

Brief Meet Information

MEET NAME	2024 AGE GROUP INTERNATIONAL (SC)
DATE(s):	November 7-10, 2024
HOSTED BY:	Etobicoke Swim Club
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Toronto, Ontario
FACILITY:	Two 8 lane x 25m pools Swiss Timing: OBS11 Starting Blocks Quantum Aquatics Timing System Omega OCP5 Touch Pads OBL2 PRO Backstroke Ledges (offered to 14&O swimmers at this event)
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 and the Swimming Canada Registration and Event Management System (REMS).
LAST UPDATE:	

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Jeff Holmes Janice Charles Janet Morrison	jeff_holmes@bell.net jdcharles9@rogers.com jk.n.ken@gmail.com	V IV V
MEET MANAGER(S):	Laura Vaughan Charlotte Carroll	laurakvaughan@gmail.com charlottecarroll1@gmail.com	
ENTRY & RESULTS MANAGEMENT:	Charlotte Carroll Steve Goodwin	charlottecarroll1@gmail.com sdg9@rogers.com	
OFFICIALS COORDINATOR:	Elizabeth Skuriat	elizabeth.skuriat@eswim.ca	

Safety at Competitions

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.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or www.swimming.ca/safesport

The [Swim Ontario Concussion Management](#) & [Swimming Canada Event Photography and Videography](#) and Swim Ontario 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 as an Age Group Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

AGE UP DATE:	The competitor's age is as the first day of the competition November 7, 2024
DIVE STARTS:	<p>As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <input checked="" type="checkbox"/> both ends
d/DEAF AND HARD OF HEARING ACCOMMODATION:	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> • non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. • Visual Start hand signals given by the starter/referee. • Visual Start Strobe Light options <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Facility-Provided Strobe Light: An external strobe light is available at this facility <input checked="" type="checkbox"/> Personal Strobe Light: a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit. <p>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

Eligibility

All athletes must be registered as **Competitive** swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.

ADDITIONAL ELIGIBILITY INFORMATION:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Preference will be given to the host club. <input checked="" type="checkbox"/> MEET Qualifying Standards exist for this meet. Swimmers must qualify in at least two events (see time standards in order of events or event file) and can then enter to the max limit. Exception - swimmers must have qualifying seed times for all 400/800/1500 entries. <input checked="" type="checkbox"/> Qualifying period - since 1 January 2023
--	---

COACH & SUPPORT STAFF REGISTRATION:	<p>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.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</p> <p>Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>
FOREIGN TEAMS / COMPETITORS:	<p>The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Foreign Teams and their competitors are welcome, subject to the following provisions. <ul style="list-style-type: none"> ○ Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate. ○ All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. ○ All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing. ○ All competitors and coaches must be in good standing with their respective governing swim body. ○ All foreign competitors 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 along with the insurance certificate. ○ Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.

Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. Meet management will:</p> <ul style="list-style-type: none"> ● not accept entries via email; ● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; ● notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition <p>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.</p> <p>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.</p>
---------------------------	--

ENTRY DEADLINE:	<p>The online entry deadline is October 28, 2024</p> <input checked="" type="checkbox"/> Changes to entries will be accepted until November 4th, 2024
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <input checked="" type="checkbox"/> Individual Events: \$15 per Event, \$20 per 400m / 800m / 1500m Event <input checked="" type="checkbox"/> Relay Events: \$22 <input checked="" type="checkbox"/> Swimmer Fee: \$10
ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <input checked="" type="checkbox"/> The maximum number of entries per swimmer is 4 events/day (Fri/Sat/Sun), plus 1 distance on Thursday
RELAY ENTRIES:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.</p> <input checked="" type="checkbox"/> Relay swimmers must be entered in a non-relay event in order to compete.
ENTRY TIMES & CONVERSION:	<input checked="" type="checkbox"/> Entries may be submitted with No Time (NT), but REALISTIC estimated seed times are appreciated. 400/800/1500 require qualifying seed times (NT not allowed) <input checked="" type="checkbox"/> Entry Times may be converted (i.e. LCM to SCM) at 2%

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Timed Final/Heats /Finals
1	Thurs 7 Nov	4:00pm - 5:00pm	5:00pm	8:30pm	Timed Finals
2	Fri 8 Nov	8:00am - 9:00am	9:00am	12:30pm	Prelims
3	Fri 8 Nov	1:00pm - 2:00pm	2:00pm	5:00pm	Timed Finals
4	Fri 8 Nov	5:00pm - 6:00pm	6:00pm	9:00pm	Finals
5	Sat 9 Nov	8:00am - 9:00am	9:00am	12:30pm	Prelims
6	Sat 9 Nov	1:00pm - 2:00pm	2:00pm	5:00pm	Timed Finals
7	Sat 9 Nov	5:00pm - 6:00pm	6:00pm	9:00pm	Finals
8	Sun 10 Nov	8:00am - 9:00am	9:00am	12:30pm	Prelims
9	Sun 10 Nov	1:00pm - 2:00pm	2:00pm	5:00pm	Timed Finals
10	Sun 10 Nov	5:00pm - 6:00pm	6:00pm	9:00pm	Finals

