

2020
ETOBICOKE
A/B MEET

January 10-12

at the
ETOBICOKE OLYMPIUM

A/B Meet Format

Presented by



2020 A/B Meet

GENERAL INFORMATION

DATES

LOCATION

Etobicoke Olympium
590 Rathburn Road
Toronto, Ontario

HOSTED BY

Etobicoke Swim Club

FACILITY

Two 8-lane, 25m competition pools
Swiss Timing electronic timing system

MEET FORMAT:

SHORT COURSE AGE GROUP, TIME FINAL SESSIONS

A/B FORMAT: A MEET HAS QUALIFYING TIMES.

All events 400m and shorter are Time Finals, swum slowest to fastest.

All 800m, and 1500m events are Time Finals, swum fastest to slowest, alternating Female/Male, seeded by time only.

Results scored by meet age groups.

10&U swimmers do not swim the 400 IM, 800 Free, or 1500 Free.

MEET PACKAGE

The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

SAFETY & LIABILITY

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](#). Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Rowan's Law – Concussion Management

The *Rowan's Law* requirements came into effect on July 1, 2019. Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities. Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others. Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body. If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols. For full details and resources on Rowan's Law and Concussion management protocols click [HERE](#).

Open and Observable Environment

Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

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Event Photography/Videography

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#).

Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

ORGANIZING COMMITTEE

MEET MANAGERS: Roman Masley eswim.meetmanager+ABmeet@gmail.com

COMPETITION COORDINATOR: Clarissa Moldawa, Referee Certification 5

ENTRIES COORDINATOR: Roman Masley eswim.meetmanager+ABmeet@gmail.com

OFFICIALS' COORDINATOR: Romeo Marra romeo@marra.ca

ENTRY INFORMATION

ELIGIBILITY:

All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and have a valid SC registration number. Swimming Canada entries without a valid SC registration number and registration status will be declined entry. Foreign competitors are welcome, subject to the provisions below.

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.

A competitor's age is their age as of the first day of the competition – JANUARY 10, 2020

QUALIFYING STANDARDS:

A swimmer with two "A Meet" times must swim all events in the "A Meet."

A swimmer with less than two "A Meet" times must swim all events in the "B meet."

Swimmers do not swim in both 'A' and 'B' meets.

"A Meet" Standards 12&U are 2020 Festival "C", 13&O are 2020 OSC "B"

Qualifying Period starts Sept 1, 2018.

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ENTRY FEES:

\$12 per individual event

\$15 per 400IM/400Free individual event

\$17 per 800/1500 individual event

\$15 per relay event

All costs include HST #125328625.

Please make cheques payable to **ETOBICOKE SWIM CLUB** and deliver to the Clerk of Course on the first day of the meet.

ENTRY GUIDELINES:

Please submit entries using www.swimming.ca

No entries will be accepted directly by meet management.

Please submit SCM times for seeding purposes.

ENTRY DEADLINE: Tuesday, December 31, 2019. Changes to entries will not be accepted after **January 3, 2020**. After that time, fees will be calculated; no refunds will be granted for missed swims.

NT (no-time) entries are not permitted. Meet Management reserves the right to limit heats and/or two swimmers per lane to keep sessions within session time constraints.

CONVERSION:

Entries received shall be unconverted. Please submit times in course achieved.

Times will be converted by the host, using Hy-tek default conversion factor.

DECK ENTRIES:

Deck Entries are Exhibition Only. They are not eligible for awards. Deck entries will be accepted for empty lanes only (no new heats will be created). Swimmers entered on deck must have valid proof of SC registration as an active, registered, competitive swimmer. Deck entries accepted by the Clerk of Course \$20 prior to the event.

SEEDING:

Once times have been proven, entry times will be converted to SCM using Hy-Tek default conversion factor and seeded by time.

All age groups will be seeded together per session, races swum slowest-fastest (with the exception of 800FR and 1500FR), and separated for awards.

Meet Management reserves the right to combine heats or limit the number of heats should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.

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COMPETITION RULES

Sanctioned by Swim Ontario.

All current Swimming Canada (SC) 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.

Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

DIVE STARTS:

As per the Facility Rules for Dive Starts, Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 from both ends.

MIXED-GENDER:

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.

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.

In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers

COACH'S REGISTRATION:

Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

TIME SPLITS:

The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.

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 or Meet Management prior to the commencement of the session (or event) in question.

CHECK-IN AND SCRATCHES:

Scratches are to be made at the Clerk of Course desk 30 minutes prior to the start of each session for information only. No scratch penalty shall be imposed for late or day of scratches.

POSITIVE check-in for 800 and 1500m 30 mins prior to the start of the session with the Clerk of Course.

