



DR. RALPH HICKEN
INTERNATIONAL

May 18-21, 2023

Meet Package
Hosted by **Mississauga Aquatic Club**

Rev.1 (Apr. 4/23): Revised events and initial entry deadline

Rev.2 (May 16/23): Revised timeline for Thursday evening session.



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SAFETY and LIABILITY INFORMATION

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](#). Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Rowan's Law – Concussion Management

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. 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.

The [Swim Ontario Concussion Management Procedure](#) is in effect at this competition. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols.

Rowan's Law - <https://www.ontario.ca/page/rowans-law-concussion-safety>

Open and Observable Environment

Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid 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 should normally, and wherever possible, 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](#).

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 to the designated deck area and permission to do so. All individuals making application must follow the [Screening Requirements Procedures](#). Please contact Meet Management for application and authorization.



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GENERAL INFORMATION

- ❑ Sanctioned by Swim Ontario and hosted by Mississauga Aquatic Club
- ❑ MSSAC: www.mississaugaswimming.com
- ❑ **Meet Format:** Long Course 4-day format
- ❑ **Location:** Etobicoke Olympium Pool, 590 Rathburn Rd, Etobicoke, Ontario
- ❑ **Facility:** 50 m, 8 lane competition pool with Electronic Timing System.
- Υ **Dates:** May 18-21, 2023
- ❑ **Meet Package:** The only meet package that is considered valid is the most current one located at www.swimming.ca
- ❑ **Live Streaming:** All sessions will be live streamed via RectecTV. Link for live stream will be posted on the Mississauga Aquatic Club website (www.mississaugaswimming.com).

ORGANIZING COMMITTEE

- ❑ **Meet Manager:** Mike Connors: connormd@hotmail.com
- ❑ **Competition Coordinator:** Richard Chan: richardctchan@gmail.com
- ❑ **Officials Coordinator:** Lori Maggisano-Arciero : coc@mississaugaswimming.ca

Swimmers will swim in age combined events as 12 & Under and 13 & Over. All relays will be timed finals and will swim during the Preliminary Sessions. Heats will be seeded slowest to fastest except in 800's & 1500's, fastest to slowest.

12 & Under

- ❑ Events will be timed finals.
- ❑ **Arena Golden Crown:** A slowest to fastest swim-off by the top 8 males and top 8 females in the 50M Fly based on entry times. Fastest time in the 12 and under age group wins the Golden Crown prize (Arena ST Swim Suit)

13 & Over

- ❑ A & B Finals for all individual 100M and 200M events. Top 16 swimmers.
- ❑ A, B & C Finals for all 50M events. Top 24 swimmers.
- ❑ Meet Management reserves the right to cancel heats in finals for any less than 6 swimmers.
- ❑ **Arena Golden Crown:** A slowest to fastest swim-off by the top 8 males and top 8 females in the 50M Fly based on the 50M Fly Preliminary results. Fastest time in the 13-14 age group and 15 and over age group wins the Golden Crown prize (Arena Carbon Swim Suit)
- ❑ All 400/800/1500 events are Timed Finals.
- ❑ Finals will swim youngest to oldest and fastest to slowest.



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ENTRY INFORMATION

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 competition – May 18, 2023.
- ❑ Meet Management reserves the right to further limit individual swims to 2 per session and to limit heats if necessary to keep session times within 4.5 hours.
- ❑ Meet Management reserves the right to restrict 400, 800, 1500M Free and 400 IM entries.
- ❑ Meet Management reserves the right to change warm-up and session times or change event order to ensure reasonable session timelines
- ❑ Foreign swimmers are eligible to compete provided they are approved (see Foreign Competitors section).

