

DATE(s):	April 27 - 30, 2023	REGION:	Central	
HOSTED BY:	Lakeshore Swim Club			
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Etobicoke, ON M9C 3T3			
FACILITY:	One eight-lane, 50m competition pool with electronic timing.			
PURPOSE & DESCRIPTION:	Competition: 12 & under timed finals, 13 & over heats and 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:	Clark Evans	Level:	5	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Gretchen Evans	Email:	meetmanager@lakeshoreswimclub.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 CFR 2.3.1, CSW 4.1.1 & 4.1.2	<input checked="" type="checkbox"/>	Starting Platforms at	Shallow end for events 100m and above, deep end for 50m events.
		<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water 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:			
	<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"/>	This is an invitational meet. Participation of this meet is at the full discretion of the host club. Please contact Meet Management to confirm capacity availability in advance of sending entries.		
<input type="checkbox"/>	Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition			

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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		April 27, 2023	
ENTRY LIMITS:	The maximum number of participants per session is		350	
	Each club is limited to the following number of swimmers			
	The maximum number of entries per swimmer is		Thursday – 1 event Friday, Saturday, Sunday – 3 events + 1 relay per session	
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 checked="" type="checkbox"/>	Entries must be submitted using provable times where available, otherwise using estimated times, and not entered as "NT" to allow proper seeding.		
	<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 checked="" type="checkbox"/>	Entry times can be converted.		
	<input 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:	April 7, 2023			
	Changes to entries will be accepted until		April 21, 2023	
ENTRY FEE:	<input type="checkbox"/>	No Fee		
	<input checked="" type="checkbox"/>	Individual Events	\$15 for 200m and below \$20 for 400m and above	Relay Events \$20

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	<input type="checkbox"/>	Swimmer Fee	
		Payment Method:	Please make cheques payable to Lakeshore Swim Club, or e-transfer to treasurer@lakeshoreswimclub.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 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, for 200m and below events .	
	<input checked="" 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 for 400m and above events : The 400FR and 400IM will be seeded fastest to slowest. The fastest eight 15 and over and the fastest eight 13-14 swimmers will be seeded in the top two heats by age group and will swim at finals. The 800FR and 1500FR events will be seeded fastest to slowest and will be swum with heats alternating genders. Positive check-in with the Clerk of Course is required.	
FINALS:	There will be A and B finals for all events 200m and below. All A and B finalists plus alternates are required to check in with the Clerk of Course at the marshalling area 10 minutes prior to the event. <i>The fastest two heats of the 400FR and 400IM events will swim at finals.</i>		

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	Thursday April 27	4:00 – 4:55pm	5:00pm	9:00pm	Time Finals
2	Friday April 28	7:00 – 8:00am	8:00am	12:30pm	Prelims
3	Friday April 28	12:30 – 1:30pm	1:30pm	6:00pm	Time Finals
4	Friday April 28	6:00 – 6:45pm	6:45pm	9:00pm	Finals
5	Saturday April 29	7:00 – 8:00am	8:00am	12:30pm	Prelims
6	Saturday April 29	12:30 – 1:30pm	1:30pm	6:00pm	Time Finals
7	Saturday April 29	6:00 – 6:45pm	6:45pm	9:00pm	Finals
8	Sunday April 30	7:00 – 8:00am	8:00am	12:30pm	Prelims
9	Sunday April 30	12:30 – 1:30pm	1:30pm	6:00pm	Time Finals
10	Sunday April 30	6:00 – 6:45pm	6:45pm	9:00pm	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.</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>	
CHECK-IN 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:	800FR and 1500FR
	<input checked="" type="checkbox"/> A scratch deadline will apply for finals.	<input checked="" 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	
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 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 type="checkbox"/> Swimmer Deck Entries are permitted provided proof of registered status with valid Swimming Canada ID is provided to Meet Management.	
	<input type="checkbox"/> Fee	\$20 payable in cash to the Clerk of Course
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 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
	<input type="checkbox"/>	The following will be scoring:
AWARDS:	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	The following will be awarded: Individual and relay medals will be awarded to the top three swimmers / teams in each of the following age groups: 10 & under 11 – 12 13 – 14 15 & over
ADDITIONAL INFORMATION:	Visiting officials are welcome and appreciated. Please contact coc@lakeshoreswimclub.com to volunteer.	

