

DATE(s):	April 5-7, 2024	REGION:	Western
HOSTED BY:	Windsor Aquatic Club		
ENTRY DEADLINE:	MIDNIGHT – MARCH 25, 2024		
	Changes to entries will be accepted until:	April 2, 2024 Email Meet Manager with event change requests after entry deadline for entered athletes	
LOCATION:	Windsor International Aquatic and Training Centre - 401 Pitt St W, Windsor Ontario		
FACILITY:	<p>The pool is a 10 lane 72 metre indoor facility. Bulkhead divided will include a 50 metre competition pool. Omega Quantum Electronic Timing System and 10 lane display. Scoreboard with Hytek Meet Manager for scoring. Touchpads will be at both ends of the pool. Warm down pool will be available for 13& over sessions. Spectator seating will be upstairs on mezzanine level. No glass containers or outdoor shoes allowed on deck</p>		
PURPOSE & DESCRIPTION:	<p>To provide competitive opportunities for age groups swimmers.</p> <p>The Meet will consist of:</p> <ul style="list-style-type: none"> • Timed Final events consisting of 400m, 800m & 1500m • Timed Finals for 12 & Under • Heats & Finals for 13 & Over 		
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:	Jennifer Potma	Level:	5
MEET MANAGER:	Katie Soulliere	Email:	k.soulliere.swim@gmail.com
SAFETY AT COMPETITION:	<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 Swim Ontario Concussion Management the Swimming Canada Event Photography and Videography and the Swim Ontario Event Photography procedures will be in effect. For complete details click HERE.</p>		
COMPETITION RULES:	Sanctioned by Swim Ontario.		
	<p>All current Swimming Canada rules will be followed.</p> <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 Swimming Canada Competition Warm-Up Safety Procedures and Swim Ontario warm-up safety rules will be in effect. Details HERE</p> <p>As per the Facility Rules for Dive Start, this competition will be conducted as follows:</p>		
	FINA FR 2.3 and SW 4.1, Swimming Canada CFR 2.3.1, CSW 4.1.1 & 4.1.2	<input checked="" type="checkbox"/>	Starting Platforms at
	<input checked="" type="checkbox"/>	Deck or Bulkhead at	both ends

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 registration status will be declined entry. This event is sanctioned as an Invitational including foreign competitors/teams subject to the provisions below.			
	This event includes participants from the following clubs:		<i>This is an open meet. Teams are welcome to contact the Meet Manager if interested in attending.</i>	
	<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.		
FOREIGN COMPETITORS:	<input checked="" type="checkbox"/>	<p>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 registration status will be declined entry. This event is sanctioned as an Invitational including foreign competitors/teams subject to the provisions below.</p> <p>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.</p> <p>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.</p>		
AGE UP DATE:	Ages submitted are to be as		April 5, 2024	
ENTRY LIMITS:	The maximum number of participants per session is		600	
	Each club is limited to the following number of swimmers		No Limit	
	The maximum number of entries per swimmer is		No Limit	
ENTRY SUBMISSIONS:	Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca . Meet Management will not accept entries via email.			
	Entries must include all attending coaches.			
	<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".		
CONVERSION:	<input checked="" type="checkbox"/>	Entry times can be converted.		
	<input checked="" type="checkbox"/>	Times will be converted by the host		
	<input checked="" type="checkbox"/>	Individual Events	\$12	Relay Events \$15
	<input checked="" type="checkbox"/>	Swimmer Fee	\$5	
	Payment Method:		Cheque payable to Windsor Aquatic Club e-transfer: accounts@windsoraquatic.com	

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.	
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, followed by swimmers entered with NT (no times).
	<input checked="" type="checkbox"/>	Seeding will be in the following order: <ul style="list-style-type: none"> • All entries times will be converted to Long Course (LC) times, using the default conversion factors in Hy-Tek Meet Manager, and then seeded accordingly in order of times entered. Non-conforming times (yards, etc.) and swimmers entered with NT (no time) will be seeded last. • Meet Management reserves the right to combine age groups/events if time requires, and the right to split preliminary session age categories to ensure proper session lengths. • The fastest 3 heats will be circle seeded in prelims. • There will be an "A" final for male and female 13, 14, 15, 16 & Over. • All Relays will be timed finals. • The 400 Free, 800 Free and 1500 Free will swim fastest to slowest and will be timed finals with alternating W/M heats. • The 400 IM will swim slowest to fastest and will be timed finals. • 13 & Over preliminaries will swim combined age groups and will be separated into designated age groups for finals. • If necessary 1500 Free events may be limited to 2 heats and the 800 Free to 3 heats of each gender. Those qualifying will be determined by entry time. The fastest 20 for 1500 & 30 for 800 will swim. • If necessary 400 Free and 400 IM events may be limited to 3 heats per age grouping (Grouping will be 12& Under /13 & Over) and gender. • Meet Management reserves the right to combine male and female heats of events with distances of 400m or greater to ensure proper session lengths.

