

# FINS UP #4 – THE COOKIECUTTER

<b>DATE(s):</b>	FEBRUARY 11, 2024	<b>REGION:</b>	WESTERN	
<b>HOSTED BY:</b>	LLST, WAC, WEST			
<b>LOCATION:</b>	WINDSOR INTERNATIONAL AQUATICS AND TRAINING CENTRE 401 PITT ST W, WINDSOR, ON, N9A0B2			
<b>FACILITY:</b>	The pool is a 10 lane 72 meter indoor facility. Bulkhead divided will include a 50 meter competition pool. Omega Quantum Electronic Timing System and 10 lane display. Scoreboard with Hytek Meet Manager for scoring. Touchpads will be at the start end of the pool. Spectator seating will be upstairs on mezzanine level. No glass containers or outdoor shoes allowed on deck.			
<b>PURPOSE &amp; DESCRIPTION:</b>	To provide competitive opportunities to age group 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>	Ben Balkwill	Level:5	Email: <a href="mailto:ben.balkwill@gmail.com">ben.balkwill@gmail.com</a>	
	If Level 3 Referee is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
<b>MEET MANAGER:</b>	Kimberly Williams	Email:	<a href="mailto:krumblr@hotmail.com">krumblr@hotmail.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> the <a href="#">Swimming Canada Event Photography and Videography</a> and the Swim Ontario Event Photography procedures will be in effect. For complete details click <a href="#">HERE</a> .			
<b>COMPETITION RULES:</b>	<b>Sanctioned as an invitational by Swim Ontario.</b>			
	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. 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	
		<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:	Blenheim Blast, Leamington Lasers Swim Team, Chatham Y Pool Sharks, Windsor Aquatic Club, Windsor-Essex Swim Team		

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	<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 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	February 11, 2024
<b>ENTRY DEADLINE:</b>	<b>February 1, 2024</b>	
	Changes to entries will be accepted until	February 7, 2024
<b>ENTRY FEE:</b>	<input checked="" type="checkbox"/>	Swimmer Fee. \$40.00
	Payment Method:	Cheque payable to Leamington Lasers Swim Team; Memo Fins Up #4, 2024 OR Etransfer: <a href="mailto:treasurer@leamingtonlasers.ca">treasurer@leamingtonlasers.ca</a>
<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 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 + 1 relay
<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> <li>• 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.</li> </ul>	
<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 mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.	
	<input checked="" type="checkbox"/>	Relay swimmers must be entered in <b>3 non-relay events</b> in order to compete.

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	<input checked="" type="checkbox"/>	The deadline for relay name submissions is	End of warm-up on date of competition
<b>CONVERSION:</b>	<input checked="" type="checkbox"/>	Entry times can 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

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	Feb 11, 2024	8:30 – 9:20	9:30 am	2:00 pm	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.</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>		
<b>CHECKIN AND SCRATCHES:</b>	<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:	400 Free 400 IM
<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"/>	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"/>	Deck Entry Fee is \$20/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.	
<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	

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AWARDS:	<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, 11/12A BC, 13/14 BC*, 15&amp;OverBC*, 'A' winners will receive a ribbon if requested. See Appendix A for ABC results time detail.</p>
ADDITIONAL INFORMATION:	<p>Relay Rules:</p> <p>Relay events will be <b>mixed 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 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)</p> <p>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 - \$600 TO THE WINNING RELAY TEAM (\$150 PER SWIMMER).</b>  <b>PLEASE NOTE – Athletes entered in the 'Headline Event' must compete in three regular individual events to be eligible.</b></p>	



