



			1			
DATE(s):	7-9 June 2024		REGION:		Central	
HOSTED BY:	North York Aquatic	North York Aquatic Club				
LOCATION:	Toronto Pan Am Ce	ntre – 875 N	Norningside A	ve., Toronto O	N M1C 0C7	
FACILITY:	10 Lane 50m pool, S	Swiss Timing	5			
PURPOSE & DESCRIPTION:	LC racing opportuni and finals	ty to earn L	C results for fu	iture meets; 12	2&U timed finals, 13&O prelims	
MEET PACKAGE:	The only meet pack found on <u>www.swin</u>		vill be conside	red as valid mu	ust be the most current version	
COMPETITION COORDINATOR:	Jeff Holmes Su Kin Cheong		Level: V		olmes@bell.met ong@rocketmail.com	
	If Level 3 Referee is ser	ving as CC, pl	ease indicate tha	at ROR/Swim Ont	ario approval has been granted \Box	
MEET MANAGER:	Lynn Wong, Daniel Michelle Amar	Lynn Wong, Daniel Zou and Michelle Amar Email: <u>officials@nyacswimming.ca</u>				
ENTRY & RESULTS COORD:	Charlotte Carroll Steve Goodwin		Email:	charlottecari sdg9@rogers	roll1@gmail.com s.com	
COMPETITION RULES:	environment that Concussion Manage the Swim Ontario E	and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The <u>Swim Ontario</u> <u>Concussion Management</u> the <u>Swimming Canada Event Photography and Videography</u> and the Swim Ontario Event Photography procedures will be in effect. For complete details click <u>HERE.</u> Every club and its participants are responsible for ensuring all facility rules and requirements are followed				
	Sanctioned as an 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. It is not required to declare the choice of swimwear to the Referee if 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 <u>Swimming Canada Competition Warm-Up Safety Procedures</u> and Swim Ontario warm-up safety rules will be in effect. Details <u>HERE</u> As per the Facility Rules for Dive Starts, this competition will be conducted as follows:					
	World Aquatics	S S	tarting Platfor	ms at Both e	nds	
	II.16.1.4 and 4.1, Swimming	□ D	eck or Bulkhea	ad at		
	Canada C16.1.4.1, C4.1.1 & C4.1.2	🗆 Ir	n-Water at			





COMPETITION RULES (Cont'd)	or Har Solution Note: Note:	 This competition can provide the following accommodations for swimmers who are d/Deaf or Hard of hearing: Non-verbal instruction provided by a support person duly registered in the RTR. Please let Meet Management know who will be providing this support. Hand signals given by the starter/referee An external strobe light. Please let meet manager know when you submit your entries that a strobe is wanted. 			
ELIGIBILITY:	valid S registr	Swimming Canada regration number and regr	gistra stere	Competitive swimmers with Swimming Canada and have a tion number. Entries without a valid Swimming Canada ed status will be declined entry. This is an invitational meet. Full discretion of the host club.	
	partici	vent includes pants from the ing clubs:	Оре	en Invitational	
	\boxtimes	Preference will be gi	ven t	o the host club first.	
		-		ves the right to further limit individual swims per session and to keep session times to within 4.5 hours.	
FOREIGN COMPETITORS:		Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. 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 <u>Proof of Residence and Registration Status form</u> to Swim Ontario no later than 7 days prior to start of competition.			
AGE UP DATE:	Ages s	ubmitted are to be as		7 June 2024	
ENTRY DEADLINE:	Frid	ay 17 May			
		es to entries will be ed until		Friday 31 May	
ENTRY FEE:	⊠ lı	ndividual Events: \$15 f	or 20	0m and below, \$20 for 400m and above	
		<mark>elay Events \$22</mark>			
	⊠ S	wimmer Fee \$5			
	Payme	ment Method: Cheque: Payable to North York Aquatic Club For other payment options, email officials@nyacswimming.ca officials@nyacswimming.ca for further instructions.			
COACH'S REGISTRATION:	Meet management will cross reference the list of coaches submitted with entries at this competition with the <u>Swim Ontario Compliance lists</u> . 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.				





