

MARCH 29 – 31, 2019

MARILYN BELL SWIM CLASSIC LONG COURSE INVITATIONAL

HOSTED BY



MEET PACKAGE





GENERAL INFORMATION

- Sanctioned by Swim Ontario
- **Hosted by:** Lakeshore Swim Club
- **Meet Format:** Long course double-ended format with timed final and A/B final events
- **Location:** Etobicoke Olympium – 590 Rathburn Rd., Etobicoke, ON M9C 3T3
- **Facility:** 8 lane 50m competition pool with electronic timing and electronic scoreboard.
- **Dates:** March 29 – 31, 2019
- **Meet package:** The only meet package that is considered valid is the most current one located at www.swimming.ca

ORGANIZING COMMITTEE

- **Meet Manager:** Tony Field, Level III meetmanager@lakeshoreswimclub.com
- **Competition Coordinator:** Craig Dwyer, Level V cmdwyer@bell.net
- **Officials Coordinator:** Clark Evans, Level III coc.lakeshore@gmail.com

ENTRY INFORMATION

INQUIRIES

All entry inquiries or requests for changes to entries are to be directed to meetmanager@lakeshoreswimclub.com for approval.

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada (SC), or any other amateur swimming organization recognized by FINA. A valid SC registration number is required for all Canadian swimmers, and entries without a SC registration number will be declined entry.

- A competitor's age is their age as of the first day of the competition: March 29, 2019
- Foreign swimmers are eligible to compete provided they are approved (see Foreign Competitors below)



ENTRY FEES

- **Individual event 200m or shorter:** \$12
- **Individual event 400m or longer:** \$15
- **Relay event:** \$20
- **Payment:** Cash or cheque payable to Lakeshore Swim Club

ENTRY PROCESS

- **Preliminary meet file requested by:** February 28, 2019
 - Meet management would appreciate receiving meet entry files by this date.
- **Entry deadline:** March 22, 2018 at 5:00pm
 - Changes to entries will not be accepted after the deadline. After that time, fees will be calculated; no refunds will be issued for missed swims.
 - Meet management reserves the right to close entries prior to the deadline in the event of oversubscription.
- Please enter all times as LCM (using standard Hy-tek conversions) for seeding purposes.
- No time (NT) will not be accepted for events 400m in length or longer.
 - Lakeshore Swim Club reserves the right to allow all of its swimmers to enter these events.
- Maximum of 3 individual events per session.
- Meet management reserves the right to restrict 400/800/1500 free and 400 IM entries
- Swimmers may not enter both the 800m free and the 1500m free

EVENT NUMBERING

- All individual events: 1 – 200
- Relay events: 201 – 300

RELAYS

- Clubs may enter any number of relay teams per event

FOREIGN COMPETITORS

All 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 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.

SUBMISSION

- All entries must be submitted via the Meet List online entries system. <https://www.swimming.ca> Meet management will not accept entries directly via email.
- Once an entry file is uploaded, the entry system will automatically email a confirmation of entries.
- A successful entry file upload is only the validation of membership entry information against the national membership and entry validation does not guarantee a club's entries will be accepted by Swim Ontario.
- If possible, Psych Sheets will be posted online at www.lakeshoreswimclub.com prior to the meet
- All entries inquiries or request for changes to entries are to be directed to meetmanager@lakeshoreswimclub.com

DECK ENTRIES

- Deck entries will be accepted for empty lanes only (no new heats will be created). No reseeding will occur.
- Deck entries are considered exhibition swims only and are not eligible for scoring or awards
- Payment is required at the time of submission:
 - **Individual event 200m or shorter:** \$15
 - **Individual event 400m or longer:** \$20
 - **Relay event:** \$20
 - **Payment:** cash or cheque payable to Lakeshore Swim Club

COMPETITION RULES

Swimming Canada and Swim Ontario rules will be in effect.

WARM-UP SAFETY PROCEDURES

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

SWIMWEAR

All swimmers participating in a provincially sanctioned meet shall be required to comply with swimwear rule GR 5. Click [here](#) to view full details. For advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.