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AWARDS:

Ribbons will be awarded to the top eight swimmers in each event.

MEET RESULTS:

Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

The meet program will be run on Hy-Tek Meet Manager.

Results will be posted as quickly as possible at the meet.

Live Results will be posted at eswim.ca and on Meet Mobile.

GREEN COMMITMENT

In an effort to reduce the amount of waste and decrease the impact of single-use plastics, ESWIM will no longer provide bottled water to coaches, officials or sell it in the cafeteria. All participants at ESWIM meets are encouraged to bring their own reusable water bottle from home and refill via the Olympium's water filling stations throughout the weekend. Thank you for your support and understanding.

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PROGRAM EVENT LIST

Meet Management reserves the right to change warm-up session times and to allocate team warm-up schedules.

Meet Management reserves the right to change event order or swim 2 per lane in distance events ensure reasonable session timelines

FRIDAY AFTERNOON – 11&Over

Warm-up: 3:30 pm

Start: 4:30 pm

WOMEN				EVENTS	MEN			
'A' Event No.	'A Meet' Standard	Age	'B' Event No.		'A' Event No.	'A Meet' Standard	Age	'B' Event No.
1			101	800 FREE	4	9:32.20	16&O	104
	10:01.72	15&O				9:45.69	15	
	10:12.10	14				9:55.04	14	
	10:25.14	13				10:19.75	13	
	12:02.53	12				11:55.08	12	
	12:43.16	11				12:43.16	11	
3			103	1500 FREE	2	18:25.69	16&O	102
	19:28.78	15&O				18:51.77	15	
	19:42.80	14				19:09.83	14	
	20:08.00	13				20:08.00	13	
		12					12	
		11					11	

NOTE: Events 1 and 2 will alternate heats. Events 3 and 4 will alternate heats.
Events 101 and 102 will alternate heats. Events 103 and 104 will alternate heats.

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SATURDAY Morning – 10&Under						
Warm-up: 7:30 am						
Start: 8:15 am						
GIRLS			EVENTS	BOYS		
'A' Event No.	'A Meet' Standard	'B' Event No.		'A' Event No.	'A Meet' Standard	'B' Event No.
41	3:31.11	141	10 & Under – 200 I.M.	42	3:31.11	142
43		143	10 & Under – 50 FLY	44		144
45	1:26.19	145	10 & Under – 100 FREE	46	1:26.19	146
47	1:50.42	147	10 & Under – 100 BREAST	48	1:50.42	148
49	1:39.04	149	10 & Under – 100 BACK	50	1:39.04	150
51	6:37.64	151	10 & Under – 400 FREE	52	6:37.64	152

SATURDAY Midday – 11-12						
Warm-up: 10:45 am						
Start: 11:30 am						
GIRLS			EVENTS	BOYS		
'A' Event No.	'A Meet' Standard	'B' Event No.		'A' Event No.	'A Meet' Standard	'B' Event No.
63	3:05.51	163	12 – 200 I.M.	64	3:04.72	164
	3:17.42		11 – 200 I.M.		3:21.47	
65		165	12 – 50 FLY	66		166
			11 – 50 FLY			
67	1:15.93	167	12 – 100 FREE	68	1:14.86	168
	1:19.66		11 – 100 FREE		1:21.27	
69	1:36.93	169	12 – 100 BREAST	70	1:36.83	170
	1:44.36		11 – 100 BREAST		1:48.50	
71	3:20.86	171	12 – 200 FLY	72	3:21.46	172
	3:37.11		11 – 200 FLY		3:37.11	
73	1:25.48	173	12 – 100 BACK	74	1:25.96	174
	1:30.88		11 – 100 BACK		1:32.92	
75	5:46.06	175	12 – 400 FREE	76	5:45.45	176
	6:08.68		11 – 400 FREE		6:13.49	

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SATURDAY Afternoon – 13&Over

