


Revised to (1)clarify entry requirements (must qualify for two events to enter meet, then max four a day), (2)added male 800m free, female 1500m free, (3)included an additional meet manager. Revision 2: Afternoon sessions Friday/Sat/Sun warm up 1:30pm, session begins 2:30pm; Deep end will be used for continuous warm up/down Extended date to accept changes to entries to November 7, 2022.

DATE(s):	November 10-13, 2022		REGION:	Central	
HOSTED BY:	ESWIM				
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Toronto Ontario				
FACILITY:	Two 8-lane 25 Meter competition pools with Swiss Timing electronic timing Deep end pool will be used for continuous warm up/down. 25 yard pool not available.				
PURPOSE & DESCRIPTION:	Competitive environment to achieve official times.				
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 :	Janet Morrison	Level:	4		
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted				
MEET MANAGER:	Mary-Kathryn Browne Ian Frickleton	Email:	mm+agisc@eswim.ca		
	Results Management & Entry Coordination by RecTec	Charlotte Carroll	charlottecarrroll1@gmail.com 416-606-3747		
	Event Live Streaming provided by RecTec — http://www.rectectv.ca/				
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	Both ends of pool.	
		<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:		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		
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		November 10, 2022	
ENTRY LIMITS:	The maximum number of participants per session is		700	
	Each club is limited to the following number of swimmers		120	
	The maximum number of entries per swimmer is:	<ul style="list-style-type: none"> - 4 events each day, plus one distance event on Thursday - To enter meet, swimmer must qualify in at least two events per the time standards in the meet package - 400m distance races and longer - entry only with qualifying times 		
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.			
	Entries must include all attending coaches.			
	<input checked="" type="checkbox"/>	NT entries are not permitted		
	<input 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 checked="" type="checkbox"/>	Qualifying standard for entry is:	As listed in the Meet Package <ul style="list-style-type: none"> - To enter meet, swimmer must qualify in at least two events per the time standards in the meet package - 400m distance races and longer - entry only with qualifying times 	
	<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is:	January 1, 2019 - November 10, 2022	

	<input 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 the course achieved.		
	<input type="checkbox"/>	Times will be converted by the host		
	<input type="checkbox"/>	Times will not be converted		
ENTRY DEADLINE:	October 28, 2022			
	Changes to entries will be accepted until			November 7, 2022
ENTRY FEE:	<input type="checkbox"/>	No Fee		
	<input checked="" type="checkbox"/>	Individual Events	\$15 per event \$20 per 400m/800m/ 1500m event	Relay Events \$22
	<input checked="" type="checkbox"/>	Swimmer Fee	\$10	
	Payment Method: Cheque or E-transfer		Please make cheque payable to ETOBICOKE SWIM CLUB and deliver to Clerk of Course. E-transfer available. Please contact mm+agisc@eswim.ca for details.	
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 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).		
	<input checked="" type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.		
	<input checked="" type="checkbox"/>	<p>Seeding will be in the following order:</p> <p>All 12&U events are Timed Finals and will be seeded slowest to fastest.</p> <p>13&O prelim events will be seeded slowest to fastest, with fastest three heat circle seeded. A and B finals for 13-14, 15-16 and 17 & over.</p> <p>Events with less than 16 entries at the entry deadline will be A-final only.</p> <p>Finals will be swum, A final first followed by B final.</p> <p>400s will swim as Timed Finals with the fastest heats at Finals.</p> <p>800m is for 11&O women/1500m is for 11&O men: swimmers must meet the time standard appropriate for their age group. 800/1500 are timed finals and will be swum fastest-slowest and results scored by age group.</p> <p>Relays (for 13&O) will be timed finals swum during prelim session.</p>		

