


<b>DATE(s):</b>	1-4 June 2023	<b>REGION:</b>	Central Region
<b>HOSTED BY:</b>	Etobicoke Swim Club		
<b>LOCATION:</b>	Etobicoke Olympium, 590 Rathburn Road, Etobicoke ON M9C 3T3		
<b>FACILITY:</b>	Eight lane 50 m pool, Swiss Timing		
<b>PURPOSE &amp; DESCRIPTION:</b>	Age Group competitive environment to earn LC official 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>	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>	Joe Grdisa	<b>Email:</b>	<a href="mailto:mm@eswim.ca">mm@eswim.ca</a>
		<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	<input type="checkbox"/>	Starting Platforms at Both ends
	4.1, Swimming Canada CFR 2.3.1, CSW 4.1.1 & 4.1.2	<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 pool time available or 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		1 June 2023	
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is		400	
	Each club is limited to the following number of swimmers		n/a	
	The maximum number of entries per swimmer is	<b>Maximum of 10 individual events. Max 3 events per session (Fri, Sat, Sun), 1 distance event (Thursday 800/1500).</b>		
<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.			
	<input checked="" type="checkbox"/>	NT entries are not permitted for 400/800/1500		
	<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 checked="" type="checkbox"/>	<b>Meet Qualifying standard for entry is:</b>	<b>Swimmers must have at least 2 qualifying entries/events to enter the meet, additional (bonus) events may be added to entry limit. Qualifying standards in Order of Events, and Event File. 400/800/1500 entries must meet the qualifying standard</b>	
	<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is:	Since 1 Sep 2021	
<b>CONVERSION:</b>	<input checked="" type="checkbox"/>	Please submit LCM entry times for seeding purposes. SCM times may be converted at 2%.		
<b>ENTRY DEADLINE:</b>	<b>17 May 2022</b>			
	Changes to entries will be accepted until		28 May 2022	
<b>ENTRY FEE:</b>	<input checked="" type="checkbox"/>	Individual Events	\$15 – 50-400m \$20 – 800/1500m	Relay Events n/a
	Payment Method:		Cheques payable to Etobicoke Swim Club provided to Clerk or Meet Manager. Electronic payment methods – contact Meet Manager for details.	

<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 for Time Final events will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package (swimmers entered with NT (no times) will be seeded in the slowest heats). 400/800/1500 will be seeded fastest to slowest
	<input checked="" type="checkbox"/>	Preliminary heat events will be seeded as per SW3.1 with fastest 3 heats circle seeded.
	<input checked="" type="checkbox"/>	Prelim/Finals for all 13&O events 50-200m (400/800/1500 are Time Final) A & B Finals for 13-14, 15-16, 17&O (Events with less than 16 entries at change deadline will have A final only. B finals will not run if fewer than 6 swimmers in B final after scratch deadline.) Finals seeding -- A Final before B Final, Young to Old (13-14, 15-16, 17&O) All 12&U events are Time Finals All 400/800/1500 are Time Finals swum Fast to Slow 400's (for 13&O events) fastest heats swims at finals.

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	Thurs 1 Jun	4:00-4:55 pm	5:00 pm	8:30 pm	TF - Distance
2	Fri 2 Jun	7:30-8:25 am	8:30 am	12:30 pm	Prelim
3	Fri 2 Jun	12:30-1:25 pm	1:30 pm	5:00 pm	Prelim & TF
4	Fri 2 Jun	5:30-6:25 pm	6:30 pm	8:30 pm	FINALS
5	Sat 3 Jun	7:30-8:25 am	8:30 am	12:30 pm	Prelim
6	Sat 3 Jun	12:30-1:25 pm	1:30 pm	5:00 pm	Prelim & TF
7	Sat 3 Jun	5:30-6:25 pm	6:30 pm	8:30 pm	FINALS
8	Sun 4 Jun	7:30-8:25 am	8:30 am	12:30 pm	Prelim
9	Sun 4 Jun	12:30-1:25 pm	1:30 pm	5:00 pm	Prelim & TF
10	Sun 4 Jun	5:30-6:25 pm	6:30 pm	8:30 pm	FINALS

