

DECEMBER 16-18, 2022



ONTARIO JUNIOR INTERNATIONAL

MEET PACKAGE

HOSTED BY SWIM ONTARIO





Ontario Junior International



GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Swim Ontario
- **Meet Format:** Short Course – Heats & Finals
- **Location:** Toronto Pan Am Sports Centre - 875 Morningside Ave, Toronto, ON M1C 0C7
- **Facility:** 2 x 10 lane 50m competition and training pool- Swiss Timing electronic timing system.
- **Dates:** December 16-18, 2022
- **Meet package:** The only meet package that is considered valid is the most current one located at www.swimming.ca

PARTICIPANT SAFETY

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. For additional resources click [HERE](#).

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.
- Spectators will be permitted at the discretion of the facility. A spectator entry fee may be in place. Details to follow.

SWIM ONTARIO CONCUSSION MANAGEMENT PROCEDURE (ROWAN'S LAW)

- The [Swim Ontario Concussion Management Procedure](#) is in effect at all Swim Ontario sanctioned events. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Clubs and coaches must ensure athletes are aware of this procedure.
- Meet Management will have copies of the [Concussion Management procedure](#) at the competition.
- Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the [Swim Ontario Injury reporting form](#)

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.



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OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust must be in an environment or space that is both 'open' and 'observable' to others.

EVENT PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#)

PROCEDURE

- Only individuals that have made an 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.
- Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relation to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.
- By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.
- Live Streaming services provided by RecTec TV.

ORGANIZING COMMITTEE

- **Meet Managers:** Nicole Parent
- **Competition Coordinator:** Daryle Martin
- **Officials Coordinator:** Daryle Martin & Guy Debroux
- **Entries Coordinator:** Nicole Parent – nicole@swimontario.com
- **Swim Ontario CTO:** Dean Boles – dean@swimontario.com



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INQUIRIES:

All inquiries are to be directed to nicole@swimontario.com.

Meet Information Page - <https://www.swimontario.com/athletes/competitions/oji>

ENTRY INFORMATION

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada or for USPORT swimmers, in the Varsity category or another FINA recognized National Federation and have met the qualifying requirements. A valid registration number is required.

A competitor's age is their age as of the first day of the competition. This event is restricted to those 18 years old and younger.

QUALIFYING PERIOD & STANDARDS

- All short course metres and long course metres times achieved since September 1, 2020 are eligible for entry.
- Standards - https://admin.swimontario.com/documents/216/OJI_Standards_-_2022.pdf

PROOF OF QUALIFICATION

All Canadian entries will be validated via the Swim Canada results database. Meet Management will not accept Canadian entries directly via email. Proof of time must accompany ALL foreign entries. Times are to be submitted in the course they were achieved. Converted times will not be accepted.

ENTRY LIMITS

There are no limits on individual entries with the following conditions:

- Ontario based (for training) athletes must qualify in a minimum of one (1) event with up to 4 bonus events as follows:
 - 1 QT = 4 bonus swims
 - 2 QT = 3 bonus swims
 - 3 QT = 2 bonus swims
 - 4 QT = 1 bonus swim
 - 5 or more QT = 0 bonus swims

Note: The 800m & 1500m Freestyle events are not eligible as Bonus swims.

The competition host reserves the right to limit the meet to 350 swimmers. In such a case, the Federation or Swim Club that enters the 350th swimmer will be the last entries accepted into the meet.



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RELAY ENTRIES

- Clubs may enter a maximum of two (2) relay teams per event with the exception of the 4x200 Free Relay which is limited to one (1) relay per team.
- **4x200 Free Relay:** Coaches will need to provide proven SCM times by the entry deadline for entry into these events and only the fastest 10 teams will be entered. The validated time cannot be a conversion from LCM.