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	Nov 10, 2022	4:00pm - 5:00pm	5:00pm	9:00pm	Timed Finals
2	Nov 11, 2022	8:00am - 9:00am	9:00am	12:30pm	Prelims
3	Nov 11, 2022	1:30pm - 2:30pm	2:30pm	5:00pm	Timed Finals
4	Nov 11, 2022	5:00pm - 6:00pm	6:00pm	9:00pm	Finals
5	Nov 12, 2022	8:00am - 9:00am	9:00am	12:30pm	Prelims
6	Nov 12, 2022	1:30pm - 2:30pm	2:30pm	5:00pm	Timed Finals
7	Nov 12, 2022	5:00pm - 6:00pm	6:00pm	9:00pm	Finals
8	Nov 13, 2022	8:00am - 9:00am	9:00am	12:30pm	Prelims
9	Nov 13, 2022	1:30pm - 2:30pm	2:30pm	5:00pm	Timed Finals
10	Nov 13, 2022	5:00pm - 6:00pm	6:00pm	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. 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>		
CHECKIN AND SCRATCHES:	<input checked="" type="checkbox"/>	There will be no scratch deadline for the following:	Scratches are to be made on the posted heat sheets. No penalty for late scratches for Prelim events or 12&Under events.
	<input 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	All 800/1500 events, all 13&O 400's, and all Finals events

	<input type="checkbox"/>	Clerk of Course for the following events:	
	<input checked="" type="checkbox"/>	A scratch deadline will apply for finals.	
	<input checked="" type="checkbox"/>	30 minutes following the posting of results of last prelim event that day	
	<input type="checkbox"/>	30 minutes following the posting of results of respective event	
PENALTIES:	<input type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows	
	<input checked="" type="checkbox"/>	Failure to participate in an event with a scratch or check in deadline will result in following penalty:	\$50 fine - payable to Etobicoke Swim Club. Applies to all initially named finalists and alternates
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 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
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 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.	
SCORING:	<input type="checkbox"/>	No Scoring	
	<input checked="" type="checkbox"/>	The following will be scoring: Individual High Point 5-2-1 Team High Point for Ind & Relay Events: 30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1	
AWARDS:	<input type="checkbox"/>	No awards	
	<input checked="" type="checkbox"/>	The following will be awarded: Medals for 1st, 2nd and 3rd and ribbons for 4th through 8th for all individual events Medals for 1st, 2nd and 3rd for all relay events Individual High Points for each age group- 10&U, 11-12,13-14, 15-16, 17&O (Ties broken by highest FINA point swim)	

	Top Overall Team Award Top Small Team Award (1-10 swimmers)
ADDITIONAL INFORMATION:	<p>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</p> <ol style="list-style-type: none"> 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. 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.

SCHEDULE OF EVENTS:

Thursday, November 10, 2022				
Warm-up: 4:00-5:00pm -- Start: 5:00pm				
EVENTS		QUALIFYING TIMES		
Number	Description	15 & Over	13 - 14	11 - 12
1 (Women)	800m Free	10:05.00	10:30.00	11:30.00
2 (Men)	1500m Free	18:30.00	19:30.00	20:30.00
201 (Women)	1500m Free	19:20.00	20:00.00	20:40.00
202 (Men)	800m Free	9:30.00	10:15.00	10:30.00

Friday, November 11, 2022										
Warm-up 8:00am Start 9:00am						Warm-up 1:30pm Start 2:30pm				
AGE	WOMEN		MEN		EVENT	AGE	GIRLS		BOYS	
15 & O	3	2:23.52	4	2:14.16	200 Free	10 & U	23	3:02.60	24	3:08.10
13 - 14	5	2:27.63	6	2:23.15	200 Free	11 - 12	25	2:45.78	26	2:49.03
15 & O	7	36.00	8	32.00	50 Back	10 & U	27	45.00	28	45.00
13 - 14	9	38.00	10	34.00	50 Back	11 - 12	29	42.00	30	42.00
15 & O	11	2:43.37	12	2:33.48	200 IM	10 & U	31	3:27.90	32	3:31.20
13 - 14	13	2:49.77	14	2:43.38	200 IM	11 - 12	33	3:10.30	34	3:12.50
15 & O	15	1:26.43	16	1:21.52	100 Breast	10 & U	35	1:47.27	36	1:51.61
13 - 14	17	1:28.14	18	1:25.58	100 Breast	11 - 12	37	1:40.77	38	1:42.94
15 & O	19	2:49.87	20	2:40.31	200 Fly	12 & U	39	3:28.03	40	3:52.96
13 - 14	21	2:51.56	22	2:47.73	200 Fly					

