

APPROVED

By Swim Ontario at 6:11 pm, Feb 23, 2025

MEET NAME	Amanda Reason Invitational 2025
DATE(s):	May 2 - 4, 2025
HOSTED BY:	Windsor Essex Swim Team
LOCATION:	Windsor International Aquatic Training Center
FACILITY:	This pool is a 10 lane 72 meter indoor facility. Bulkhead divided will include a 50 meter competition pool and a warm down pool. Omega Quantum Electronic Timing System with a 10 lane display using Sport In The Box software. Scoreboard with Hytek Meet Manager software for scoring. Touchpads will be installed at both ends of the pool. Spectator seating will be upstairs on the mezzanine level. WIATC facility requests that no glass containers, outdoor shoes and NO FOOD is allowed on deck at anytime.
PURPOSE & DESCRIPTION:	To provide swimmers with the opportunities to obtain qualification times in a long course pool. There will be prelim and A&B finals(with restrictions) for the 13 & over age categories and timed finals for the 12 & Under groups.
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).
LAST UPDATE:	February 1, 2025

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Shawn Taylor	westmeetscoc@gmail.com	5
MEET MANAGER(S):	Angela Momotiuk	amomotiuk2@gmail.com	2
	Tina Cerqua	cawcerqua@gmail.com	3
OFFICIALS COORDINATOR:	Tina Cerqua	cawcerqua@gmail.com	

Safety at Competitions

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information

regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or www.swimming.ca/safesport

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) 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 Age Group Swimming 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 provided 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](#)

AGE UP DATE:	The competitor's age is as the first day of the competition Friday May 2, 2025_____
DIVE STARTS:	As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows: <input checked="" type="checkbox"/> from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <input checked="" type="checkbox"/> both ends
d/DEAF AND HARD OF HEARING ACCOMMODATION:	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> • non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. • Visual Start hand signals given by the starter/referee. • Visual Start Strobe Light options <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Facility-Provided Strobe Light: An external strobe light is available at this facility <input checked="" type="checkbox"/> Personal Strobe Light: a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit. <p>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

Eligibility

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.

ADDITIONAL ELIGIBILITY INFORMATION:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Preference will be given to the host club first. <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 and not be eligible for scoring or awards.
COACH & SUPPORT STAFF REGISTRATION:	<p>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.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</p> <p>Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>
FOREIGN TEAMS / COMPETITORS:	<p>The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Foreign Teams and their competitors are welcome, subject to the following provisions. <ul style="list-style-type: none"> ○ Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate. ○ All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. ○ All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing. ○ All competitors and coaches must be in good standing with their respective governing swim body. ○ All foreign competitors and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be passport, 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 along with the insurance certificate. ○ Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.

Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. 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 (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition
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	<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>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.</p>
ENTRY DEADLINE:	<p>The online entry deadline is Friday April 18, 2025</p> <p><input checked="" type="checkbox"/> Changes to entries will be accepted until Wednesday April 23, 2025 at 11:00 PM</p>
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <p><input checked="" type="checkbox"/> Individual Events: \$16.00 for stroke 50's, 100's and stroke 200's.</p> <p><input checked="" type="checkbox"/> \$18.00 for 1500, 800, 400 Freestyle and 400 IM</p> <p><input checked="" type="checkbox"/> Relay Events: \$20.00_____</p> <p><input checked="" type="checkbox"/> Swimmer Fee: \$10.00</p> <p>Payment Method: Cash, Cheque Payable to 'Windsor Essex Swim Team Inc' or Etransfer to windsorsexswimteam@gmail.com. Please reference Team Name in description.</p>
ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <p><input checked="" type="checkbox"/> The maximum number of participants per session is 400</p>
RELAY ENTRIES:	<p>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.</p> <p><input checked="" type="checkbox"/> Relay swimmers must be entered in a non-relay event in order to compete</p>
ENTRY TIMES & CONVERSION:	<p><input checked="" type="checkbox"/> No Time (NT) entries are not permitted for 1500, 800, 400 Free and 400 IM.</p> <p><input checked="" type="checkbox"/> Times will be converted by meet management according to Hytek Software standards.</p>

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	May 2	10:00 am - 10:50 am	11: 00 am	3:00 pm	All Ages Distance Timed Finals
2	May 2	3:00 pm - 3:50 pm	4:00 pm	8:30 pm	Prelim 13 & Over and Timed Finals for 12 & Under
3	May 3	7:00 am - 7:50 am	8:00 am	12:00 pm	13 & Over Prelim
4	May 3	12:00 pm - 12:50 pm	1:00 pm	5:00 pm	12 & Under Timed Finals
5	May 3	5:00 pm - 5:50 pm	6:00 pm	9:00 pm	13 & Over Finals
6	May 4	7:00 am - 7:50 am	8:00 am	12:00 pm	13 & Over Prelims
7	May 4	12:00 pm - 12:50 pm	1:00 pm	5:00 pm	12 & Under Timed Finals
8	May 4	5:00 pm - 5:50 pm	6:00 pm	9:00 pm	13 & Over Finals

