

# Mallards Long Course Challenge

April 1st - 3th, 2022

PRESENTED BY:



MARKHAM PAN AM CENTER

16 Main Street  
Unionville, Ontario

REVISED MARCH 18, 2022

# MALLARDS LONG COURSE CHALLENGE

---

- DATE:** April 1 - 3, 2022
- HOST:** **Mallards Swim Team**
- LOCATION:** MARKHAM Pan Am Center  
16 Main Street,  
Unionville, Ontario
- FACILITY:** 50 meters, 10 Lanes, Competition Pool with Swiss Timing System.
- DESCRIPTION:** Swimmers will swim in age combined events, **12 & Under** and **13 & Over** groups.
- 12 & Under:**
- All events are timed finals
- 13 & Over:**
- All events are timed finals except for 50 meter Freestyle and all 100 meter events, Prelims/Finals
  - Preliminary events will run 10 lane heats with the fastest three heats circle seeded.
  - Finals will run top 10 swimmers.
  - 400 meter Freestyle: Fastest Heat (FH), Heat 1, will run during FINALS Session on Saturday, April 2, 2022.
  - 1500 meter Freestyle: One heat only
- COMPETITION RULES:** All current Swimming Canada rules will be followed.  
All swimmers participating in 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.  
[Swimming Canada Competition Warm-Up Safety Procedures](#) will be in effect. Clubs are responsible to maintain a record of warm up lanes for their swimmers in each session.
- DIVE STARTS:** This competition will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 from both ends.
- MEET PACKAGE:** The only valid meet package is the most current one found on [www.swimming.ca](http://www.swimming.ca)
- COMPETITION COORDINATORS:** Wayne Dorrington, Level 5  
Vivien Hughsam, Level 5
- MEET MANAGERS:** Mike Yang, Tony Wong, [meetmanager@mallardsswimming.com](mailto:meetmanager@mallardsswimming.com)
- COVID SAFETY COORDINATORS:** Lilly Hewwing & Vicky Korgan, [officialschair@mallardsswimming.com](mailto:officialschair@mallardsswimming.com)
- OFFICIALS COORDINATORS:** Olga Vovchenko and Bonita Tenn... [officialschair@mallardsswimming.com](mailto:officialschair@mallardsswimming.com)  
It would be greatly appreciated if each club could provide officials to help out at the meet. Please indicate sessions/positions preferred. We will do our best to accommodate.
- ELIGIBILITY:** **The Event is sanctioned as 'Closed Invitational' by Swim Ontario.** All athletes must be registered as Competitive swimmers with Swimming Canada.  
This event includes swimmers from APEX, BAD, CATS, COBRA, DUCKS, Dorado Stars, MSSAC, MST, OAK, RAMAC, RHAC.
- AGE UP DATE:** A competitor's age is their age as of the start date of the meet, April 1, 2022

# MALLARDS LONG COURSE CHALLENGE

---

## ENTRANCE REQUIREMENTS & COVID SAFETY:

Participants will follow and adhere to the Markham PanAm Center Event Policy, Protocols and Procedures and Mallards Racing Safety Plan.

- Participants, including coaches, swimmers, officials, volunteers and spectators are to arrive according to the scheduled time for each group. Times will be posted closer to the start of the event.
- **Participants are responsible to ensure all facility entrance requirements are met.**
- **Participants are to conduct a [COVID-19 Self-Assessment](#) and are requested to not attend the swim meet if any symptoms are present.**
- Mask wearing and physical distancing remain best practices regarding participants' safety. **Masks are MANDATORY throughout the facility for staff, spectators, coaches and swimmers. Swimmers may only remove their mask when in the pool & on the field of play. Coaches and officials are required to wear their masks at all times.**
- **Event Attestation:** All participants will complete the Event Covid-19 Attestation form and provide their contact information for contact tracing purposes.
- **Spectators:** are permitted based on current Ontario regulations. Masks must be worn at all times.

## PARTICIPANT SAFETY:

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. COVID Safety Procedures, Concussion Management & Event Photography procedures will be in effect. For complete details click [HERE](#).

## MIXED GENDER:

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 ensures that the swimmer competes with competitors of the same gender for his/her heat. In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.

## COACH'S REGISTRATION:

Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance

## ENTRY FEES:

Individual events to 200 m	\$15.00
Events 400 m and Up	\$20.00
Relays	\$25.00

All fees include Swim Ontario Gold Bonus and HST.  
Payment will be by cheque due on the first day of the event.

