

|                                   |   |   |  |                          |
|-----------------------------------|---|---|--|--------------------------|
| <b>DATE(s):</b>                   | February 2-4, 2024  |   | <b>REGION:</b>   | Western                  |
| <b>HOSTED BY:</b>                 | Brantford Aquatic Club  |   |  |                          |
| <b>LOCATION:</b>                  | Wayne Gretzky Sports Centre, 254 North Park Street, Brantford, ON N3R 4L1   |   |  |                          |
| <b>FACILITY:</b>                  | 8-lane, 50 meter pool, OMEGA Quantum timing system  |   |  |                          |
| <b>PURPOSE &amp; DESCRIPTION:</b> | Inter Club Racing   |   |  |                          |
| <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>   | Suzanne Paulins   | Level:  | Email:   |                          |
|                                   | DaveShewfelt  | 5   | <a href="mailto:suzanne.paulins@gmail.com">suzanne.paulins@gmail.com</a>   |                          |
|                                   |   | 5   | <a href="mailto:dave.fina09@gmail.com">dave.fina09@gmail.com</a>   |                          |
|                                   | If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted   |   |  | <input type="checkbox"/> |
| <b>MEET MANAGER:</b>              | Monika Van't Spyker   | Email:  | <a href="mailto:bacmonikavts@gmail.com">bacmonikavts@gmail.com</a>   |                          |
| <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> & <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. |   |  |                          |
| <b>COMPETITION RULES:</b>         | <b>Sanctioned as an Invitational by Swim Ontario.</b>   |   |  |                          |
|                                   | 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  | Deep End                 |
|                                   | <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:  |   | Brantford Aquatic Club, Brock Niagara Aquatics, Cambridge Aquajets, Ingersoll Speed Sharks, London Aquatic Club, Middlesex Swimming, Wilmot Aquatic Aces |                          |
|                                   | <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. |  |                          |

|                              |   |   |   |
|------------------------------|---|---|---|
| <b>FOREIGN COMPETITORS:</b>  | <input checked="" type="checkbox"/>   | Foreign competitors' entries will not be accepted   |   |
| <b>AGE UP DATE:</b>          | Ages submitted are to be as   |   | February 2, 2024  |
| <b>ENTRY DEADLINE:</b>       | <b>January 21, 2023</b>   |   |   |
|                              | Changes to entries will be accepted until   |   | January 26, 2024  |
| <b>ENTRY FEE:</b>            | <input checked="" type="checkbox"/>   | Individual Events   | \$15.00   |
|                              | <input checked="" type="checkbox"/>   | Swimmer Fee   | \$5.00  |
|                              | Payment Method:   |   | Cheque payable to Brantford Aquatic Club<br>or eTransfer to dawnhall.gm@gmail.com |
| <b>ENTRY LIMITS:</b>         | The maximum number of participants per session is   |   | 200   |
|                              | Each club is limited to the following number of swimmers  |   | 350   |
|                              | The maximum number of entries per swimmer is  |   | 3 per session   |
| <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> <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 checked="" type="checkbox"/>   | NT entries are not permitted  |   |
| <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.  |   |   |
|                              | <input checked="" type="checkbox"/>   | No relays will be offered at this event.  |   |
| <b>CONVERSION:</b>           | <input checked="" type="checkbox"/>   | Entry times are not to be converted. Please submit times in the course achieved.  |   |
|                              | <input checked="" 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. |   |

## SCHEDULE OF SESSIONS

| Session # | Date             | Warm-up period | Start of session | Approx. Finish of session | Time Final/Heats /Finals |
|-----------|------------------|----------------|------------------|---------------------------|--------------------------|
| 1         | February 2, 2024 | 4:00pm-4:50pm  | 5:00pm           | 9:00pm                    | TF                       |
| 2         | February 3, 2024 | 8:00am-8:50am  | 9:00am           | 12:30pm                   | H                        |
| 3         | February 3, 2024 | 1:00pm-1:50pm  | 2:00pm           | 4:30pm                    | TF                       |
| 4         | February 3, 2024 | 5:00pm-5:50pm  | 6:00pm           | 9:00pm                    | F                        |
| 5         | February 4, 2024 | 8:00am-8:50am  | 9:00am           | 12:00pm                   | TF                       |
| 6         | February 4, 2024 | 12:30pm-1:20pm | 1:30pm           | 5:30pm                    | TF                       |

