

<b>DATE:</b>	03/25/2023	<b>REGION:</b>	Eastern
<b>HOSTED BY:</b>	ROC Swimming (ROCS)		
<b>LOCATION:</b>	Carleton University (1125 Colonel By Dr, Ottawa, ON K1S 5B6)		
<b>FACILITY:</b>	6 x 25m, manual timing		
<b>PURPOSE:</b>	To provide a sanctioned opportunity to race during the 2022-2023 season and an opportunity to ...		
<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>	Wendy McCutcheon	<b>Level:</b>	5
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted		
<b>MEET MANAGER:</b>	Dominique Milne	<b>Email:</b>	dominique.milne@me.com
<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> .		
<b>COMPETITION:</b>	Sanctioned as	In-House Competition	by Swim Ontario.
	All current Swimming Canada (SC) rules will be followed. Seeding for all swims will be optimized by distance and stroke, seeded either slowest to fastest or fastest to slowest as communicated by Meet Management. Please note that <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> will be in effect. Events are Timed Finals. <b>There will be no entry fee, scoring or awards permitted.</b>		
	Starts will be conducted from	Starting Platform (blocks)	
<b>ELIGIBILITY:</b>	This event includes participants from the following clubs:	ROC Swimming (ROCS)	
	All athletes must be registered as Competitive swimmers with Swimming Canada. The participant is responsible to ensure all facility and club requirements have been met. Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition.		
<b>AGE UP DATE:</b>	Ages submitted are to be as	03/25/2023	
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is	110	
	Each club is limited to	110	swimmers
	A maximum of	4	entries per swimmer
<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.		
	Entries must include all attending coaches.		
<b>ENTRY DEADLINE:</b>	03-24-2023		

<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>SESSION:</b>	This event is limited to 1 session with session length not exceeding 3 hours.

<u>Warm-up period</u>	<u>Start</u>	<u>Finish</u>
3:30 pm - 4:00 pm	4:05 pm	6:15 pm

**SCHEDULE OF EVENTS:**

1. 400m freestyle mixed	22. 50m freestyle mixed
2. 200m freestyle mixed	23. 4 x 50m freestyle relay mixed
3. 25m freestyle mixed	
4. 200m backstroke mixed	
5. 100m backstroke mixed	
6. 50m backstroke mixed	
7. 25m backstroke mixed	
8. 200m butterfly mixed	
9. 100m butterfly mixed	
10. 50m butterfly mixed	
11. 25m butterfly mixed	
12. 400m I.M. mixed	
13. 200m I.M. mixed	
14. 100m I.M. mixed	
15. 800m freestyle mixed	
16. 1500m freestyle mixed	
17. 200m breaststroke mixed	
18. 100m breaststroke mixed	
19. 50m breaststroke mixed	
20. 25m breaststroke mixed	
21. 100m freestyle mixed	

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.

Mixed gender swimming is permitted for time trials, pursuant to the SO statement on compliance with the SC rule on mixed gender swimming.

Swim times achieved at this competition will NOT be used for applications of provincial and national records.

Official Results will be posted within 2 days of completion of the meet to [www.swimming.ca](http://www.swimming.ca)