

Newmarket Stingrays Spring Long Course Invitational 2023

APPROVED

By Swim Ontario at 10:09 am, Feb 16, 2023

DATE(s):	Apr 28-30, 2023	REGION:	Central	
HOSTED BY:	Newmarket Stingrays Swim Club			
LOCATION:	Markham Pan Am Centre, 16 Main Street Unionville, Markham, ON., L3R 2E4			
FACILITY:	10 lanes, 50m pool with electronic timing			
PURPOSE & DESCRIPTION:	This is an invitational 50m long course meet for swimmers of all competitive levels, no qualifying standards.			
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca			
COMPETITION COORDINATOR:	Brian Wilson Rick Bermner Don Maclean	Level:	4 4 5	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted		<input type="checkbox"/>	
MEET MANAGER:	Alice Cheung Irene Okeke Shelagh Greenwood	Email:	stingrays.meetmanager@gmail.com	
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 Swim Ontario Concussion Management & Swimming Canada Event Photography procedures will be in effect. For complete details click HERE . Every club and its participants are responsible for ensuring all facility rules and requirements are followed.			
COMPETITION RULES:	Sanctioned by Swim Ontario.			
	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 HERE to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator. Please note that Swimming Canada Competition Warm-Up Safety Procedures 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	<input checked="" type="checkbox"/>	Starting Platforms at	Start (West) end
	CFR 2.3.1, CSW 4.1.1 & 4.1.2	<input type="checkbox"/>	Deck or Bulkhead at	
ELIGIBILITY:	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:	Open Invitational		
	<input checked="" type="checkbox"/>	Preference will be given to the host club first.		

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	<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 type="checkbox"/>	Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition
FOREIGN COMPETITORS:	<input type="checkbox"/>	Foreign competitors' entries will not be accepted
	<input checked="" type="checkbox"/>	Foreign competitors are welcome, subject to the following provisions. 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:	Ages submitted are to be as	Apr 28, 2023
ENTRY LIMITS:	The maximum number of participants per session is	350
	Each club is limited to the following number of swimmers	N/A
	The maximum number of entries per swimmer is	Max. 1 entry in Session #1 Max. 4 entries in Session #2-7
ENTRY SUBMISSIONS:	Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca . Meet Management will not accept entries via email. 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 must include all attending coaches.	
	<input checked="" type="checkbox"/>	NT entries are not permitted
	<input type="checkbox"/>	Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".
	<input type="checkbox"/>	Qualifying standard for entry is:
	<input type="checkbox"/>	Qualifying period for entry to the meet is:
	<input checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.
CONVERSION:	<input type="checkbox"/>	Entry times can be converted.
	<input checked="" type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.
	<input type="checkbox"/>	Times will be converted by the host
	<input type="checkbox"/>	Times will not be converted

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ENTRY DEADLINE:	Apr 10, 2023				
	Changes to entries will be accepted until				Apr 21, 2023
ENTRY FEE:	<input type="checkbox"/>	No Fee			
	<input checked="" type="checkbox"/>	Individual Events	\$13 for events under 400m \$15 for 400m events \$17 for 800/1500 m events	Relay Events	\$20 per relay
	<input checked="" type="checkbox"/>	Swimmer Fee	\$5 - digital heat sheets will be provided.		
	Payment Method:		via cheque, payable to Newmarket Stingrays Swim Club, to be delivered to Meet Manager prior to start of club's first session or, etransfer to Treasurer Marta Klakov: MKlakov@welchllp.com		
COACH'S REGISTRATION:	Meet management will cross reference the list of coaches submitted with entries at this competition with the Swim Ontario Compliance lists . 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.				
SEEDING:	<input type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package, starting with NT entries, if permitted.			
	<input type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.			
	<input checked="" type="checkbox"/>	Seeding will be in the following order: All events will be seeded slowest to fastest with the exception of events 400M or longer which will be seeded fastest to slowest.			

