

APPROVED By Swim Ontario at 10:24 pm, Feb 08, 2023

DATE:	02/11/2023			REGION:	Western	
HOSTED BY:	Aylmer Optimist Arrows					
LOCATION:	Tillsonburg Recreation Complex, 45 Hardy Avenue, Tillsonburg, Ontario N4G 3W9					
FACILITY:	6 lane, 25 meter indoor tank with Keifer type lane ropes					
PURPOSE:	To allow swimmers to achieve times for the short course season					
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on <u>www.swimming.ca</u>					
COMPETITION	Carol McNiece		Level:	5		
COORDINATOR:	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted					
MEET MANAGER:	Fred Buro		Email:	fred@h	bi.ca	
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 <u>Swim Ontario Concussion Management</u> & <u>Swimming Canada Event</u> <u>Photography</u> procedures will be in effect. For complete details click <u>HERE</u> .					
COMPETITION:	Sanctioned as Class II Time Trial by Swim Ontario.				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 <u>Swimming Canada Competition Warm-Up Safety Procedures</u> will be in effect. Events are Timed Finals. There will be no entry fee, scoring or awards permitted. Starts will be conducted from					
ELIGIBILITY:	Starts will be conducted fromStarting Platform (blocks)This event includes participants from the following clubs:Aylmer Optimist Arrows			>)		
	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 a	s 02/	02/11/2023			
ENTRY LIMITS:	The maximum number of participants per session is 25					
	Each club is limited to	25		swimmers		
	A maximum of	4	4		entries per swimmer	
ENTRY SUBMISSIONS:	Entries must be submitted through the Swimming Canada online entries system at <u>www.swimming.ca</u> . Meet Management will not accept entries via email.				-	
	Entries must include all attending coaches.					
ENTRY DEADLINE:	02-10-2023	02-10-2023				



COACH'S REGISTRATION:	Meet management will cross reference the list of coaches submitted with entries at this competition with the <u>Swim Ontario Compliance lists</u> . 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 2.5 hours and maximum 50 swimmers.

Warm-up period	<u>Start</u>	Finish
1:30pm - 2:00pm	2:00pm	3:30pm

SCHEDULE OF EVENTS:

50 Free Mixed	
50 Back Mixed	
50 Breast Mixed	
50 Fly Mixed	
100 Free Mixed	
100 Back Mixed	
100 Breast Mixed	
100 Fly Mixed	
200 Free Mixed	

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 <u>www.swimming.ca</u>