

Markham Aquatic Club 2025 Summer Invitational

Technical Notes

Welcome to the 2025 Summer Invitational – Swim Fast and Enjoy your stay with us!!

Competition Coordinator:

Lisa Chow /Lea Chen/ Mandy Chen / Stanley Liu

MEET MANAGER:

YY WONG

WIFI – PUBLIC

Heat Sheets are available daily at the MAC Meet Office – located on ground floor.
ON site Heat Sheet will be posted on deck at East End and West End on the wall.

Event Start lists are available on Meet Mobile app and on our MAC website.

Results – are also available on Meet Mobile and our MAC website.

Warm- ups - Flutter boards, pull-buoys, ankle bands and snorkels are allowed

New Swimming Canada Warm-up Procedures in effect.

In addition to Swimming Canada Competition warm up safety procedures, we remind all swimmers, coaches and officials to follow simple warm up etiquette.

- No loitering at the end of lane
- Swimmers must be aware of their surroundings and move over to allow swimmers to turn
- Swimmers using sprint and start lanes must be directly supervised by their coaches

Sprint Lanes will be opened 10 minutes before the end of the warm up:

- West End Lane 0 & 2 and East End Lane 1 & 3
- NO Pace Lane Para Lane – East & West End Lane 9 on Sunday AM session 8

Backstroke Ledge will be at West End Lane 0 for warm up

Official Splits: There will be no official splits taken, unless specifically requested by the club coach to the session referee (in writing) 30 minutes prior to the start of the session.
Official Splits form will be available at Admin Desk.

Please remind swimmers to move directly to the lane ropes when they are finished their swims except for the backstroke and relay.

DQ Procedure: Officials **WILL NOT** inform respective swimmers regarding their swimming infractions. All approved disqualifications will be announced.

Swim Offs: 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.

Coaches are to report to the Admin Desk when a swim off is announced.

Scratches & Positive Check in: Scratches should go to the **Admin Desk (Clerk)** 30 minutes prior to the start of each session. Distance events- 400/800/1500 requires positive check in with **Admin Desk** before warm up start to allow meet management to minimize empty lanes where possible.



TEAM WORK COMMITMENT INTEGRITY DEVELOPMENT LEADERSHIP EXCELLENCE

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All scratches for Finals must be made at the **Admin Desk** table, within 30 minutes of the conclusion of Preliminary events (excluding time final events) that day to allow proper seeding and notification of alternates. Please complete a scratch form at the **Admin Desk** and put it in the scratch box.

- ✓ Scratches must be done on the official scratch cards, 1 scratch card per each scratch event
- ✓ Email scratches WILL NOT be accepted for any event throughout the meet.

Missed Swims and NO Shows will be considered scratches (Only a missed swim caused by an official will be considered as an exception)

Marshalling: Swimmers will “Self –Marshalled” in all events. Swimmers are requested to go behind the blocks no more than 2-3 heats prior to their race.

Finals Order: A finals Female/Male – 13- 14, 15 & Over
B finals Female/Male – 13 - 14, 15 & Over

FINALS CHECK IN PROCEDURE

- ✓ During Finals, POSITIVE CHECK IN required by all Finalists (A&B) and Alternates before or during warm up of the start of the session.
- ✓ All A & B Finals’ swimmers + “Alternates” must report back to the **ADMIN DESK** table (Pre racing area) 10 minutes prior to race start and must remain until released.
- ✓ **ALL FINALS RACES ARE BEING “SELF” MARSHALLED. Finals Order is A and then B**

Penalty: Scratching from Finals after the final scratch deadline or failure to participate in an individual final 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 MAC.

Relay Cards:

- All Relay entry list has emailed to the attending teams.
- Coaches can pick up the relay cards from Meet Manager at meet management office before warm up on Friday, Saturday and Sunday relay events.
- And return the relay cards to ADMIN DESK 30 minutes before the start of each session.
- All relay cards will be given out to each Lane Timer before the start of relay events of each session.

Awards: Will be presented at finals to the TOP 3 swimmers in each age category. Top 3 Swimmers will need to report to the podium immediately after their race. Coaches, please collect medals at the MAC meet office, at the end of Friday and Saturday sessions. Medals will not be mailed.

Records: Coaches are asked to inform meet management of possible record attempts and /or if records are broken to ensure meet management can process the record application.



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Hospitality: Coffee and snacks will be available. Lunch will be provided to those coaches and officials working adjacent sessions at 2nd floor Multipurpose Room 1

Please send an email before July 18 Friday to YY (yywong@rogers.com) stating how many lunch boxes your team will need for your attending coaches on Friday, Saturday and Sunday. Please also make a special note for those coaches who take vegetarian lunchboxes.

NO Food or Drink on deck except for water.

NO Glass Objects (Bottles, containers etc.) to be on deck.

Please bring your own water bottle, there are 2 fill stations and fountains on deck.

Concession vendor is available at the Lobby.

Masks: All participants (swimmers, coaches, officials etc) and spectators have the option of wearing a mask when in the facility and on deck. Extra masks are available at ADMIN DESK

Onsite Parking is limited. Extra parking space is available at Unionville GO Station.

All Swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area.

Parents are not allowed to be on deck.

Meet Management office is located at the opposite side of universal changing room at ground floor.

Have A Great Meet! www.markhamaquaticclub.com



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