

HAC Spring Fling

DATE(s):	May 11-12, 2024	REGION:	Western	
HOSTED BY:	Hamilton Aquatic Club			
LOCATION:	McMaster University			
FACILITY:	50 m, 6 lane pool with starting blocks			
PURPOSE & DESCRIPTION:	Opportunity to make qualifying times for future competitions.			
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:	Paul Leslie	Level:5	Email: pkleslie@icloud.com	
	If Level 3 Referee is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Pam Wainwright	Email:	pam.wainwright@granderie.ca	
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	Deep End
		<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 <input checked="" type="checkbox"/> Hand signals given by the starter/referee <input 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:	Hamilton Aquatic Club, others		

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	<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"/>	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	May 11,2024
ENTRY DEADLINE:	April 29, 2024	
	Changes to entries will be accepted until	May 6, 2024
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events \$15
	<input checked="" type="checkbox"/>	Swimmer Fee \$5
	Payment Method:	Cheque made out to Hamilton Aquatic Club Etransfer: theresa.malar@hacswim.ca Indicate <INSERT MEET NAME> and Club Name
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	250
	Each club is limited to the following number of swimmers	100
	The maximum number of entries per swimmer is	Saturday: 4 entries Sunday: 4 entries
ENTRY SUBMISSIONS:	<p>ENTRIES:</p> <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> <p>Qualifying times for 400 freestyle – 13 and over: 6:00 qualifying time</p> <p>- 12 and under: 6:30 qualifying time</p>	
	<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.
CONVERSION:	<input checked="" type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.
SEEDING:	<input checked="" type="checkbox"/>	Seeding will be in the following order: Seeding will be in order of times entered, fastest to slowest, as converted pursuant to the conversion process as per meet package.

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	May 11, 2024	8:30 – 9:00 am HAC, OSHAC, COBRA, BAD 9:00 – 9:30 am NSSC, TORCH, JDSS, NYAC, CATS, AAST	9:35 am	2:00 pm	Time Final
2	May 11, 2024	2:30 – 3:00 pm HAC, BAD 3:00 – 3:30 pm OSHAC, NSSC, TORCH, JDSS, CATS, AAST	3:35 pm	8:00 pm	Time Final
3	May 12, 2024	8:30 – 9:00 am NSSC, TORCH, JDSS, COBRA, NYAC, AAST 9:00 – 9:30 am HAC, OSHAC, CATS, BAD	9:35 am	1:30 pm	Time Final
4	May 12, 2024	2:00 – 2:30 pm OSHAC, NSSC, TORCH, JDSS, CATS, AAST 2:30 – 3:00 pm HAC, BAD	3:05 pm	7:00 pm	Time Final

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.
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows

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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 CASH ONLY
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 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 type="checkbox"/>	Live Results / Meet Mobile are available.
SCORING:	<input checked="" type="checkbox"/>	No Scoring
AWARDS:	<input checked="" type="checkbox"/>	Medals will be awarded to the top three swimmers in each individual event. Age groups for awarding medals will be as follows for each gender. 10 and under, 11-12, 13-14, 15 and over
ADDITIONAL INFORMATION:		

SCHEDULE OF EVENTS:

Session 1 Saturday, May 11, 2024 Warm-up: 8:30 AM -- Start: 9:35 AM 8:30 – 9:00 am HAC, OSHAC, COBRA, BAD 9:00 – 9:30 am NSSC, TORCH, JDSS, NYAC, CATS, AAST		
Event #	Age Group and Event	Gender
101	13 and over 100 Free	Mixed
102	13 and over 200 Back	Mixed
103	13 and over 200 Fly	Mixed
104	13 and over 400 Free	Mixed
105	13 and over 100 Breast	Mixed
106	13 and over 200 IM	Mixed
107	13 and over 50 Back	Mixed

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108	13 and over 50 Breast	Mixed
Session 2 Saturday, May 11, 2024 Warm-up: 2:30 PM -- Start: 3:35 PM 2:30 – 3:00 pm HAC, BAD 3:00 – 3:30 pm OSHAC, NSSC, TORCH, JDSS, CATS, AAST		
Event #	Age Group and Event	Gender
201	12 and under 100 Free	Mixed
202	12 and under 200 Back	Mixed
203	12 and under 200 Fly	Mixed
204	12 and under 400 Free	Mixed
205	12 and under 100 Breast	Mixed
206	12 and under 200 IM	Mixed
207	12 and under 50 Back	Mixed
208	12 and under 50 Breast	Mixed
Session 3 Sunday, May 12, 2024 Warm-up: 8:30 AM -- Start: 9:35 AM 8:30 – 9:00 am NSSC, TORCH, JDSS, COBRA, NYAC, AAST 9:00 – 9:30 am HAC, OSHAC, CATS, BAD		
Event #	Age Group and Event	Gender
301	13 and over 200 Breast	Mixed
302	13 and over 400 IM	Mixed
303	13 and over 100 Back	Mixed
304	13 and over 200 Free	Mixed
305	13 and over 100 Fly	Mixed
306	13 and over 50 Free	Mixed
307	13 and over 50 Fly	Mixed
Session 4 Sunday, May 12, 2024 Warm-up: 2:30 PM -- Start: 3:35 PM 2:00 – 2:30 pm OSHAC, NSSC, TORCH, JDSS, CATS, AAST 2:30 – 3:00 pm HAC, BAD		
Event #	Age Group and Event	Gender

401	12 and under 200 Breast	Mixed
402	12 and under 400 IM	Mixed
403	12 and under 100 Back	Mixed
404	12 and under 200 Free	Mixed
405	12 and under 100 Fly	Mixed
406	12 and under 50 Free	Mixed
407	12 and under 50 Fly	Mixed