ENTRY LIMITS:	The m	aximum number of particip	ants per session is		400	
	Each c	lub is limited to the followi	ng number of swim	mers	n/a	
	The m	he maximum number of entries per swimmer is 3 individual plus 1 relay per session				
ENTRY SUBMISSIONS:	www. • • Failur	 Entries must be submitted through the Swimming Canada online entries system at <u>www.swimming.ca</u> and must include all attending coaches. Meet management will: 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 prior to the start of the competition. 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. 				
	\boxtimes	NT entries are not permit	ted for 400/800/15	00		
		Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".				
		Qualifying standard for entry is:Meet Qualifying Standard All swimmers must have at least 1 (one) qualifying event to enter the meet. - 13&O qualifying standard is Swim Ontario 'E' - 12&U qualifying standard is Swim Ontario 'E FEST' Please submit LCM times. SCM seed times may be converted at 2%			ent to enter the meet. ard is Swim Ontario 'E' ard is Swim Ontario 'E FEST'	
		Qualifying period for entry to the meet is:1 September 2022				
<mark>RELAYS:</mark>	<mark>relay.</mark>	A mixed relay must have 2	<mark>girls and 2 boys. No</mark>	o other c	a younger age category to fill a combination is allowed. The first are not allowed for mixed relays.	
	×	The deadline for relay na	ne submissions is	<mark>Sta</mark>	<mark>rt of Session.</mark>	
CONVERSION:	\boxtimes	Please submit seed times in LCM, SCM seed times may be converted at 2%			ay be converted at 2%	
SEEDING:		 Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package. Swimmers entered with NT (no time will be seeded last. 400/800/1500 will be seeded Fast to Slow. Preliminary heat events will be seeded as per 3.1 with fastest 3 heats circle seeded for all preliminary events. 				
	\boxtimes					
		Finals Seeding will be in the before 15-16, and A finals	-	Young	to Old and Fast to Slow (13-14	





Rev 1 – No Relays, split warm-ups, modified session times 800/1500's moved Rev 2 – modified Sun warm-up/session

SCHEDULE OF SESSIONS

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	<u>Time Final</u> /Heats /Finals	<u>Config</u>
1 (13&O)	Fri 07 Jun	<mark>A - 7:00 – 7:30 am</mark> B – 7:30 – 8:00 am	8:00 am	<mark>12:30 pm</mark>	Prelims	Double Ended Chase
2 (12&U)	Fri 07 Jun	<mark>12:30 – 1:15 pm</mark>	<mark>1:15 pm</mark>	<mark>5:00 pm</mark>	Time Final	Double Ended Chase
3 (13&O)	Fri 07 Jun	<mark>5:00 – 5:55 pm</mark>	<mark>6:00 pm</mark>	<mark>7:45 pm</mark>	Finals	Single Ended
4 (13&O)	Sat 08 Jun	<mark>B - 7:00 – 7:30 am</mark> <mark>A – 7:30 – 8:00 am</mark>	8:00 am	<mark>12:30 pm</mark>	Prelims	Double Ended Chase
5 (12&U)	Sat 08 Jun	<mark>B – 12:30 – 1:00 pm</mark> <mark>A – 1:00 – 1:30 pm</mark>	<mark>1:30 pm</mark>	<mark>5:30 pm</mark>	Time Final	Double Ended Chase
6 (13&O)	Sat 08 Jun	<mark>5:30 – 6:25 pm</mark>	<mark>6:30 pm</mark>	<mark>8:45 pm</mark>	Finals	Single Ended
7 (13&O)	Sun 08 Jun	<mark>A - 7:00 – 7:30 am</mark> B – 7:30 – 8:00 am	8:00 am	<mark>12:00 pm</mark>	Prelims	Double Ended Chase
8 (12&U)	Sun 08 Jun	<mark>12:15-12:55 pm</mark>	<mark>1:00 pm</mark>	<mark>5:30 pm</mark>	Time Final	Double Ended Chase
9 (13&O)	Sun 08 Jun	<mark>5:30-6:25 pm</mark>	<mark>6:30 pm</mark>	<mark>8:30 pm</mark>	Finals	Single Ended

Split Warm-up Groups by Club Code

- Group A – A (AJAX) through M (MSSAC)

Group B – N (NEW) through W (WAAC)

