

# MAC Rising Stars Invitational Long Course

**May 25 – 26, 2024**



## Markham Pan Am Pool

Revised as February 21, 2024 – support to d/Deaf or Hard of hearing Swimmers

Revised as October 23, 2023 – fill up the missed Relay Events Entry Fee

<b>DATE(s):</b>	May 25- 26, 2024		<b>REGION:</b>	Central
<b>HOSTED BY:</b>	Markham Aquatic Club			
<b>LOCATION:</b>	Markham Pan Am Pool, 16 Main Street , Unionville , ON			
<b>FACILITY:</b>	10 lanes, 50 meters pool , Swiss Timing System			
<b>PURPOSE &amp; DESCRIPTION:</b>	To provide racing opportunities Invitational Age Group Meet – 11 & Under and 12 & Over. NO qualifying standards. All events are Timed Finals			
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>			
<b>COMPETITION COORDINATOR:</b>	Lisa Chow ,Lea Chen , Khatija Mohamed, Alan Shumak , May Loo		Level:	5
	officials@markhamaquaticclub.com			
<b>MEET MANAGER:</b>	YY Wong + Phoebe Lee + Julie Wat	Email:	officials@markhamaquaticclub.com	
<b>SAFETY AT COMPETITION:</b>	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 <a href="#">Swim Ontario Concussion Management</a> the <a href="#">Swimming Canada Event Photography and Videography</a> and the Swim Ontario Event Photography procedures will be in effect. For complete details click <a href="#">HERE</a> .			
<b>COMPETITION RULES:</b>	<b>Sanctioned as an invitational by Swim Ontario.</b>			
	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 <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> and Swim Ontario warm-up safety rules will be in effect. Details <a href="#">HERE</a> 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 accommodation for swimmers who are d/Deaf or Hard of hearing: <b>X Non-verbal instruction provided by a support person duly registered in the RTR</b> <b>X Hand signals given by the starter/referee</b> <b>X An external strobe light</b>			
<b>ELIGIBILITY:</b>	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:			
	<b>X</b>	Preference will be given to the host club first.		
	<b>X</b>	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.	
<b>FOREIGN COMPETITORS:</b>	X	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 <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition.	
<b>AGE UP DATE:</b>	Ages submitted are to be as		May 25, 2024
<b>ENTRY DEADLINE:</b>	<b>May 3, 2024 Friday</b>		
	Changes to entries will be accepted until		<b>May 7, 2024, Tuesday</b>
<b>ENTRY FEE:</b>	X	Relay Events	<b>\$22</b>
	X	Individual Events	\$15 for below 200m events \$20 for 400, 800 & 1500 events
	Payment Method:		<b>Please make cheque payable to Markham Aquatic Club or e transfer</b>
<b>COACH'S REGISTRATION:</b>	Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a> . 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.		
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is		760
	The maximum number of entries per swimmer is		<b>3 events + 1 relay per session</b>
<b>ENTRY SUBMISSIONS:</b>	<b>ENTRIES:</b>		
	Entries must be submitted through the Swimming Canada online entries system at <a href="http://www.swimming.ca">www.swimming.ca</a> and must include all attending coaches. Meet management will:		
	<ul style="list-style-type: none"> <li>not accept entries via email;</li> <li>notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li> <li>notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition.</li> </ul>		
	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.		
	X	NT entries are not permitted	
	X	<b>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".</b>	
	X	<b>Entries must be submitted using provable times or estimated entries times to allow proper</b>	

		<b>seeding and not enter swimmers with "NT".</b>	
	X	Qualifying standard for entry is:	NO
	X	Qualifying period for entry to the meet is:	NO
<b>RELAYS</b>	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.		
	X	Relay swimmers must be entered in a non-relay event in order to compete.	
	X	The deadline for relay name submissions is	<b>30 minutes before the start of the session</b>
<b>CONVERSION:</b>	X	<b>All entries are to be submitted in LCM times. Please use the HY-TEK Team Manager for conversions of SCM times to LCM times at 2% before submitting entries</b>	
<b>SEEDING:</b>	X	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package. <b>Distance events will be seeded from fastest to slowest</b>	

**SCHEDULE OF SESSIONS:**

<u>Session #</u>	<u>Date</u>	<u>Warm-up period (i.e. 1:00pm-1:50pm)</u>	<u># of warm-ups</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1A	May 25, 2024 Saturday AM	7:00 AM – 8:10 AM <b>Age 12 &amp; Over</b>	2	8:15AM	1:15 PM	Time Final
1B		15 minutes Break for 800 Free		12:45PM		
2	May 25, 2024 Saturday PM	1:45 PM – 2:20PM <b>Age 11 &amp; Under</b>	1	2:30PM	7:00PM	Time Final
3A	May 26, 2024 Sunday AM	7:00 AM – 8:10 AM <b>Age 12 &amp; Over</b>	2	8:15AM	1:15PM	Time Final
3B		15 minutes Break for 1500 Free		12:45PM		
4	May 28, 2023 Sunday PM	1:45 PM – 2:20 PM <b>Age 11 &amp; Under</b>	1	2:30PM	7:00PM	Time Final

Meet Management reserves the right to change warm – up session times and **2 warm –ups will be split by CLUB.**