ENTRY FEE

- ❑ CDN\$12.00 (incl. HST) Splash Fee per registered swimmer.
- ❑ CDN\$15.00 (incl. HST) for individual events.
- ❑ CDN\$20.00 (incl. HST) per event for 800M and 1500M Free.
- ❑ CDN\$25.00 (incl. HST) for relay events.
- ❑ Please make cheques payable to "Mississauga Aquatic Club", or by e-transfer to susanne@mississaugaswimming.com. Payments are due on the first day of the meet. Swimmers will not compete until fees are paid.

ENTRY PROCESS

- ❑ **Initial Entries: Tuesday April 11, 2023**
- ❑ **Entry Deadline: Saturday May 13, 2023, 11:59 pm (midnight)**
- ❑ **Qualifying Period: September 1, 2020 – May 18, 2023**
- ❑ **Qualifying Standards:**
 - 12 & Under: no qualifying standard.
 - 13 & Over: Swim ON Provincial 'C' Time Standard. One qualifying time entitles swimmer to a maximum of 10 events. 50 Back, 50 Breast and 50 Fly cannot be used as qualifying events. Maximum 1 event on Thursday, and 3 events per session on Friday, Saturday and Sunday. MSSAC reserves the right to allow entries for their swimmers regardless of qualifying standards.
- ❑ Meet Management reserves the right to close entries prior to the deadline in the event of oversubscription.
- ❑ Entries must be submitted through the online entries system at www.swimming.ca.
- ❑ "NT" will not be accepted.



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FOREIGN COMPETITORS

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 [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

COMPETITION RULES

SWIMMING CANADA AND SWIM ONTARIO RULES WILL BE IN EFFECT

WARM-UP SAFETY PROCEDURES

- ❑ Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

SWIMWEAR

- ❑ 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.

RELAYS

- ❑ Only 2 relays per club, per event: 10 & Under, 11-12, 13-14, 15 & Over.
- ❑ Please submit times for seeding purposes only.

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. Please complete an 'Official Split Request' available at the Clerk of Course desk prior to the session.

DECK ENTRIES

- ❑ Deck entries will be accepted for empty lanes only. No new heats will be created.
- ❑ Swimmers entered on deck must have valid proof of SNC registration number as an active, competitive swimmer.
- ❑ Deck entries are considered Exhibition swims only and no awards will be given.
- ❑ Charge for deck entries is CDN\$20.00 per individual entry, payable in cash to Clerk of Course prior to the event.



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DIVE STARTS

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

CHECK-IN AND SCRATCHES RULES

- ❑ Scratches will be accepted at the Clerk of Course.
- ❑ Positive check in for events 400, 800 and 1500M Free, and 400IM.
- ❑ All scratches from Finals must be provided to Clerk of Course **no later than 30 minutes after the completion of the last prelim event in the Prelim session**, to allow proper seeding and notification of alternates.
- ❑ Scratching from Finals after the final scratch deadline or failure to participate in an individual Final event will result in a CDN\$50.00 fine for each offence (applies to initially named finalists and alternates – payable to Mississauga Aquatic Club. Failure to pay before the swimmer's next event will exclude the swimmer from further participation in the meet.)
- ❑ All A, B & C Finals swimmers plus alternates are required to check in with the Clerk of Course 15 minutes prior to each swim. Failure to do so will result in removal from the event.
- ❑ B & C Finals go directly to blocks after check in. "A" Finals will march on from the East end of the pool.

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.
- ❑ 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 ensures 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.

MEET RESULTS

- ❑ Official results will be posted within 48 hours of completion of the meet to www.swimming.ca
- ❑ Live Results / Meet Mobile are available.



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REGISTRATION INFORMATION

SAFETY AND LIABILITY

- ❑ Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck. No other person is permitted on deck unless authorized by the Meet Management.

COACH REGISTRATION

- ❑ Meet Management will cross reference the list of coaches in attendance at this competition with the [Coach Compliance List](#). 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.

RECORDS

- ❑ Swim Ontario has a completed certified pool length survey for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

AWARDS AND PRIZES

AWARDS

- ❑ All results separated by gender and age group – 10 & Under, 11-12, 13-14, and 15 & Over.
- ❑ Individual events -- medals for 1st to 3rd, ribbons for 4th to 8th.
- ❑ Relay events - medals 1st to 3rd.
- ❑ Individual High Point awards for each gender/age group (Scoring – 5, 2, 1).