## ENTRY DEADLINE:

Entries must be received by Wednesday, **Mar 16, 2022**  
Deadline for changes is Friday, **Mar 25, 2022**

## ENTRIES:

Entries must be submitted through the SNC online entries system at [www.swimming.ca](http://www.swimming.ca)

- **No changes will be accepted after Mar 25, as the meet will have been final seeded. After that time, all entries will be considered final and fees will be calculated; No Refunds will be granted for missed swims.**

# MALLARDS LONG COURSE CHALLENGE

- Entries will be considered in order received and with the discretion of meet mgmt.
- Entry confirmations will be sent by individual email from [www.swimming.ca](http://www.swimming.ca).
- Meet Management reserves the right to restrict and/or close entries prior to the deadline in the event of over subscription.

## ENTRY

Meet Management requests all swimmers be entered with real (provable) or estimated entry times to allow for proper seeding

## RESTRICTIONS:

- Session 1 - Maximum of 3 Individual Events plus a Distance Event (800 Free).
- Sessions 2, 3, 5 & 6 - Maximum of 3 Individual and 1 Relay Event per session.
- **No Time (NT) entries will not be accepted.**
- No qualifying standard or period.
- Relay swimmers must be entered in a non relay event in order to compete.

## SEEDING/

## CONVERSIONS:

Heats will be seeded slowest to fastest except in 400 IM, 400, 800 and 1,500m Free, fastest to slowest. All entries must be submitted using long course times in meters (LCM). Please use Hy-Tek default conversion factor before submitting entries.

## 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 shall so advise the Referee prior to the commencement of the session in question. The procedure for obtaining an official split time requires coaches to complete the “**Official Split Request**” form (available at the Clerk of Course table) and to forward it to the Referee or meet management prior to the start of the session.

## RECORDS:

Swim times achieved at this competition will be eligible for application of provincial and national records. Coaches are to advise meet management of possible record attempts, and or if records are broken.

## DECK ENTRIES:

Will be **Exhibition (EX) only**.

Entries must be made 30 minutes prior to the start of the session, and will be accepted based on the availability of empty lanes in slowest heats.

- Swimmer substitution will not be allowed.
- Permitted for swimmers already entered in the competition.
- **Cost is \$20.00 per Individual event to 200 m, \$ 25.00 per individual event 400m and up, and \$30 per relay event, payable in cash (exact amount) and submitted to the COC with the Deck Entry Form.**

**SCHEDULE OF SESSIONS:** Sessions will not exceed 4.5 hrs in length (excluding warm up periods).

SESSION:		AGE GROUP:	COMPETITION:	WARM UP:	START:	EST. LENGTH:
Friday	1A	13 & Over	Time Finals/Prelims 800 m Free	11:00 am	11:45 am	3.5 hrs.
	1B	12 & Under	Time Finals	4:00 pm	4:45 pm	3.0 hrs.
Saturday	2	13 & Over	Time Finals/Prelims	7:00 am	7:45 am	4 hrs.
	3	12 & Under	Time Finals/1500 m Free	12:30 pm	1:15 pm	4 hrs
	4	13 & Over	FINALS & 400 Free (FH)	6:00 pm	6:40 pm	2 hrs.
Sunday	5	12 & Under	Time Finals	7:30 am	8:15 am	4 hrs.
	6	13 & Over	Time Finals	1:30 pm	2:15 pm	4 hrs

# MALLARDS LONG COURSE CHALLENGE

## SCHEDULE OF EVENTS:

SESSION #1A - FRIDAY MORNING				
Warm Up: 11:00 am				
Start: 11:45 am				
Women	AGE GROUP	EVENT	COMPETITION	Men
3	13 & Over	50 Free**	Prelim**	4
7	13 & Over	200 Fly	T-F	8
11	13 & Over	100 Breast**	Prelim**	12
15	13 & Over	100 Back**	Prelim**	16
B R E A K				
19 (Mixed)	11 & Over	800 Free*	T-F	19 (Mixed)

\*Positive check-in required 30 min. before session start

\*\* SCRATCH DEADLINE for FINALS: 30 minutes following the posting of results for Event 27/28

SESSION #1B - FRIDAY AFTERNOON				
Warm Up: 4:00 pm				
Start: 4:45 pm				
Women	AGE GROUP	EVENT	COMPETITION	Men
1	12 & Under	200 IM	T-F	2
5	12 & Under	50 Free	T-F	6
9	12 & Under	200 Fly	T-F	10
13	12 & Under	200 Breast	T-F	14
17	12 & Under	100 Back	T-F	18