|                               |  |   |
|-------------------------------|--|---|
| <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 checked="" type="checkbox"/>  | Scratches are to be made at the Admin Desk 30 minutes prior to the start of 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 Free, 800m Free  |
|                               | <input checked="" type="checkbox"/>  | A scratch deadline will apply for finals.   |
|                               | <input checked="" type="checkbox"/>  | 30 minutes following the posting of results of last event of prelims sessions   |
| <b>PENALTIES:</b>             | <input checked="" type="checkbox"/>  | No scratch penalty shall be imposed for late or day of scratches or No-Shows  |
| <b>DECK ENTRIES:</b>          | <input checked="" type="checkbox"/>  | No Deck Entries are permitted   |
| <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.   |
| <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  |

|                                |                                     |  |
|--------------------------------|-------------------------------------|--|
| <b>AWARDS:</b>                 | <input checked="" type="checkbox"/> | <p>The following will be awarded:</p> <p>Individuals: Ribbons 1st to 8th for age groups 10&amp; Under, 11-12, 13-14, and 15-16, 17 &amp; Over</p> <p>Relay: Ribbons 1st to 3rd for age groups 10 &amp; Under, 11-12, 13-14, and 15-16, 17 &amp; Over</p> |
| <b>ADDITIONAL INFORMATION:</b> |                                     |  |

## SCHEDULE OF EVENTS:

|   |             |     |
|---|-------------|-----|
| <p>Session 1<br/>13&amp;O Timed Final<br/>Friday, February 2, 2024<br/>Warm-up: 4:00 PM -- Start: 5:00 PM</p> |             |     |
| WOMEN   |             | MEN |
| 1   | 200m Free   | 2   |
| 3   | 100m Breast | 4   |
| 5   | 200m Back   | 6   |
| 7   | 100m Fly    | 8   |
| 9   | 200m IM     | 10  |

|   |             |     |
|---|-------------|-----|
| <p>Session 2<br/>13&amp;O Prelims<br/>Saturday, February 3, 2024<br/>Warm-up: 8:00 AM -- Start: 9:00 AM</p> |             |     |
| WOMEN   |             | MEN |
| 11  | 200M Breast | 12  |
| 13  | 100m Free   | 14  |
| 15  | 200m FI     | 16  |
| 17  | 100m Back   | 18  |
| 19  | 400m Free   | 20  |

# BAC Long Course Challenge

| Session 3<br>12&U Timed Final<br>Saturday, February 3, 2024<br>Warm-up: 1:00 PM -- Start: 2:00 PM |                     |     |
|---|---------------------|-----|
| WOMEN   |                     | MEN |
| 21  | 100m Free           | 22  |
| 23  | 200m Breast (11-12) | 24  |
| 25  | 50m Breast          | 26  |
| 27  | 100m Back           | 28  |
| 29  | 200m Fly (11-12)    | 30  |
| 31  | 50m Fly             | 32  |
| 33  | 400m Free           | 34  |

| Session 4 - Finals<br>13&O Final<br>Saturday, February 3, 2024<br>Warm-up: 5:00 PM -- Start: 6:00 PM |             |     |
|--|-------------|-----|
| WOMEN  |             | MEN |
| 11   | 200M Breast | 12  |
| 13   | 100m Free   | 14  |
| 15   | 200m FI     | 16  |
| 17   | 100m Back   | 18  |
| 19   | 400m Free   | 20  |

| Session 5<br>13&O Timed Final<br>Sunday, February 5, 2024<br>Warm-up: 8:00 AM -- Start: 9:00 AM |            |     |
|---|------------|-----|
| WOMEN   |            | MEN |
| 35  | 50m Fly    | 36  |
| 37  | 50m Back   | 38  |
| 39  | 400m IM    | 40  |
| 41  | 50m Breast | 42  |
| 43  | 50m Free   | 44  |
| 45  | 800m Free  | 46  |

| Session 6<br>12&U Timed Final<br>Sunday, February 5, 2024<br>Warm-up: 6:30 AM -- Start: 7:00 AM |             |     |
|---|-------------|-----|
| WOMEN   |             | MEN |
| 47  | 100m Fly    | 48  |
| 49  | 50m Free    | 50  |
| 51  | 200m Back   | 52  |
| 53  | 50m Back    | 54  |
| 55  | 100m Breast | 56  |
| 57  | 200m Free   | 58  |
| 59  | 200m IM     | 60  |