<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 checked="" type="checkbox"/>	Scratches for all Prelim and 12&U events to be made on posted heat sheets – no penalty.	
	<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:	<b>All 400/800/1500 events.</b> 13&O 400's fastest heats at finals to be filled, no moving from Evening Finals to Prelims will be allowed.
	<input checked="" type="checkbox"/>	A scratch deadline will apply for finals.	
	<input checked="" type="checkbox"/>	30 minutes following the posting of results of last event of prelims session - Friday 200 Fly, Saturday 50 Breast, Sunday 50 Fly	
<b>PENALTIES:</b>	<input checked="" type="checkbox"/>	Failure to participate in an event with a scratch or check-in deadline will result in following penalty:	\$30.00
<b>DECK ENTRIES:</b>	<input checked="" 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"/>	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 per event
<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>Not ALL split requests may be accepted.</b>	
<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"/>	The following will be scoring: Team Points for Individual Events – 30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1 Individual High Point – 5-2-1	
<b>AWARDS:</b>	<input checked="" type="checkbox"/>	The following will be awarded: Medals for 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Individual High Point for each age group/gender – (12&U, 13-14, 15-16, 17&O) (Ties broken by highest FINA Point swim) Top Team Award	

<b>ADDITIONAL INFORMATION:</b>	<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><b>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</b></li> </ol>
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## SCHEDULE OF EVENTS:

<b><u>THURSDAY, 1 June 2023</u></b>				
Warm-up: 4:00 pm				
Start: 5:00 pm				
<b><u>EVENTS</u></b>		<b><u>QUALIFYING TIMES</u></b>		
<u>No.</u>	<u>Description</u>	<u>15 &amp; Over</u>	<u>13-14</u>	<u>11-12</u>
1	Women 800 Free (11&O)	10:00.00	10:15.00	11:30.73
2	Men 1500 Free (11&O)	18:30.00	19:30.00	22:30.00
801	Women 1500 Free (11&O)	19:45.00	20:15.00	22:30.00
802	Men 800 Free (11&O)	9:30.00	10:00.00	11:39.58

**NOTE: Events 1 and 2 will alternate heats. Events 801 & 802 will alternate heats.**

Swimming 2 per lane is no longer allowed – entries will be limited to time available.

## FRIDAY - 2 June 2023

Warm-up: 7:30am Start: 8:30am					Event	Warm-up: 12:30pm Start: 1:30pm				
Age	Women		Men			Age	Girls		Boys	
17 & O	3	2:20.44	4	2:12.45	200 FREE	13-14	23	2:24.51	24	2:18.41
15 - 16						25	2:39.15	26	2:38.04	
17 & O	5	35.00	6	31.00	50 BACK	13-14	27	36.00	28	34.00
15 - 16						29	40.00	30	40.00	
17 & O	7	1:23.66	8	1:19.20	100 BRST	13-14	31	1:25.06	32	1:22.05
15 - 16						33	1:36.70	34	1:36.15	
17 & O	9	2:40.07	10	2:28.97	200 I.M.	13-14	35	2:43.13	36	2:37.19
15 - 16						37	3:02.89	38	3:02.89	
17 & O	11	2:43.24	12	2:33.75	200 FLY	13-14	39	2:50.79	40	2:43.81
15 - 16						41	3:14.51	42	3:17.82	

**Finals: Friday Evening: Warm-up 5:30pm; Start 6:30pm**

## FRIDAY FINALS

Warm-up: 5:30 pm  
Start: 6:30 pm

WOMEN		EVENTS	MEN	
Event	Age		Event	Age
23	13-14	200 FREE	24	13-14
3	15-16		4	15-16
	17&O		4	17&O
27	13-14	50 BACK	28	13-14
5	15-16		6	15-16
	17&O		6	17&O
31	13-14	100 BREAST	32	13-14
7	15-16		8	15-16
	17&O		8	17&O
35	13-14	200 IM	36	13-14
9	15-16		10	15-16
	17&O		10	17&O
39	13-14	200 FLY	40	13-14
11	15-16		12	15-16
	17&O		12	17&O