MIXED-GENDER:	time, on al gend In sp recog not b session swime In the	develo n excepter ever ite of t gnizes r e recogn on that mer co e event	mption from the requirement to swim events in gender separated events due to limited levelopmental opportunities or facility requirements and/or due to a missed swim, where exception basis, a referee agrees to have the swimmer swim with a heat of an opposite event. e of these exemptions, any swimmer who achieves a record time at a competition that izes records at any level (regional, provincial, national etc, whether age group or open) will recognized for that record unless the coach has advised the referee prior to the start of the that there is a possibility of the record being broken, and the referee ensures that the event that mixed gender swims are permitted, the results must still be posted separately by of swimmers.		
CHECKIN AND SCRATCHES:	\boxtimes	scrat	ere will be no 12&U Events (except 400/800/1500), and 13&O Prelim events. atch deadline Scratches marked on posted heat sheets are appreciated. the following:		
	\boxtimes	Scrat	ches are to be	e made at the Admin [Desk 30 minutes prior to the start of each session.
	\square	befor	here is a positive check in 30 minutes efore the start of the session at the dmin Desk for the following events:		
	\boxtimes	A scr	A scratch deadline will apply for finals.		
		\boxtimes	30 minutes	following the posting	of results of last prelim event of prelims session





PENALTIES:		Failure to participate in an event with a scratch or check-in deadline will results in following penalty:	\$50 fine for each offence (payable to North York Aquatic Club), applies to initially named finalists and alternates for all 'Final' events, and all distance time finals (800/1500).		
DECK ENTRIES:		ID is provided to Meet Management. Deck Er	registered status with valid Swimming Canada ntries are Exhibition Only. They are not eligible cepted for empty lanes only (no new heats will		
	\boxtimes	Event Deck Entries are permitted for swimme	ers already entered in the competition		
	\boxtimes	Deck Entry Fee: \$20 for Individual events, \$2	5 for Relay events		
OFFICIAL SPLIT TIMES:		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 advise the Referee at least 30 minutes prior to the commencement of the event. Official Split Request Forms are available at the Admin Desk. Please note that NOT all Official Split Request may be supported.			
RECORDS:	\boxtimes	Swim times achieved at this event will be elig Swim Ontario has a certified pool length surv			
MEET RESULTS:	Offici	al Results will be posted within 48 hours of cor	npletion of the meet to <u>www.swimming.ca</u>		
	\boxtimes	The meet program will be run on Hy-Tek Meet Manager.			
	\boxtimes	Results will be posted electronically as quickly	y as possible at the meet.		
	\boxtimes	Live Results / Meet Mobile are available.			
SCORING:	\boxtimes	The following will be scored:			
		For Individual Hight Point – scoring with be 5 – 2 – 1			
AWARDS:		 The following will be awarded: Individual Events - Medals for 1st, 2nd, 3rd for each gender for 10&U, 11-12, 13-14, 15-16, 17&O Individual High Point Award – for each gender for 10&U, 11-12, 13-14, 15-16. 17&O 			
ADDITIONAL INFORMATION:	See T At Fi		Order of Events. ries or if there are fewer than 6 in the B Final		





Rev 1 – No Relays, split warm-ups, modified session times 800/1500's moved Rev 2 – modified Sun warm-up/session

SCHEDULE OF EVENTS:

Session 1 – 13&O Prelims		Friday 7 June 2024
Split Warm-up: A - 7:00	<mark>0-7:30 AM B – 7:30-8:00 AM</mark>	Start: 8:00 AM
Women	Event	Men
1	200 Free	2
3	100 Breast	4
5	50 Backstroke	6
7	100 Fly	8
9	400 IM (TF)	10
83	1500 Free (TF	<mark>84</mark>

Split Warm-up Groups by Club Code

- Group A A (AJAX) through M (MSSAC)
- Group B N (NEW) through W (WAAC)

Session 2 – 12&U Prelims		Friday 7 June 2024
Warm-up	o: 12:30 – 1:15 PM Star	<mark>t: 1:15 PM</mark>
Women	Event	Men
11/13	200 Free (11—12, 10&U)	12/14
15/17	100 Breast (11-12, 10&U)	16/18
19/21	50 Back (11-12, 10&U)	20/22
23/25	100 Fly (11-12, 10&U)	24/26
<mark>27</mark>	<mark>4x50 Medley Relay (11—12)</mark>	<mark>28</mark>
<mark>29</mark>	<mark>4x50 Medley Relay (10&U)</mark>	<mark>30</mark>
31	400 IM (11—12 only)	32

