



<b>DATE(s):</b>	14-16 April 2023	<b>REGION:</b>	Central	
<b>HOSTED BY:</b>	Etobicoke Swim Club			
<b>LOCATION:</b>	Etobicoke Olympium, 590 Rathburn Road, Toronto, ON M9C 3T3			
<b>FACILITY:</b>	One 8 lane x 50m pool, Swiss Timing			
<b>PURPOSE &amp; DESCRIPTION:</b>	Gain LC racing experience early in season and earn LC times for future meets.			
<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>	Bud Seawright/Janet Morrison	Level:	V/IV	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
<b>MEET MANAGER:</b>	Ian Frickleton	Email:	<a href="mailto:mm@eswim.ca">mm@eswim.ca</a>	
 MANAGEMENT GROUP INC. <small>OFFICIAL DISTRIBUTOR</small> 	<a href="#">Results Management</a> and Entry Coordination by RecTec	Charlotte Carroll	<a href="mailto:charlottecarroll1@gmail.com">charlottecarroll1@gmail.com</a>	
	Event Live Streaming provided by RecTec - <a href="http://www.rectectv.ca">www.rectectv.ca</a>			
	Electronic Timing provided by RecTec			
<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	Both ends of pool
		<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:	Open Invitational		
	<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.		

<b>FOREIGN COMPETITORS:</b>	<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 <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition.		
<b>AGE UP DATE:</b>	Ages submitted are to be as		14 April 2023	
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is		200	
	Each club is limited to the following number of swimmers		N/A	
	The maximum number of entries per swimmer is		5	
<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. 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.			
	<b>Please indicate which session your team prefers to swim by email – <a href="mailto:charlottecarroll1@gmail.com">charlottecarroll1@gmail.com</a></b>			
	<input checked="" type="checkbox"/>	Submit entries with times for seeding purposes.		
	<input checked="" type="checkbox"/>	No qualifying standard or qualifying period		
<b>CONVERSION:</b>	<input checked="" type="checkbox"/>	Entry times can be converted from SCM at 2%.		
<b>ENTRY DEADLINE:</b>	<b>30 Mar 2023</b>			
	Changes to entries will be accepted until		11 April 2023	
<b>ENTRY FEE:</b>	<input type="checkbox"/>	No Fee		
	<input type="checkbox"/>	Individual Events	Relay Events	
	<input checked="" type="checkbox"/>	Swimmer Fee	\$60.00 (whether you swim 1 or all 5 events)	
	Payment Method:		Cheque payable to <b>Etobicoke Swim Club</b> can be given to Clerk of Course. For electronic method please contact Meet Management	
<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 type="checkbox"/>	Seeding will be in order of times entered, fastest to slowest, as converted pursuant to the conversion process as per meet package, followed by swimmers entered with NT (no times).		

SCHEDULE OF SESSIONS:					
Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Friday 14 April	3:30-4:25 pm	4:30 pm	8:30 pm	Time Final
2	Saturday 15 April	8:00-8:55 am	9:00 am	1:00 pm	Time Final
3	Saturday 15 April	1:00-1:55 pm	2:00 pm	6:30 pm	Time Final
4	Sunday 16 April	8:00-8:55 am	9:00 am	1:00 pm	Time Final
5	Sunday 16 April	1:00-1:55 pm	2:00 pm	6:30 pm	Time Final

<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>	
<b>CHECKIN AND SCRATCHES:</b>	<input checked="" type="checkbox"/>	Scratches are to be made on posted heat sheets (wall of shallow end)
<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"/>	Fee      \$0 --- Swimmer Fee already paid
<b>OFFICIAL SPLIT TIMES:</b>	<input checked="" type="checkbox"/>	<p><b>NO OFFICIAL SPLITS are available at this meet.</b></p> <p>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.</p>
<b>RECORDS:</b>	<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.
<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 checked="" type="checkbox"/>	Results will be posted electronically as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
<b>SCORING:</b>	<input checked="" type="checkbox"/>	No Scoring

<p><b>AWARDS:</b></p>	<p><input checked="" type="checkbox"/> The following will be awarded:</p> <p>Within each age group, aggregate times will be determined by adding the times of each of the five events. Any disqualification results in elimination from prizes. Swimmers must have an official result in all five events.</p> <p>Times for the swimmers in all 5 sessions will be accumulated and prizes for Men and Women will be awarded to the top three swimmers with the lowest aggregate times in each of the following age groups: 17&amp;O, 15-16, 13-14, 11-12, 10&amp;U</p> <p>Aggregate time prizes will be awarded as follows: 1<sup>st</sup> - \$50    2<sup>nd</sup> - \$30    3<sup>rd</sup> - 20.00</p> <p>Note: Prizes will be presented in the form of gift certificates.</p>
<p><b>ADDITIONAL INFORMATION:</b></p>	<p><b>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</b></p> <ol style="list-style-type: none"> <li>1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.</li> <li>2. Absolutely no food in the bleachers or on the pool deck.</li> <li>3. No running on the deck, under the bleachers or on the bleachers.</li> <li>4. No climbing across the railing between the gallery and the bleachers.</li> <li>5. No climbing over the yellow gates between the pool deck and the bleachers.</li> <li>6. Shoes must be worn whenever outside the pool or change room areas.</li> <li>7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.</li> <li>8. The use of flippers and hand paddles, during warm-ups is prohibited.</li> <li>9. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments.</li> <li>10. Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium</li> </ol>

**SCHEDULE OF EVENTS:**

<b><u>All Sessions</u></b>		
Check 'Schedule of Sessions' for Warm-up/Start Times		
<b>Girls</b>		<b>Boys</b>
1	100 Fly	2
3	100 Back	4
5	100 Breast	6
7	100 Free	8
9	200 IM	10

Clubs/coaches to submit entries through Swimming Canada meet list, and send email to Entry Coordinator ([charlottecarroll1@gmail.com](mailto:charlottecarroll1@gmail.com)) indicating your first and second preference as to which session your team wishes to swim.

Meet Management reserves the right to modify Warm-up/Start times, limit entries in each session, and to collapse sessions based on entries received.