Warm-up: 4:00 pm

Start: 5:00 pm

WOMEN				EVENTS	MEN			
'A' Event No.	Age	'A Meet' Standard	'B' Event No.		'A' Event No.	Age	'A Meet' Standard	'B' Event No.
5			105	200 I.M.	6	16&O	2:24.06	106
	15&O	2:35.88				15	2:30.58	
	14	2:39.15				14	2:33.35	
	13	2:44.20				13	2:39.77	
7			107	50 FLY	8	16&O		108
	15&O					15		
	14					14		
	13					13		
9			109	100 FREE	10	16&O	58.58	110
	15&O	1:03.69				15	1:00.60	
	14	1:05.05				14	1:01.70	
	13	1:07.24				13	1:05.11	
11			111	100 BREAST	12	16&O	1:16.01	112
	15&O	1:21.30				15	1:19.29	
	14	1:22.98				14	1:20.05	
	13	1:26.55				13	1:24.46	
13			113	200 FLY	14	16&O	2:27.75	114
	15&O	2:39.26				15	2:34.14	
	14	2:46.62				14	2:39.81	
	13	2:48.17				13	2:46.44	
15			115	100 BACK	16	16&O	1:06.37	116
	15&O	1:11.37				15	1:09.41	
	14	1:13.76				14	1:10.13	
	13	1:14.95				13	1:14.31	
17			117	50 BREAST	18	16&O		118
	15&O					15		
	14					14		
	13					13		
19			119	400 FREE	20	16&O	4:33.86	120
	15&O	4:49.76				15	4:42.94	
	14	4:55.70				14	4:47.46	
	13	5:02.00				13	4:59.40	

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SUNDAY Morning – 10&Under						
Warm-up: 7:30 am						
Start: 8:15 am						
GIRLS			EVENTS	BOYS		
'A' Event No.	'A Meet' Standard	'B' Event No.		'A' Event No.	'A Meet' Standard	'B' Event No.
53	3:08.80	153	10 & Under – 200 FREE	54	3:08.80	154
55		155	10 & Under – 50 BACK	56		156
57	1:48.33	157	10 & Under – 100 FLY	58	1:48.33	158
59	38.55	159	10&Under–50 FREE	60	38.55	160
61		161	10 & Under – 50 BREAST	62		162

SUNDAY Midday – 11-12						
Warm-up: 10:15 am						
Start: 11:00 am						
GIRLS			EVENTS	BOYS		
'A' Event No.	'A Meet' Standard	'B' Event No.		'A' Event No.	'A Meet' Standard	'B' Event No.
77	2:43.87	177	12 – 200 FREE	78	2:43.22	178
	2:54.95		11 – 200 FREE.		2:55.59	
79		179	12 – 50 BACK	80		180
			11 – 50 BACK			
81	3:27.67	181	12 – 200 BREAST	82	3:27.76	182
	3:42.47		11 – 200 BREAST		3:42.47	
83	1:28.25	183	12 – 100 FLY	84	1:27.35	184
	1:33.93		11–100 FLY		1:38.08	
85	34.58	185	12 – 50 FREE	86	34.06	186
	36.55		11 – 50 FREE		36.82	
87	3:02.87	187	12 – 200 BACK	88	3:03.07	188
	3:15.17		11 – 200 BACK		3:16.89	
89		189	12 – 50 BREAST	90		190
			11 – 50 BREAST			
91	6:36.27	191	12 – 400 I.M.	92	6:40.48	192
	7:07.90		11 – 400 I.M.		7:07.90	

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SUNDAY Afternoon – 13&Over

Warm-up: 3:15 pm

Start: 4:15 pm

WOMEN				EVENTS	MEN			
'A' Event No.	'A Meet' Standard	Age	'B' Event No.		'A' Event No.	'A Meet' Standard	Age	'B' Event No.
21			121	200 BACK	22	2:23.42	16&O	122
	2:32.45	15&O				2:29.35	15	
	2:37.90	14				2:30.29	14	
	2:40.69	13				2:38.91	13	
23			123	50 FREE	24	26.83	16&O	124
	29.60	15&O				27.69	15	
	30.18	14				28.09	14	
	30.83	13				29.64	13	
25			125	200 BREAST	26	2:47.10	16&O	126
	2:54.63	15&O				2:52.25	15	
	2:59.22	14				2:54.12	14	
	3:04.17	13				3:00.44	13	
27			127	50 BACK	28		16&O	128
		15&O					15	
		14					14	
		13					13	
29			129	100 FLY	30	1:04.95	16&O	130
	1:11.13	15&O				1:08.40	15	
	1:14.48	14				1:09.30	14	
	1:15.31	13				1:13.88	13	
31			131	200 FREE	32	2:07.51	16&O	132
	2:17.01	15&O				2:11.61	15	
	2:20.98	14				2:15.03	14	
	2:24.23	13				2:20.70	13	
33			133	400 I.M.	34	5:02.24	16&O	134
	5:30.07	15&O				5:19.42	15	
	5:39.52	14				5:28.24	14	
	5:47.36	13				5:36.82	13	

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ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event.
3. No running on the deck, under the bleachers or on the bleachers.
4. No climbing across the railing between the gallery and the bleachers.
5. No climbing over the yellow gates between the pool deck and the bleachers.
6. Shoes must be worn whenever outside the pool or change room areas.
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.
8. The use of flippers and hand paddles, during warm-ups is prohibited.
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.
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.**