Meet Format & Administration

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.</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 ensures 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>
SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded last. <ul style="list-style-type: none"> <input checked="" type="checkbox"/> with the exception of Distance Events which will be seeded fastest to slowest. <input checked="" type="checkbox"/> Seeding for Preliminary events will be as per Section II 3.1 with fastest 3 heats circle seeded.
DECK ENTRIES:	<p>All accepted Deck Entries are Exhibition Only and are not eligible for scoring or awards. No new heats will be created for deck entries (only empty lanes, if available). The following are the Deck Entry Rules for this competition:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Only event deck entries are permitted for swimmers already entered in the competition. <input checked="" type="checkbox"/> Fee: \$20
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be presented at the lane at the time of swim</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Relay Cards are available at the Admin Desk
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> There is a scratch deadline for: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> the following events: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Distance Events (all 800/1500 events) <input checked="" type="checkbox"/> Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session. <input checked="" type="checkbox"/> A scratch deadline will apply for finals events: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> 30 minutes following the posting of results of last preliminary event in that session <p>The following are the Positive Check-in deadlines for this competition.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> There is no positive check-in required for this competition.
PENALTIES:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Failure to participate in an event with a scratch or positive check-in deadline will results in following penalty: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Fee: \$50, payable to Etobicoke Swim Club. Applies to all initially named finalists and alternates

OFFICIAL SPLIT TIMES:	<p>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 at least 30 minutes prior to the commencement of the event.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Official Split Forms are available at the Admin Desk. <input checked="" type="checkbox"/> Not all Official Split requests can be accommodated.
SWIM OFFS:	<p>This competition offers preliminary events.</p> <ul style="list-style-type: none"> • All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials. • Coaches are to report to the Admin Desk when a swim-off is announced.
RECORDS:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Unofficial Results will be posted electronically at the meet. <input checked="" type="checkbox"/> Unofficial mobile applications results will be available. <input checked="" type="checkbox"/> Unofficial Live Results will be available.
SCORING:	<p>The following scoring will be applied:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Individual High Point 5-2-1 <input checked="" type="checkbox"/> Team High Point for Ind & Relay Events: 30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1
AWARDS	<p>The following will be awarded:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Individual Events: Medals for 1st, 2nd and 3rd <input checked="" type="checkbox"/> Relays: Medals for 1st, 2nd and 3rd <input checked="" type="checkbox"/> Individual High Points: for each age group- 10&U, 11-12, 13-14, 15&O (Ties broken by highest FINA point swim)
ADDITIONAL INFORMATION:	<p>A and B finals for 13-14, 15 & over.</p> <p>Events with fewer than 18 entries at the entry deadline, and events with fewer than 5 swimmers in the B-final after the scratch deadline will have A-finals only. Finals will be swum, A final first followed by B final.</p> <p>400s (13&O) will swim as Timed Finals with all heats in the morning.</p> <p>800 are for 11&O swimmers, 1500 are for 13&O swimmers: swimmers must meet the time standard appropriate for their age group.</p> <p>800/1500 are timed finals and will be swum fastest to slowest and results scored by age group.</p> <p>Relays (for 13&O) will be timed finals swum during prelim session.</p>

ADDITIONAL INFORMATION: (Cont'd)	ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES <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. <p>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.</p>
---	--

Schedule of Events

Session 1 - 11 & Over Thursday, November 7, 2024 Warm-up: 4:00 PM -- Start: 5:00 PM				
Event	Description	15&Over	13-14	11-12
1 (Women)	800 Free	10:05.00	10:30.00	11:30.00
2 (Men)	1500 Free	18:30.00	19:30.00	NA
3 (Women)	1500 Free	19:20.00	20:00.00	NA
4 (Men)	800 Free	9:30.00	10:15.00	10:30.00

Session 2 - 13 & Over (Prelims) Friday, November 8, 2024 Warm-up: 8:00 AM - Start: 9:00 AM				
Women	Time Standard	Event	Time Standard	Men
5	2:23.52	15 & Over 200 Free	2:14.16	6
7	2:27.63	13-14 200 Free	2:23.15	8
9	36.00	15 & Over 50 Back	32.00	10
11	38.00	13-14 50 Back	34.00	12
13	2:43.37	15 & Over 200 IM	2:33.48	14
15	2:49.77	13-14 200 IM	2:43.38	16
17	1:26.43	15 & Over 100 Breast	1:21.52	18
19	1:28.14	13-14 100 Breast	1:25.58	20
21	2:49.87	15 & Over 200 Fly	2:40.31	22
23	2:51.56	13-14 200 Fly	2:47.73	24