ENTRY FEES & PAYMENT

- **Swimmer Fee:** \$125 + HST (\$141.25)
- Relay Fee: \$25+ HST
- Approved International Federation Teams are exempt from entry fees.
- Entry Fee payment instructions:
 - **Entry Fees must be paid prior to arrival or at team registration**
 - **Payment methods:**
 - **Etransfer:** etransfers@swimontario.com – indicate OJI 2022 Entry Fees and Club Code
 - **Credit Card (only prior to arrival):** contact - Clubs wishing to pay by credit card on file with Swim Ontario should contact nicole@swimontario.com to provide authorization or call 647-801-0552 with credit card information.
 - **Cheque:** Payable to Swim Ontario
 - **NO CASH PAYMENT ACCEPTED**

ENTRY PROCESS & DEADLINE

- Clubs are required to submit entries by **Tuesday, December 6, 2022.**
 - No further entry changes will be accepted after Thursday, December 8, 2022 at 10 PM.
 - No entry time upgrade, event additions, or change of events will be accepted after this date unless authorised by the Swim Ontario Entries Coordinator. The **cost for authorized changes will be \$100 per change or correction up until Psych Sheets are posted.**
 - The per change cost is per swimmer, per event, per change; not per email sent.
 - Corrections or changes requested from the Swim Ontario Entries Coordinator are NOT subject to penalties.
 - **Late Entries** for swimmers not entered by Thursday, December 8 at 10 PM may be accepted up until the Psych Sheets are posted at a cost of double the meet entry fee (subject to total swimmer entry limits).
 - **Late entries or changes are subject to the qualifying times and the qualifying period. Times achieved AFTER the qualifying period are not eligible for qualifying or upgrade of entry time.**
- All entries received shall be UNCONVERTED and must be validated by the system. No converted times will be accepted. No Time (NT) will not be accepted.
- **Entry times from September 1, 2020 to December 6, 2022**



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SUBMISSION

- Canadian entries: **MUST** be submitted via www.swimming.ca
- **International entries: May be submitted as HY3 file or CL2 File to nicole@swimontario.com** and must be accompanied by official proof of time.
- **Attending domestic coaches must be listed when uploading the entries file to www.swimming.ca**
- 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.
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the event.
- Accepted or rejected entries will be identified with a second notification from Swim Ontario.
- Swim Ontario reserved the right to reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline or any other lack of compliance with Swim Ontario meet policy and procedure.
- Final Psych Sheets will be posted online at www.swimontario.com by **December 11, 2022**.
- All entries inquiries or request for changes to entries are to be directed to nicole@swimontario.com
- Deck entries and time trial events will not be permitted.

REGISTRATION INFORMATION

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 has created a coach compliant 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 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 the meet.

- Athletes must have a coach or designated coach (coach representative) in attendance during their racing block(s) and training sessions.

TEAM REGISTRATION

- **Team Registration will be done through an [Online Team Registration Form](#) (complete before Dec. 6) and in person to collect accreditations.**
 - All attending coaches, support staff contact information will be collected.
 - Support Staff will be limited and not all requests will be granted.
 - Any club or High Performance Centre with Support Staff must submit an application through the [Online Team Registration Form](#) (complete before Dec. 6) Clubs requiring Support Staff are required to add them into the Registration Tracking and Results System (RTR). The Club Registrar is responsible for adding



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Support Staff to the RTR for the purpose of being able to be permitted on deck at this event. Support Staff who are not registered in the RTR will not be permitted on deck.

- Foreign teams must fill out and submit the [foreign team coach](#) and [foreign support staff](#) registration information.
- One Club reps or coaches is required to check-in in room 2060. Registration, payment and deck accreditations must be obtained before deck access will be granted. Swimmers must wait to obtain deck accreditation before proceeding to lower level.
 - Wednesday, Dec. 14 4:30 PM to 6:30 PM
 - Thursday, Dec. 15 8:30 AM - 11:30 AM & 3:30 PM to 6:30 PM
 - Coaches Technical Meeting: 5 PM
 - Fri., Dec. 16 & Sat., Dec. 17 & Sun., Dec. 18 (prelims): 7:30 AM – 9 AM
 - Fri., Dec. 16 & Sat., Dec. 17 (finals): contact nicole@swimontario.com

ACCREDITATION

- Club deck accreditations (inclusive of coaches, team manager and support staff) –subject to change:

