

APPROVED
By Swim Ontario at 11:15 am, Feb 16, 2023

DATE(s):	Saturday, April 1, 2023	REGION:	Central												
HOSTED BY:	COBRA Swim Club														
LOCATION:	Gore Meadows Community Centre, 10150 The Gore Road, Brampton, ON														
FACILITY:	25 Metre, 8 lane pool with Keifer Lane Ropes and blocks in the deep end														
PURPOSE & DESCRIPTION:	To provide racing opportunities. No qualifying standards. All events are Timed Finals.														
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:	Bob Albert (Level 4) If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>														
MEET MANAGERS:	Rachel Dinglasan, Elizabeth Bowen	Email:	Cobra.meetmanagement@gmail.com												
OFFICIALS COORDINATORS:	Catherine Reed <i>Any registered official is encouraged to contact Catherine if interested in officiating at this meet.</i>	Email:	cmgreed@outlook.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:	<p>Sanctioned by Swim Ontario.</p> <p>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</p> <table border="1"> <tr> <td>FINA FR 2.3 and SW 4.1, Swimming Canada</td> <td><input checked="" type="checkbox"/></td> <td>Starting Platforms at</td> <td>Deep end of pool</td> </tr> <tr> <td>CFR 2.3.1, CSW 4.1.1 & 4.1.2</td> <td><input checked="" type="checkbox"/></td> <td>Deck or Bulkhead at</td> <td>Deep end of pool</td> </tr> <tr> <td></td> <td><input checked="" type="checkbox"/></td> <td>In-Water at</td> <td>Deep end of pool</td> </tr> </table>			FINA FR 2.3 and SW 4.1, Swimming Canada	<input checked="" type="checkbox"/>	Starting Platforms at	Deep end of pool	CFR 2.3.1, CSW 4.1.1 & 4.1.2	<input checked="" type="checkbox"/>	Deck or Bulkhead at	Deep end of pool		<input checked="" type="checkbox"/>	In-Water at	Deep end of pool
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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													
	<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.			
FOREIGN COMPETITORS:	<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		April 1, 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		4 individual swims, 2 relays		
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.				
	Entries must include all attending coaches.				
	<input checked="" type="checkbox"/>	NT entries are not permitted			
	<input checked="" 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 checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.			
CONVERSION:	<input checked="" type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.			
	<input checked="" type="checkbox"/>	Times will not be converted			
ENTRY DEADLINE:	Tuesday, March 21st, 2023				
	Changes to entries will be accepted until			Sunday, March 26 th , 2023	
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events	12.00	Relay Events	20.00
	Payment Method:		Cheque payable to: Payable to COBRA Swim Club		
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 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).			

SCHEDULE OF SESSIONS:					
<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Session Start</u>	<u>Approx. Finish of session</u>	<u>Time Final</u>
1	Saturday, April 1st	07:00 – 08:00	08:00	12:30	Time Final

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.</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>	
CHECKIN AND SCRATCHES:	<input checked="" type="checkbox"/>	Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows
DECK ENTRIES:	<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"/>	Fee \$ 20.00
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 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 / Meet Mobile are available.
SCORING:	<input checked="" type="checkbox"/>	No Scoring
AWARDS:	<input checked="" type="checkbox"/>	1 st -3 rd Place ribbons for the following age groups: 10&Under 11-12 13-14 15&Over
ADDITIONAL INFORMATION:		

SCHEDULE OF EVENTS:

Session 1 Saturday, April 1, 2023 Warm-up: 7:00 AM Start: 8:00 AM		
Women		Men
1	[10 & Under] 4X50 Freestyle Relay	2
3	[11-12] 4X50 Freestyle Relay	4
5	[13-14] 4X50 Freestyle Relay	6
7	[15&Over] 4X50 Freestyle Relay	8
9	50 Butterfly	10
11	50 Backstroke	12
13	100 Individual Medley (IM)	14
15	50 Breaststroke	16
17	50 Freestyle	18
19	[10 & Under] 4X50 Medley Relay	20
21	[11-12] 4X50 Medley Relay	22
23	[13-14] 4X50 Medley Relay	24
25	[15&Over] 4X50 Medley Relay	26