. Ties will be broken by highest FINA points..</p> <p><b>SKINS RACE (13 &amp; Over):</b> 50 Free will run on Friday. Top six 50 Free times (by age and gender) will qualify to Skins Races held on Sunday at the end of the session. Top 6 will qualify to 'prelims', top 4 from prelims qualify to 'semis' and top 2 from semis will qualify to 'finals. Age categories: 13, 14, and 15 &amp; over; each gender.</p> <p>Winner of each age and gender category will be awarded a cash prize.</p>
<b>ADDITIONAL INFORMATION:</b>	<p><b>RELAYS ENTRY RULES:</b> Teams may move up no more than two swimmers from a younger category to fill a relay. Relay name submission deadline is by the start of the session.</p> <p><b>RELAY CHANGES:</b> All relay changes can be made on the relay cards up to the start of the race. Relay cards with all changes will be given to the Inspector of Turns (Start End) when teams check-in at the start of the race.</p>	

## SCHEDULE OF EVENTS:

<p align="center"><b>Session 1</b> Friday March 31, 2023 <b>13 &amp; Over</b> Warm-up: 4:30 PM -- Start: 5:30 PM</p>		
Women		Men
1	200 Individual Medley (IM)	2
3	50 Freestyle	4
5	800 Freestyle	6
7	1500 Freestyle	8

<b>Session 2</b> Saturday April 1, 2023 <b>13 &amp; Over</b> Warm-up: 8:00 AM -- Start: 9:00 AM		
Women		Men
9	100 Freestyle	10
11	200 Backstroke	12
13	100 Butterfly	14
15	200 Breaststroke	16
17	50 Butterfly	18
19	400 Freestyle	20
21	200 Medley Relay	22

<b>Session 3</b> Saturday April 1, 2023 <b>12 &amp; Under</b> Warm-up: 2:00 PM -- Start: 3:00 PM		
Women		Men
23	50 Breaststroke	24
25	100 Freestyle	26
27	200 Backstroke	28
29	50 Backstroke	30
31	100 Butterfly	32
33	200 Breaststroke	34
35	400 Freestyle	36
37	200 Medley Relay	38

<b>Session 4</b> Sunday April 2, 2023 <b>13 &amp; Over</b> Warm-up: 8:00 AM -- Start: 9:00 AM		
Women		Men
39	200 Freestyle	40
41	100 Backstroke	42
43	200 Butterfly	44
45	100 Breaststroke	46
47	400 Individual Medley (IM)	48
49	200 Freestyle Relay	50
	<b>Skins Race - 50 Freestyle</b>	

<b>Session 5</b> Sunday April 2, 2023 <b>12 &amp; Under</b> Warm-up: 2:00 PM -- Start: 3:00 PM		
Women		Men
51	200 Freestyle	52
53	100 Backstroke	54
55	50 Butterfly	56
57	100 Breaststroke	58
59	50 Freestyle	60
61	200 Individual Medley (IM)	62
63	200 Freestyle Relay	64