1–5 swimmers	2 accreditations
6-10 swimmers	3 accreditations
11-15 swimmers	4 accreditations
16-20 swimmers	5 accreditations
21-30 swimmers	6 accreditations
31+ swimmers	7 accreditations

- Foreign coaches must be affiliated to their national federation or recognized coaching agency in good standing.
- Swimmers will be provided an accreditation card for deck access. This card must be displayed at all times.
- **The Deck Accreditation Card remains the property of Swim Ontario and can be withdrawn, with immediate effect, at Swim Ontario’s sole discretion.**

This is a Swim Ontario event. Only Swim Ontario may grant entry or access to any volunteer, coach, athlete, official, sponsor, or spectator either in the field of play or spectator stands.



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TRAINING SESSIONS

Practice Date	Practice Time
December 14	1700-1900
December 15	0900-1130 & 1600-1900

TECHNICAL MEETING

- Thursday, Dec. 15, 2022, 5:00 pm at Toronto Pan Am Sports Centre

COMPETITION RULES

Swimming Canada rules govern this competition. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook.

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 shall be required to comply with swimwear rule GR 5.

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.

BACKSTROKE LEDGES

Backstroke ledges will be available for use. Swimmers shall be responsible for setting the device.

SEEDING

After all times have been verified:

All LCM entries will be converted to short course metres (SCM) using Hy-Tek conversion factors and then all entries will be seeded by SCM time (slowest to fastest) regardless of bonus swim designation with the possible exception of the distance session on Day 1 & 3 where SCM times may be seeded fastest to slowest.



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OFFICIAL SPLITS & DECK ENTRIES

- 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.
- Official Split Request Forms will be available at the Clerk of Course and must be received 30 mins before the start of the session.

COMPETITION FORMAT

All sessions will be run in a single 25m x 10 lane (3m deep) tank. Warm-up/cool down facilities will be available throughout the sessions.

PRELIMINARIES:

- All prelims will run 10 lane heats with the fastest three heats circle seeded except for 400m events which will be 2 heats circle seeded.
- The 800 and 1500 Freestyle will be run as Time Final events.
- The Women's 1500 and Men's 800 Freestyle may be limited to the top 20 entries and will run fastest to slowest alternating women and men in the preliminary session for all heats during the preliminary session (Friday).
- The Women's 800 and Men's 1500 Freestyle on Sunday will have the fastest 10 entries in each event swimming in that day's finals session. The remaining heats will be run fastest to slowest alternating women and men in the preliminary session on Sunday.

FINALS:

- All "A" finals will be run top ten (10)
- All "B" finals will run top ten (10)
- There will be an "A" & "B" final
- The finals sessions will run using the following format:
 - "B" Final, "A" Final, "B" Final, Medal Ceremony
 - "A" Final, "B" Final, Medal Ceremony
- **All finalists & alternates will be required to report the call room area 15 minutes prior to their event**

SCRATCH RULES

- Email scratches will be accepted by email until the start of the Technical meeting - **December 15, 2022 at 4:59 PM** to nicole@swimontario.com.
- Following the above date, email scratches WILL NOT be accepted and the meet scratch form is required.



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DISTANCE (POSITIVE CHECK-IN)

- The deadline for scratches for Friday distance events will be 30 minutes following the December 15 Technical Meeting.
- The deadline for scratches for Sunday distance events will be 60 minutes after the start of Finals the previous evening.
- Positive Check-in will be in place for the 800m and 1500m Freestyle during the preliminary session to allow combination of heats or notification of swimmers moving to finals. Scratches will not be accepted after the scratch deadlines outlined above. The Positive Check-in is a courtesy to fellow swimmers.

PRELIMINARIES

- Friday Preliminaries and timed final events: 30 minutes following the December 15 Technical Meeting.
- Saturday and Sunday: 60 minutes (7 PM) following the start of Finals the previous evening (excludes 800m and 1500m Freestyle on Sunday).
- Scratches must be done on the official scratch cards.
- E-mailed scratches WILL NOT be accepted.

FINALS & RELAYS

- Finals events and Relays: 30 minutes following the completion of the preliminary events
- Scratches must be done on the official scratch form.
- E-mailed scratches WILL NOT be accepted.