PRIZES

- ❑ **GOLDEN CROWN** – 50 M Fly
 - Top MALE and FEMALE 12&U, 13-14, 15&O
- ❑ **BELL HEAT PRIZES**
- ❑ **TOP OVERALL FINA POINT PRIZES**
 - 1st CDN \$500 (or equivalent value prize)
 - 2nd CDN \$100 (or equivalent value prize)
 - 3rd CDN \$50 (or equivalent value prize)
- ❑ Ties will be determined by next highest scoring swim.
- ❑ Swimmers must be in attendance at Sunday Finals to receive award. If they are not there the award will go to the next highest FINA points recipient.



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SCHEDULE OF SESSIONS

- ❑ Meet Management reserves the right to change start times for all sessions.
- ❑ Diving lanes will be in lanes 1 and 8 during last 30 minutes of warm up.

Session	Date	Age Group	Warm Up	Start	Est. Finish	Est. Duration
1	Thursday	Open	4:00 - 4:40 PM	4:45 PM	9:15 PM	4.5 hours
2	Friday Prelims	13&O	7:00 – 7:55 AM	8:00 AM	12:30 PM	4.5 hours
3	Friday Afternoon	12&U	12:30 - 1:25 PM	1:30 PM	6:00 PM	4.5 hours
4	Friday Finals	13&O	6:00- 6:55 PM	7:00 PM	9:30 PM	2.5 hours
5	Saturday Prelims	13&O	7:00 – 7:55 AM	8:00 AM	12:30 PM	4.5 hours
6	Saturday Afternoon	12&U	12:30 - 1:25 PM	1:30 PM	6:00 PM	4.5 hours
7	Saturday Finals	13&O	6:00 - 6:55 PM	7:00 PM	9:30 PM	2.5 hours
8	Sunday Prelims	13&O	7:00 – 7:55 AM	8:00 AM	12:30 PM	4.5 hours
9	Sunday Afternoon	12&U	12:30 - 1:25 PM	1:30 PM	6:00 PM	4.5 hours
10	Sunday Finals	13&O	6:00 - 6:55 PM	7:00 PM	9:30 PM	2.5 hours

SCHEDULE OF EVENTS

- ❑ See [Appendix 'A'](#) below.

SWIM ONTARIO PROVINCIAL 'C' STANDARDS:

- ❑ See [Appendix 'B'](#) below.

OTHER INFORMATION:

- Y Limited lockers are available in the athlete /official's locker rooms for day use only.
- Y No locks will be provided. Please bring your own lock.
- Y Parking onsite is free, but may be limited.



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APPENDIX A SCHEDULE OF EVENTS

SESSION 1 – THURSDAY

13&Older		Warm-up: 4:00 - 4:40PM	Start: 4:45PM	
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
1	13&O	1500 FREE	13&O	3
2	12&O	800 FREE	12&O	4
21	13&O	400 FREE	13&O	22

Meet Management reserves the right to swim these events mixed gender and limit entries if required to fit available pool time.

SESSION 2 – FRIDAY PRELIMS

13 & Older		Warm-up: 7:00 – 7:55AM	Start: 8:00AM	
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
5	13&O	200 FREE	13&O	6
7	13&O	50 BREAST	13&O	8
9	13&O	200 BACK	13&O	10
11	13&O	100 FLY	13&O	12
201	13-14	400 FREE RELAY	13-14	202
203	15&O		15&O	204

SESSION 3 – FRIDAY AFTERNOON

12&Under		Warm-up: 12:30 – 1:25PM	Start: 1:30PM	
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
101	12 & U	200 FREE	12 & U	102
103	12 & U	50 BREAST	12 & U	104
105	12 & U	200 BACK	12 & U	106
107	12 & U	100 FLY	12 & U	108
205	10 & U	200 FREE RELAY	10 & U	206
207	11-12		11-12	208
109	11-12	400 IM	11-12	110



