

DATE(s):	April 1st, 2023	REGION:	Central
HOSTED BY:	Clarington Swim Club		
LOCATION:	Alan Strike Aquatic Centre – 49 Liberty St. N, Bowmanville ON L1C 2L8		
FACILITY:	6 lane 25 meter pool – Swiss timing system		
PURPOSE & DESCRIPTION:	Invitational		
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:	Bernie Grose	Level:	5
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>		
MEET MANAGER:	Ximena Davidson	Email:	xxiimmee@hotmail.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
	CFR 2.3.1, CSW 4.1.1 & 4.1.2	<input type="checkbox"/>	Deck or Bulkhead at
	<input type="checkbox"/>	In-Water at	Start End (deep end)
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:	Clarington Swim Club - NORAC	
	<input checked="" type="checkbox"/>	Preference will be given to the host club first.	
	<input 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 checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted	

ROC vs. NORAC Dual Meet

	<input 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		04/01/2023	
ENTRY LIMITS:	The maximum number of participants per session is		Allowable Facility Capacity	
	Each club is limited to the following number of swimmers		Allowable Facility Capacity	
	The maximum number of entries per swimmer is	4		
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 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 type="checkbox"/>	Qualifying standard for entry is:		
	<input type="checkbox"/>	Qualifying period for entry to the meet is:		
	<input 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		
ENTRY DEADLINE:	03/27/2023			
	Changes to entries will be accepted until		03/30/2023	
ENTRY FEE:	<input type="checkbox"/>	No Fee		
	<input type="checkbox"/>	Individual Events		Relay Events
	<input checked="" type="checkbox"/>	Swimmer Fee	\$30.00	
	Payment Method:		e-transfer or cheque	

ROC vs. NORAC Dual Meet

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).
	<input type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.
	<input type="checkbox"/>	Seeding will be in the following order:

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	01/APR/23	1.00pm	1.45 pm	5.00 pm	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 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 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:
	<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
<input type="checkbox"/>	30 minutes following the posting of results of respective event	

ROC vs. NORAC Dual Meet

PENALTIES:	<input checked="" 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 checkin deadline will result in the following penalty:	
DECK ENTRIES:	<input type="checkbox"/>	No Deck Entries are permitted	
	<input 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 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	\$
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 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 checked="" type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and national records.	
MEET RESULTS:	<input type="checkbox"/>	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 type="checkbox"/>	Results will be posted as quickly as possible at the meet.	
	<input type="checkbox"/>	Live Results / Meet Mobile are available.	
SCORING:	<input type="checkbox"/>	No Scoring	
	<input type="checkbox"/>	The following will be scoring:	
AWARDS:	<input checked="" type="checkbox"/>	No awards	
	<input type="checkbox"/>	The following will be awarded:	
ADDITIONAL INFORMATION:			

SCHEDULE OF EVENTS:

Session 1 Saturday, April 1 st , 2023 Warm-up: 1:00 PM -- Start: 1.45 PM		
Women		Men
1	10 & Under 25 Butterfly	2
3	50 Butterfly	4
5	100 Backstroke	6
7	10 & Under 25 Breaststroke	8
9	50 Breaststroke	10
11	100 Freestyle	12
13	10 & Under 25 Backstroke	14
15	50 Backstroke	16
17	100 Butterfly	18
19	10 & Under 25 Freestyle	20
21	50 Freestyle	22
23	100 Breaststroke	24
25	100 Individual Medley	26
27	200 Individual Medley	28
29	12 & Under 4x50 Free Relay	30
31	13 & Over 4x50 Free Relay	32