FINALS: Friday Evening warm-up 5:00pm; Start 6:00pm

Saturday, November 12, 2022										
Warm-up 8:00am Start 9:00am						Warm-up 1:30pm Start 2:30pm				
AGE	WOMEN		MEN		EVENT	AGE	GIRLS		BOYS	
15 & O	43	30.44	44	28.45	50 Free	10 & U	67	37.38	68	37.93
13 - 14	45	31.47	46	29.84	50 Free	11 - 12	69	34.67	70	34.95
15 & O	47	2:40.04	48	2:33.41	200 Back	10 & U	71	3:24.78	72	3:34.78
13 - 14	49	2:44.98	50	2:39.72	200 Back	11 - 12	73	3:06.36	74	3:10.70
15 & O	51	1:14.38	52	1:09.18	100 Fly	10 & U	75	1:40.22	76	1:45.11
13 - 14	53	1:16.73	54	1:14.50	100 Fly	11 - 12	77	1:30.48	78	1:33.18
15 & O	55	40.00	56	35.00	50 Breast	10 & U	79	48.00	80	48.00
13 - 14	57	42.00	58	37.00	50 Breast	11 - 12	81	45.00	82	45.00
15 & O	59	-	60	-	4x50 Free	10 & U	83	-	84	-
13 - 14	61	-	62	-	4x50 Free	11 - 12	85	-	86	-
15 & O	63	5:45.79	64	5:33.28	400 IM (100 IM 10&U)	10 & U	87	1:38.60	88	1:40.77
13 - 14	65	5:58.74	66	5:47.80	400 IM	11 - 12	89	6:40.90	90	7:07.99

FINALS: Saturday Evening warm-up 5:00pm; Start 6:00pm

Sunday, November 13, 2022										
Warm-up 8:00am Start 9:00am						Warm-up 1:30pm Start 2:30pm				
AGE	WOMEN		MEN		EVENT	AGE	GIRLS		BOYS	
15 & O	91	1:05.96	92	1:01.63	100 Free	10 & U	115	1:22.89	116	1:24.51
13 - 14	93	1:08.17	94	1:05.07	100 Free	11 - 12	117	1:15.85	118	1:16.93
15 & O	95	3:06.96	96	2:57.21	200 Breast	12 & U	119	3:35.62	120	3:45.37
13 - 14	97	3:07.99	98	3:03.38	200 Breast					
15 & O	99	1:13.94	100	1:10.60	100 Back	10 & U	123	1:34.81	124	1:37.52
13 - 14	101	1:16.92	102	1:14.53	100 Back	11 - 12	125	1:27.22	126	1:28.31
15 & O	103	36.00	104	32.00	50 Fly	10 & U	127	45.00	128	45.00
13 - 14	105	38.00	106	34.00	50 Fly	11 - 12	129	42.00	130	42.00
15 & O	107	-	108	-	4x50 Medley	10 & U	131	-	132	-
13 - 14	109	-	110	-	4x50 Medley	11 - 12	133	-	134	-
15 & O	111	5:04.88	112	4:48.24	400 Free	10 & U	135	6:22.48	136	6:32.23
13 - 14	113	5:10.89	114	5:01.66	400 Free	11 - 12	137	5:56.40	138	6:03.00

FINALS: Sunday Evening warm-up 5:00pm; Start 6:00pm