

Gus Ryder Memorial Cup 2023

DATE(s):	Nov 17 – 19, 2023	REGION:	Central
HOSTED BY:	Lakeshore Swim Club (LSC)		
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Toronto, ON, M9C 3T3		
FACILITY:	2 x 8-lane, 25m competition pool with electronic timing		
PURPOSE & DESCRIPTION:	<p>Competition: 12 & under timed finals, 13 & over heats and finals.</p> <p>The top 16 swimmers advance to finals, with the A finals to precede the B finals. The B final will only be swum in events with more than 16 entries at the entry deadline.</p>		
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca		
COMPETITION COORDINATOR:	Clark Evans, Libby Kalman	Level: 5,5	Email: cdevans@gmail.com , libbykalman@gmail.com
	If Level 3 Referee is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>		
MEET MANAGER:	Gretchen Evans	Email:	meetmanager@lakeshoreswimclub.com
SAFETY AT COMPETITION:	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. The Swim Ontario Concussion Management the Swimming Canada Event Photography and Videography and the Swim Ontario Event Photography procedures will be in effect. For complete details click HERE .		
COMPETITION RULES:	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 Swimming Canada Competition Warm-Up Safety Procedures and Swim Ontario warm-up safety rules will be in effect. Details HERE As per the Facility Rules for Dive Starts, this competition will be conducted as follows:		
	World Aquatics II.16.1.4 and 4.1, Swimming Canada C16.1.4.1, C4.1.1 & C4.1.2	<input checked="" type="checkbox"/>	Starting Platforms at
	<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at	
ELIGIBILITY:	All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registered status will be declined entry.		
	This event includes participants from the following clubs:		
	<input checked="" type="checkbox"/>	Preference will be given to the host club first.	

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	<input checked="" type="checkbox"/>	Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.
	<input checked="" type="checkbox"/>	Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition
FOREIGN COMPETITORS:	<input checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted
AGE UP DATE:	Ages submitted are to be as	November 17, 2023
ENTRY DEADLINE:	November 6, 2023	
	Changes to entries will be accepted until	November 10, 2023
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events \$15
	Payment Method:	Please bring payment to Meet Manager upon arrival. a) Cheques payable to Lakeshore Swim Club. b) To arrange payment by e-transfer, please contact meetmanager@lakeshoreswimclub.com
COACH'S REGISTRATION:	Meet management will cross reference the list of coaches submitted with entries at this competition with the Swim Ontario Compliance lists . 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 maximum number of participants per session is	320
	Each club is limited to the following number of swimmers	N/A
	The maximum number of entries per swimmer is	7 individual events (1 Friday, 3 Saturday, 3 Sunday)
ENTRY SUBMISSIONS:	ENTRIES:	
	Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca and must include all attending coaches. Meet management will:	
	<ul style="list-style-type: none"> 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.	
	<input checked="" type="checkbox"/>	NT entries are not permitted
RELAYS:	Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.	
	<input checked="" type="checkbox"/>	No relays will be offered at this event.

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CONVERSION:	<input checked="" type="checkbox"/>	Entry times can be converted.
SEEDING:	<input checked="" type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package, for events of 200m and below.
	<input checked="" type="checkbox"/>	Preliminary heat events will be seeded as per 3.1 with fastest 3 heats circle seeded for all preliminary events.
	<input checked="" type="checkbox"/>	Seeding will be in the following order for events of 400m and above: All events will be swum as timed finals. The 400FR and 400IM will be seeded fastest to slowest, with the fastest heat swimming at finals. The 800FR and 1500FR will be seeded fastest to slowest, and will be swum with heats alternating genders. Positive check-in at the Admin Desk is required.

SCHEDULE OF SESSIONS

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	Nov 17, 2023	15:30 – 16:25	16:30	21:00	Time Finals
2	Nov 18, 2023	8:00 – 8:55	9:00	13:00	Heats
3	Nov 18, 2023	13:00 – 13:55	14:00	18:00	Time Finals
4	Nov 18, 2023	18:00 – 18:30	18:30	21:00	Finals
5	Nov 19, 2023	8:00 – 8:55	9:00	13:00	Heats
6	Nov 19, 2023	13:00 – 13:55	14:00	18:00	Time Finals
7	Nov 19, 2023	18:00 – 18:30	18:30	21:00	Finals

MIXED-GENDER:	<p>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.</p> <p>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 insures that the swimmer competes with competitors of the same gender for his/her heat.</p> <p>In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p>	
CHECKIN AND SCRATCHES:	<input checked="" type="checkbox"/>	Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.
	<input checked="" type="checkbox"/>	There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events: 800FR and 1500FR and all finals
	<input checked="" type="checkbox"/>	A scratch deadline will apply for finals.
	<input checked="" type="checkbox"/>	30 minutes following the posting of results of last event of prelims sessions
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows

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	<input checked="" type="checkbox"/>	Failure to participate in an event with a scratch or check in deadline will result in the following penalty:	\$50 per event missed
DECK ENTRIES:	<input checked="" type="checkbox"/>	Deck entries are permitted provided proof of registered status with valid Swimming Canada ID is provided to Meet Management. Deck Entries are Exhibition Only. They are not eligible for scoring or awards. Deck entries will be accepted for empty lanes only (no new heats will be created).	
	<input checked="" type="checkbox"/>	Event Deck Entries are permitted for swimmers already entered in the competition.	
	<input checked="" type="checkbox"/>	Deck Entry Fee is \$20	
OFFICIAL SPLIT TIMES:	<input checked="" type="checkbox"/>	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 at least 30 minutes prior to the commencement of the session in which the event will take place.	
RECORDS:	<input checked="" type="checkbox"/>	Swim times achieved at this event will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.	
MEET RESULTS:		Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca	
	<input checked="" type="checkbox"/>	The meet program will be run on Hy-Tek Meet Manager.	
	<input checked="" type="checkbox"/>	Results will be posted as quickly as possible at the meet.	
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.	
SCORING:	<input checked="" type="checkbox"/>	The following will be scored: Team high point for individual events: 9-7-6-5-4-3-2-1	
AWARDS:	<input checked="" type="checkbox"/>	The following will be awarded:	
		Medals will be awarded to the top three swimmers in each of the following age groups: 10 and under 11 & 12 13 & 14 15 & over	
ADDITIONAL INFORMATION:		Visiting officials are welcome and appreciated. Please contact coc@lakeshoreswimclub.com .	

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SCHEDULE OF EVENTS:

Session 1 (Distance) Friday, November 17, 2023 Warm-up: 3:30 PM -- Start: 4:30 PM		
Women		Men
1	All Ages 1500 Freestyle	2
3	All Ages 800 Freestyle	4

Session 2 (Prelims) Saturday, November 18, 2023 Warm-up: 8:00 AM -- Start: 9:00 AM		
Women		Men
5	13 & Over 200 Freestyle	6
7	13 & Over 100 Breaststroke	8
9	13 & Over 100 Butterfly	10
11	13 & Over 200 Backstroke	12
13	13 & Over 100 Individual Medley	14
15	13 & Over 50 Freestyle	16
17	13 & Over 50 Backstroke	18
19	13 & Over 400 Individual Medley	20

Session 3 (Time Finals) Saturday, November 18, 2023 Warm-up: 1:00 PM -- Start: 2:00 PM		
Women		Men
21	12 & Under 200 Freestyle	22
23	12 & Under 100 Breaststroke	24
25	12 & Under 100 Butterfly	26
27	12 & Under 200 Backstroke	28
29	12 & Under 100 Individual Medley	30
31	12 & Under 50 Freestyle	32
33	12 & Under 50 Backstroke	34
35	12 & Under 400 Individual Medley ** Fastest heats swim at finals **	36

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Session 4 (Finals)		
Saturday, November 18, 2023		
Warm-up: 6:00 PM -- Start: 6:30 PM		
Women		Men
19	13 & Over 400 Individual Medley ** Fastest Heats **	20
5	13 & Over 200 Freestyle	6
7	13 & Over 100 Breaststroke	8
9	13 & Over 100 Butterfly	10
11	13 & Over 200 Backstroke	12
13	13 & Over 100 Individual Medley	14
15	13 & Over 50 Freestyle	16
17	13 & Over 50 Backstroke	18

Session 5 (Prelims)		
Sunday, November 19, 2023		
Warm-up: 8:00 AM -- Start: 9:00 AM		
Women		Men
37	13 & Over 200 Breaststroke	38
39	13 & Over 100 Freestyle	40
41	13 & Over 100 Backstroke	42
43	13 & Over 200 Butterfly	44
45	13 & Over 200 Individual Medley	46
47	13 & Over 50 Butterfly	48
49	13 & Over 50 Breaststroke	50
51	13 & Over 400 Freestyle ** Fastest heats swim at finals **	52

Session 6 (Time Finals)		
Sunday, November 18, 2023		
Warm-up: 1:00 PM -- Start: 2:00 PM		
Women		Men
53	12 & Under 200 Breaststroke	54
55	12 & Under 100 Freestyle	56
57	12 & Under 100 Backstroke	58
59	12 & Under 200 Butterfly	60
61	12 & Under 200 Individual Medley	62
63	12 & Under 50 Butterfly	64
65	12 & Under 50 Breaststroke	66
67	12 & Under 400 Freestyle	68

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Session 7 (Finals) Sunday, November 18, 2023 Warm-up: 6:00 PM -- Start: 6:30 PM		
Women		Men
51	13 & Over 400 Freestyle ** Fastest Heats **	52
37	13 & Over 200 Breaststroke	38
39	13 & Over 100 Freestyle	40
41	13 & Over 100 Backstroke	42
43	13 & Over 200 Butterfly	44
45	13 & Over 200 Individual Medley	46
47	13 & Over 50 Butterfly	48
49	13 & Over 50 Breaststroke	50