## SATURDAY 3 June 2023

Warm-up: 7:30am Start: 8:30am					Event	Warm-up: 12:30pm Start: 1:30pm				
Age	Women		Men			Age	Girls		Boys	
17 & O	43	30.33	44	27.50		50 FREE	13-14	67	30.93	68
15 - 16					12&U		69	33.70	70	32.93
17 & O	45	2:37.91	46	2:29.41	200 BACK	13-14	71	2:41.85	72	2:34.04
15 - 16						12&U	73	2:59.04	74	2:59.59
17 & O	47	1:13.10	48	1:07.17	100 FLY	13-14	75	1:16.34	76	1:11.03
15 - 16						12&U	77	1:25.65	78	1:25.10
17 & O	49	40.00	50	35.00	50 BRST	13-14	79	41.00	80	37.00
15 - 16						12&U	81	46.00	82	46.00
17 & O	53	5:30.00	54	5:00.00	400 I.M.**	13-14	87	5:40.00	88	5:30.00
15 - 16						55	56	12&U	89	6:24.85

\*\* 400 IM – slower heats during Prelims (morning/afternoon), fastest heat at finals

## SATURDAY FINALS

Warm-up: 5:30 pm  
Start: 6:30 pm

WOMEN		EVENTS	MEN	
Event	Age		Event	Age
67	13-14	50 FREE	68	13-14
43	15-16		44	15-16
	17&O		44	17&O
71	13-14	200 BACK	72	13-14
45	15-16		46	15-16
	17&O		46	17&O
75	13-14	100 FLY	76	13-14
47	15-16		48	15-16
	17&O		48	17&O
79	13-14	50 BREAST	80	13-14
49	15-16		50	15-16
	17&O		50	17&O
87	13-14	400 IM **	88	13-14
55	15-16		56	15-16
	17&O		54	17&O



<b>SUNDAY 4 June 2023</b>										
Warm-up: 7:30am Start: 8:30am					Event	Warm-up: 12:30pm Start: 1:30pm				
Age	Women		Men			Age	Girls		Boys	
17 & O	91	1:05.36	92	1:00.04	100 FREE	13-14	115	1:06.67	116	1:03.24
15 - 16							12&U	117	1:12.94	118
17 & O	93	2:59.91	94	2:55.57	200 BRST	13-14	119	3:03.71	120	2:58.47
15 - 16							12&U	121	3:26.67	122
17 & O	95	1:13.55	96	1:09.14	100 BACK	13-14	123	1:15.61	124	1:11.88
15 - 16							12&U	125	1:23.44	126
17 & O	97	35.00	98	32.00	50 FLY	13-14	127	36.00	128	34.00
15 - 16							12&U	129	40.00	130
17 & O	101	4:50.00	102	4:40.00	400 FREE**	13-14	135	5:00.00	136	4:55.00
15 - 16	103					104		12&U	137	5:39.97

**\*\* 400 Free** – slower heats during Prelims (morning/afternoon), fastest heats at finals  
Swimming 2 per lane is no longer allowed – entries will be limited to time available.

<b>SUNDAY FINALS</b>					
Warm-up: 5:30 pm Start: 6:30 pm					
<b>WOMEN</b>			<b>EVENTS</b>	<b>MEN</b>	
<u>Event</u>	<u>Age</u>			<u>Event</u>	<u>Age</u>
115	13-14		100 FREE	116	13-14
91	15-16			92	15-16
	17&O			120	17&O
119	13-14		200 BREAST	120	13-14
93	15-16			94	15-16
	17&O			124	17&O
123	13-14		100 BACK	124	13-14
95	15-16			96	15-16
	17&O			128	17&O
127	13-14		50 FLY	128	13-14
97	15-16			98	15-16
	17&O			136	17&O
135	13-14		400 FREE**	136	13-14
103	15-16			104	15-16
101	17&O			102	17&O