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SESSION 4 – FRIDAY FINALS

13&Older		Warm-up: 6:00 – 6:55PM		Start: 7:00PM		
FEMALE			EVENTS	MALE		
Event	Age	Finals		Finals	Age	Event
5	13-14	A & B	200 FREE	A & B	13-14	6
	15&O	A & B		A & B	15&O	
7	13-14	A, B & C	50 BREAST	A, B & C	13-14	8
	15&O	A, B & C		A, B & C	15&O	
9	13-14	A & B	200 BACK	A & B	13-14	10
	15&O	A & B		A & B	15&O	
11	13-14	A, B & C	100 FLY	A, B & C	13-14	12
	15&O	A, B & C		A, B & C	15&O	

SESSION 5 – SATURDAY PRELIMS

13 & Older		Warm-up: 7:00 – 7:55AM		Start: 8:00AM	
FEMALE		EVENTS	MALE		
Event	Age		Age	Event	
13	13&O	200 IM	13&O	14	
15	13&O	50 FREE	13&O	16	
17	13&O	200 Breast	13&O	18	
19	13&O	50 FLY	13&O	20	
209	13-14	400 MEDLEY RELAY			
211	15&O				



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SESSION 6 – SATURDAY AFTERNOON

12&Under Warm-up: 12:30 – 1:25PM Start: 1:30PM				
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
111	12&U	200 IM	12&U	112
113	12&U	50 FREE	12&U	114
115	11-12	200 BREAST	11-12	116
117	12&U	50 FLY INCLUDES GOLDEN CROWN 50 FLY SWIM-OFF (TOP 8 ENTRY TIMES)	12&U	118
213	10&U	200 MEDLEY RELAY	10&U	214
215	11-12		11-12	216
119	12 & U	400 FREE Fastest 3 heats	12 & U	120

SESSION 7 – SATURDAY FINALS

13&Older Warm-up: 6:00 – 6:55PM Start: 7:00PM						
FEMALE			EVENTS	MALE		
Event	Age	Finals		Finals	Age	Event
801	13&O	GOLDEN CROWN 50 FLY Top 8 based on 50 FLY Preliminary Results		13&O	802	
803	15&O			15&O	804	
13	13-14	A & B	200 IM	A & B	13-14	14
	15&O	A & B		A & B		
15	13-14	A, B & C	50 FREE	A, B & C	13-14	16
	15&O	A, B & C		A, B & C	15&O	
17	13-14	A & B	200 BREAST	A & B	13-14	18
	15&O	A & B		A & B	15&O	
19	13-14	A & B	50 FLY	A & B	13-14	20
	15&O	A & B		A & B	15&O	



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SESSION 8 – SUNDAY PRELIMS

13 & Older		Warm-up: 7:00 – 7:55AM	Start: 8:00AM	
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
23	13&O	200 FLY	13&O	24
25	13&O	50 BACK	13&O	26
27	13&O	100 FREE	13&O	28
29	13&O	100 BREAST	13&O	30
31	13&O	100 BACK	13&O	32
		400 MEDLEY Relay	13-14	210
			15&O	212
33	13&O	400 IM	13&O	34

SESSION 9 – SUNDAY AFTERNOON

12&Under		Warm-up: 12:30 – 1:25PM	Start: 1:30PM	
FEMALE		EVENTS	MALE	
Event	Age		Age	Event
119	12 & U	400 FREE remaining heats	12 & U	120
121	11-12	200 FLY	11-12	122
123	12&U	50 BACK	12&U	124
125	12&U	100 FREE	12&U	126
127	12&U	100 BREAST	12&U	128
129	12&U	100 BACK	12&U	130