Diving lanes will be open for last 10 minutes of warm up – one-way swimming

West End Lane 0, 2, 4 and East End 1, 3, 5

Pace Lane – West End Lane 6 & 8 and East End Lane 7 & 9

Back Stroke Ledge will be located at West End Lane 0 during warm up

<b>MIXED-GENDER:</b>	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. In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.	
<b>CHECKIN AND SCRATCHES:</b>	X	Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.
	X	There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events: <b>Distance Events – 400/ 800/ 1500 and Relays</b>
<b>PENALTIES:</b>	X	No scratch penalty shall be imposed for late or day of scratches or No-Shows
<b>DECK ENTRIES:</b>	X	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).
	X	Event Deck Entries are permitted for swimmers already entered in the competition.
	X	Deck Entry Fee <b>\$25 payable in cash to Admin Desk prior to the event</b>
<b>OFFICIAL SPLIT TIMES:</b>	X	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.
<b>RECORDS:</b>	X	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.
<b>MEET RESULTS:</b>	Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a>	
	X	The meet program will be run on Hy-Tek Meet Manager.
	X	Live Results / Meet Mobile are available.
<b>SCORING:</b>	X	No Scoring
<b>AWARDS:</b>	X	The following will be awarded: <b>Individuals events – Medals from 1<sup>st</sup> to 3<sup>rd</sup> place for age groups 9 &amp; Under, 10 -11, 12-13 and 14 &amp; Over</b> <b>Relays events – Medals from 1st to 3<sup>rd</sup> place for 11 &amp; U and 12 &amp; Over</b> <b>Coaches please pick up awards prior to leaving – awards will NOT be mailed</b>
<b>HOSPITALITY:</b>	X	<b>Grab and go lunch boxes will be provided to those coaches and officials working back-to-back sessions</b>
<b>OFFICIALS :</b>	X	<b>If any registered officials from each attending club are interested in officiating, please send an email to <a href="mailto:officials@markhamaquaticclub.com">officials@markhamaquaticclub.com</a></b>

<b>ADDITIONAL INFORMATION:</b>	<p>Onsite Parking is limited. Extra parking space will be available at Unionville GO Station.</p> <p>All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area.</p> <p>Lockers are available but limited; please bring your own lock.</p> <p>NO FOOD or DRINK ON DECK except for water. There are 2 fill stations and fountains on the pool deck. Concession vendor is available at the Lobby.</p> <p><b>Nearby Amenities:</b></p> <ul style="list-style-type: none"><li>• <a href="#">Restaurants</a></li><li>• <a href="#">Grocery Stores</a> (T&amp;T and Whole Foods have readymade food)</li><li>• <a href="#">Tim Hortons</a></li></ul>
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## SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device

# 400 Free may limit to top 6 heats.

\*400 IM may limit to top 4 heats to keep session within time constraints

**\*\* 800 / 1500 Free are limited to top 3/1 heats**

##Meet Management reserves the right to limit heats or to cancel the relay to keep session within time constraints

+ Swimmers are limit to one (1) – 200M event per session.

Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events.

**All 50 Events start at WEST END**

### Session 1 – Saturday Morning May 25, 2024

Warm UP: 7:00 AM – 8:10 AM    Start: 8:15AM

GIRLS 12 & Over	EVENTS	BOYS 12 & Over
101	<b>Mixed 4 X 50 Free Relay ## (2 Girls and 2 Boys)</b>	101
1	200 Freestyle +	2
3	50 Freestyle	4
5	100 Backstroke	6
7	200 Breaststroke +	8
9	50 Breaststroke	10
11	100 Butterfly	12
13	Mixed 400 IM *	13
<b>Break for 15 Minutes</b>		
<b>Girls 11 &amp; Over</b>	<b>Event</b>	<b>BOYS 11 &amp; Over</b>
15	<b>Mixed 11 &amp; Over – 800 Freestyle ** Limit to top 30 swimmers</b>	15

### Session 2 – Saturday Afternoon May 25, 2024

Warm UP: 1:45 PM – 2:20PM    Start: 2:30PM

GIRLS 11 & Under	EVENTS	BOYS 11 & Under
15 (session 1)	<b>Mixed 11 &amp; Over – 800 Freestyle ** Limit to top 30 swimmers Swim at the last event of morning session 1</b>	15 (session 1)
102	<b>Mixed 4 X 50 Free Relay ## (2 Girls and 2 Boys)</b>	102
17	200 Freestyle +	18
19	50 Freestyle	20
21	100 Backstroke	22
23	200 Breaststroke +	24
25	50 Breaststroke	26
27	100 Butterfly	28
29	Mixed 400 IM*	29

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Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events.

**All 50 Events start at WEST END**

### Session 3 – Sunday Morning May 26, 2024

Warm UP: 7:00 AM – 8:10 AM    Start : 8:15AM

GIRLS 12 & Over	EVENTS	BOYS 12 & Over
103	<b>Mixed 4 X 50 Medley Relay ## (2 Girls and 2 Boys)</b>	103
31	200 Butterfly+	32
33	50 Butterfly	34
35	100 Freestyle	36
37	200 Backstroke +	38
39	50 Backstroke	40
41	100 Breaststroke	42
43	200 IM +	44
45	Mixed 400 Freestyle*	45
	<b>Break for 15 Minutes</b>	
<b>Girls 11 &amp; Over</b>	<b>Event</b>	<b>BOYS 11 &amp; Over</b>
47	<b>Mixed 11 &amp; Over – 1500 Freestyle ** Limit to top 10 swimmers</b>	47

### Session 4 – Sunday Afternoon May 26, 2024

Warm UP: 1:45 PM – 2:20PM    Start: 2:30PM

GIRLS 11 & Under	EVENTS	BOYS 11 & Under
47 (Session 3)	<b>Mixed 11 &amp; Over – 1500 Freestyle ** Limit to top 10 swimmers. Swim at the last event of morning session 3</b>	47 (Session 3)
104	<b>Mixed 4 X 50 Medley Relay ## (2 Girls and 2 Boys)</b>	104
49	200 Butterfly +	50
51	50 Butterfly	52
53	100 Freestyle	54
55	200 Backstroke +	56
57	50 Backstroke	58
59	100 Breaststroke	60
61	200 IM +	62
63	Mixed 400 Freestyle*	63