

FINS UP #5 – THE GREAT WHITE

DATE(s):	April 21, 2024	REGION:	WESTERN
HOSTED BY:	LLST, WAC, WEST		
LOCATION:	WINDSOR INTERNATIONAL AQUATICS AND TRAINING CENTRE 401 PITT ST W, WINDSOR, ON, N9A0B2		
FACILITY:	The pool is a 10 lane 72 meter indoor facility. Bulkhead divided will include a 25 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.		
PURPOSE & DESCRIPTION:	To provide competitive opportunities to age group swimmers.		
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:	Ben Balkwill	Level:5	Email: ben.balkwill@gmail.com
	If Level 3 Referee is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>		
MEET MANAGER:	Kimberly Williams	Email:	krumblr@hotmail.com
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 the Swimming Canada Event Photography and Videography and the Swim Ontario Event Photography procedures will be in effect. For complete details click HERE .		
COMPETITION RULES:	Sanctioned as an invitational by Swim Ontario.		
	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 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
	<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at	
	This competition can provide the following accommodations for swimmers who are d/Deaf or Hard of hearing: <input checked="" type="checkbox"/> Non-verbal instruction provided by a support person duly registered in the RTR <input type="checkbox"/> Hand signals given by the starter/referee <input type="checkbox"/> An external strobe light		
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.		

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	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.
FOREIGN COMPETITORS:	<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	April 21, 2024
ENTRY DEADLINE:	April 11, 2024	
	Changes to entries will be accepted until	April 17, 2024
ENTRY FEE:	<input checked="" type="checkbox"/>	Swimmer Fee. \$40.00
	Payment Method:	Cheque payable to Leamington Lasers Swim Team; Memo Fins Up #5, 2024 OR Etransfer: treasurer@leamingtonlasers.ca
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 LIMITS:	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
ENTRY SUBMISSIONS:	<p>ENTRIES: 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>	

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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.	
	<input checked="" type="checkbox"/>	Relay swimmers must be entered in 3 non-relay events in order to compete.
	<input checked="" type="checkbox"/>	The deadline for relay name submissions is End of warm-up on date of competition
CONVERSION:	<input checked="" type="checkbox"/>	Entry times can 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. 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	April 21, 2024	8:30 – 9:20	9:30 am	2:00 pm	Time final

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"/>	<p>There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events:</p> <p style="text-align: right;">400 Free 400 IM</p>
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows
DECK ENTRIES:	<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
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.
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.

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	<input 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 checked="" type="checkbox"/>	No Scoring
AWARDS:	<input checked="" type="checkbox"/>	The following will be awarded:
		Ribbons will be awarded for 1 st to 6 th place in the following age categories & groups: 8&Under, 9/10 ABC, 11/12A BC, 13/14 BC*, 15&OverBC*, 'A' winners will receive a ribbon if requested. See Appendix A for ABC results time detail.
ADDITIONAL INFORMATION:	<p>Relay Rules:</p> <p>Relay events will be mixed where the total sum of the swimmers' ages must be less than or equal to 50. 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>HEADLINE EVENT – ELIMINATOR \$300 TO THE WINNING MALE AND FEMALE SWIMMER. Top 10 Athletes will be selected to enter based on 50 Free time. Multiple heats of 50m. 10 – 50m FR , 9 – 50m BK , 8 – 50m BR, 7 – 50m FL, 6 – 50m FR, 5 – 50m BK, 4 – 50m BR, 3 – 50m FL, 2 – 50m FR</p> <p>Swimmers will have less than 1 minute between heats. One swimmer gets eliminated each round. In the event of a tie for an elimination, both swimmers will be eliminated. In the event of a tie for the winning position, swimmers will swim an additional heat of 50 FR until the tie is broken.</p> <p>PLEASE NOTE – Athletes entered in the 'Headline Event' must compete in three regular individual events to be eligible.</p>	

SCHEDULE OF EVENTS:

Session 1 Sunday, April 21, 2024 Warm-up: 8:30 AM -- Start: 9:20 AM		
<i>Event #</i>	<i>Event</i>	<i>Gender</i>
1	200 Free	MIXED
2	100 Back	MIXED
3	50 Breast	MIXED
4	25 Fly	MIXED
5	200 IM	MIXED
6	100 Free	MIXED
7	50 Back	MIXED
8	25 Breast	MIXED
9	200 Fly	MIXED
10	100 IM	MIXED
11	50 Free	MIXED
12	25 Back	MIXED
13	200 Breast	MIXED
14	100 Fly	MIXED
15	400 Free	MIXED
16	400 IM	MIXED
17	25 Free	MIXED
18	200 Back	MIXED
19	100 Breast	MIXED
20	50 Fly	MIXED
101	4x50 Free Relay	MIXED
501	Headline Event – The Eliminator	FEMALE
502	Headline Event – The Eliminator	MALE

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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
								25 FR								
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	10:39.58	12:09.15	13:22.06		
								25 Bk								
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	1:21.5 2	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		1:36.18	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		