Session 3 – 13&O Finals		Friday 7 June 2024
	-up: 5:00 PM Start: 6:	: <mark>00 PM</mark>
Con	sol/Finals for 13–14, 15–16, 17	/&O
(no Consol if fewer than	24 entries or fewer than 6 swimmer	in B final after scratches)
Women	Event	Men
1	200 Free	2
3	100 Breast	4
5	50 Backstroke	6
7	100 Fly	8
<mark>33</mark>	<mark>4x50 Medley Relay (13—14)</mark>	<mark>34</mark>
35	<mark>4x50 Medley Relay (15&O)</mark>	<mark>36</mark>





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Session 4 – 13&O Prelims	Saturday 8 June 2024	
Split Warm-up: B - 7:00	<mark>)-7:30 AM A – 7:30-8:00 AM</mark>	Start: 8:00 AM
Women	Event	Men
37	200 Breast	38
39	50 Free	40
41	200 Fly	42
43	100 Backs	44
45	50 Fly	46
47	400 Free (TF)	48

Split Warm-up Groups by Club Code

- Group A A (AJAX) through M (MSSAC)
- Group B N (NEW) through W (WAAC)

Session 5 – 12&U Prelims	Saturday 8 June 2024		
Split Warm-up: B - 12:3	Split Warm-up: B - 12:30-1:00 PM A – 1:00-1:30 PM		
Women	Event	Men	
49	200 Breast (11-12)	50	
51/53	50 Free (11-12, 10&U)	52/54	
55	200 Fly (11-12)	56	
57/59	100 Back (11-12, 10&U)	58/60	
61/63	50 Fly (11-12, 10&U)	62/64	
65/67	400 Free (11-12, 10&U)	66/68	

Session 6 – 13&O Finals		Saturday 8 June 2024
<mark>Warm</mark> -	-up: 5:30 PM Sta	<mark>rt: 6:30 PM</mark>
Con	sol/Finals for 13–14, 15–1	6, 17&0
(no Consol if fewer than	24 entries or fewer than 6 swin	nmer in B final after scratches)
Women	Event	Men
37	200 Breast	38
39	50 Free	40
41	200 Fly	42
43	100 Back	44
45	50 Fly	46
<mark>81</mark>	<mark>800 Free (Fastest heat)</mark>	82
<mark>69</mark>	<mark>4x100 Free Relay (13—14)</mark>	<mark>70</mark>
<mark>71</mark>	4x100 Free Relay (15&O)	7 2





Rev 1 – No Relays, split warm-ups, modified session times 800/1500's moved Rev 2 – modified Sun warm-up/session

Session 7 – 13&O Prelims		Sunday 9 June 2024
Split Warm-up: A - 7:00-7:30 AM		Start: 8:00 AM
Women	Event	Men
73	200 Back	74
75	100 Free	76
77	50 Breast	78
79	200 IM	80
81	800 Free (TF <mark>– slower heats)</mark>	82
83	1500 Free (TF) Moved to Friday	<mark>84</mark>

Split Warm-up Groups by Club Code

- Group A A (AJAX) through M (MSSAC)
- Group B N (NEW) through W (WAAC)

Session 8 – 12&U Prelims		Sunday 9 June 2024	
Split Warm-up: 12:15 PM Start: 1:00 PM			
Women	Event	Men	
85/87	200 Back (11-12, 10&U)	86/88	
89/91	100 Free (11-12, 10&U)	90/92	
93/95	50 Breast (11-12, 10&U)	94/96	
97/99	200 IM (11—12, 10&U)	98/100	
101	<mark>4x50 Free Relay (11—12)</mark>	102	
<mark>103</mark>	<mark>4x50 Free Relay (10&U)</mark>	<mark>104</mark>	
105	800 Free (11—12)	106	

Session 9 – 13&O Finals		Sunday 9 June 2024		
Warm	-up: 5:30 PM Start: 6:	: <mark>30 PM</mark>		
Consol/Finals for 13–14, 15–16, 17&O				
(no Consol if fewer than 24 entries or fewer than 6 swimmer in B final after scratches)				
Women	Event	Men		
73	200 Back	74		
75	100 Free	76		
77	50 Breast	78		
79	200 IM	80		
<mark>107</mark>	<mark>4x50 Free Relay (13—14)</mark>	<mark>108</mark>		
<mark>109</mark>	<mark>4x50 Free Relay (15&O)</mark>	<mark>110</mark>		





