

Version 3.0

DATE(s):	Oct 20-22, 2023		REGION:	CR-ON
HOSTED BY:	Richmond Hill Aquatic Club			
LOCATION:	16 Main St. Unionville, ON L3R 2E4			
FACILITY:	Markham Pan Am Centre			
PURPOSE & DESCRIPTION:	This is an invitational meet for swimmers of all competitive levels, no qualifying standards.			
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:	Richard Chan (Level 5) & Andy Mitchell (Level 4)	Level: 5 & 4	Email: richardctchan@gmail.com	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted			<input type="checkbox"/>
MEET MANAGER:	Kirsti Kontor, Patricia Ramani	Email:	generalmanager@rhac.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 & Swimming Canada Event Photography and 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 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	east end and west end S1 & S5
	<input type="checkbox"/>	Deck or Bulkhead at		
	<input type="checkbox"/>	In-Water at		
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:			
	<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 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 type="checkbox"/>	Foreign competitors' entries will not be accepted	
	<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		Oct 20, 2023
ENTRY DEADLINE:	October 2nd, 2023		
	Changes to entries will be accepted until		October 9, 2023
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events	\$16
	<input checked="" type="checkbox"/>	Relay Events	\$25
	<input checked="" type="checkbox"/>	Swimmer Fee	\$12
	<input type="checkbox"/>	No Fee	
	Payment Method:		cheque payable to Richmond Hill Aquatic Club or etransfer to rhactreasurer@gmail.com use password season2024 put club name in Notes section
ENTRY LIMITS:	The maximum number of participants per session is		400
	Each club is limited to the following number of swimmers		
	The maximum number of entries per swimmer is	10 individual (2 IE day 1, 4 IE day 2, 4 IE day 3) + 2 relays (1 per day) Meet management reserves the right to reduce number of individual entries if all entries cannot be accommodated within 4.5 hour session Due to time constraints, the time standard for Events 67 & 68 - 400IM will be 6:45.00	
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 SUBMISSIONS:	<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>	
	<input checked="" type="checkbox"/>	NT entries are not permitted
	<input 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 type="checkbox"/>	Qualifying standard for entry is:
	<input type="checkbox"/>	Qualifying period for entry to the meet is:
RELAYS:	<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 relay is not an official time. Requests for official splits are not allowed for mixed relays.</p>	
	The deadline for relay name submissions is	<p>15 min after the start of warm up.</p> <p>All relay cards will be available prior to the start of warm up in the meet office and all changes are to be submitted to the Admin Desk 15 min after the start of warm up.</p> <p>All relays in Session 5 will run in East tank.</p>
	<input type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.
	<input type="checkbox"/>	No relays will be offered at this event.
CONVERSION:	<input type="checkbox"/>	Entry times can be converted.
	<input checked="" type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.
	<input checked="" type="checkbox"/>	Times will be converted by the host
	<input type="checkbox"/>	Times will not be converted
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. 400M events will be seeded fastest to slowest.
	<input type="checkbox"/>	Preliminary heat events will be seeded as per 3.1 with fastest 3 heats circle seeded.
	<input type="checkbox"/>	Seeding will be in the following order:

SCHEDULE OF SESSIONS

Meet Management reserves the right to change the start time for all sessions.

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	10/20/2023	split warm up 4:00pm-4:40pm / 4:45-5:25pm	5:30pm	8:15pm	TF
2	10/21/2023	7:30am-8:25am	8:30am	12:30pm	TF
3	10/21/2023	1:00pm-1:55pm	2:00pm	6:30pm	TF
4	10/22/2023	7:30am-8:25am	8:30am	12:00pm	TF
5	10/22/2023	12:30pm-1:25pm	1:30pm	4:00pm	TF

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. 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"/>	There will be no scratch deadline for the following:
	<input type="checkbox"/>	Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.
	<input type="checkbox"/>	All swimmers are required to check in with the Admin Desk 30 minutes prior to 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: 400m Freestyle
	<input type="checkbox"/>	A scratch deadline will apply for finals.
	<input type="checkbox"/>	30 minutes following the posting of results of last event of prelims sessions
	<input type="checkbox"/>	30 minutes following the posting of results of respective event
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows
	<input type="checkbox"/>	Failure to participate in an event with a scratch or checkin deadline will result in following penalty:
DECK ENTRIES:	<input type="checkbox"/>	No Deck Entries are permitted

