


DATE(s):	12-14 January 2024		REGION:	Central
HOSTED BY:	Etobicoke Swimming			
LOCATION:	Etobicoke Olypium, 590 Rathburn Road, Toronto, ON M9C 3T3			
FACILITY:	Two 8 lane x 25m pool, Swiss Timing			
PURPOSE & DESCRIPTION:	Bring your whole team to race and see where you stand after Winter Break. Faster swimmers swim in 'A', less fast swimmers swim in 'B'.			
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:	Janet Morrison		Level:	V
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Romeo Marra	Email:	mm@eswim.ca	
	Stanley Liu		Stanley Liu	results@rectec.ca
	Results Management and Entry Coordination by RecTec		Stanley Liu	results@rectec.ca
	Event Live Streaming provided by RecTec - www.rectectv.ca			
	Electronic Timing provided by RecTec			
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 the Swim Ontario Event 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 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 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	
	<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 registration status will be declined entry. This event is sanctioned as an Invitational including foreign competitors/teams subject to the provisions below. All			

	foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.	
	This event includes participants from the following clubs:	Open Invitational
	<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.
FOREIGN COMPETITORS:	<input checked="" type="checkbox"/>	<p>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.</p> <p>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.</p>
AGE UP DATE:	Ages submitted are to be as	12 January 2024
ENTRY LIMITS:	The maximum number of participants per session is	500
	Each club is limited to the following number of swimmers	n/a
	The maximum number of entries per swimmer is	Friday – 1 distance event All other sessions – max 4 events.
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>	
	Entries must include all attending coaches.	
	<input checked="" type="checkbox"/>	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".
	<input checked="" type="checkbox"/>	<p>Qualifying standard for entry is:</p> <p>A swimmer with <u>two</u> 'A Meet' times must swim all event in the 'A' meet.</p> <p>A swimmer with less than two 'A Meet' times must swim all events in the 'B' meet.</p> <p>Swimmers do <u>NOT</u> swim in both 'A' and 'B' meets.</p> <p>See 'A' Meet Standard in Order of Events or Event File</p>

	<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is:	1 Sep 2019
CONVERSION:	<input checked="" type="checkbox"/>	Submit SCM times. Entry times can be converted at 2%.	
ENTRY DEADLINE:	22 December 2023		
	Changes to entries will be accepted until		4 January 2024
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events : \$15	
	Payment Method:		Please make cheques payable to Etobicoke Swimming. Please contact Meet Management for electronic payment methods.
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.		
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, followed by swimmers entered with NT (no times). 400/800/1500 will be seeded fast to slow, alternating gender.	

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>	<u>Format</u>
1	Friday 12 Jan	4:00-4:55 pm	5:00 pm	8:30 pm	Time Final	Double Ended
2	Saturday 13 Jan	8:00-8:40 am	8:45 am	11:45 am	Time Final	Shallow
3	Saturday 13 Jan	11:45-12:25 pm	12:30 pm	3:30 pm	Time Final	Double Ended
4	Saturday 13 Jan	3:30-4:25 pm	4:30 pm	8:00 pm	Time Final	Double Ended
5	Sunday 14 Jan	8:00-8:40 am	8:45 am	11:45 am	Time Final	Shallow
6	Sunday 14 Jan	11:45-12:25 pm	12:30 pm	3:30 pm	Time Final	Double Ended
7	Sunday 14 Jan	3:30-4:25 pm	4:30 pm	8:00 pm	Time Final	Double Ended

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>
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CHECKIN AND SCRATCHES:	<input checked="" type="checkbox"/>	Scratches are to be made on posted heat sheets for information only.	
	<input checked="" type="checkbox"/>	There is a positive check in 30 minutes before the start of the session at the Clerk of Course for the following events:	800 & 1500 – Friday afternoon
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows	
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"/>	Swimmer Deck Entries are permitted provided proof of registered status with valid Swimming Canada ID is provided to Meet Management.	
	<input checked="" type="checkbox"/>	Fee	\$ 20.00
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 prior to the commencement of the session (or event) in question.	
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 electronically as quickly as possible at the meet.	
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.	
SCORING:	<input checked="" type="checkbox"/>	No Scoring	
AWARDS:	<input checked="" type="checkbox"/>	The following will be awarded:	
		Ribbons will be awarded for 1 st -3 rd in each event in the following age groups – Girls - 10&U, 11, 12, 13, 14, 15&O Boys – 10&U, 11, 12, 13, 14, 15, 16&O	
ADDITIONAL INFORMATION:	<p>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</p> <ol style="list-style-type: none"> 1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet. 2. Absolutely no food in the bleachers or on the pool deck. 3. No running on the deck, under the bleachers or on the bleachers. 4. No climbing across the railing between the gallery and the bleachers. 5. No climbing over the yellow gates between the pool deck and the bleachers. 6. Shoes must be worn whenever outside the pool or change room areas. 7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups. 8. The use of flippers and hand paddles, during warm-ups is prohibited. 9. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments. 		

10. Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium

Order of Events

FRIDAY AFTERNOON – 11&Over								
Warm-up: 4:00 pm Start: 5:00 pm								
WOMEN				EVENTS	MEN			
'A' Event No.	Age	'A Meet' Standard	'B' Event No.		'A' Event No.	'A Meet' Standard	'B' Event No.	
1			101	800 FREE	4	16&O	9:32.20	104
	15&O	10:01.72				15	9:45.69	
	14	10:12.10				14	9:55.04	
	13	10:25.14				13	10:19.75	
	12	12:02.53				12	11:55.08	
	11	12:43.16				11	12:43.16	
3			103	1500 FREE	2	16&O	18:25.69	102
	15&O	19:28.78				15	18:51.77	
	14	19:42.80				14	19:09.83	
	13	20:08.00				13	20:08.00	
	12					12		
	11					11		

NOTE: Events 1 and 2 will alternate heats. Events 3 and 4 will alternate heats.
Events 101 and 102 will alternate heats. Events 103 and 104 will alternate heats.

SATURDAY Morning – 10&Under						
Warm-up: 8:00 am Start: 8:45 am						
GIRLS			EVENTS	BOYS		
'A' Event No.	'A Meet' Standard	'B' Event No.		'A' Event No.	'A Meet' Standard	'B' Event No.
41	3:31.11	141	10 & Under – 200 I.M.	42	3:31.11	142
43		143	10 & Under – 50 FLY	44		144
45	1:26.19	145	10 & Under – 100 FREE	46	1:26.19	146
47	1:50.42	147	10 & Under – 100 BREAST	48	1:50.42	148
49	1:39.04	149	10 & Under – 100 BACK	50	1:39.04	150
51	6:37.64	151	10 & Under – 400 FREE	52	6:37.64	152

SATURDAY Midday – 11-12						
Warm-up: 11:45 am Start: 12:30 pm						
GIRLS			EVENTS	BOYS		
<u>'A' Event No.</u>	<u>'A Meet' Standard</u>	<u>'B' Event No.</u>		<u>'A' Event No.</u>	<u>'A Meet' Standard</u>	<u>'B' Event No.</u>
63	3:05.51	163	12 – 200 I.M.	64	3:04.72	164
	3:17.42		11 – 200 I.M.		3:21.47	
65		165	12 – 50 FLY	66		166
			11 – 50 FLY			
67	1:15.93	167	12 – 100 FREE	68	1:14.86	168
	1:19.66		11 – 100 FREE		1:21.27	
69	1:36.93	169	12 – 100 BREAST	70	1:36.83	170
	1:44.36		11 – 100 BREAST		1:48.50	
71	3:20.86	171	12 – 200 FLY	72	3:21.46	172
	3:37.11		11 – 200 FLY		3:37.11	
73	1:25.48	173	12 – 100 BACK	74	1:25.96	174
	1:30.88		11 – 100 BACK		1:32.92	
75	5:46.06	175	12 – 400 FREE	76	5:45.45	176
	6:08.68		11 – 400 FREE		6:13.49	

SATURDAY Afternoon – 13&Over								
Warm-up: 3:30 pm Start: 4:30 pm								
WOMEN				EVENTS	MEN			
<u>'A' Event No.</u>	<u>Age</u>	<u>'A Meet' Standard</u>	<u>'B' Event No.</u>		<u>'A' Event No.</u>	<u>Age</u>	<u>'A Meet' Standard</u>	<u>'B' Event No.</u>
5			105	200 I.M.	6	16&O	2:24.06	106
	15&O	2:35.88				15	2:30.58	
	14	2:39.15				14	2:33.35	
	13	2:44.20				13	2:39.77	
7			107	50 FLY	8	16&O		108
	15&O					15		
	14					14		
	13					13		
9			109	100 FREE	10	16&O	58.58	110
	15&O	1:03.69				15	1:00.60	
	14	1:05.05				14	1:01.70	
	13	1:07.24				13	1:05.11	
11			111	100 BREAST	12	16&O	1:16.01	112
	15&O	1:21.30				15	1:19.29	
	14	1:22.98				14	1:20.05	
	13	1:26.55				13	1:24.46	
13			113	200 FLY	14	16&O	2:27.75	114
	15&O	2:39.26				15	2:34.14	
	14	2:46.62				14	2:39.81	
	13	2:48.17				13	2:46.44	
15			115	100 BACK	16	16&O	1:06.37	116
	15&O	1:11.37				15	1:09.41	

