

<b>DATE(s):</b>	April, 1,22023	<b>REGION:</b>	Western	
<b>HOSTED BY:</b>	Hamilton Aquatic Club			
<b>LOCATION:</b>	Wayne Gretzky Sports Centre			
<b>FACILITY:</b>	50M, 8 lane pool with starting blocks			
<b>PURPOSE &amp; DESCRIPTION:</b>	Opportunity to make qualifying times for future competitions.			
<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 Leslie	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>	Scott Hunt	Email:	hunt4scott@gmail.com	
<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
		<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:	Hamilton Aquatic Club, Oakville Aquatic Club, Cambridge Aquajets; others?		
	<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 checked="" 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 checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted		
<b>AGE UP DATE:</b>	Ages submitted are to be as	April 1, 2023		

# HAC Invitational 2023

<b>ENTRY LIMITS:</b>	The maximum number of participants per session is		300	
	Each club is limited to the following number of swimmers		85	
	The maximum number of entries per swimmer is		8	
<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>CONVERSION:</b>	<input checked="" type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.		
<b>ENTRY DEADLINE:</b>	<b>March 28, 2023</b>			
	Changes to entries will be accepted until		March 31, 2023	
<b>ENTRY FEE:</b>	<input type="checkbox"/>			
	<input checked="" type="checkbox"/>	Individual Events	15	Relay Events
	<input checked="" type="checkbox"/>	Swimmer Fee	5	
	Payment Method:		Cheque made payable to Hamilton Aquatic Club	
<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 checked="" type="checkbox"/>	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).		

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>
1	Apr 1/23	12.00pm-12:45pm	12:50pm	4:30 pm
2	Apr 1/23	4:45pm-5:30pm	5:35pm	8:00pm
3	Apr 2/23	1:00pm-1:45pm	1:50pm	5:40 pm
4	Apr 2/23	5:45-6:30pm	6:35pm	9:00pm

<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>
----------------------	---

# HAC Invitational 2023

<b>CHECKIN AND SCRATCHES:</b>	<input checked="" type="checkbox"/>	Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each 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"/>	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      \$ 20 cash
<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 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 type="checkbox"/>	Live Results / Meet Mobile are available.
<b>SCORING:</b>	<input checked="" type="checkbox"/>	No Scoring
<b>AWARDS:</b>	<input checked="" type="checkbox"/>	The following will be awarded: ribbons will be awarded for places 1-3, per age categories of male and female gender. Age categories are as follows: 10 and under, 11-12, 13-14, 15 and over

## SCHEDULE OF EVENTS:

Session 1 Saturday, April 1, 2023 Warm-up: 12:00 PM -- Start: 1:50 PM	
Mixed	Event
104	200 Breaststroke
105	100 Backstroke
106	200 Freestyle
107	100 Butterfly
108	100 Breaststroke
109	50 Freestyle
110	50 Backstroke
111	400 I.M

# HAC Invitational 2023

Session 2 Saturday, April 1 2023 Warm-up: 4:45pm -- Start: 5:35pm	
Mixed	Events
204	200 Breaststroke
205	100 Backstroke
206	200 Freestyle
207	100 Butterfly
208	100 Breaststroke
209	50 Freestyle
210	50 Backstroke
211	400 I.M

Session 3 Sunday, April 2, 2023 Warm-up: 1:00pm -- Start: 1:50 PM	
Mixed	Events
412	200 I.M
413	200 Butterfly
414	100 Freestyle
416	200 Backstroke
417	50 Butterfly
418	50 Breaststroke
419	400 Freestyle

Session 4 Sunday, April 2, 2023 Warm-up: 5:45pm -- Start: 6:35 PM	
Mixed	Events
512	200 I.M
513	200 Butterfly
514	100 Freestyle
516	200 Backstroke
517	50 Butterfly
518	50 Breaststroke
519	400 Freestyle