SCHEDULE OF EVENTS:

Session #1 – Thursday April 27, 2022 (Timed Finals)			
Warm-up: 4:00 PM Start: 5:00 PM			
Women	Ages	Event	Men
2	All Ages	1500 Freestyle	3
4	All Ages	800 Freestyle	5

Session #2 – Friday April 28, 2022 (Prelims)			
Warm-up: 7:00 AM Start: 8:00 AM			
Women	Ages	Event	Men
10	13 & Over	200 Butterfly	11
12	13 & Over	200 IM	13
14	13 & Over	100 Breaststroke	15
16	13 & Over	50 Backstroke	17
100	13 - 14	4 x 100 IM Relay	101
102	15 & Over	4 x 100 IM Relay	103
18	13 & Over	400 Freestyle	19
<i>Fastest heats by age and gender swim at finals.</i>			

Session #3 – Friday April 28, 2022 (Timed Finals)			
Warm-up: 12:30 PM Start: 1:30 PM			
Women	Ages	Event	Men
20	12 & Under	200 Butterfly	21
22	12 & Under	200 IM	23
24	12 & Under	100 Breaststroke	25
26	12 & Under	50 Backstroke	27
104	10 & Under	4 x 100 IM Relay	105
106	11 - 12	4 x 100 IM Relay	107
28	12 & Under	400 Freestyle	29

Session #4 – Friday April 28, 2022 (A & B Finals)			
Warm-up: 6:00 PM Start: 7:00 PM			
Women	Ages	Event	Men
18	13 - 14, 15 & Over	400 Freestyle <i>4 fastest heats (by age and gender)</i>	19
10	13 - 14, 15 & Over	200 Butterfly	11
12	13 - 14, 15 & Over	200 IM	13
14	13 - 14, 15 & Over	100 Breaststroke	15
16	13 - 14, 15 & Over	50 Backstroke	17

Session #5 – Saturday April 29, 2022 (Prelims)

Warm-up: 7:00 AM Start: 8:00 AM

Women	Ages	Event	Men
30	13 & Over	200 Breaststroke	31
32	13 & Over	200 Freestyle	33
34	13 & Over	100 Backstroke	35
36	13 & Over	50 Butterfly	37
108	13 - 14	4 x 100 Freestyle Relay	109
110	15 & Over	4 x 100 Freestyle Relay	111
38	13 & Over	400 IM	39

Fastest heats by age and gender swim at finals.

Session #6 – Saturday April 29, 2022 (Timed Finals)

Warm-up: 12:30 PM Start: 1:30 PM

Women	Ages	Event	Men
40	12 & Under	200 Breaststroke	41
42	12 & Under	200 Freestyle	43
44	12 & Under	100 Backstroke	45
46	12 & Under	50 Butterfly	47
112	10 & Under	4 x 100 Freestyle Relay	113
114	11 - 12	4 x 100 Freestyle Relay	115
48	12 & Under	400 IM	49

Session #7 – Saturday April 29, 2022 (A & B Finals)

Warm-up: 6:00 PM Start: 7:00 PM

Women	Ages	Event	Men
38	13 - 14, 15 & Over	400 IM	39
<i>4 fastest heats (by age and gender)</i>			
30	13 - 14, 15 & Over	200 Breaststroke	31
32	13 - 14, 15 & Over	200 Freestyle	33
34	13 - 14, 15 & Over	100 Backstroke	35
36	13 - 14, 15 & Over	50 Butterfly	37

Session #8 – Sunday April 30, 2022 (Prelims)

Warm-up: 7:00 AM Start: 8:00 AM

Women	Ages	Event	Men
50	13 & Over	200 Backstroke	51
52	13 & Over	100 Butterfly	53
54	13 & Over	100 Freestyle	55
56	13 & Over	50 Breaststroke	57
58	13 & Over	50 Freestyle	59

Session #9 – Sunday April 30, 2022 (Timed Finals)

Warm-up: 12:30 PM Start: 1:30 PM

Women	Ages	Event	Men
60	12 & Under	200 Backstroke	61
62	12 & Under	100 Butterfly	63
64	12 & Under	100 Freestyle	65
66	12 & Under	50 Breaststroke	67
68	12 & Under	50 Freestyle	69
116	12 & Under	4 x 200 Freestyle Relay	117

Session #10 – Sunday April 30, 2022 (A & B Finals)

Warm-up: 6:00 PM Start: 7:00 PM

Women	Ages	Event	Men
118	13 - 14	4 x 200 Freestyle Relay	119
120	15 & Over	4 x 200 Freestyle Relay	121
50	13 - 14, 15 & Over	200 Backstroke	51
52	13 - 14, 15 & Over	100 Butterfly	53
54	13 - 14, 15 & Over	100 Freestyle	55
56	13 - 14, 15 & Over	50 Breaststroke	57
58	13 - 14, 15 & Over	50 Freestyle	59