

**APPROVED**

By Swim Ontario at 11:33 pm, Feb 26, 2023

# 2023 Mallards Long Course Challenge

**April 14 - 16, 2023**

**PRESENTED BY:**



**MARKHAM PAN AM CENTER**

16 Main Street  
Unionville, Ontario

**Revised Feb 25, 2023**

**Entry and Change Deadlines Updated**

# 2023 Mallards Long Course Challenge

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<b>DATE</b>	April 14 - 16, 2023
<b>HOST</b>	<b>Mallards Swim Team</b>
<b>LOCATION</b>	MARKHAM Pan Am Center 16 Main Street, Unionville, Ontario
<b>FACILITY</b>	10 Lanes, 50 meter Competition pool with Electronic Timing System.
<b>DESCRIPTION</b>	Swimmers will swim in age combined events, 12 & Under and 13 & Over groups. <b>12 &amp; Under:</b> <ul style="list-style-type: none"><li>• All events are timed finals</li></ul> <b>13 &amp; Over:</b> <ul style="list-style-type: none"><li>• All events are timed finals except for 50 meter Freestyle, 100 meter events and 200 meter Backstroke.</li><li>• Preliminary events will run 10 lane heats with the fastest three heats circle seeded.</li><li>• Finals will run top 10 swimmers, A Finals only.</li><li>• 1500 m Freestyle: One heat only.</li></ul>
<b>COMPETITION RULES</b>	All current Swimming Canada rules will be followed. In competitions that are not National Level, Trials, or Selection meets, the Referee shall exempt swimwear from compliance with the GR 5 Swimwear rule for a participating swimmer, where an exemption is requested for medical or religious reasons, and the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to be creating a technical advantage. Such an exemption would only be granted for the swimsuit coverage requirements. Such an exemption may be granted for a) a swimsuit that covers more of the body, such as modesty swimwear, or b) the use of a separate garment worn underneath a regular swimsuit. Click <a href="#">HERE</a> for details of GR 5 swimwear rule. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator. <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> will be in effect.
<b>DIVE STARTS</b>	As per the facility rules for Dive Starts, this competition will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 from both ends.
<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 COORDINATORS</b>	Wayne Dorrington, Level 5 Vivien Hughsam, Level 5
<b>MEET MANAGERS</b>	Mike Yang, Victoria Buzer, <a href="mailto:meetmanager@mallardsswimming.com">meetmanager@mallardsswimming.com</a>
<b>ENTRIES CO-ORDINATOR</b>	Wayne Dorrington Vivien Hughsam

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- OFFICIALS** Contact email: [officialschair@mallardsswimming.com](mailto:officialschair@mallardsswimming.com)
- COORDINATORS** **It would be greatly appreciated if each club could provide officials to help out at the meet.** Please indicate sessions and positions preferred. We will do our best to accommodate.
- 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 registration status will be declined entry. Pre-competitive registered swimmers must be declared by clubs and marked exhibition. This event is sanctioned as an Invitational and as such participation at this meet is at the full discretion of the host club.  
Foreign competitors/teams are welcome, subject to the provisions below...  
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** A competitor's age is their age as of the start date of the meet, April 14, 2023.
- PARTICIPANT SAFETY:** 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](#).
- ENTRY FEES:**
- |                            |  |
|----------------------------|--|
| Individual events to 200 m | \$15.00  |
| Events 400 m and Up        | \$20.00  |
| Relays                     | \$25.00  |
| Swimmer Fee                | \$5.00 per swimmer inclusive of 'Relay Only' swimmers.<br>Includes downloadable heat sheets for all days/sessions. |
- All fees include Swim Ontario Gold Bonus and HST.  
Payment will be by cheque due on the first day of the event.
- ENTRY DEADLINE:** Entries must be received by **Monday, March 13, 2023**  
Deadline for changes is **Monday, March 27, 2023**
- ENTRIES:** Entries must be submitted through the Swimming Canada online entries system at [www.swimming.ca](http://www.swimming.ca). During the Interim Process, Meet Management will accept entries via email.
- Entries must include all attending coaches.
  - **No changes will be accepted after the change deadline as the meet will have been final seeded.** 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 will be considered in order received and with the discretion of meet mgmt.

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- Entry confirmations will be sent by individual email from [www.swimming.ca](http://www.swimming.ca). During the Interim Process, confirmation will be by email from the meet management team.
- Meet Management reserves the right to restrict and/or close entries prior to the deadline in the event of over subscription.

## **ENTRY**

### **RESTRICTIONS:**

Meet Management requests all swimmers be entered with real (provable) or estimated entry time to allow for proper seeding.