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TORONTO PAN AM SPORTS CENTRE

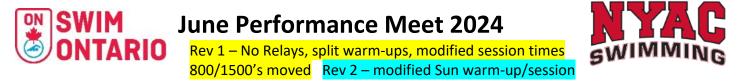
Competition Dismissal Policy

As outlined in the policies and procedures during competitions it is the responsibility of the participants (coaches and swimmers) to abide by pool rules. In the event that a participant is not following the provided rules and regulations, TPASC reserves the right to dismiss a participant from continuing in the event.

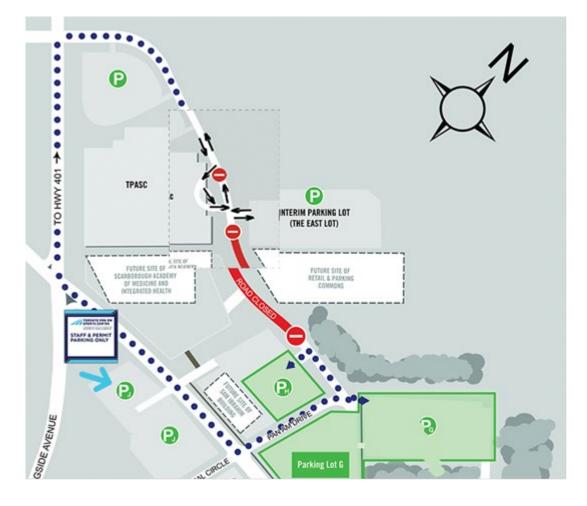
Patron Behavior

- Socializing with or distracting pool staff, including lifeguards, is prohibited.
- No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. Such behaviour, including abusive or profane language, may result in being asked to leave.
- Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, offensive or disruptive splashing or yelling, diving or jumping without care and caution, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
- Spitting, spouting water, blowing your nose, urinating or defecating in the pool is prohibited.
- No food or drinks on deck. No gum.
- All minor rule infractions warrant a verbal warning along with a brief explanation of why the rule is enforced.
- If a swimmer repeatedly breaks rules or regulations, making it absolutely necessary for discipline purposes to send him/her home for a period of time, the Deck Supervisor must document the situation on an Incident Report Form.
- Should there be any instances where longer suspensions are recommended, the Deck Supervisor is to discuss details with Aquatics Management staff who shall decide the appropriate course of action.
- In the event that a participant is repeatedly breaking a pool rule there will be a three-strike rule in the following order:
 - The lifeguard speaks to the participant and the deck supervisor/management is notified.
 - The lifeguard/deck supervisor will identify participants to coaches and have the coach speak to the swimmer
 The Meet Manager will be made aware of this step.
 - Aquatics Management and Meet Manager dismiss the swimmer after being warned.
 - TPASC requests that all participants involved in the event are made aware of all facility policies and procedures and that the Competition Dismissal Policy is known and understood by all participants.

We appreciate your cooperation and understanding to keep our facility as safe and pristine as possible.



Toronto Pan Am Sports Centre (TPASC) Parking Info – TPASC Parking Web Page



TPASC Daily Parking Rates (for NORTH or Interim EAST LOT)

- Monday Sunday 0-2 hours complimentary (no charge)
- Over and above the first 2 hours:
 - Monday Friday 12:00 am 4:00 pm \$9.50
 - Monday Friday 4:00 pm 12:00 am \$6:05
 - Weekends Sat 12:00 am Mon 12:00 am (All day) \$6:05
- Daily parking rates do not include in-and-out privileges (all rates include HST)

UTSC Lot H & G Daily Parking Rates

Details - https://www.utsc.utoronto.ca/parking/dailyvisitor-parking-rates

NO COMPLIMENTARY 2 HOURS

- Friday Midnight 4:00 pm \$12.10
- Friday 4:00 pm 12:00 am (valid to Sun midnight) \$6.05 (valid to Sunday 11:59 pm)
- Saturday/Sunday Anytime \$6.05
- Daily parking rates do not include in-and-out privileges (all rates include HST)