SCHEDULE OF SESSIONS:					
Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1A	Fri April 5 th	12:00 pm – 12:55 pm	1:00 pm	4:45 pm	Timed Finals
1B	Fri April 5 th	4:45 pm – 5:25 pm	5:30 pm	8:30 pm	Heats
2	Sat April 6 th	7:00 am – 7:55 am	8:00 am	12:00 pm	Heats
3	Sat April 6 th	12:00 pm – 12:55 pm	1:00 pm	5:00 pm	Timed Finals
4	Sat April 6 th	5:00 pm – 5:55 pm	6:00 pm	8:30 pm	Finals
5	Sun April 7 th	7:00 am – 7:55 am	8:00 am	12:00 pm	Heats
6	Sun April 7 th	12:00 pm – 12:55 pm	1:00 pm	5:00 pm	Timed Finals
7	Sun April 7 th	5:00 pm – 5:55 pm	6:00 pm	8:30 pm	Finals

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 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"/>	Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.		
	<input checked="" type="checkbox"/>	<table border="0"> <tr> <td>There is a positive check in 30 minutes before the start of the session at the Clerk of Course for the following events:</td> <td> 1500 Free 800 Free 400 Free 400 Individual Medley </td> </tr> </table>	There is a positive check in 30 minutes before the start of the session at the Clerk of Course for the following events:	1500 Free 800 Free 400 Free 400 Individual Medley
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	<input checked="" type="checkbox"/>	A scratch deadline will apply for finals.		
<input checked="" type="checkbox"/>	30 minutes after the completion of the morning session.			
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows		
	<input checked="" type="checkbox"/>	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"/>	Fee \$ 20.00 per Individual Event & \$25.00 per Relay		
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 fill in the appropriate Official Split Form at the Administration desk and the Referee prior to the commencement of the session (or event) in question.		
RELAYS		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. Relay name submission deadline 30 minutes after the start of the session
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.
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"/>	Meet Mobile will be available.
SCORING:	<input checked="" type="checkbox"/>	No Scoring
AWARDS:	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <ul style="list-style-type: none"> • Medals 1st to 3rd - Individual events. • Ribbons 4th to 8th - Individual events. • Relay Events: Ribbons: 1st to 6th. • Awards and results, for individual events, will be broken out by gender and: 10 & Under, 11, 12, 13, 14, 15, 16 & Over (except: 1500 Free will have 13 & Under, 800 Free and 400 IM will have 12 & Under, 400 Free & 200's of Back, Breast and Fly will have 11 & Under)
ADDITIONAL INFORMATION:		<ul style="list-style-type: none"> • All Events will be swum as a combined age group and will be separated into designated age groups for awards. • No new heats will be created for deck entries. • Deck entries must be requested no later than 30 minutes prior to the start of the session. • Backstroke Ledges will be available for use. Officials will attach the ledge to the block, swimmers shall be responsible for adjusting the length. <p>Officials</p> <p>Officials interested in volunteering can sign up at the following link: https://www.signupgenius.com/go/20F044CA5AB28A6F49-47137508-wacspring</p> <p>Shirts</p> <p>Shirts may be ordered from: WAC Spring Invitational 2024 Store. Please distribute the link and deadline date to your swimmers and their families.</p> <p>DEADLINE FOR ORDERING SHIRTS IS 9:00 AM ON MARCH 13TH, 2024.</p> <p>The store will open January 26th, 2024. Shirts will be distributed to the coaches on the first day of the meet.</p> <p>Hotel Information</p> <p>Four Points by Sheraton: 430 Ouellette Ave., Windsor (519-256-4656)- 10 min walk</p> <ul style="list-style-type: none"> • Block name: Windsor Aquatic Club – Spring Invitational • 2 queen beds: \$149/night • On site restaurant • \$15/night parking

www.marriott.com/yggfp

Cutoff date: March 5, 2024

Town Place Suites by Marriott: 250 Dougall Ave., Windsor (519-977-9707) – 3 min walk