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SESSION 10 – SUNDAY FINALS

13&Older Warm-up: 6:00 – 6:55PM Start: 7:00PM						
FEMALE			EVENTS	MALE		
Event	Age	Finals		Finals	Age	Event
23	13-14	A & B	200 FLY	A & B	13-14	24
	15&O	A & B		A & B	15&O	
25	13-14	A, B & C	50 BACK	A, B & C	13-14	26
	15&O	A, B & C		A, B & C	15&O	
27	13-14	A & B	100 FREE	A & B	13-14	28
	15&O	A & B		A & B	15&O	
29	13-14	A & B	100 BREAST	A & B	13-14	30
	15&O	A & B		A & B	15&O	
31	13-14	A & B	100 BACK	A & B	13-14	32
	15&O	A & B		A & B	15&O	



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FEMALE

		15 YEARS & Older		14 YEARS		13 YEARS	
		LCM	SCM	LCM	SCM	LCM	SCM
50	FREE	31.08	30.47	31.54	30.92	32.11	31.47
100	FREE	1:07.30	1:05.98	1:08.05	1:06.72	1:09.53	1:08.17
200	FREE	2:27.29	2:23.52	2:27.72	2:24.83	2:31.03	2:28.07
400	FREE	5:10.97	5:04.88	5:12.72	5:06.59	5:21.20	5:14.90
800	FREE	10:47.46	10:33.68	10:53.76	10:40.95	11:03.52	10:50.51
1500	FREE	20:38.84	20:14.55	20:53.01	20:28.44	21:11.71	20:46.77
100	BACK	1:16.02	1:14.53	1:17.13	1:15.61	1:18.47	1:16.93
200	BACK	2:43.24	2:40.04	2:45.07	2:41.83	2:49.85	2:46.05
100	BREAST	1:28.15	1:26.43	1:28.84	1:27.09	1:29.67	1:28.15
200	BREAST	3:10.70	3:06.96	3:11.27	3:07.52	3:13.69	3:09.89
100	FLY	1:15.87	1:14.38	1:17.04	1:15.54	1:18.27	1:16.73
200	FLY	2:53.27	2:49.87	2:54.64	2:51.20	2:57.76	2:54.27
200	IM	2:46.64	2:43.37	2:48.38	2:45.07	2:53.17	2:49.77
400	IM	5:52.70	5:45.79	6:02.80	5:55.69	6:05.92	5:58.74

MALE

		15 YEARS & Older		14 YEARS		13 YEARS	
		LCM	SCM	LCM	SCM	LCM	SCM
50	FREE	29.02	28.45	29.56	28.97	30.46	29.87
100	FREE	1:02.87	1:01.63	1:04.38	1:03.12	1:06.67	1:05.36
200	FREE	2:16.98	2:14.30	2:21.58	2:18.81	2:26.01	2:23.15
400	FREE	4:54.49	4:48.72	5:02.78	4:56.84	5:12.51	5:06.38
800	FREE	10:16.72	10:04.63	10:35.42	10:22.95	10:52.58	10:39.78
1500	FREE	19:42.35	19:19.16	20:18.18	19:54.30	20:58.83	20:34.15
100	BACK	1:12.02	1:10.60	1:13.94	1:12.49	1:16.02	1:14.53
200	BACK	2:36.48	2:33.41	2:40.19	2:37.05	2:44.29	2:42.38
100	BREAST	1:23.16	1:21.52	1:24.10	1:22.45	1:27.30	1:26.36
200	BREAST	3:00.75	2:57.21	3:03.36	2:59.76	3:08.45	3:06.17
100	FLY	1:10.57	1:09.18	1:12.83	1:11.40	1:16.00	1:14.98
200	FLY	2:43.52	2:40.31	2:48.07	2:44.77	2:51.46	2:48.09
200	IM	2:36.55	2:33.48	2:40.63	2:37.49	2:46.65	2:51.05
400	IM	5:39.94	5:33.28	5:45.38	5:38.60	5:54.75	5:47.80