


<b>DATE(s):</b>	13-15 January 2023		<b>REGION:</b>	Central
<b>HOSTED BY:</b>	Etobicoke Swimming			
<b>LOCATION:</b>	Etobicoke Olympium, 590 Rathburn Road, Toronto, ON M9C 3T3			
<b>FACILITY:</b>	Two 8 lane x 25m pool, Swiss Timing			
<b>PURPOSE &amp; DESCRIPTION:</b>	Bring your whole team to race and see where you stand after Winter Break. Faster swimmers swim in 'A', less fast swimmers swim in 'B'.			
<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>	Janet Morrison		<b>Level:</b>	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>	Andy Mitchell	<b>Email:</b>	<a href="mailto:andyianmitchell@gmail.com">andyianmitchell@gmail.com</a>	
	Charlotte Carroll	<b>Email:</b>	<a href="mailto:charlottecarroll1@gmail.com">charlottecarroll1@gmail.com</a>	
	<a href="#">Results Management</a> and Entry Coordination by RecTec		Charlotte Carroll	<a href="mailto:charlottecarroll1@gmail.com">charlottecarroll1@gmail.com</a>
			Steve Goodwin	<a href="mailto:sdg9@rogers.com">sdg9@rogers.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
	<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.
	<input type="checkbox"/>	Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition
<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>	Agnes submitted are to be as	13 January 2023
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is	500
	Each club is limited to the following number of swimmers	n/a
	The maximum number of entries per swimmer is	Friday – 1 distance event All other sessions – max 4 events.
<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.	
	<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: <b>A swimmer with <u>two</u> 'A Meet' times must swim all event in the 'A' meet.</b> <b>A swimmer with less than two 'A Meet' times must swim all events in the 'B' meet.</b> <b>Swimmers do NOT swim in both 'A' and 'B' meets.</b> <b>See 'A' Meet Standard in Order of Events or Event File</b>
	<input type="checkbox"/>	Qualifying period for entry to the meet is: 1 Sep 2019
	<input type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.
<b>CONVERSION:</b>	<input checked="" type="checkbox"/>	Submit SCM times. Entry times can be converted at 2%.
	<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

<b>ENTRY DEADLINE:</b>	<b>30 December 2022</b>		
	Changes to entries will be accepted until		10 January 2023
<b>ENTRY FEE:</b>	<input type="checkbox"/>	No Fee	
	<input checked="" type="checkbox"/>	Individual Events	\$15.00      Relay Events
	<input type="checkbox"/>	Swimmer Fee	
	Payment Method:		Please make cheques payable to Etobicoke Swimming. Please contact Meet Management for electronic payment methods.
<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 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). 400/800/1500 will be seeded fast to slow, alternating gender.	
	<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:						
Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals	Format
1	Friday 13 Jan	4:00-4:55 pm	5:00 pm	8:30 pm	Time Final	Double Ended
2	Saturday 14 Jan	7:30-8:10 am	8:15 am	11:15 am	Time Final	Single Ended
3	Saturday 14 Jan	11:15-11:55 am	12:00 pm	2:45 pm	Time Final	Double Ended
4	Saturday 14 Jan	2:45-3:40 pm	3:45 pm	7:30 pm	Time Final	Double Ended
5	Sunday 15 Jan	7:30-8:10 am	8:15 am	10:30 am	Time Final	Single Ended
6	Sunday 15 Jan	11:15-11:55 am	12:00 pm	2:45 pm	Time Final	Double Ended
7	Sunday 15 Jan	2:45-3:40 pm	3:45 pm	7:30 pm	Time Final	Double Ended

<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>
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<b>CHECKIN AND SCRATCHES:</b>	<input type="checkbox"/>	There will be no scratch deadline for the following:		
	<input checked="" type="checkbox"/>	Scratches are to be made on posted heat sheets for information only.		
	<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:	800 & 1500 – Friday afternoon	
	<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		
<b>PENALTIES:</b>	<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:		
<b>DECK ENTRIES:</b>	<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 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	\$ 20.00	
<b>OFFICIAL SPLIT TIMES:</b>	<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.		
<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.		
	<input type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and 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		
	<input type="checkbox"/>	The following will be scoring:		
<b>AWARDS:</b>	<input type="checkbox"/>	No awards		
	<input checked="" type="checkbox"/>	The following will be awarded: Ribbons will be awarded for 1 <sup>st</sup> -3 <sup>rd</sup> in each event in the following age groups – Girls - 10&U, 11, 12, 13, 14, 15&O Boys – 10&U, 11, 12, 13, 14, 15, 16&O		

<b>ADDITIONAL INFORMATION:</b>	<b>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</b> <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>
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## Order of Events

FRIDAY AFTERNOON – 11&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.	Standard	'B' Event No.	
1			101	<b>800 FREE</b>	4	16&O	9:32.20	104
	15&O	10:01.72				15	9:45.69	
	14	10:12.10				14	9:55.04	
	13	10:25.14				13	10:19.75	
	12	12:02.53				12	11:55.08	
	11	12:43.16				11	12:43.16	
3			103	<b>1500 FREE</b>	2	16&O	18:25.69	102
	15&O	19:28.78				15	18:51.77	
	14	19:42.80				14	19:09.83	
	13	20:08.00				13	20:08.00	
	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.**

## SATURDAY Morning – 10&Under

Warm-up: 7:30 am  
Start: 8:15 am

<b>GIRLS</b>			<b>EVENTS</b>	<b>BOYS</b>		
<u>'A'</u> Event No.	<u>'A Meet'</u> Standard	<u>'B'</u> Event No.		<u>'A'</u> Event No.	<u>'A Meet'</u> Standard	<u>'B'</u> Event No.
41	3:31.11	141	<b>10 &amp; Under – 200 I.M.</b>	42	3:31.11	142
43		143	<b>10 &amp; Under – 50 FLY</b>	44		144
45	1:26.19	145	<b>10 &amp; Under – 100 FREE</b>	46	1:26.19	146
47	1:50.42	147	<b>10 &amp; Under – 100 BREAST</b>	48	1:50.42	148
49	1:39.04	149	<b>10 &amp; Under – 100 BACK</b>	50	1:39.04	150
51	6:37.64	151	<b>10 &amp; Under – 400 FREE</b>	52	6:37.64	152

## SATURDAY Midday – 11-12

Warm-up: 11:15 am  
Start: 12:00 pm

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

## SATURDAY Afternoon – 13&Over

Warm-up: 2:45 pm

Start: 3:45 pm

<b>WOMEN</b>				<b>EVENTS</b>	<b>MEN</b>			
‘A’ Event No.	Age	‘A Meet’ Standard	‘B’ Event No.		‘A’ Event No.	Age	‘A Meet’ Standard	‘B’ Event No.
5			105	<b>200 I.M.</b>	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	<b>50 FLY</b>	8	16&O		108
	15&O					15		
	14					14		
	13					13		
9			109	<b>100 FREE</b>	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	<b>100 BREAST</b>	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	<b>200 FLY</b>	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	<b>100 BACK</b>	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	<b>50 BREAST</b>	18	16&O		118
	15&O					15		
	14					14		
	13					13		
19			119	<b>400 FREE</b>	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	

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

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



## SUNDAY Afternoon – 13&Over

Warm-up: 2:45 pm

Start: 3:45 pm

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