PENALTY

- “No-Shows”, “step-downs” and “unexcused incomplete swims” will be penalised \$50.00 CAD for both Preliminaries and Finals. Unexcused incomplete swims shall be the sole determination of the Referee.
- Fines incurred in preliminaries may be paid immediately, or at the end of the preliminary session. The swimmer in question may swim other events in that preliminary session prior to paying the penalty. Should the swimmer in question qualify for finals, he/she shall not swim in Finals until the fine is paid.
- Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.
- Accepted payment is e-transfer to etransfers@swimontario.com or direct credit card payment via OJI penalty online form. No cash or cheques will be accepted at the clerk of course.

RELAY NAME SUBMISSION

- Coaches should submit their relay names via Relay Form provided by Clerk of Course.
- Deadline for all relays forms and names: 30 minutes before the start of Finals session.



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SWIM-OFFS

- 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 Clerk of Course when a swim-off is announced.**

CHECK IN

- Positive Check-in for the 800m and 1500m Freestyle will be 30 minutes after the start of preliminary warmup (morning) on the respective day the event will be swum.
- All A & B finalists and alternates and relay teams must check-in with the Clerk of Course 15 minutes prior to start of race and remain in the call room area. There will be no positive check-in during the warm-up period at finals.

RECORDS

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

AWARDS

- Medals for first, second and third place for individual and relay events.
- Aggregate High Point Awards Male and Female
 - 5 points for gold
 - 2 points for silver
 - 1 point for bronze
 - Ties for the above, will be awarded
- Best World Class Swim Male based on 2022 SCM World Ranking
- Best World Class Swim Female based on 2022 SCM World Ranking
- Important note to clubs: If a top 3 placing swimmer is unable to make it to their award ceremony, the club/team must send a fully uniformed substitute swimmer in their place.