Meet Format & Administration

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>
SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded last. <ul style="list-style-type: none"> <input checked="" type="checkbox"/> with the exception of Distance Events which will be seeded fastest to slowest. <input checked="" type="checkbox"/> Seeding for Preliminary events will be as per Section II 3.1 with fastest 3 heats circle seeded. <input checked="" type="checkbox"/> 1500 Freestyle will be limited to the top 20 swimmers of each gender and will swim fastest to slowest. <input checked="" type="checkbox"/> 800 Freestyle will be limited to the top 30 swimmers of each gender and will swim fastest to slowest. <input checked="" type="checkbox"/> 400 Freestyle and 400IM will be limited to the top 40 swimmers of each gender and will swim fastest to slowest.
DECK ENTRIES:	<p>All accepted Deck Entries are Exhibition Only and are not eligible for scoring or awards. No new heats will be created for deck entries (only empty lanes, if available). The following are the Deck Entry Rules for this competition:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Only event deck entries are permitted for swimmers already entered in the competition. <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Fee: \$20.00 for Individual events (not including 1500,800,400 free and 400IM) and \$25.00 for relays.
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Relay Cards will be available at the Administration Desk at the beginning of warm ups. Please review and make changes on the sheet provided. Must be signed by coach of record and submitted back to the Admin Clerk 30 minutes before the start of the session..
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <p>Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> A scratch deadline will apply for finals events: 30 minutes following the posting of results of last preliminary event in that session. <p>PLEASE SCRATCH TO A MINIMUM OF 30TH PLACE TO ENSURE SWIMMERS WHO ARE FURTHER DOWN THE LIST KNOW THERE IS A POSSIBILITY OF THEM SWIMMING IN FINALS.</p> <p>The following are the Positive Check-in deadlines for this competition..</p> <ul style="list-style-type: none"> <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: 1500, 800, 400 freestyle and 400 IM. <input checked="" type="checkbox"/> All swimmers are required to check-in with the Admin Desk 30 minutes prior to each <u>finals</u> session so the clerk has time to arrange for alternates if needed. Coaches please

	have your swimmer report to admin desk if they are an alternate. Meet management will not be responsible for chasing swimmers for alternates.
PENALTIES:	<input checked="" type="checkbox"/> Failure to positive check-in by the deadline will result in the removal of the swimmer from that event
OFFICIAL SPLIT TIMES:	<p>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. The Club requesting an Officials Split must provide 2 timekeepers and they must report to the timing office 20 minutes prior to the event to receive instructions from meet management.</p> <input checked="" type="checkbox"/> Official Split Forms are available at the Admin Desk.
SWIM OFFS:	<p>This competition offers preliminary events for the 13 & Over age groups only.</p> <ul style="list-style-type: none"> • 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.
RECORDS:	<input checked="" type="checkbox"/> Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <input checked="" type="checkbox"/> Unofficial mobile applications results will be available via Meet Mobile.
SCORING:	<p>The following scoring will be applied:</p> <input checked="" type="checkbox"/> No Scoring
AWARDS:	<p>The following will be awarded:</p> <input checked="" type="checkbox"/> Individual awards as follows: Medals for 1st thru 3rd place. Ribbons for 4th thru 10th place. Age groups: 8 & Under, 9-10, 11-12, 13-14, 15-16, 17 & Over Relays: Medals for 1st thru 3rd Age Groups: 10 & under, 11-12, 13-14, 15 & Over
ADDITIONAL INFORMATION:	<ol style="list-style-type: none"> 1) WIATC Facility has strict regulations as to NO FOOD is allowed on the pool deck at any time. This will be strictly enforced by the entire WIATC staff and lifeguards. 2) Please bring a refillable water container as there are water filling stations on deck and in the hallways in the mezzanine and main lobby. NO GLASS containers allowed. 3) Backstroke ledges will be available for all ages. Swimmers will be responsible for the setting of their own ledges. There will be no warnings for non compliance of proper usage of the backstroke ledges. Please ensure to tell your swimmers. 4) There will A & B finals for all Stroke 50, 100 and 200 events in the 13 & over age group. There must be a minimum of 25 swimmers pre-registered in the event for the B final group to occur. Additional deck entries will not be taken into consideration when determining the eligibility of A & B finals.

- 5) 'A' Finals will swim before 'B' Finals. If a no show happens in the 'A' Final group the fastest swimmer from the 'B' Final will move into that position. The first alternate will then fill in for the swimmer from the 'B' Final who was moved up. If the first alternate is not available then the 2nd alternate will move into that position. If neither alternate is present then the spot will be forfeited and will swim with no swimmer in it.
- 6) NT will not be accepted for 1500, 800, 400 freestyle and 400 IM. Please submit times that are provable as meet management will be using the CSU to prove entry times.
- 7) Teams must pick up their awards prior to leaving the event as awards will not be mailed out.

