

Revised April 9: Removed relays; added extra session; moved events 39, 40, 49, 50; session times revised; split Events 3 and 4

Revised April 20: Revised warm-up and/or session times for Sessions 2, 3, 4, 7, 10

DATE(s):	April 25 - April 28, 2024		REGION:	Central
HOSTED BY:	Lakeshore Swim Club			
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Etobicoke, ON M9C 3T3			
FACILITY:	1 eight-lane, 50m competition pool, run double ended, with electronic timing.			
PURPOSE & DESCRIPTION:	Competition: 12 & under timed finals, 13 & over heats and finals.			
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	Level: 5	Email: clark@lakeshoreswimclub.com	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted			<input type="checkbox"/>
MEET MANAGER:	Liz Canrinus Jina McInerney	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 & Swimming Canada Event Photography and Swim Ontario 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.			
COMPETITION RULES:	Sanctioned as an Invitational by Swim Ontario.			
	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 both ends.	Both ends for events 100m and above, deep end for 50m events.
	<input type="checkbox"/>	Deck or Bulkhead at		
	<input type="checkbox"/>	In-Water at		
	This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:	<input checked="" type="checkbox"/> Non-verbal instruction provided by a support person duly registered in the RTR <input checked="" type="checkbox"/> hand signals given by the starter/referee <input checked="" type="checkbox"/> an external strobe light		
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.	
	<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"/>	This is an invitational meet. Participation of this meet is at the full discretion of the host club. Please contact Meet Management to confirm capacity availability in advance of sending entries.	
	<input 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 type="checkbox"/>	Foreign competitors' entries will not be accepted	
	<input checked="" type="checkbox"/>	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 Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition.	
AGE UP DATE:	Ages submitted are to be as		April 25, 2024
ENTRY DEADLINE:	April 5, 2024		
	Changes to entries will be accepted until		April 19, 2024
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events	\$15 for 200m and below \$20 for 400m and above
	<input type="checkbox"/>	Relay Events	Relays have been cancelled
	<input checked="" type="checkbox"/>	Swimmer Fee	\$5
	<input type="checkbox"/>	No Fee	
	Payment Method:		Please make cheques payable to Lakeshore Swim Club, or e-transfer to treasurer@lakeshoreswimclub.com .
ENTRY LIMITS:	The maximum number of participants per session is		400
	Each club is limited to the following number of swimmers		
	The maximum number of entries per swimmer is		Thursday – 1 event Friday, Saturday, Sunday – 3 events
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 SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca and must include all attending coaches. Meet management will:</p> <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. <p>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.</p>	
	<input checked="" type="checkbox"/>	NT entries are not permitted
	<input checked="" type="checkbox"/>	Entries must be submitted using provable times where available, otherwise using estimated times, and not entered as "NT" to allow proper seeding.
	<input type="checkbox"/>	Qualifying standard for entry is:
	<input type="checkbox"/>	Qualifying period for entry to the meet is:
RELAYS:	<p>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.</p>	
	The deadline for relay name submissions is	
	<input type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.
	<input checked="" type="checkbox"/>	No relays will be offered at this event. (<i>Relays have been cancelled</i>)
CONVERSION:	<input checked="" type="checkbox"/>	Entry times can be converted.
	<input type="checkbox"/>	Entry times are not to be converted. Please submit times in the course achieved.
	<input type="checkbox"/>	Times will be converted by the host
	<input type="checkbox"/>	Times will not 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 200m and below events.
	<input checked="" type="checkbox"/>	Preliminary heat events will be seeded as per 3.1 with the fastest 3 heats circle seeded.
	<input checked="" type="checkbox"/>	<p>Seeding will be in the following order for 400m and above events: The 400FR and 400IM will be seeded fastest to slowest, with the fastest two heats of each gender swimming at finals. The 800FR and 1500FR events will be seeded fastest to slowest and will be swum with heats alternating by gender. Positive check-in at the Admin Desk is required.</p>
SWIM-OFFS	<input checked="" type="checkbox"/>	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.
FINALS	<input checked="" type="checkbox"/>	<p>There will be A and B finals for all events 200m and below.</p> <p>All A and B finalists plus alternates are required to check in at the Admin Desk 10 minutes prior to the event. <i>The fastest two heats of 400 Freestyle and 400 IM will swim at finals.</i></p>

