

**APPROVED**  
By Swim Ontario at 8:57 pm, Feb 16, 2023



February National Time Trial



<b>DATE:</b>	02/18/2023	<b>REGION:</b>	Central
<b>HOSTED BY:</b>	Richmond Hill Aquatic Club		
<b>LOCATION:</b>	TPASC, 875 Morningside Avenue, Toronto, ON M1C 0C7		
<b>FACILITY:</b>	Long course, manual, 5 lanes		
<b>PURPOSE:</b>	Time trial for national group 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>	Paul Duff	<b>Level:</b>	5
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted		
<b>MEET MANAGER:</b>	Kirsti Kontor	<b>Email:</b>	generalmanager@rhac.ca
<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> .		
<b>COMPETITION:</b>	Sanctioned as	Class II Time Trial	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 <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> will be in effect. Events are Timed Finals. <b>There will be no entry fee, scoring or awards permitted.</b>		
	Starts will be conducted from	Starting Platform (blocks)	
<b>ELIGIBILITY:</b>	This event includes participants from the following clubs:	Richmond Hill Aquatic Club	
	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.		
<b>AGE UP DATE:</b>	Ages submitted are to be as	02/18/2023	
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is	25	
	Each club is limited to	25	swimmers
	A maximum of	2	entries per swimmer

<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.
	Entries must include all attending coaches.
<b>ENTRY DEADLINE:</b>	02-09-2023

2022-2023 Season



RHAC February Time Trial



<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>SESSION:</b>	This event is limited to 1 session with session length not exceeding 2.5 hours and maximum 50 swimmers.

**Warm-up period Start Finish**

5:30pm-6:00pm

**SCHEDULE OF EVENTS:**

1	200 IM Mixed 13 & Over
2	200 Breast Mixed 13 & Over
3	100 Back Mixed 13 & Over
4	100 Breast Mixed 13 & Over
5	100 Fly Mixed 13 & Over
6	100 Free Mixed 13 & Over
7	50 Back Mixed 13 & Over
8	50 Breast Mixed 13 & Over
9	50 Fly Mixed 13 & Over
10	50 Free Mixed 13 & Over

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 [www.swimming.ca](http://www.swimming.ca)