- Session 1 - Maximum of 3 Individual Events plus a Distance Event (800 Free).
- Sessions 2, 3, 4, 6 & 7 - Maximum of 3 Individual and 1 Relay Event per session.
- **No Time (NT) entries will not be accepted.**
- No qualifying standard or period.

## **SEEDING/**

### **CONVERSIONS:**

Heats will be seeded slowest to fastest except in 400 IM, 400, 800 and 1,500m Free, fastest to slowest. All entries must be submitted using long course times in meters (LCM). Please use Hy-Tek default conversion of times to LCM times before submitting entries.

## **OFFICIAL SPLITS:**

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 in question. The procedure for obtaining an official split time requires coaches to complete the “**Official Split Request**” form (available at the Clerk of Course table) and to forward it to the Referee or meet management prior to the start of the session.

## **RECORDS:**

Swim times achieved at this competition will be eligible for application of provincial and national records. Coaches are to advise meet management of possible record attempts, and or if records are broken. Swim Ontario has a completed certified pool length survey for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

## **DECK ENTRIES:**

Will be **Exhibition (EX) only**.

Entries must be made 30 minutes prior to the start of the session, and will be accepted based on the availability of empty lanes in slowest heats.

- Swimmer substitution will not be allowed.
- Swimmers must have a 9 digit Swimming Canada ID.
- **Cost is \$20.00 per Individual event to 200 m, \$ 25.00 per individual event 400m and up, and \$30 per relay event, payable in cash (exact amount) and submitted to the COC with the Deck Entry Form.**

## **SESSION TIMES:**

**In order to stay within the maximum session length of 4.5 hrs, meet management reserves the right to...**

1. Amend warm-up and start times according to the number of entries received.
2. Limit the number of swimmers in an event and or run events in multiple sessions.
3. Limit the number of heats in any particular event(s).
4. Cancel relays should session(s) run late.

An updated schedule will be posted on the Mallards website as soon as it is available.

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**SCHEDULE OF SESSIONS:** Sessions will not exceed 4.5 hrs in length (excluding warm up periods).

SESSION:	AGE GROUP:	COMPETITION:	WARM UP:	START:	EST. LENGTH:	
Friday	1	13 & O	Time Finals/Prelims	10:30 am - 11:15 am	11:20 am	4.5 hrs.
	2	12 & U	Time Finals	4:00 pm - 4:45 pm	4:50 pm	3.5 hrs.
Saturday	3	13 & O	Time Finals/Prelims	7:00 am - 7:45 am	7:50 am	4.0 hrs.
	4	12 & U	Time Finals	12:30 pm - 1:15 pm	1:20 pm	3.5 hrs.
	5	13 & O	FINALS & 1500 Free	5:30 pm - 6:10 pm	6:20 pm	1.5 hrs.
Sunday	6	12 & U	Time Finals	7:30 am - 8:15 am	8:20 am	4.0 hrs.
	7	13 & O	Time Finals	1:00 pm - 1:45 pm	1:50 pm	3.5 hrs.

**SCHEDULE OF EVENTS:**

<b>SESSION #1 - FRIDAY MORNING</b>				
<b>Warm Up: 10:30 am</b>				
<b>Start: 11:20 am</b>				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
1	13 & Over	200 Fly	T-F	2
3	13 & Over	50 Free**	Prelim**	4
5	13 & Over	100 Breast**	Prelim**	6
7	13 & Over	100 Back**	Prelim**	8
<b>B R E A K</b>				
9 (Mixed)	11 & Over	800 Free*	T-F	9 (Mixed)

\*Positive check-in required 30 min. before session start

\*\* **SCRATCH DEADLINE for FINALS:** 30 minutes following the posting of results for Event 15/16

<b>SESSION #2 - FRIDAY AFTERNOON</b>				
<b>Warm Up: 4:00 pm</b>				
<b>Start: 4:50 pm</b>				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
11	12 & Under	200 IM	T-F	12
13	12 & Under	50 Free	T-F	14
15	12 & Under	200 Fly	T-F	16
17	12 & Under	200 Breast	T-F	18
19	12 & Under	100 Back	T-F	20

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SESSION #3 - SATURDAY MORNING				
Warm Up: 7:00 am				
Start: 7:50 am				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
21	13 & Over	100 Free***	Prelim***	22
23	13 & Over	200 Back***	Prelim***	24
25	13 & Over	100 Fly***	Prelim***	26
27	13 & Over	200 IM	T-F	28
29	13 & Over	50 Back	T-F	30
31	13 -14	200 Free Relay	T-F	32
33	15 & Over	200 Free Relay	T-F	34
35	13 & Over	400 Free *	T-F	36