SCHEDULE OF SESSIONS

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1A	Thursday, April 25	11:15 - 11:45 AM	11:45 AM	3:30 PM	Time Finals
1B	Thursday, April 25	4:00 - 4:30 PM	4:30 PM	9:00 PM	Time Finals
2	Friday, April 26	8:00 - 8:45 AM	8:45 AM	1:00 PM	Prelims
3	Friday, April 26	1:00 - 1:45 PM	1:45 PM	6:15 PM	Timed Finals
4	Friday, April 26	6:15 - 7:00 PM	7:00 PM	9:00 PM	Finals
5	Saturday, April 27	8:00 - 8:30 AM MMST, TSC, YORK, HAC, NCA, BWSC 8:30 - 9:00 AM LSC, DSC, NBYT, RCAQ, STARS, NYAC, BROCK, WAAC	9:00 AM	12:45 PM	Prelims
6	Saturday, April 27	1:00 - 2:00 PM	2:00 PM	6:00 PM	Time Finals
7	Saturday, April 27	6:00 - 6:45 PM	6:45 PM	8:30 PM	Finals
8	Sunday, April 28	8:00 - 8:30 AM LSC, DSC, NBYT, RCAQ, STARS, NYAC, BROCK, WAAC 8:30 - 9:00 AM MMST, TSC, YORK, HAC, NCA, BWSC	9:00 AM	12:30 PM	Prelims
9	Sunday, April 28	1:00 - 2:00 PM	2:00 PM	6:00 PM	Time Finals
10	Sunday, April 28	6:00 - 6:45 PM	6:45 PM	8:30 PM	Finals

Club warm-up for Sessions 5 and 8 have been split to accommodate SO warm-up maximums, and must be adhered to.

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. 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 type="checkbox"/>	There will be no scratch deadline for the following:
	<input checked="" type="checkbox"/>	Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.
	<input type="checkbox"/>	All swimmers are required to check in with the Admin Desk 30 minutes prior to 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
	<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

	<input type="checkbox"/>	30 minutes following the posting of results of respective event	
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows	
	<input checked="" type="checkbox"/>	<table border="1"> <tr> <td>Failure to participate in an event with a scratch or check in deadline will result in following penalty:</td> <td>Scratching from finals after the final scratch deadline or failure to participate in an individual final event will result in a \$50 FINE for each offence (applies to initially named finalists and alternates swimming in the finals). All fines will be invoiced to the club by Lakeshore Swim Club.</td> </tr> </table>	Failure to participate in an event with a scratch or check in deadline will result in following penalty:
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DECK ENTRIES:	<input type="checkbox"/>	No Deck Entries are permitted	
	<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 payable in cash to the Admin Desk	
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.	
	<input type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and national records.	
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 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"/>	No Scoring	
	<input type="checkbox"/>	The following will be scoring:	
AWARDS:	<input type="checkbox"/>	No awards	
	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p>Individual and relay medals will be awarded to the top three swimmers / teams in each of the following age groups:</p> <p>10 & under 11 – 12 13 – 14 15 & over</p>	
ADDITIONAL INFORMATION:	<p>Visiting officials are welcome and appreciated.</p> <p>Please contact coc@lakeshoreswimclub.com to volunteer.</p>		

SCHEDULE OF EVENTS:

Session #1A - Thursday, April 25, 2024 (Timed Finals)			
Warm-up: 11:15 - 11:45 AM Start: 11:45 AM			
Women	Ages	Event	Men
3	All Ages	800 Freestyle <i>The fastest 4 heats of women and 4 heats of men for the 800 freestyle will swim at session 1B Thursday evening. All other heats of 800 freestyle will swim at session 1A on Thursday afternoon.</i>	4

Session #1B - Thursday, April 25, 2024 (Timed Finals)			
Warm-up: 4:00 - 4:30 PM Start: 4:30 PM			
Women	Ages	Event	Men
1	All ages	1500 Freestyle	2
3	All Ages	800 Freestyle <i>Fastest 4 heats of women and 4 heats of men</i>	4

Session #2 - Friday, April 26, 2024 (Prelims)			
Warm-up: 8:00 - 8:45 AM Start: 8:45 AM			
Women	Ages	Event	Men
11	13 & Over	200 Butterfly	12
13	13 & Over	200 IM	14
15	13 & Over	100 Breaststroke	16
17	13 & Over	50 Backstroke	18
101	13-14	4x100 IM Relay	102
103	15+	4x100 IM Relay	104
19	13 & Over	400 Freestyle <i>Fastest 2 heats of each gender swim at finals.</i>	20