	14	1:13.76				14	1:10.13	
	13	1:14.95				13	1:14.31	
17			117	50 BREAST	18	16&O		118
	15&O					15		
	14					14		
	13					13		
19			119	400 FREE	20	16&O	4:33.86	120
	15&O	4:49.76				15	4:42.94	
	14	4:55.70				14	4:47.46	
	13	5:02.00				13	4:59.40	

SUNDAY Morning – 10&Under

Warm-up: 8:00 am
Start: 8:45 am

GIRLS			EVENTS	BOYS		
<u>'A'</u> <u>Event No.</u>	<u>'A Meet'</u> <u>Standard</u>	<u>'B'</u> <u>Event No.</u>		<u>'A'</u> <u>Event No.</u>	<u>'A Meet'</u> <u>Standard</u>	<u>'B'</u> <u>Event No.</u>
53	3:08.80	153	10 & Under – 200 FREE	54	3:08.80	154
55		155	10 & Under – 50 BACK	56		156
57	1:48.33	157	10 & Under – 100 FLY	58	1:48.33	158
59	38.55	159	10 & Under – 50 FREE	60	38.55	160
61		161	10 & Under – 50 BREAST	62		162

SUNDAY Midday – 11-12

Warm-up: 11:45 am
Start: 12:30 pm

GIRLS			EVENTS	BOYS		
<u>'A'</u> <u>Event No.</u>	<u>'A Meet'</u> <u>Standard</u>	<u>'B'</u> <u>Event No.</u>		<u>'A'</u> <u>Event No.</u>	<u>'A Meet'</u> <u>Standard</u>	<u>'B'</u> <u>Event No.</u>
77	2:43.87	177	12 – 200 FREE	78	2:43.22	178
	2:54.95		11 – 200 FREE.		2:55.59	
79		179	12 – 50 BACK	80		180
			11 – 50 BACK			
81	3:27.67	181	12 – 200 BREAST	82	3:27.76	182
	3:42.47		11 – 200 BREAST		3:42.47	
83	1:28.25	183	12 – 100 FLY	84	1:27.35	184
	1:33.93		11 – 100 FLY		1:38.08	
85	34.58	185	12 – 50 FREE	86	34.06	186
	36.55		11 – 50 FREE		36.82	
87	3:02.87	187	12 – 200 BACK	88	3:03.07	188
	3:15.17		11 – 200 BACK		3:16.89	
89		189	12 – 50 BREAST	90		190
			11 – 50 BREAST			
91	6:36.27	191	12 – 400 I.M.	92	6:40.48	192
	7:07.90		11 – 400 I.M.		7:07.90	

SUNDAY Afternoon – 13&Over

Warm-up: 3:30 pm
Start: 4:00 pm

WOMEN				<u>EVENTS</u>	MEN			
<u>'A'</u> Event No.	<u>Age</u>	<u>'A Meet'</u> Standard	<u>'B'</u> Event No.		<u>'A'</u> Event No.	<u>Age</u>	<u>'A Meet'</u> Standard	<u>'B'</u> Event No.
21			121	200 BACK	22	16&O	2:23.42	122
	15&O	2:32.45				15	2:29.35	
	14	2:37.90				14	2:30.29	
	13	2:40.69				13	2:38.91	
23			123	50 FREE	24	16&O	26.83	124
	15&O	29.60				15	27.69	
	14	30.18				14	28.09	
	13	30.83				13	29.64	
25			125	200 BREAST	26	16&O	2:47.10	126
	15&O	2:54.63				15	2:52.25	
	14	2:59.22				14	2:54.12	
	13	3:04.17				13	3:00.44	
27			127	50 BACK	28	16&O		128
	15&O					15		
	14					14		
	13					13		
29			129	100 FLY	30	16&O	1:04.95	130
	15&O	1:11.13				15	1:08.40	
	14	1:14.48				14	1:09.30	
	13	1:15.31				13	1:13.88	
31			131	200 FREE	32	16&O	2:07.51	132
	15&O	2:17.01				15	2:11.61	
	14	2:20.98				14	2:15.03	
	13	2:24.23				13	2:20.70	
33			133	400 I.M.	34	16&O	5:02.24	134
	15&O	5:30.07				15	5:19.42	
	14	5:39.52				14	5:28.24	
	13	5:47.36				13	5:36.82	