\*\*\* SCRATCH DEADLINE for FINALS: 30 minutes following the posting of results for Event 25/26

\*Positive check-in required 30 min. before session start

SESSION #4 - SATURDAY AFTERNOON				
Warm Up: 12:30 pm				
Start: 1:20 pm				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
37(Mixed)	12 & Under	400 IM*	T-F	37(Mixed)
39	12 & Under	50 Back	T-F	40
41	12 & Under	50 Fly	T-F	42
43	12 & Under	100 Breast	T-F	44
45	12 & Under	200 Free	T-F	46
47 (Mixed)	10 & Under	200 Free Relay	T-F	47 (Mixed)
49	11-12	200 Free Relay	T-F	50

\*Positive check-in required 30 min. before session start

SESSION #5 - SATURDAY FINALS				
Warm Up: 5:30 pm				
Start: 6:20 pm				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
23	13-14, 15&O	200 Back*	Finals	24
21	13-14, 15&O	100 Free*	Finals	22
5	13-14, 15&O	100 Breast*	Finals	6
10 (Mixed)	13 & Over	1500 Free*	T-F	10 (Mixed)
7	13-14, 15&O	100 Back*	Finals	8
25	13-14, 15&O	100 Fly*	Finals	26
3	13-14, 15&O	50 Free*	Finals	4

\*Positive check-in required 30 min. before session start for **ALL** events

Failure to scratch from an event during FINALS session will result in a \$30.00 fine for each offence.

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SESSION #6 - SUNDAY MORNING				
Warm Up: 7:30 am				
Start: 8:20 am				
Women	AGE GROUP	EVENT	COMPETITION	Men
51	12 & Under	100 Free	T-F	52
53	12 & Under	200 Back	T-F	54
55	12 & Under	50 Breast	T-F	56
57	12 & Under	100 Fly	T-F	58
59 (Mixed)	10 & Under	200 Medley Relay	T-F	59 (Mixed)
61	11-12	200 Medley Relay	T-F	62
63	12 & Under	400 Free*	T-F	64

\*Positive check-in required 30 min. before session start

SESSION #7 - SUNDAY AFTERNOON				
Warm Up: 1:00 pm				
Start: 1:50 pm				
Women	AGE GROUP	EVENT	COMPETITION	Men
65	13 & Over	400 IM*	T-F	66
67	13 & Over	50 Breast	T-F	68
69	13 & Over	50 Fly	T-F	70
71	13 & Over	200 Free	T-F	72
73	13 & Over	200 Breast	T-F	74
75	13-14	200 Medley Relay	T-F	76
77	15 & Over	200 Medley Relay	T-F	78

\*Positive check-in required 30 min. before session start

## SCRATCH RULES:

**PRELIMINARY and TIME FINAL Events:** Scratches are to be made to the Clerk of Course at least 30 minutes before the start of each session. No penalty for late scratches of these events.

**FINAL Events:** Scratches to all final events must be made on **official scratch cards** submitted to the Clerk of Course. Scratch deadline is 30 minutes after the completion of the last preliminary events, #25 (for Girls) and #26 (for Boys) on Saturday, April 15. Failure to scratch before the scratch deadline or to participate in a final event will result in a \$30 fine for each offense. Failure to pay the penalty will exclude the swimmer from further participation in the meet. There will be no reseeding for scratches received after the final deadline.

**NO REFUND(S) will be issued for swimmers who do not swim any heat for which they are seeded.**

## CHECK-IN:

**POSITIVE CHECK-IN** is required for all **400 IM, 400, 800 and 1500m Free and all FINAL events**, at least **30 minutes before the start of the session**, at the Clerk of Course table. Failure to do so may result in the swimmer being eliminated from the race.

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**FINAL EVENTS...** Positive Check-In is required for all final events at the Clerk of Course table. Finalists and alternates are to report to the Marshaling 'ready area' ***no later than 10 mins.*** before their race. Finalists not present at 'final call' for an event will be replaced by an alternate and no show penalty will apply. Failure to pay will exclude the swimmer from further participation in the meet

**SWIM OFFS:** Swim offs will take place during the preliminary session in which the tie took place, at a mutually agreed upon time between coaches and officials.

**RELAYS:** Relay cards are to be submitted to the Clerk of Course 30 minutes after the start of the session. Once submitted, no name changes will be permitted. Please submit relay entry times for seeding purposes. Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.

**MIXED RELAYS:** A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a relay is not an official time. Requests for official splits are not allowed for mixed relays.

**PSYCH SHEETS:** Psych sheets will be posted online at [www.mallardsswimming.com](http://www.mallardsswimming.com) through a link on the homepage of Mallards Swim Team.