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Session #3 - Friday, April 26, 2024 (Timed Finals)			
Warm-up: 1:00 - 1:45 PM Start: 1:45 PM			
Women	Ages	Event	Men
21	12 & Under	200 Butterfly	22
23	12 & Under	200 IM	24
25	12 & Under	100 Breaststroke	26
27	12 & Under	50 Backstroke	28
105	10&Under	4x100 IM Relay	106
107	11-12	4x100 IM Relay	108
29	12 & Under	400 Freestyle	30

Session #4 - Friday, April 26, 2024 (A & B Finals)			
Warm-up: 6:15 - 7:00 PM Start: 7:00 PM			
Women	Ages	Event	Men
19	13-14, 15 & Over	400 Freestyle <i>Fastest 2 heats of each gender.</i>	20
11	13-14, 15 & Over	200 Butterfly	12
13	13-14, 15 & Over	200 IM	14
15	13-14, 15 & Over	100 Breaststroke	16
17	13-14, 15 & Over	50 Backstroke	18

Session #5 - Saturday, April 27, 2024 (Prelims)			
Warm-up: 8:00 - 8:30 / 8:30 - 9:00 AM Start: 9:00 AM			
Women	Ages	Event	Men
31	13 & Over	200 Breaststroke	32
33	13 & Over	200 Freestyle	34
35	13 & Over	100 Backstroke	36
37	13 & Over	50 Butterfly	38
109	13-14	4x100 Freestyle Relay	110
111	15+	4x100 Freestyle Relay	112
39	13 & Over	400 IM <i>Fastest heats of each gender swim at finals.</i>	40

Session #6 - Saturday, April 27, 2024 (Timed Finals)

Warm-up: 1:00 - 2:00 PM Start: 2:00 PM

Women	Ages	Event	Men
41	12 & Under	200 Breaststroke	42
43	12 & Under	200 Freestyle	44
45	12 & Under	100 Backstroke	46
47	12 & Under	50 Butterfly	48
113	10 & Under	4x100 Freestyle Relay	114
115	11-12	4x100 Freestyle Relay	116
49	12 & Under	400 IM	50

Session #7 - Saturday, April 27, 2024 (A & B Finals)

Warm-up: 6:00 - 6:45 PM Start: 6:45 PM

Women	Ages	Event	Men
31	13-14, 15 & Over	200 Breaststroke	32
33	13-14, 15 & Over	200 Freestyle	34
35	13-14, 15 & Over	100 Backstroke	36
37	13-14, 15 & Over	50 Butterfly	38

Session #8 - Sunday, April 28, 2024 (Prelims)

Warm-up: 8:00 - 8:30 / 8:30 - 9:00 AM Start: 9:00 AM

Women	Ages	Event	Men
51	13 & Over	200 Backstroke	52
53	13 & Over	100 Butterfly	54
55	13 & Over	100 Freestyle	56
57	13 & Over	50 Breaststroke	58
59	13 & Over	50 Freestyle	60
39	13 & Over	400 IM <i>Fastest 2 heats of each gender swim at finals.</i>	40

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Session #9 - Sunday, April 28, 2024 (Timed Finals)			
Warm-up: 1:00 - 2:00 PM Start: 2:00 PM			
Women	Ages	Event	Men
61	12 & Under	200 Backstroke	62
63	12 & Under	100 Butterfly	64
65	12 & Under	100 Freestyle	66
67	12 & Under	50 Breaststroke	68
69	12 & Under	50 Freestyle	70
49	12 & Under	400 IM	50
117	12 & Under	4 x 200 Freestyle Relay	118

Session #10 - Sunday, April 28, 2024 (A & B Finals)			
Warm-up: 6:00 - 6:45 PM Start: 6:45 PM			
Women	Ages	Event	Men
119	13-14	4 x 200 Freestyle Relay	120
121	15 & Over	4 x 200 Freestyle Relay	122
39	13-14, 15 & Over	400 IM <i>Fastest 2 heats of each gender.</i>	40
51	13-14, 15 & Over	200 Backstroke	52
53	13-14, 15 & Over	100 Butterfly	54
55	13-14, 15 & Over	100 Freestyle	56
57	13-14, 15 & Over	50 Breaststroke	58
59	13-14, 15 & Over	50 Freestyle	60