

<b>DATE(s):</b>	Nov 12, 2023	<b>REGION:</b>	Western	
<b>HOSTED BY:</b>	Leamington Lasers, Windsor Aquatic Club, WEST			
<b>LOCATION:</b>	Windsor International Aquatic and Training Centre 401 Pitt St W, Windsor Ontario			
<b>FACILITY:</b>	<p>The pool is a 10 lane 72 metre indoor facility. Bulkhead divided will include a 25 metre competition pool.</p> <p>Omega Quantum Electronic Timing System and 10 lane display. Scoreboard with Hytek Meet Manager for scoring. Touchpads will be at the start endo the pool. Spectator seating will be upstairs on mezzanine level. No glass containers or outdoor shoes allowed on deck.</p>			
<b>PURPOSE &amp; DESCRIPTION:</b>	To provide competitive opportunities to age groups swimmers.			
<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>	Shawn Taylor	Level: 4	Email: crazyswimfam@gmail.com	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted		<input type="checkbox"/>	
<b>MEET MANAGER:</b>	Angela Momotiuk	Email:	amomotiuk1@cogeco.ca	
<b>SAFETY AT COMPETITION:</b>	<p>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> &amp; <a href="#">Swimming Canada Event Photography</a> and Swim Ontario Event Photography procedures will be in effect. For complete details click <a href="#">HERE</a>. Every club and its participants are responsible for ensuring all facility rules and requirements are followed.</p>			
<b>COMPETITION RULES:</b>	<b>Sanctioned as an Invitational by Swim Ontario.</b>			
	<p>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.</p> <p>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:</p>			
	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	
		<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at		
<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:	Open		

	<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	
<b>FOREIGN COMPETITORS:</b>	<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 <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	November 12, 2023	
<b>ENTRY DEADLINE:</b>	<b>November 2, 2023</b>		
	Changes to entries will be accepted until	November 9, 2023	
<b>ENTRY FEE:</b>	<input type="checkbox"/>	Individual Events	
	<input type="checkbox"/>	Relay Events	
	<input checked="" type="checkbox"/>	Swimmer Fee	\$40.00
	<input type="checkbox"/>	No Fee	
	Payment Method:	Cheque payable to Leamington Lasers Swim Team; Memo Fins Up #2, 2023 OR etransfer: treasurer@leamingtonlasers.ca	
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is	250	
	Each club is limited to the following number of swimmers	n/a	
	The maximum number of entries per swimmer is	3	
<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 SUBMISSIONS:</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> </ul>		

	<ul style="list-style-type: none"> <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> <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 type="checkbox"/>	NT entries are not permitted
<input checked="" 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:
<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.
	The deadline for relay name submissions is
	end of warm-up on date of competition
<input checked="" type="checkbox"/>	Relay swimmers must be entered in <b>3 non-relay events</b> in order to compete.
<input type="checkbox"/>	No relays will be offered at this event.
<b>CONVERSION:</b>	<input type="checkbox"/> Entry times can be converted.
	<input type="checkbox"/> Entry times are not to be converted. Please submit times in course achieved.
	<input type="checkbox"/> Times will be converted by the host
	<input type="checkbox"/> Times will not be converted
<b>SEEDING:</b>	<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. Swimmers entered with NT (no time) will be seeded last.
	<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

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Oct 15, 2023	8:30-9:30	9:30 am	2:00pm	Time Final

<b>MIXED-GENDER:</b>	<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>			
<b>CHECKIN AND SCRATCHES:</b>	<input 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"/>	<table border="1" style="width: 100%;"> <tr> <td style="width: 70%;">There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events:</td> <td style="width: 30%;">           400 Free            400 Individual Medley         </td> </tr> </table>	There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events:	400 Free 400 Individual Medley
There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events:	400 Free 400 Individual Medley			
	<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		
<b>PENALTIES:</b>	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows		
	<input type="checkbox"/>	<table border="1" style="width: 100%;"> <tr> <td style="width: 40%;">Failure to participate in an event with a scratch or checkin deadline will result in following penalty:</td> <td style="width: 60%;"></td> </tr> </table>	Failure to participate in an event with a scratch or checkin deadline will result in following penalty:	
Failure to participate in an event with a scratch or checkin deadline will result in following penalty:				
<b>DECK ENTRIES:</b>	<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 type="checkbox"/>	Event Deck Entries are permitted for swimmers already entered in the competition.		
	<input type="checkbox"/>	Deck Entry Fee is \$20.00 per event		
<b>OFFICIAL SPLIT TIMES:</b>	<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.		
<b>RECORDS:</b>	<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.		
<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>			

	<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 checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
<b>SCORING:</b>	<input checked="" type="checkbox"/>	No Scoring
	<input type="checkbox"/>	The following will be scoring:
<b>AWARDS:</b>	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p>Ribbons will be awarded for 1<sup>st</sup> to 6<sup>th</sup> place in the following age categories &amp; groups: 8 &amp; Under, 9/10 ABC, 11/12 ABC, 13/14 BC*, 15 &amp; Over BC*, 'A' winners will receive a ribbon if requested. See Appendix A for ABC results time detail.</p>
<b>ADDITIONAL INFORMATION:</b>	<p><b>Relay Rules:</b></p> <p>Relay events will be <b>mixed ages where the total sum of the swimmers' ages must be less than or equal to 50</b>. Relay teams whose total sum of swimmers' ages that exceed 50 may swim as Exhibition.</p> <p>Example Relay: 17-year-old, 8-year-old, 11-year-old, and 13-year-old, with a total of 49. (17 + 8 + 11 + 13 = 49) Example Relay: 7-year-old, 14-year-old, 9-year-old, 16-year-old, with a total of 45. (7 + 14 + 9 + 16 = 46)</p> <p><b>Headline Event -Triathlon of 50FR, 50FL, 100IM – Winner receives \$150 by Jr/Sr for each gender. Swimmers must be entered in each of the 3 events listed above and the total times achieved will be extracted and added together to come up with the total time. Swimmers with the lowest total will be declared the winner.</b></p>	