**RESULTS:** Results will be reported based on the following categories:

Girls: 10 & under, 11-12, 13-14, 15 & over.

Boys: 10 & under, 11-12, 13-14, 15 & over.

Unofficial meet results will be available on Live Results. Official meet results will be uploaded to [www.swimming.ca](http://www.swimming.ca) within 5 days of completion of the meet.

**OTHER INFORMATION:** No food will be allowed on deck.  
No glass objects will be allowed on deck.  
Lockers are not available.  
Onsite parking is free but may be limited.

**AWARDS:** Medals: 1st - 3rd for Individual & Relay events for all age groups  
Ribbons: 4th - 10th for 12&U age groups for Individual events

Awards will be broken down as follows:

Girls: 10 & Under, 11-12 yrs 13-14, 15 & Over.

Boys: 10 & Under, 11-12yrs, 13-14, 15 & Over.

**REFRESHMENTS:** Light refreshments will be provided for Coaches and Officials working the meet.

Amenities around Markham Pan Am Center

- [Langham Square](#) (Restaurants and Supermarket)
- [Whole Foods](#) (Supermarket & Cooked Foods)
- [New Kennedy Square](#) (Restaurants, Food court and Supermarket)
- [Markville Mall](#) (Food court, Tim Hortons, McDonalds, Joey, Pickle Barrel...)
- [Tim Hortons](#) (Kennedy Rd/14th Ave.)



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**EVENT HOST  
HOTELS:**

**[Hilton Suites Conference Centre and Spa:](#)**

8500 Warden Ave.,  
Markham Ontario, L6G 1A5

**For Group Rates, contact Sales Manager:**

Kristine Lagos

Email: [kristine.lagos@markhamsuites.com](mailto:kristine.lagos@markhamsuites.com)

Phone: (905) 470-8577

Reservations must be made by March 13, 2023

FOR BOOKING LINK, [CLICK HERE](#)

**[Monte Carlo Inns & Suites Downtown Markham](#)**

7255 Warden Avenue,  
Markham, ON. L3R 1B4

**For Group Rates, contact Sales Manager:**

Email: [dtmsales@montecarloinns.com](mailto:dtmsales@montecarloinns.com)

Phone: 905-752-2303

Reference “**Mallards LC Challenge**” **Group Block**

Group Code: 481072 and Pin Code: 1221006

Reservation must be made before March 14, 2023

FOR BOOKING LINK, [CLICK HERE](#)

# 2023 Mallards Long Course Challenge

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## Mallards LC Challenger 2023 April 14-16, 2023



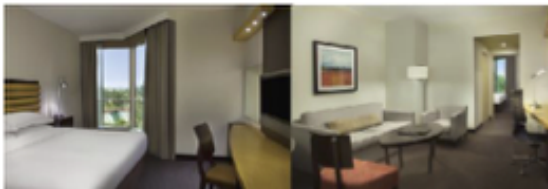
### RATES STARTING FROM \$169

#### TEAM BENEFITS

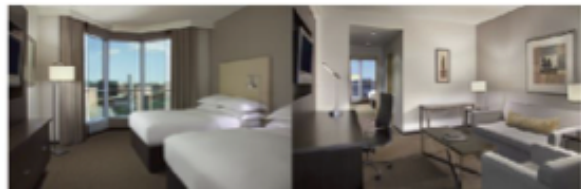
- Closest hotel in Markham Pan Am Centre
- Complimentary parking

### RESERVATIONS

- For 10 rooms or more reservations, call Kristine
- For 10 rooms or less, click [here](#) to book
- Discounted Breakfast Buffet \$18 ++ per person (Regular price \$28++ per person)



Standard Suite King Bedroom and Living Room



Standard Suite Double Bedroom and Living Room

Contact Kristine Lagos, Group Sales Manager at 905-470-8577 or [kristine.lagos@markhamsuites.com](mailto:kristine.lagos@markhamsuites.com)  
8500 Warden Avenue Markham, ON L6G 1A5 905-470-8500 [www.torontomarkham.hilton.com](http://www.torontomarkham.hilton.com)

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# 2023 Mallards Long Course Challenge



## Monte Carlo Inn & Suites Downtown Markham

7255 Warden Ave. Markham, ON

### About Us

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\*based on quad occupancy

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### For More Info:

☎ 905-752-2700 or 1-877-752-2788

✉ [dtmsales@montecarloinnns.com](mailto:dtmsales@montecarloinnns.com)

### Our Facilities

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- Indoor heated salt water pool
- Business Center
- Full service dinner restaurant
- 24h concierge