

DATE(s):	7-9 June 2024	REGION:	Central	
HOSTED BY:	North York Aquatic Club			
LOCATION:	Toronto Pan Am Centre – 875 Morningside Ave., Toronto ON M1C 0C7			
FACILITY:	10 Lane 50m pool, Swiss Timing			
PURPOSE & DESCRIPTION:	LC racing opportunity to earn LC results for future meets; 12&U timed finals, 13&O prelims 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:	Jeff Holmes Su Kin Cheong	Level: V	Email: jeff_holmes@bell.met Email: skcheong@rocketmail.com	
	If Level 3 Referee is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Lynn Wong, Daniel Zou and Michelle Amar	Email:	officials@nyacswimming.ca	
ENTRY & RESULTS COORD:	Charlotte Carroll Steve Goodwin	Email:	charlottecarroll1@gmail.com sdg9@rogers.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 . 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 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	Both ends
		<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 or Hard of hearing:				
<input checked="" type="checkbox"/> Non-verbal instruction provided by a support person duly registered in the RTR. Please let Meet Management know who will be providing this support. <input checked="" type="checkbox"/> Hand signals given by the starter/referee <input checked="" type="checkbox"/> An external strobe light. Please let meet manager know when you submit your entries that a strobe is wanted.				

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 is an invitational meet. Participant of this meet is at the full discretion of the host club.	
	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"/>	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	7 June 2024
ENTRY DEADLINE:	Friday 17 May	
	Changes to entries will be accepted until	Friday 31 May
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events: \$15 for 200m and below \$20 for 400m and above
	<input checked="" type="checkbox"/>	Relay Events \$22
	<input checked="" type="checkbox"/>	Swimmer Fee \$5
	Payment Method:	Cheque: Payable to North York Aquatic Club For other payment options, email 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 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	400
	Each club is limited to the following number of swimmers	n/a
	The maximum number of entries per swimmer is	3 individuals plus 1 relay per session
ENTRY SUBMISSIONS:	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; 	

	<ul style="list-style-type: none"> • 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 for 400/800/1500		
	<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"/>	<table border="0" style="width: 100%;"> <tr> <td style="width: 30%;">Qualifying standard for entry is:</td> <td>Meet Qualifying Standard -- All swimmers must have at least 1 (one) qualifying event to enter the meet. <ul style="list-style-type: none"> - 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% </td> </tr> </table>	Qualifying standard for entry is:	Meet Qualifying Standard -- All swimmers must have at least 1 (one) qualifying event to enter the meet. <ul style="list-style-type: none"> - 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%
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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 relay is not an official time. Requests for official splits are not allowed for mixed relays.			
	<input checked="" type="checkbox"/>	<table border="0" style="width: 100%;"> <tr> <td style="width: 60%;">The deadline for relay name submissions is</td> <td>Start of Session.</td> </tr> </table>	The deadline for relay name submissions is	Start of Session.
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CONVERSION:	<input checked="" type="checkbox"/>	Please submit seed times in LCM, SCM seed times may be converted at 2%		
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. Swimmers entered with NT (no time) will be seeded last. 400/800/1500 will be seeded Fast to Slow .		
	<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"/>	Finals Seeding will be in the following order: Young to Old and Fast to Slow (13-14 before 15-16, and A finals before B finals)		

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 (13&O)	Fri 07 Jun	7:00 – 7:55 am	8:00 am	11:30 am	Prelims
2 (12&U)	Fri 07 Jun	12:00 – 12:55 pm	1:00 pm	4:00 pm	Time Final
3 (13&O)	Fri 07 Jun	4:30 – 5:25 pm	5:30 pm	8:00 pm	Finals
4 (13&O)	Sat 08 Jun	7:00 – 7:55 am	8:00 am	11:30 am	Prelims
5 (12&U)	Sat 08 Jun	12:00 – 12:55 pm	1:00 pm	4:00 pm	Time Final
6 (13&O)	Sat 08 Jun	4:30 – 5:25 pm	5:30 pm	8:00 pm	Finals
7 (13&O)	Sun 08 Jun	7:00 – 7:55 am	8:00 am	11:30 am	Prelims
8 (12&U)	Sun 08 Jun	12:00 – 12:55 pm	1:00 pm	4:00 pm	Time Final
9 (13&O)	Sun 08 Jun	4:30 – 5:25 pm	5:30 pm	8:00 pm	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 ensures 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"/>	There will be no scratch deadline for the following:	12&U Events (except 400/800/1500), and 13&O Prelim events. Scratches marked on posted heat sheets are appreciated.
	<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:	800 and 1500 events
	<input checked="" type="checkbox"/>	A scratch deadline will apply for finals.	
	<input checked="" type="checkbox"/>	30 minutes following the posting of results of last prelim event of prelims session	
PENALTIES:	<input checked="" type="checkbox"/>	Failure to participate in an event with a scratch or check-in deadline will result 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:	<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: \$20 for Individual events, \$25 for Relay events
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 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:	<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"/>	The following will be scored: For Individual High Point – scoring will be 5 – 2 – 1
AWARDS:	<input checked="" type="checkbox"/>	The following will be awarded: <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> ○ Ties to be broken by number of Gold, number of Silver, number of Bronze. (If tie persists, tie to be broken by highest FINA point swim) • Relay Events – Medals for 1st, 2nd, 3rd for each gender (Relay events 10&U, 11-12, 13-14, 15&O)
ADDITIONAL INFORMATION:		See TPASC Policy and Parking section following the Order of Events. At Finals: <ul style="list-style-type: none"> ▪ A Finals only if there are fewer than 24 entries or if there are fewer than 6 in the B Final after the scratch deadline.