## SCHEDULE OF EVENTS:

<i>Session # 1 Sunday, November 12, 2023 Warm up: 8:30am Start:9:30 am</i>		
<b>Event #</b>	<b>Event</b>	<b>Gender</b>
1	200 FREE	MIXED
2	100 BACK	MIXED
3	25 FREE	MIXED
4	50 BREAST	MIXED
5	200 IM	MIXED
6	100 FREE	MIXED
7	50 BACK	MIXED
8	25 FLY	MIXED
9	200 FLY	MIXED
10	50 FREE - HEADLINE EVENT	MIXED
11	100 IM - HEADLINE EVENT	MIXED
12	25 BACK	MIXED
13	200 BREAST	MIXED
14	100 FLY	MIXED
15	400 FREE	MIXED
16	400 IM	MIXED
17	25 BREAST	MIXED
18	200 BACK	MIXED
19	100 BREAST	MIXED
20	50 FLY - HEADLINE EVENT	MIXED
100	4 x 50 FREE RELAY	MIXED

### APPENDIX A – AGE & RESULTS TIME ABC STREAMS – Short Course 25 metres

Athletes finishing times will be used to sort results into the respective ABC group for Awards. Athletes who have a NT or have not met 'B' time cut will be designated 'C' cut. If a B cut is not defined, results will be sorted into only A cut grouping for awards. All 8 & Under Athletes will be included in A cut grouping for awards.

FEMALE									MALE							
9-10		11-12		13-14		15&Over		Evts	15&Over		13-14		11-12		9-10	
A	B	A	B	A	B	A	B		A	B	A	B	A	B	A	B
								25Fr								
37.38	41.12	33.10	36.41	29.54	31.47	28.60	30.47	50 Fr	26.70	28.45	28.03	29.87	33.36	36.70	36.68	41.12
1:22.89	1:31.18	1:12.40	1:19.64	1:03.98	1:08.17	1:01.93	1:05.98	100Fr	57.85	1:01.63	1:01.35	1:05.36	1:13.44	1:20.78	1:24.51	1:31.18
3:02.60	3:20.86	2:38.25	2:54.08	2:18.98	2:28.07	2:14.71	2:23.52	200Fr	2:06.06	2:14.30	2:14.37	2:23.15	2:41.34	2:57.47	3:08.10	3:20.86
6:22.48	7:00.73	5:40.20	6:14.22	4:55.57	5:14.90	4:46.17	5:04.88	400Fr	4:31.00	4:48.72	4:47.58	5:06.38	5:46.50	6:21.15	6:32.23	7:00.73
		11:37.08	12:46.79	10:10.59	10:50.51	9:54.79	10:33.68	800Fr	9:27.52	10:04.63	10:00.52	10:39.78	12:09.15	13:22.06		
								25Bk								
41.96	44.38	40.76	42.31	39.76	36.06	38.76	34.51	50 Bk	32.94	34.50	34.04	36.54	36.94	42.33	42.94	46.28
1:34.81	1:44.29	1:23.25	1:31.58	1:12.21	1:16.93	1:09.95	1:14.53	100Bk	1:06.27	1:10.60	1:09.95	1:14.53	1:24.29	1:32.72	1:37.52	1:44.29
3:24.78	3:45.26	2:57.89	3:15.68	2:35.86	2:46.05	2:30.22	2:40.04	200Bk	2:23.99	2:33.41	2:31.18	2:41.06	3:02.03	3:20.23	3:34.53	3:45.26
								25 Br								
46.41	51.32	43.41	48.16	40.41	43.00	38.41	40.86	50 Br	37.39	42.51	42.39	41.39	41.59	49.99	48.39	53.93
1:47.27	1:58.00	1:36.19	1:45.81	1:22.74	1:28.15	1:21.12	1:26.43	100Br	1:16.52	1:21.52	1:20.33	1:25.58	1:38.25	1:48.08	1:51.61	1:58.00
		3:25.82	3:46.40	2:58.24	3:09.89	2:55.48	3:06.96	200Br	2:46.34	2:57.21	2:53.42	3:04.76	3:35.12	3:56.63		
								25 Fl								
39.92	44.76	34.44	42.25	34.01	35.00	32.22	33.00	50 Fl	28.16	32.50	31.07	37.94	33.70	43.83	41.91	45.02
1:40.22	1:50.24	1:26.36	1:35.00	1:12.02	1:16.73	1:09.82	1:14.38	100Fl	1:04.93	1:09.18	1:09.93	1:14.50	1:28.95	1:37.85	1:45.11	1:50.24
		3:18.58	3:38.44	2:43.58	2:54.27	2:39.45	2:49.87	200Fl	2:30.48	2:40.31	2:37.78	2:48.09	3:42.37	4:04.61		
1:34.12	1:43.53	1:24.41		1:16.01		1:13.36		100IM	1:08.87		1:13.69		1:26.35		1:36.19	1:43.53
3:27.90	3:38.30	3:01.65	3:19.82	2:39.36	2:49.77	2:33.35	2:43.37	200IM	2:24.06	2:33.48	2:33.36	2:51.05	3:03.75	3:22.13	3:31.20	3:48.69
		6:22.67	7:00.94	5:36.73	5:58.74	5:24.57	5:45.79	400IM	5:12.83	5:33.28	5:26.46	5:47.80	6:48.53	7:29.81		