SESSION #2 - SATURDAY MORNING				
Warm Up: 7:00 am				
Start: 7:45 am				
Women	AGE GROUP	EVENT	COMPETITION	Men
21	13 & Over	100 Free**	Prelim**	22
23	13 & Over	200 Breast	T-F	24
25	13 & Over	100 Fly**	Prelim**	26
27	13 & Over	200 IM	T-F	28
29	13 & Over	50 Back	T-F	30
31	13 -14	200 Free Relay	T-F	32
33	15 & Over	200 Free Relay	T-F	34
35	13 & Over	400 Free (SH)*	T-F	36

\*Positive check-in required 30 min. before session start

\*\* SCRATCH DEADLINE for FINALS: 30 minutes following the posting of results for Event 25/26

# MALLARDS LONG COURSE CHALLENGE

SESSION #3 - SATURDAY AFTERNOON				
Warm Up: 12:30 pm				
Start: 1:15 pm				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
37(Mixed)	12 & Under	400 IM*	T-F	37(Mixed)
39	12 & Under	50 Back	T-F	40
41	12 & Under	50 Fly	T-F	42
43	12 & Under	100 Breast	T-F	44
45	12 & Under	200 Free	T-F	46
47 (Mixed)	10 & Under	200 Free Relay	T-F	47 (Mixed)
49	11-12	200 Free Relay	T-F	50

\*Positive check-in required 30 min. before session start

SESSION #4 - SATURDAY FINALS				
Warm Up: 6:00 pm				
Start: 6:40 pm				
<u>Women</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>Men</u>
21	13-14	100 Free*	Finals	-
	15&O	100 Free*	Finals	
-	13-14	100 Free*	Finals	22
	15&O	100 Free*	Finals	
11	13-14	100 Breast*	Finals	-
	15&O	100 Breast*	Finals	
-	13-14	100 Breast*	Finals	12
	15&O	100 Breast*	Finals	
35	13 & Over	400 Free (FH)*	T-F	36
15	13-14	100 Back*	Finals	-
	15&O	100 Back*	Finals	
-	13-14	100 Back*	Finals	16
	15&O	100 Back*	Finals	
3	13-14	50 Free*	Finals	-
	15&O	50 Free*	Finals	
-	13-14	50 Free*	Finals	4
	15&O	50 Free*	Finals	
25	13-14	100 Fly*	Finals	-
	15&O	100 Fly*	Finals	
-	13-14	100 Fly*	Finals	26
	15&O	100 Fly*	Finals	
20 (Mixed)	11 & Over	1500 Free*	T-F	20 (Mixed)

\*Positive check-in required 30 min. before session start for **ALL** events

Failure to scratch from an event during FINALS session will result in a \$30.00 fine for each offence.

# MALLARDS LONG COURSE CHALLENGE

SESSION #5 - SUNDAY MORNING				
Warm Up: 7:30 am				
Start: 8:15 am				
Women	AGE GROUP	EVENT	COMPETITION	Men
51	12 & Under	100 Free	T-F	52
53	12 & Under	200 Back	T-F	54
55	12 & Under	50 Breast	T-F	56
57	12 & Under	100 Fly	T-F	58
59 (Mixed)	10 & Under	200 Medley Relay	T-F	59 (Mixed)
61	11-12	200 Medley Relay	T-F	62
63	12 & Under	400 Free*	T-F	64

\*Positive check-in required 30 min. before session start

SESSION #6 - SUNDAY AFTERNOON				
Warm Up: 1:30 pm				
Start: 2:15 pm				
Women	AGE GROUP	EVENT	COMPETITION	Men
65 (Mixed)	13 & Over	400 IM*	T-F	65 (Mixed)
67	13 & Over	50 Breast	T-F	68
69	13 & Over	50 Fly	T-F	70
71	13 & Over	200 Free	T-F	72
73	13 & Over	200 Back	T-F	74
75	13-14	200 Medley Relay	T-F	76
77	15 & Over	200 Medley Relay	T-F	78

\*Positive check-in required 30 min. before session start

**SESSION TIMES:** In order to stay within the maximum session length of 4.5 hrs, meet management reserves the right to...

1. Amend warm-up and start times according to the number of entries received.
2. Limit the number of swimmers in an event and or run events in multiple sessions.
3. Limit the number of heats in any particular event(s).
4. Cancel relays should session(s) run late.

An updated schedule will be posted on the Mallards website as soon as it is available.

**SCRATCH RULES:** **PRELIMINARY and TIME FINAL Events:** Scratches are to be made to the Clerk of Course at least 30 minutes before the start of each session. No penalty for late scratches of these events.

