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| <b>DATE(s):</b>                   | February 11 2023  | <b>REGION:</b>                                    | Western |
| <b>HOSTED BY:</b>                 | Royal City Aquatic Club   |   |         |
| <b>LOCATION:</b>                  | Athletic Center, University of Guelph, 50 Stone Rd. E. N1G 2W1  |   |         |
| <b>FACILITY:</b>                  | Gold pool   |   |         |
| <b>PURPOSE &amp; DESCRIPTION:</b> | Competition for swimmers  |   |         |
| <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>   | James Ball  | <b>Level:</b>                                     | 3       |
| <b>MEET MANAGER:</b>              | Anissa Zacher   | <b>Email:</b>                                     |         |
| <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>         | <p><b>Sanctioned by Swim Ontario.</b></p> <p>All current Swimming Canada rules will be followed.</p> <p>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.</p> <p>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: rules FINA FR 2.3 and SW 4.1, Swimming Canada CFR 2.3.1, CSW 4.1.1 &amp; 4.1.2 with starting platforms at the bulkhead.</p>   |   |         |
| <b>ELIGIBILITY:</b>               | <p>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.</p> <p>This event includes participants from the following clubs: AAST, ISS, NHAC, STJJ, MS, RCAQ, WAAC</p> <p><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.</p> <p><input type="checkbox"/> Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition</p> |   |         |
| <b>FOREIGN COMPETITORS:</b>       | <input checked="" type="checkbox"/>   | Foreign competitors' entries will not be accepted |         |
| <b>AGE UP DATE:</b>               | Ages submitted are to be as   | February 11 2023                                  |         |
| <b>ENTRY LIMITS:</b>              | The maximum number of participants per session is   | 250   |         |
|                                   | Each club is limited to the following number of swimmers  | 50  |         |
|                                   | The maximum number of entries per swimmer is  | 3 individual entries and one relay                |         |
| <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   |   |         |

## RCAQ-hosted Aqua

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|                              | 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.   |   |
| <b>CONVERSION:</b>           | <input checked="" type="checkbox"/>   | Entry times can be converted.               |
| <b>ENTRY DEADLINE:</b>       | February 8, 2023  |   |
| <b>ENTRY FEE:</b>            | <input type="checkbox"/>  | No Fee                                      |
|                              | <input checked="" type="checkbox"/>   | \$25 3 individual events plus 1 relay       |
|                              | Payment Method:   | Cheques made payable to Royal City Aquatics |
| <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>              | 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).  |   |

### 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                | Sat Feb 11  | 3:00pm-3:50apm        | 4:00pm                  | 7:00pm                           | Time Finals                     |

### SCHEDULE OF EVENTS

| Session # 1    |                |               |                |              |               |                |                  |               |
|----------------|----------------|---------------|----------------|--------------|---------------|----------------|------------------|---------------|
| <i>Event #</i> | <i>Event</i>   | <i>Gender</i> | <i>Event #</i> | <i>Event</i> | <i>Gender</i> | <i>Event #</i> | <i>Event</i>     | <i>Gender</i> |
| 1              | 200 free relay | Mixed         | 8              | 25 back      | Girls         | 14             | 50 breast        | Girls         |
| 2              | 100 IM         | Girls         | 9              | 25 back      | Boys          | 15             | 50 breast        | Boys          |
| 3              | 100 IM         | Boys          | 10             | 50 back      | Girls         | 16             | 25 fly           | Girls         |
| 4              | 25 free        | Girls         | 11             | 50 back      | Boys          | 17             | 25 fly           | Boys          |
| 5              | 25 free        | Boys          | 12             | 25 breast    | Girls         | 18             | 50 fly           | Girls         |
| 6              | 50 free        | Girls         | 13             | 25 breast    | Boys          | 19             | 50 fly           | Boys          |
| 7              | 50 free        | Boys          |                |              |               | 20             | 200 medley relay | Mixed         |

|                               |   |   |
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| <b>MIXED-GENDER:</b>          | <p>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.</p> <p>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.</p> <p>In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p> |   |
| <b>MIXED RELAYS:</b>          | <p>A mixed relay can be any order and combination of girls or boys. Mixed relay times achieved will not be valid and will not be uploaded to the Swimming Canada System.</p>  |   |
| <b>CHECKIN AND SCRATCHES:</b> | <input checked="" type="checkbox"/>   | Please provide scratches to the Clerk of Course 30 minutes prior to the start of the session.   |
| <b>PENALTIES:</b>             | <input checked="" type="checkbox"/>   | No scratch penalty shall be imposed for late or day of scratches or No-Shows  |
| <b>DECK ENTRIES:</b>          | <input checked="" type="checkbox"/>   | Swimmer Deck Entries are permitted provided proof of registered status with valid Swimming Canada ID is provided to Meet Management.  |
| <b>OFFICIAL SPLIT TIMES:</b>  | <input 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 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 checked="" type="checkbox"/>   | Results will be posted as quickly as possible at the meet.  |
|                               | <input type="checkbox"/>  | Live Results / Meet Mobile are available.   |
| <b>SCORING:</b>               | <input type="checkbox"/>  | No Scoring  |
| <b>AWARDS:</b>                | <input checked="" type="checkbox"/>   | Ribbons will be awarded 1 <sup>st</sup> – 8 <sup>th</sup> Age groups 8 and under, 9-10, 11-12, 13-14, 15 and over   |