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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 - Friday Distance 11 & Over	Apr 28	4:00 pm - 4:40 pm	4:45 pm	8:15 pm	Timed Finals
2 - Saturday 13 & Over	Apr 29	7:00 am - 7:55 am	8:00 am	11:15 am	Timed Finals
3 - Saturday 10 & Under	Apr 29	11:25 am - 12:10 pm	12:15 pm	3:30 pm	Timed Finals
4 - Saturday 11 - 12	Apr 29	3:40 pm - 4:25 pm	4:30 pm	8:00 pm	Timed Finals
5 - Sunday 13 & Over	Apr 30	7:00 am - 7:55 am	8:00 am	11:15 am	Timed Finals
6 - Sunday 10 & Under	Apr 30	11:25 am - 12:10 pm	12:15 pm	3:30 pm	Timed Finals
7 - Sunday 11 - 12	Apr 30	3:40 pm - 4:25 pm	4:30 pm	8:00 pm	Timed Finals

MIXED-GENDER:	<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. 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>		
CHECKIN AND SCRATCHES:	<input type="checkbox"/>	There will be no scratch deadline for the following:	
	<input checked="" type="checkbox"/>	Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.	
	<input type="checkbox"/>	All swimmers are required to check in with the Clerk of Course 30 minutes prior to each session.	
	<input checked="" type="checkbox"/>	There is a positive check in 30 minutes before the start of the session at the Clerk of Course for the following events:	800m & 1500m
	<input type="checkbox"/>	A scratch deadline will apply for finals.	
	<input type="checkbox"/>	30 minutes following the posting of results of last event of prelims sessions	

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	<input type="checkbox"/>	30 minutes following the posting of results of respective event	
PENALTIES:	<input type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows	
	<input type="checkbox"/>	Failure to participate in an event with a scratch or check in deadline will result in following penalty:	
DECK ENTRIES:	<input type="checkbox"/>	No Deck Entries are permitted	
	<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
OFFICIAL SPLIT TIMES:	<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.	
RECORDS:	<input checked="" type="checkbox"/>	Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.	
	<input type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and national records.	
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca		
	<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 checked="" type="checkbox"/>	Live Results http://results.teamunify.com/cannssc/ Meet Mobile are available.	
SCORING:	<input type="checkbox"/>	No Scoring	
	<input checked="" type="checkbox"/>	The following will be scoring: Individual High Point: 5-2-1	
AWARDS:	<input type="checkbox"/>	No awards	

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	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p>Medals: 1-2-3 & Ribbons: 4 to 8 Girls: 9 & under 10, 11, 12, 13/14, 15 & Over Boys: 9 & under 10, 11, 12, 13/14, 15 & Over Relays: 1-3 Ribbons</p> <p>Individual High Point Trophy: Girls: 10 & Under, 11-12, 13-14, 15 & Over Boys: 10 & Under, 11-12, 13-14, 15 & Over</p> <p>Coaches are asked to pick up awards for their teams from the meet management office prior to leaving at the end of the meet. Awards will not be mailed.</p>
<p>ADDITIONAL INFORMATION:</p>	<p>Backstroke Ledges will not be in use at 12 & Under sessions in this meet.</p> <p>50 Free SKINS RACE – 15&O</p> <p>Age groups: 15&O</p> <p>Top 10 swimmers from Sunday’s 50 free events will advance to the 50 Free SKINS RACE (on Sunday at the end of session). SKINS RACE will be 3 rounds of 50 free (if not swimming in the Sunday SKINS RACE you must scratch by 30 minutes after the 50 free is complete on Sunday)</p> <p>Round 1 – 10 swimmers (eliminate slowest 5 for Round 2)</p> <p>Round 2 – 5 swimmers (eliminate slowest 3 for Round 3/Final)</p> <p>Round 3/Final – Top 2 swimmers from Round 2</p> <p>Sunday SKINS RACE rounds will be:</p> <p>Girls 15&O</p> <p>Boys 15&O</p> <p>Winner of each gender category will be awarded a cash prize.</p> <p>There will be really no time between rounds – 2 mins break in between prelims, 3 mins break between semis and finals. The time clock will run from the finish of each race till the start of the next.</p>	

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OFFICIALS & VOLUNTEERS	<p>Officials and Volunteers are welcome to sign up with Newmarket Stingrays Officials Coordinator – Brian Wilson</p> <p>Please send to bcwils@gmail.com</p>
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SCHEDULE OF EVENTS:

Session 1 - 11 & Over Mixed (Timed Finals)		
Friday, April 28, 2023		
Warm-up: 4:00 PM -- Start: 4:45 PM		
Women		Men
1	11 & Over Mixed 400 IM	1
2*	11 & Over Mixed 800 Freestyle	2*
3*	11 & Over Mixed 1500 Freestyle	3*

*Events 2 and 3 will alternate.