## 2023 / 2024 FinsUP Time Standards - LC

FEMALE								MALE								
9-10		11-12		13-14		15 & Over		Events	15 & Over		13-14		11-12		9-10	
A	B	A	B	A	B	A	B		A	B	A	B	A	B	A	B
								25 FR								
00:38.13	00:41.94	00:33.76	00:37.14	00:30.13	00:32.10	00:29.17	00:31.08	50 FR	00:27.23	00:29.02	00:28.59	00:30.47	00:34.03	00:37.43	00:37.41	00:41.94
01:24.55	01:33.00	01:13.85	01:21.23	01:05.26	01:09.53	01:03.14	01:07.30	100 FR	00:59.01	01:02.86	01:06.67	01:14.91	01:22.40	01:26.20	01:33.00	
03:06.25	03:24.88	02:41.41	02:57.56	02:21.76	02:31.03	02:17.40	02:26.39	200 FR	02:08.58	02:16.99	02:17.06	02:26.01	02:44.57	03:01.02	03:11.86	03:24.88
06:30.13	07:09.14	05:47.00	06:21.70	05:01.48	05:21.20	04:51.89	05:10.98	400 FR	04:36.42	04:54.49	04:53.33	05:12.51	05:53.43	06:28.77	06:40.07	07:09.14
		11:51.02	13:02.13	10:22.80	11:03.52	10:06.69	10:46.35	800 FR	09:38.87	10:16.72	10:12.53	10:52.58	12:23.73	13:38.10		
								25 BK								
00:42.80	00:45.27	00:41.58	00:43.16	00:40.56	00:36.78	00:39.54	00:35.20	50 BK	00:33.60	00:35.19	00:34.72	00:37.27	00:37.68	00:43.18	00:43.80	00:47.21
01:36.71	01:46.38	01:24.92	01:33.41	01:13.65	01:18.47	01:11.35	01:16.02	100 BK	01:07.60	01:12.01	01:11.35	01:16.02	01:25.98	01:34.57	01:39.47	01:46.38
03:28.88	03:49.77	03:01.45	03:19.59	02:38.98	02:49.37	02:33.22	02:43.24	200 BK	02:26.87	02:36.48	02:34.20	02:44.28	03:05.67	03:24.23	03:38.82	03:49.77
								25 BR								
00:47.34	00:52.35	00:44.28	00:49.12	00:41.22	00:43.86	00:39.18	00:41.68	50 BR	00:38.14	00:43.36	00:43.24	00:42.22	00:42.42	00:50.99	00:49.36	00:55.01
01:49.42	02:00.36	01:38.11	01:47.93	01:24.39	01:29.91	01:22.74	01:28.16	100 BR	01:18.05	01:23.15	01:21.94	01:27.29	01:40.21	01:50.24	01:53.84	02:00.36
		03:29.94	03:50.93	03:01.80	03:13.69	02:58.99	03:10.70	200 BR	02:49.67	03:00.75	02:56.89	03:08.46	03:39.42	04:01.36		
								25 FL								
00:40.72	00:45.66	00:35.13	00:43.10	00:34.69	00:35.70	00:32.86	00:33.66	50 FL	00:28.72	00:33.15	00:31.69	00:38.70	00:34.37	00:44.71	00:42.75	00:45.92
01:42.22	01:52.44	01:28.09	01:36.90	01:13.46	01:18.26	01:11.22	01:15.87	100 FL	01:06.23	01:10.56	01:11.33	01:15.99	01:30.73	01:39.81	01:47.21	01:52.63
		03:22.55	03:42.81	02:46.85	02:57.76	02:42.64	02:53.27	200 FL	02:33.49	02:43.52	02:40.94	02:51.45	03:46.82	04:09.50		
01:36.00	01:45.60	01:26.10		01:17.53		01:14.83		100 IM	01:10.25	00:00.00	01:15.16		01:28.08		01:38.11	01:45.60
03:32.06	03:42.67	03:05.28	03:23.82	02:42.55	02:53.17	02:36.42	02:56.84	200 IM	02:26.94	02:36.55	02:36.43	02:54.47	03:07.42	03:26.17	03:35.42	03:53.26
		06:30.32	07:09.36	05:43.46	06:05.91	05:31.06	05:52.71	400 IM	05:19.09	05:39.95	05:32.99	05:54.76	06:56.70	07:38.81		

## SCHEDULE OF EVENTS:

Session 1 Sunday, February 11, 2023 Warm-up: 8:30 AM -- Start: 9:30 AM		
<i>Event #</i>	<i>Event</i>	<i>Gender</i>
1	200 Free	MIXED
2	100 Back	MIXED
3	50 Breast	MIXED
4	200 IM	MIXED
5	100 Free	MIXED
6	50 Back	MIXED
7	200 Fly	MIXED
8	50 Free	MIXED
9	200 Breast	MIXED
10	100 Fly	MIXED
11	400 Free	MIXED
12	400 IM	MIXED
13	200 Back	MIXED
14	100 Breast	MIXED
15	50 Fly	MIXED
101	4x50 Free Relay – ‘Headline Event’	MIXED

### APPENDIX A – AGE & RESULTS TIME ABC STREAMS – Long Course 50 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.