Schedule of Events

Session 1 Friday May 2, All Ages Warm Up 10:00 am – 10:50 am Start 11:00 am

Women		Event			Men
1	Open	800 Free	Timed Finals	Open	2
3	Open	1500 Free	Timed Finals	Open	4
5	12 & Under	400 IM	Timed Finals	12 & Under	6
7	13 & Over	400 IM	Timed Finals	13 & Over	8

Session 2 Friday May 2, All ages Warm up 4:00 pm – 4:50 pm Start 5:00 pm

Women		Event			Men
9	12 & Under	200 Free	Finals	12 & Under	10
11	13 & Over	200 Free	Prelims	13 & Over	12
13	12 & Under	50 Back	Finals	12 & under	14
15	13 & Over	50 Back	Prelims	13 & Over	16
17	12 & Under	50 Breast	Finals	12 & Under	18
19	13 & Over	50 Breast	Prelims	13 & Over	20
21	12 & Under	50 Fly	Finals	12 & Under	22
23	13 & Over	50 Fly	Prelims	13 & Over	24

Session 3 Saturday May 3, 13 & Over Prelims. Warm Ups 7:00 am-7:50 am. Start 8:00 am

Women		Event			Men
25	13 & Over	200 Breast	Prelims	13 & Over	26
27	13 & Over	50 Free	Prelims	13 & Over	28
29	13 & Over	200 Back	Prelims	13 & Over	30
31	13 & Over	100 Fly	Prelims	13 & Over	32
33	13 & Over	400 Free	Finals	13 & Over	34
101	13 – 14	200 Medley Relay	Finals	13 – 14	102
103	15 & Over	200 Medley Relay	Finals	15 & Over	104

Session 4 Saturday May 3, 12 & Under Finals Warm up 12:00 pm-12:50 pm Start 1:00pm

Women		Event			Men
35	12 & Under	200 Breast	Finals	12 & Under	36
37	12 & Under	50 Free	Finals	12 & Under	38
39	12 & Under	200 Back	Finals	12 & Under	40
41	12 & Under	100 Fly	Finals	12 & Under	42
43	12 & Under	400 Free	Finals	12 & Under	44
105	10 & Under	200 Medley Relay	Finals	10 & Under	106
107	11 – 12	200 Medley Relay	Finals	11 – 12	108

Session 5 Saturday May 3, 13 & Over Finals, Warm up 5:00 pm-5:50 pm Start 6:00 pm

Women		Event			Men
25	13 & Over	200 Breast	Finals	13 & Over	26
27	13 & Over	50 Free	Finals	13 & Over	28
29	13 & Over	200 Back	Finals	13 & Over	30
19	13 & Over	50 Breast	Finals	13 & Over	20
31	13 & Over	100 Fly	Finals	13 & Over	32
11	13 & Over	200 Free	Finals	13 & Over	12

Session 6 Sunday May 4 13 & Over Prelims Warm Ups 7:00 am-7:50 am Start 8:00 am

Women		Event			Men
45	13 & Over	200 IM	Prelims	13 & Over	46
47	13 & Over	100 Back	Prelims	13 & Over	48
49	13 & Over	200 Fly	Prelims	13 & Over	50
51	13 & Over	100 Free	Prelims	13 & Over	52
53	13 & Over	100 Breast	Prelims	13 & Over	54
109	13 -14	200 Free Relay	Finals	13 – 14	110
111	15 & Over	200 Free Relay	Finals	15 & Over	112

Session 7 Sunday May 4 12 & Under Finals Warm Up 12:00 pm-12:50 pm Start 1:00 pm

Women		Event			Men
55	12 & Under	200 IM	Finals	12 & Under	56
57	12 & Under	100 Back	Finals	12 & Under	58
59	12 & Under	200 Fly	Finals	12 & Under	60
61	12 & Under	100 Free	Finals	12 & Under	62
63	12 & Under	100 Breast	Finals	12 & Under	64
113	10 & Under	200 Free Relay	Finals	10 & Under	114



115	11 – 12	200 Free Relay	Finals	11 – 12	116
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Session 8 Sunday May 4 13 & Over Finals Warm Ups 5:00 pm-5:50 pm Start 6:00 pm

Women		Event			Men
45	13 & Over	200 IM	Finals	13 & Over	46
47	13 & Over	100 Back	Finals	13 & Over	48
49	13 & Over	200 Fly	Finals	13 & Over	50
51	13 & Over	100 Free	Finals	13 & Over	52
15	13 & Over	50 Back	Finals	13 & Over	16
53	13 & Over	100 Breast	Finals	13 & Over	54
23	13 & Over	50 Fly	Finals	13 & Over	24