	<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 for 50-200m events ; \$25 for 400m 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 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 event will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
	<input 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 checked="" type="checkbox"/>	Results will be posted as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
SCORING:	<input type="checkbox"/>	No Scoring
	<input checked="" type="checkbox"/>	The following will be scoring: 5-2-1 for individual events for High Points Awards
AWARDS:	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	The following will be awarded: Medals 1 st TO 3 rd - individual events. Ribbons 4 th TO 8 th – individual events. Relay Events: Ribbons: 1-2-3. Awards and results will be broken out by gender and: 10 & under, 11-12, 13- 14, 15 & over 10 & under (Mixed gender), 11-12, 13-14, 15 & over for relay High Points Awards - awarded by gender and: 10 & under, 11-12 - swim gear prize 13-14, 15 & over - cash prize Ties will be broken by highest individual FINA points swim
ADDITIONAL INFORMATION:	SESSION #1 and SESSION #5 WILL BE DOUBLE ENDED. Boys in West tank and Girls in East tank. All relays in Session 5 will run in East tank. All other sessions will race in the East Tank.	

The West tank will be available for warm up/warm down throughout the sessions.
 Warm up for each session will take place in both tanks.
 Please note club warm up assignments for Session #1.

SCHEDULE OF EVENTS:

Meet management reserves the right to update warm up and start times, as necessary.

Session 1 Friday, October 20, 2023 Split Warm-up WARM-UP #1 4:00 PM -4:40 PM GRAC, APEX, DUCKS, OTTERS, NEW, MSSAC WARM-UP #2 4:45 PM - 5:25 PM JDSS, RHAC, WEST, MAC, MST		
Girls	Events	Boys
1	200m IM (13 & Over)	2
3	200m IM (12 & Under)	4
5	400m Free (13 & Over)	6
7	400m Free (12 & Under)	8

Session 2 Saturday, October 21, 2023 Warm-up: 7:30 AM -- Start: 8:30 AM		
Girls	Events	Boys
9	4 x 50m Free Relay (13 & 14)	10
11	4 x 50m Free Relay (15 & Over)	12
13	200m Free (13 & Over)	14
15	200m Free (15 & Over)	16
17	100m Bk (13 & 14)	18
19	100m Bk (15 & Over)	20

21	50m Breast (13 & 14)	22
23	50m Breast (15 & Over)	24
25	100m Fly (13 & 14)	26
27	100m Fly (15 & Over)	28
29	50 Free (13 & 14)	30
31	50 Free (15 & Over)	32
33	200m Breast (13 & 14)	34
35	200m Breast (15 & Over)	36
37	400m IM (13 & 14)	38
39	400m IM (15 & Over)	40

Session 3 Saturday, October 21, 2023 Warm-up: 1:00 PM -- Start: 2:00 PM		
Girls	Events	Boys
41	4 x 50m Free Relay (11 & 12)	42
43	4 x 50m Free Mixed Relay (10 & Under)	Mixed
45	200m Free (11 & 12)	46
47	200m Free (10 & Under)	48
49	100m Bk (11 & 12)	50
51	100m Bk (10 & Under)	52
53	50m Breast (11 & 12)	54
55	50m Breast (10 & Under)	56
57	100m Fly (11 & 12)	58
59	100m Fly (10 & Under)	60
61	50m Free (11 & 12)	62
63	50m Free (10 & Under)	64
65	200m Breast (11 & 12)	66

67	400m IM (11 & 12)	68
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Session 4 Sunday, October 22, 2023 Warm-up: 7:30 AM -- Start: 8:30 AM		
Girls	Events	Boys
69	4 x 50m Medley Relay (13 & 14)	70
71	4 x 50m Medley Relay (15 & Over)	72
73	100m Free (13 & 14)	74
75	100m Free (15 & Over)	76
77	200m Fly (13 & 14)	78
79	200m Fly (15 & Over)	80
81	50m Back (13 & 14)	82
83	50m Back (15 & Over)	84
85	100m Breast (13 & 14)	86
87	100m Breast (15 & Over)	88
89	200m Back (13 & 14)	90
91	200m Back (15 & Over)	92
93	50m Fly (13 & 14)	94
95	50m Fly (15 & Over)	96
97	100m IM (13 & 14)	98
99	100m IM (15 & Over)	100

Session 5 Sunday, October 22, 2023 Warm-up: 12:30 PM -- Start: 1:30 PM		
Girls	Events	Boys

101	4 x 50m Medley Relay (11 & 12)	102
103	4 x 50m Mixed Medley Relay (10 & Under)	Mixed
105	100m Free (11 & 12)	107
107	100m Free (10 & Under)	108
109	200 Fly (11 & 12)	110
111	50 Back (11 & 12)	112
113	50 Back (10 & Under)	114
115	100m Breast (11 & 12)	116
117	100m Breast (10 & Under)	118
119	200m Back (11 & 12)	120
121	200m Back (10 & Under)	122
123	50m Fly (11 & 12)	124
125	50m Fly (10 & Under)	126
127	100m IM (11 & 12)	128
129	100m IM (10 & Under)	130