SCHEDULE OF EVENTS:

Session 1 – 13&O Prelims		Friday 7 June 2024	
Warm-up: 7:00 AM		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	

Session 2 – 12&U Prelims		Friday 7 June 2024	
Warm-up: 12:00 PM		Start: 1:00 PM	
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	
27	4x50 Medley Relay (11–12)	28	
29	4x50 Medley Relay (10&U)	30	
31	400 IM (11–12 only)	32	

Session 3 – 13&O Finals		Friday 7 June 2024	
Warm-up: 4:30 PM		Start: 5:30 PM	
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	
1	200 Free	2	
3	100 Breast	4	
5	50 Backstroke	6	
7	100 Fly	8	
33	4x50 Medley Relay (13–14)	34	
35	4x50 Medley Relay (15&O)	36	

Session 4 – 13&O Prelims		Saturday 8 June 2024	
Warm-up: 7:00 AM		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	

Session 5 – 12&U Prelims		Saturday 8 June 2024	
Warm-up: 12:00 PM		Start: 1:00 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	
Warm-up: 4:30 PM		Start: 5:30 PM	
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	
37	200 Breast	38	
39	50 Free	40	
41	200 Fly	42	
43	100 Back	44	
45	50 Fly	46	
69	4x100 Free Relay (13–14)	70	
71	4x100 Free Relay (15&O)	72	

Session 7 – 13&O Prelims		Sunday 9 June 2024
Warm-up: 7:00 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)	82
83	1500 Free (TF)	84

Session 8 – 12&U Prelims		Sunday 9 June 2024
Warm-up: 12:00 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	4x50 Free Relay (11–12)	102
103	4x50 Free Relay (10&U)	104
105	800 Free (11–12)	106

Session 9 – 13&O Finals		Sunday 9 June 2024
Warm-up: 4:30 PM		Start: 5:30 PM
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
107	4x50 Free Relay (13–14)	108
109	4x50 Free Relay (15&O)	110



TORONTO PAN AM SPORTS CENTRE

Competition Dismissal Policy

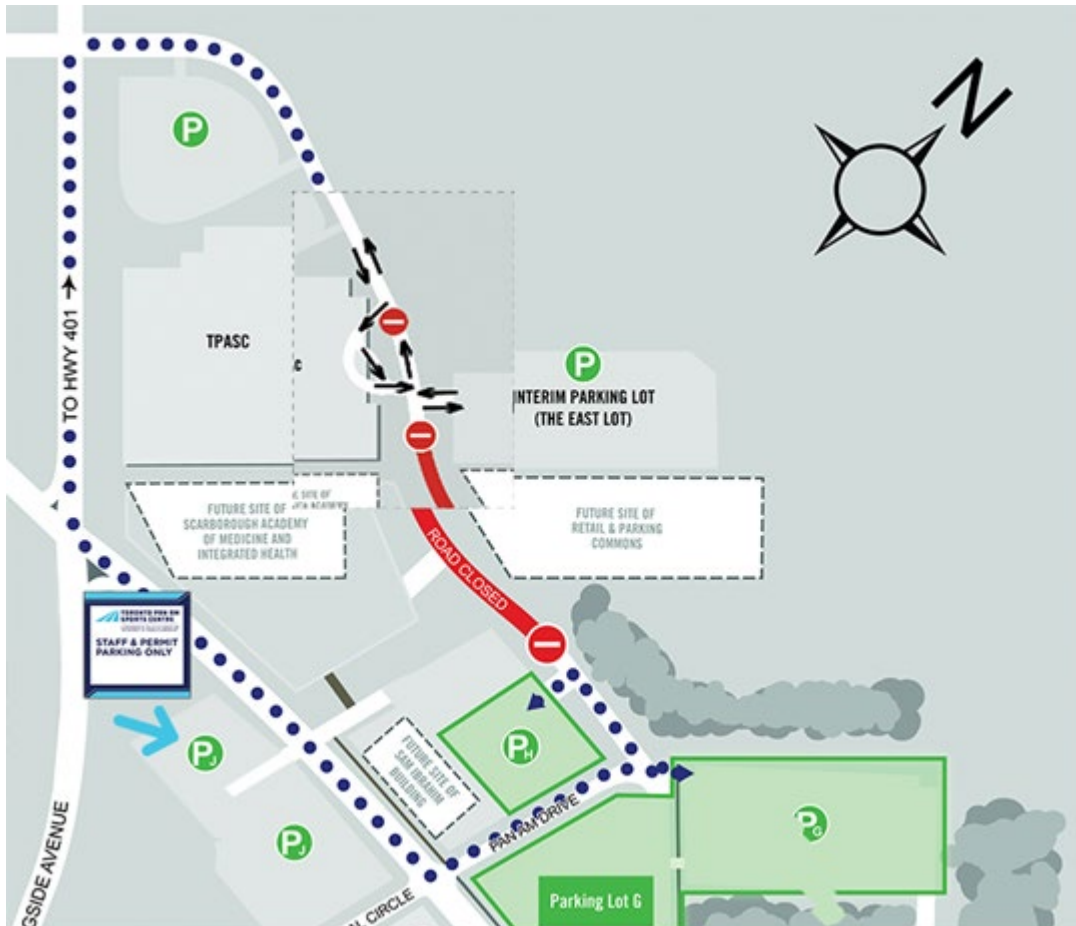
As outlined in the policies and procedures during competitions it is the responsibility of the participants (coaches and swimmers) to abide by pool rules. In the event that a participant is not following the provided rules and regulations, TPASC reserves the right to dismiss a participant from continuing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