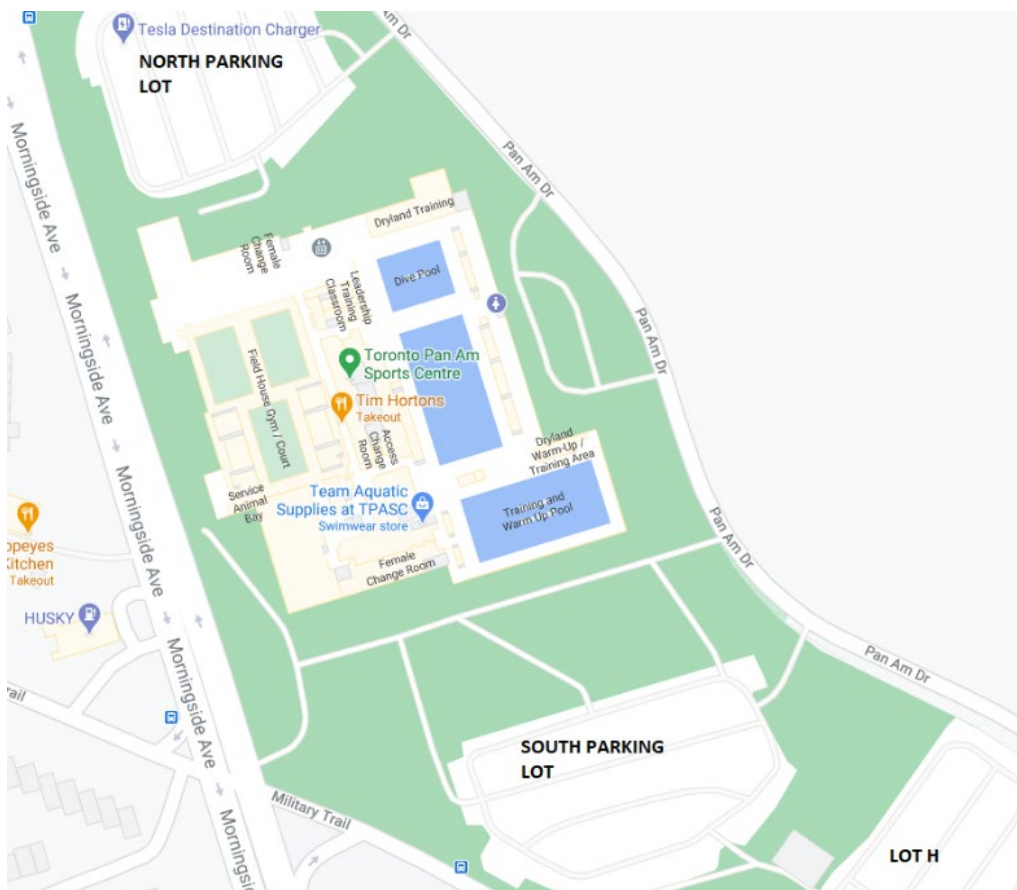


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SITE INFORMATION

- **Hospitality**
 - A hospitality area with light refreshments will be available for both coaches and officials.
 - On-site take-out food available (Tim's, Pizza, Pool Sides).
- **Parking** - Parking is available at the facility in designated areas for a fee of \$11.50 per day weekdays and \$3.00 per day on Saturday and Sunday.
- **Lockers** - Lockers will be available for this event. In the changerooms and WEST hallway. Bring your own lock. No overnight locks permitted.
 - Swimmers and Coaches must use lockers for outerwear INCLUDING outdoor shoes.
 - Only indoor deck shoes may be worn on the deck.
 - All coats, boots, etc. must be in lockers.





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PROGRAM EVENT LIST

Meet Program

Day 1 – Friday, December 16, 2022

Preliminary Sessions Warm-up: 7:30 Start: 9:00			Final Session Warm-up: 1630 Start: 1800		
Women		Men	Women		Men
1	200 Freestyle	2	1	200 Freestyle	2
3	100 Breaststroke	4	3	100 Breaststroke	4
5	400 Individual Medley	6	5	400 Individual Medley	6
7	100 Butterfly	8	7	100 Butterfly	8
9	50 Backstroke	10	9	50 Backstroke	10
11	1500 Freestyle (TF)	–	13	800 Freestyle Relay	14
–	800 Freestyle (TF)	12			

Day 2 – Saturday, December 17, 2022

Preliminary Sessions Warm-up: 7:30 Start: 9:00			Final Session Warm-up: 1630 Start: 1800		
Women		Men	Women		Men
15	200 Butterfly	16	15	200 Butterfly	16
17	100 Backstroke	18	17	100 Backstroke	18
19	400 Freestyle	20	19	400 Freestyle	20
21	50 Freestyle	22	21	50 Freestyle	22
23	200 Breaststroke	24	23	200 Breaststroke	24
25	50 Butterfly	26	25	50 Butterfly	26
			27	400 Freestyle Relay	28

Day 3 – Sunday, December 18, 2022

Preliminary Sessions Warm-up: 730 Start: 9:00			Final Session Warm-up: 1630 Start: 1800		
Women		Men	Women		Men
29	200 Individual Medley	30	37	800 Freestyle (FH)	–
31	100 Freestyle	32	–	1500 Freestyle (FH)	38
33	200 Backstroke	34	29	200 Individual Medley	30
35	50 Breaststroke	36	31	100 Freestyle	32
37	800 Freestyle (TF - SH)	–	33	200 Backstroke	34
–	1500 Freestyle (TF - SH)	38	35	50 Breaststroke	36
			39	400 Medley Relay	40

All sessions will be run in a single 25m x 10 lane (3m deep) tank. Warm-up/cool down facilities will be available.

PRELIMINARIES:

- All prelims will run 10 lane heats with the fastest three heats circle seeded except for 400m events which will be 2 heats circle seeded.
- The 800 and 1500 Freestyle will be run as Time Final events.

FINALS:

- All "A" finals will be run top ten (10)
- All "B" finals will run top ten (10)
- There will be an "A" & "B" final
- The finals sessions will run using the following format: "B" Final, "A" Final, "B" Final, Medal Ceremony, "A" Final, etc.
- All finalists & alternates will be required to report the call room area 15 minutes prior to their event