**FINAL Events:** Scratches to all final events must be made on **official scratch cards** to the Clerk of Course. Scratch deadline is 30 minutes following the posting of the last preliminary event results on Saturday, April 2, 2022. Failure to scratch before the scratch deadline or to participate in a final event will result in a \$30 fine for each offence. Failure to pay the penalty will exclude the swimmer from further participation in the meet. There will be no reseeding for scratches received after the final deadline.

**NO REFUND(S)** will be issued for swimmers who do not swim any heat for which they are seeded.

**CHECK-IN:** **POSITIVE CHECK-IN** is required for all **400 IM, 400, 800 and 1500m Free and all FINAL events,**  
 Updated on March 18

# MALLARDS LONG COURSE CHALLENGE

---

at least **30 minutes before the start of the session**, at the Clerk of Course table. Failure to do so may result in the swimmer being eliminated from the race.

**FINAL EVENTS...** Positive Check-In is required for all final events at the Clerk of Course table. Finalists and alternates are to report to the Marshaling 'ready area' **no later than 10 mins.** before their race. Finalists not present at 'final call' for an event will be replaced by an alternate and no show penalty will apply. Failure to pay will exclude the swimmer from further participation in the meet.

**SWIM OFFS:** Swim offs will take place during the preliminary session in which the tie took place, at a mutually agreed upon time between coaches and officials.

**PSYCH SHEETS:** Psych sheets will be posted online at [www.mallardsswimming.com](http://www.mallardsswimming.com) through a link on the homepage of Mallards Swim Team.

**RESULTS:** Results will be reported based on the following categories:

Girls: **10 & under, 11-12, 13-14, 15 & over.**

Boys: **10 & under, 11-12, 13-14, 15 & over.**

Unofficial meet results will be available on Live Results. Official meet results will be uploaded to [www.swimming.ca](http://www.swimming.ca) within 5 days of completion of the meet.

**OTHER INFORMATION:** No food will be allowed on deck.  
No glass objects will be allowed on deck.  
Lockers are not available.  
Onsite parking is free but may be limited.

**AWARDS & HOSPITALITY:**

- Light refreshments will be provided for coaches and officials. Details to be provided closer to the meet.
- No awards will be presented.
- Amenities around Markham Pan Am Center
  - [Langham Square](#) (Restaurants and Supermarket)
  - [Whole Foods](#) (Supermarket & Cooked Foods)
  - [New Kennedy Square](#) (Restaurants, Food court and Supermarket)
  - [Markville Mall](#) (Food court, Tim Hortons, McDonalds, Joey, Pickle Barrel...)
  - [Tim Hortons](#) (Kennedy Rd/14th Ave.)

**VIRTUAL BRIEFING** A MANDATORY virtual briefing will be conducted via Google Meet for all participants (Athletes, Coaches and Officials) to review the Safety and Meet Protocols. The meeting link will be sent out closer to briefing dates.

- **Coaches & Athletes:** Saturday, March 26, 10:30 AM
- **Senior Officials:** Tuesday, March 29, 7:30 PM
- **ALL Officials:** Wednesday, March 30, 7:30 PM

**EVENT HOST HOTEL:** [Hilton Suites Conference Center and Spa](#)

8500 Warden Ave.,  
Markham, Ontario, L6G 1A5

**Group Sales Manager:**

Kristine Lagos, [kristine.lagos@markhamsuites.com](mailto:kristine.lagos@markhamsuites.com)  
905-470-8577

[Reservation Link](#)



# MALLARDS LONG COURSE CHALLENGE



## Mallards LC Challenge March 31 – April 3, 2022

Contact Kristine Lagos, Group Sales Manager at 905-470-8577 or [kristine.lagos@markhamsuites.com](mailto:kristine.lagos@markhamsuites.com)



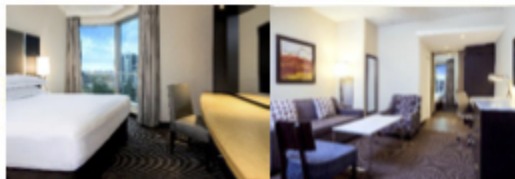
**Rate starting from \$145.00**

### Team Benefits

- Closest hotel in Markham Pan Am Centre
- Complimentary parking
- All suite hotel featuring spacious two room suites  
With separate bedroom and living room

### Reservations

- For 10 rooms or more reservations, call Kristine
- For 10 rooms or less, click [here](#) to book
- Discounted Hot Breakfast Buffet \$18.00 per person (Regular \$29.00 per person)



Standard Suite King Bedroom and Living Room



Standard Suite Double Bedroom and Living Room

8500 Warden Avenue Markham, ON L6G 1A5 905-470-8500 [www.torontomarkham.hilton.com](http://www.torontomarkham.hilton.com)