DIVE STARTS

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

AGE GROUPS

- A competitor's age is their age as of the first day of the competition
- **Individual events:** 10 & Under, 11 & 12, 13 & 14, 15 & over
- **Relay events:** 10 & Under, 11 & 12, 13 & 14, 15 & over

SEEDING

- Seeding for all individual events 200m or shorter will be slowest to fastest regardless of age, unless otherwise noted.
- Seeding for all individual events 400m or longer will be fastest to slowest.
 - Meet management reserves the right to swim freestyle events 400m or longer with two swimmers per lane except the fastest heat of each event.
- Seeding for relay events will be slowest to fastest

RELAYS

- All relays will be swum as timed final.
- Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.
- Coaches must have relay forms filled in and returned to the Clerk of Course prior to the start of the session.
 - Complete relay team information submitted electronically is appreciated

OFFICIAL SPLITS

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 must advise the Referee prior to the commencement of the session in which the event is to occur. The "Official Split Request" form must be provided at the same time.

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 "mixed gender" relays, lead-off times/splits are not considered "official splits" as per international practice.



MIXED GENDER

The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis:

Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

Mixed gender swims may also be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.

In spite of this rule, any swimmer who achieves a record time 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 pursuant to this policy, the results must still be posted separately by the gender of swimmers.

CHECK-IN AND SCRATCHES

POSITIVE CHECK-IN

There will be a positive check-in for events 400m or longer. Please confirm with the Clerk of Course within 20 minutes of the start of the session.

All finalists and alternates are required to check in with the Clerk of Course within 20 minutes of the start of the session.

PRELIMINARY & TIMED FINAL EVENTS

Scratches from preliminary and timed final events are requested at the Clerk of Course desk 30 minutes prior to the start of each session.

PENALTY

No penalty shall be imposed for late or day-of scratches

FINALS EVENTS

All scratches from finals must be provided to the Clerk of Course within 30 minutes of posting results for each event in the preliminary session, to allow proper seeding and notification of alternates.



PENALTY

Scratching from finals after the final scratch deadline or failure to participate in an individual final event will result in a \$50 fine for each offence. This applies to initially named finalists and alternates and is payable to Lakeshore Swim Club. Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet.

REGISTRATION INFORMATION

SAFETY AND LIABILITY

- Only competitors, certified registered coaches and officials are allowed on deck
- No other person is permitted on deck unless expressly authorized by the Meet Manager or Lakeshore Swim Club
- Insurance and risk management do not extend to non-supervised minors or individuals that are age of majority that are not part of the competition either as a participant, coach, support staff, or event volunteer/official.

SWIMMING CANADA COACH REGISTRATION POLICY

The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario maintains a coach compliance list. All teams must submit a list of coaches attending at the time of entry. Meet management will cross-reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance List](#). If a coach is not on the list, meet management is obligated to enforce the SNC policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who are found to be in non-compliance.

TEAM REGISTRATION

- Friday, March 29, 2019 3:00 pm – 7:00 pm and Saturday, March 30, 2019 6:30 am – 10:30 am
- One coach designate from each team must complete the following
 - Confirm list of coaches attending (see Coach Registration Policy and Safety and Liability)
 - Provide payment of entry fees

RECORDS

- Swim Ontario has completed a certified pool length survey and swim times achieved at this competition will be eligible for provincial or national records.
- Coaches are required to inform meet management of possible record attempts before the beginning of the session to ensure meet management can process the record application.



SCORING AND AWARDS

INDIVIDUAL EVENT AWARDS

- Medals: first through third
- Ribbons: fourth through eighth

RELAY EVENT AWARDS

- Ribbons: first through third

MEET RESULTS

- Results will be posted as quickly as possible in the upper and lower corridors
- Live results will be available on the LSC website (www.lakeshoreswimclub.com) each day through the "Live Results" link, as well as on Meet Mobile (www.active.com/mobile/meet-mobile)
- All times are unofficial until verified, and official results will be posted within 48 hours of completion of the meet to www.swimming.ca

OFFICIALS

- Visiting officials are welcome and appreciated. Anyone interested in officiating should contact the Officials Coordinator.
- Please advise if an evaluation is requested and/or if a particular position is preferred.