Session 3 - 12 & Under (Timed Finals) Friday, November 8, 2024 Warm-up: 1:00 PM - Start: 2:00 PM				
Girls	Time Standard	Event	Time Standard	Boys
25	3:20.00	10 & Under 200 Free	3:20.00	26
27	2:45.78	11-12 200 Free	2:49.03	28
29	45.00	10 & Under 50 Back	45.00	30
31	42.00	11-12 50 Back	42.00	32
33	3:45.00	10 & Under 200 IM	3:45.00	34
35	3:10.30	11-12 200 IM	3:12.50	36
37	1:55.00	10 & Under 100 Breast	1:55.00	38
39	1:40.77	11-12 100 Breast	1:42.94	40
41	3:28.03	12 & Under 200 Fly	3:52.96	42

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

Session 5 - 13 & Over (Prelims)				
Saturday, November 9, 2024				
Warm-up: 8:00 AM - Start: 9:00 AM				
Women	Time Standards	Event	Time Standards	Men
43	30.44	15 & Over 50 Free	28.45	44
45	31.47	13-14 50 Free	29.84	46
47	2:40.04	15 & Over 200 Back	2:33.41	48
49	2:44.98	13-14 200 Back	2:39.72	50
51	1:14.38	15 & Over 100 Fly	1:09.18	52
53	1:16.73	13-14 100 Fly	1:14.50	54
55	40.00	15 & Over 50 Breast	35.00	56
57	42.00	13-14 50 Breast	37.00	58
59	NA	15 & Over 4x50 Free	NA	60
61	NA	13-14 4x50 Free	NA	62
63	5:45.79	15 & Over 400 IM (TF)**	5:33.28	64
65	5:58.74	13-14 400 IM (TF)**	5:47.80	66

**400s (13&O) will swim as Timed Finals with all heats in the morning.

Session 6 - 12 & Under (Timed Finals)				
Saturday, November 9, 2024				
Warm-up: 1:00 PM - Start: 2:00 PM				
Girls	Time Standards	Event	Time Standards	Boys
67	40.00	10 & Under 50 Free	40.00	68
69	34.67	11-12 50 Free	34.95	70
71	3:45.00	10 & Under 200 Back	3:45.00	72
73	3:06.36	11-12 200 Back	3:10.70	74
75	1:50.00	10 & Under 100 Fly	1:50.00	76
77	1:30.48	11-12 100 Fly	1:33.18	78
79	55.00	10 & Under 50 Breast	55.00	80
81	45.00	11-12 50 Breast	45.00	82
83	NA	10 & Under 4x50 Free Relay	NA	84
85	NA	11-12 4x50 Free Relay	NA	86
87	1:45.00	10 & Under 100 IM	1:45.00	88
89	6:40.90	11-12 400 IM	7:07.99	90

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

Session 8 - 13 & Over (Prelims) Sunday, November 10, 2024 Warm-up: 8:00 AM - Start: 9:00 AM				
Women	Time Standards	Event	Time Standards	Men
91	1:05.07	15 & Over 100 Free	1:01.63	92
93	1:08.17	13-14 100 Free	1:05.07	94
95	3:06.96	15 & Over 200 Breast	2:57.21	96
97	3:07.99	13-14 200 Breast	3:03.38	98
99	1:13.94	15 & Over 100 Back	1:10.60	100
101	1:16.92	13-14 100 Back	1:14.53	102
103	36.00	15 & Over 50 Fly	32.00	104
105	38.00	13-14 50 Fly	34.00	106
107	NA	15 & Over 4x50 Medley	NA	108
109	NA	13-14 4x50 Medley	NA	110
111	5:04.88	15 & Over 400 Free (TF)**	4:48.24	112
113	5:10.89	13-14 400 Free (TF)**	5:01.66	114

**400s (13&O) will swim as Timed Finals with all heats in the morning.

Session 9 - 12 & Under (Timed Finals) Sunday, November 10, 2024 Warm-up: 1:00 PM -- Start: 2:00 PM				
Girls	Time Standards	Event	Time Standards	Boys
115	1:30.00	10 & Under 100 Free	1:45.00	116
117	1:15.85	11-12 100 Free	1:16.93	118
119	3:35.62	12 & Under 200 Breast	3:45.37	120
121	1:45.00	10 & Under 100 Back	1:45.00	122
123	1:27.22	11-12 100 Back	1:28.31	124
125	50.00	10 & Under 50 Fly	50.00	126
127	42.00	11-12 50 Fly	42.00	128
129	NA	10 & Under 4x50 Medley Relay	NA	130
131	NA	11-12 4x50 Medley Relay	NA	132
133	6:45.00	10 & Under 400 Free	6:45.00	134
135	5:56.40	11-12 400 Free	6:03.00	136

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