- Block name: Windsor Aquatic Club – Spring Invitational
- Studio King (1 king + 1 single pullout): \$159/night
- Studio Suite (2 queen beds + single pullout): \$159/night
- Free breakfast
- Parking: 15/day

www.marriott.com/yggts

Cutoff date: March 5, 2024

Holiday Inn Express: 33 Riverside Dr. E., Windsor (519-258-7774)- 3 min from pool

- 2 queen: \$189/night
- 1 king: \$189/night
- Free express start breakfast
- \$15/night parking

Cutoff date: Feb. 15, 2024

Quality Inn & Suites: 675 Goyeau St. (4 min drive/15 min. walk)

- 2 queen studio: \$169/night
- 1 king studio: \$169/night
- 2 queen suite: \$199/night
- 1 king suite: \$179/night
- 2-bedroom suite: \$209/night
- Free breakfast
- Free parking

<https://www.choicehotels.com/reservations/groups/HO20K1>

Cutoff date: March 5, 2024

**Also – check with Double Tree and Best Western (on riverside) as rooms may open up in the next month.

SCHEDULE OF EVENTS:

Friday

Session # 1A - Open			Session # 1B - 13 & Over Prelims		
Event #	Event	Gender	Event #	Event	Gender
1	800 Free	W	35	200 Back	W
2	800 Free	M	36	200 Back	M
3	1500 Free	W	17	50 Fly	W
4	1500 Free	M	18	50 Fly	M
5	400 Free	W	9	200 IM	W
6	400 Free	M	10	200 IM	M

Saturday

Session # 2 - 13 & Over Prelims			Session # 3 - 12 & Under Timed Finals			Session # 4 - 13 & Over Finals		
Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
7	100 Back	W	21	100 Back	G	7	100 Back	W
8	100 Back	M	22	100 Back	B	8	100 Back	M
11	50 Free	W	23	200 IM	G	9	200 IM	W
12	50 Free	M	24	200 IM	B	10	200 IM	M
13	200 Fly	W	25	50 Free	G	11	50 Free	W
14	200 Fly	M	26	50 Free	B	12	50 Free	M
15	100 Breast	W	27	200 Fly	G	13	200 Fly	W
16	100 Breast	M	28	200 Fly	B	14	200 Fly	M
19	200 Free	W	29	100 Breast	G	15	100 Breast	W
20	200 Free	M	30	100 Breast	B	16	100 Breast	M
200	4 x 50 Free Relay	W 13-14	31	50 Fly	G	17	50 Fly	W
201	4 x 50 Free Relay	W 15 & Over	32	50 Fly	B	18	50 Fly	M
202	4 x 50 Free Relay	M 13-14	33	200 Free	G	19	200 Free	W
203	4 x 50 Free Relay	M 15 & Over	34	200 Free	B	20	200 Free	M
			204	4 x 50 Free Relay	G 10 & Under			
			205	4 x 50 Free Relay	G 11-12			
			206	4 x 50 Free Relay	B 10 & Under			
			207	4 x 50 Free Relay	B 11-12			

Sunday

Session # 5 – 13 & Over Prelims			Session # 6 - 12 & Under Timed Finals			Session # 7 – 13 & Over Finals		
Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
37	50 Breast	W	39G	400 IM	G	35	200 Back	W
38	50 Breast	M	40B	400 IM	B	36	200 Back	M
39W	400 IM	W	49	200 Back	G	37	50 Breast	W
40M	400 IM	M	50	200 Back	B	38	50 Breast	M
41	100 Free	W	51	50 Breast	G	41	100 Free	W
42	100 Free	M	52	50 Breast	B	42	100 Free	M
43	50 Back	W	53	100 Free	G	43	50 Back	W
44	50 Back	M	54	100 Free	B	44	50 Back	M
45	100 Fly	W	55	50 Back	G	45	100 Fly	W
46	100 Fly	M	56	50 Back	B	46	100 Fly	M
47	200 Breast	W	57	100 Fly	G	47	200 Breast	W
48	200 Breast	M	58	100 Fly	B	48	200 Breast	M
208	4 x 50 Medley Relay	W 13-14	59	200 Breast	G			
209	4 x 50 Medley Relay	W 15 & Over	60	200 Breast	B			
210	4 x 50 Medley Relay	M 13-14	212	4 x 50 Medley Relay	G 10 & Under			
211	4 x 50 Medley Relay	M 15 & Over	213	4 x 50 Medley Relay	G 11-12			
			214	4 x 50 Medley Relay	B 10 & Under			
			215	4 x 50 Medley Relay	B 11-12			