SANCTIONED EVENTS PHOTOGRAPHY

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 and permission to do so. Please contact Lakeshore Swim Club for application and authorization (meetmanager@lakeshoreswimclub.com)



SCHEDULE OF SESSIONS

- 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 to ensure reasonable session timelines
- Meet management reserves the right to limit entries and/or eliminate relays to ensure reasonable session timelines (refunds for cancelled / rejected submissions will be provided).
- Meet management reserves the right to cancel the B final for events not having at least 16 swimmers per age category.

Session	Date	Prelims/Finals	Warm-up	Start	Finish	Est. Duration
1	Friday, March 29 th , 2019	Timed Finals	4:00 pm	5:00 pm	9:30 pm	4.5 hours
2	Saturday, March 30 th , 2019	Prelims	7:00 am	8:00 am	12:30 pm	4.5 hours
3	Saturday, March 30 th , 2019	Timed Finals	12:30 pm	1:30 pm	6:00 pm	4.5 hours
4	Saturday, March 30 th , 2019	Finals	6:00 pm	7:00 pm	9:00 pm	2 hours
5	Sunday, March 31 st , 2019	Prelims	7:00 am	8:00 am	12:30 pm	4.5 hours
6	Sunday, March 31 st , 2019	Timed Finals	12:30 pm	1:30 pm	6:00 pm	4.5 hours
7	Sunday, March 31 st , 2019	Finals	6:00 pm	7:00 pm	9:00 pm	2 hours

PROGRAM EVENT LIST

Women	Ages	Event	Men
Session 1 (Friday Evening – Timed Finals)			
1	All Ages	800 Free	2
3	All Ages	1500 Free	4
Session 2 (Saturday Morning – Prelims + 400 Free Timed Finals)			
5	13 & Over	200 IM	6
7	13 & Over	100 Back	8
9	13 & Over	200 Fly	10
11	13 & Over	50 Breast	12
13	13 & Over	50 Fly	14
15	13 & Over	100 Free	16
17	13 & Over	200 Breast	18
201	13 – 14	200 Free Relay	202
203	15 & Over	200 Free Relay	204
19	13 & Over TIMED FINALS	400 Free	20
Session 3 (Saturday Afternoon – Timed Finals)			
21	12 & Under	200 IM	22
23	12 & Under	100 Back	24
25	11 – 12	200 Fly	26



27	12 & Under	50 Breast	28
29	12 & Under	50 Fly	30
31	12 & Under	100 Free	32
33	11 – 12	200 Breast	34
205	10 & Under	200 Free Relay	206
207	11 – 12	200 Free Relay	208
35	12 & Under	400 Free	36
Session 4 (Saturday Evening – Finals)			
5	13 – 14, 15 & Over	200 IM	6
7	13 – 14, 15 & Over	100 Back	8
9	13 – 14, 15 & Over	200 Fly	10
11	13 – 14, 15 & Over	50 Breast	12
13	13 – 14, 15 & Over	50 Fly	14
15	13 – 14, 15 & Over	100 Free	16
17	13 – 14, 15 & Over	200 Breast	18
Session 5 (Sunday Morning – Prelims + 400 IM Timed Finals)			
37	13 & Over	200 Back	38
39	13 & Over	100 Fly	40
41	13 & Over	50 Back	42
42	13 & Over	50 Free	44
45	13 & Over	100 Breast	46
47	13 & Over	200 Free	48
209	13 – 14	200 Medley Relay	210
211	15 & Over	200 Medley Relay	212
49	13 & Over TIMED FINALS	400 IM	50
Session 6 (Sunday Afternoon – Timed Finals)			
51	12 & Under	200 Back	52
53	12 & Under	100 Fly	54
55	12 & Under	50 Back	56
57	12 & Under	50 Free	58
59	12 & Under	100 Breast	60
61	12 & Under	200 Free	62
213	10 & Under	200 Medley Relay	214
215	11 – 12	200 Medley Relay	216
63	12 & Under	400 IM	64
Session 7 (Sunday Evening – Finals)			
37	13 – 14, 15 & Over	200 Back	38
39	13 – 14, 15 & Over	100 Fly	40
41	13 – 14, 15 & Over	50 Back	42
43	13 – 14, 15 & Over	50 Free	44
45	13 – 14, 15 & Over	100 Breast	46
47	13 – 14, 15 & Over	200 Free	48

The End