Session 2 - 13 & Over (Timed Finals)		
Saturday, April 29, 2023		
Warm-up: 7:00 AM -- Start: 8:00 AM		
Women		Men
5	13-14 200 Breaststroke	6
7	15 & Over 200 Breaststroke	8
9	13-14 100 Butterfly	10
11	15 & Over 100 Butterfly	12
13	13-14 50 Backstroke	14
15	15 & Over 50 Backstroke	16
17	13-14 100 Freestyle	18
19	15 & Over 100 Freestyle	20
21	13-14 200 Backstroke	22
23	15 & Over 200 Backstroke	24

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25	13-14 50 Breaststroke	26
27	15 & Over 50 Breaststroke	28

Session 3 - 10 & Under (Timed Finals) Saturday, Apr 29, 2023 Warm-up: 11:25 AM -- Start: 12:15 PM		
Women		Men
29	10 & Under 4 x 50 Freestyle Relay	30
31	10 & Under 200 IM	32
33	10 & Under 50 Breaststroke	34
35	10 & Under 100 Backstroke	36
37	10 & Under 50 Butterfly	38
39	10 & Under 100 Freestyle	40

Session 4 - 11 & 12 (Timed Finals) Saturday, Apr 29, 2023 Warm-up: 3:40 PM -- Start: 4:30 PM		
Women		Men
41	11-12 4 x 100 Freestyle Relay	42
43	11-12 200 Breaststroke	44
45	11-12 100 Butterfly	46
47	11-12 50 Backstroke	48
49	11-12 100 Freestyle	50
51	11-12 200 Backstroke	52
53	11-12 50 Breaststroke	54
55	11-12 400 Freestyle	56

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Session 5 - 13 & Over (Timed Finals) Sunday, April 30, 2023 Warm-up: 7:00 AM -- Start: 8:00 AM		
Women		Men
57	13-14 200 Butterfly	58
59	15 & Over 200 Butterfly	60
61	13-14 100 Breaststroke	62
63	15 & Over 100 Breaststroke	64
65	13-14 50 Freestyle	66
67	15 & Over 50 Freestyle	68
69	13-14 100 Backstroke	70
71	15 & Over 100 Backstroke	72
73	13-14 200 Freestyle	74
75	15 & Over 200 Freestyle	76
77	13-14 50 Butterfly	78
79	15 & Over 50 Butterfly	80
81	13-14 200 IM	82
83	15 & Over 200 IM	84
800	50Free SKINS RACE	800

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Session 6 - 10 & Under (Timed Finals) Sunday, Apr 30, 2023 Warm-up: 11:25 AM -- Start: 12:15 PM		
Women		Men
85	10 & Under 4 x 50 Medley Relay	86
87	10 & Under 200 Freestyle	88
89	10 & Under 100 Breaststroke	90
91	10 & Under 50 Freestyle	92
93	10 & Under 100 Butterfly	94
95	10 & Under 50 Backstroke	96
97	10 & Under 400 Freestyle	98

Session 7 - 11 & 12 (Timed Finals) Sunday, Apr 30, 2023 Warm-up: 3:40 PM -- Start: 4:30 PM		
Women		Men
99	11-12 4 x 100 Medley Relay	100
101	11-12 200 Butterfly	102
103	11-12 100 Breaststroke	104
105	11-12 50 Freestyle	106
107	11-12 100 Backstroke	108
109	11-12 200 Freestyle	110
111	11-12 50 Butterfly	112
113	11-12 200 IM	114