



LONG COURSE CAN-AM CHALLENGE



DATE(S): November 24 – 25 , 2018 Region: Western

HOSTED BY: Windsor Essex Swim Team

LOCATION: Windsor International Aquatic Training Centre

FACILITY: 71 m by 25 m 10 Lane pool with 3m bulkhead dividing 50 m competition pool from the 6 lane warm-down pool.

Omega Quantum Electronic timing and LED display scoreboards with Hy-Tek Meet Manager for scoring.

Touch pads at both ends and non-turbulent lane markers.

Spectator seating will be upstairs on the mezzanine level.

PURPOSE: Long Course Invitational Meet with no Qualifying Times

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: Dave Denyer, Level V, dave.denyer@sympatico.ca

MEET MANAGERS: Julia Bujak, Level II, & Katie Soulliere, Level II, Email: meetmanager@westmeets.ca

OFFICIALS COORDINATOR: Shawn Taylor, Email: officials@westmeets.ca

DESCRIPTION: Long course meters
12 and under individual events and relays are timed finals.
13 and over individual events will have preliminaries and finals. There will be A & B finals for all 50m and 100m races that have 30 or more swimmers registered in the event. The 400m freestyle and 400 IM will be timed finals only.
13 and over relays are timed finals.

The 50m backstroke eliminator will be held at the end of finals on Saturday and is an event for the 13 & over age group only. This is an open event where the top 10 men and women swimmers from preliminaries will compete in the eliminator event (a total of 5 heats each for women and men).

COMPETITION RULES: Sanctioned by Swim Ontario.
All current Swimming Canada (SC) rules will be followed.

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

DIVE STARTS: As per the Facility Rules for Dive Starts, this competition will be conducted as follows:

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 from both ends.

RECORDS: Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

AGE UP DATE: Ages submitted are to be as: November 24, 2018

MIXED-GENDER: The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis:

Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

Mixed gender swims may also be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.

In spite of this rule, any swimmer who achieves a record time 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.

In the event that mixed gender swims are permitted pursuant to this policy, the results must still be posted separately by the gender of swimmers.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.
Foreign competitors are welcome, subject to the provisions below.

FOREIGN

COMPETITORS:

All 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 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. **Proof of Insurance and Proof of Residence form MUST be received by Meet Management prior to your entries being accepted.**

ENTRY FEE:

Swimmer Fee: \$5
Individual Events \$ 10
Relays Events: \$ 15
Please make cheques payable to: WEST MEETS

ENTRIES:

Entries must be submitted through the SNC online entries system at www.swimming.ca .
Meet Management will not accept entries via email.
Foreign Non-SNC Swimmers can email the Meet Manager your entries.
Online Entry Deadline: November 14, 2018

Changes to entries will not be accepted after November 14, 2018. After that time, fees will be calculated; no refunds will be granted for missed swims.

NT entries are not permitted for 400m freestyle or 400 IM.

SEEDING/ CONVERSION: Heats will be seeded slowest to fastest.

Seeding will be in order of times entered, as converted pursuant to the conversion process as per meet package, followed by swimmers entered with NT (no times).

All entries must be submitted using long course times in meters (LCM).

Please use Hy-Tek default conversion of times to LC times before submitting entries.

SCHEDULE OF SESSIONS:

<u>Session #</u>	<u>Date</u>	<u>Prelim/Finals</u>	<u>Warm Up</u>	<u>Start</u>	<u>Finish</u>	<u>Estimated Duration</u>
<u>1</u>	Nov. 24/18	<u>13 & Over P & F</u>	<u>7:00 – 7:50 am</u>	<u>8:00 am</u>	<u>12:00 pm</u>	<u>4.0</u>
<u>2</u>	Nov. 24/18	<u>12 & Under F</u>	<u>12:00 –12:50 pm</u>	<u>1:00 pm</u>	<u>5:00 pm</u>	<u>4.0</u>
<u>3</u>	Nov. 24/18	<u>13 & Over F</u>	<u>5:00 – 5:50 pm</u>	<u>6:00 pm</u>	<u>9:00 pm</u>	<u>3.0</u>
<u>4</u>	Nov. 25/18	<u>13 & Under P&F</u>	<u>7:00 – 7:50 pm</u>	<u>8:00 am</u>	<u>12:00 pm</u>	<u>4.0</u>
<u>5</u>	Nov. 25/18	<u>12 & Under F</u>	<u>12:00 – 12:50 pm</u>	<u>1:00 pm</u>	<u>5:00 pm</u>	<u>4.0</u>
<u>6</u>	Nov. 25/18	<u>13 & Over F</u>	<u>5:00 – 5:50 pm</u>	<u>6:00 pm</u>	<u>9:00 pm</u>	<u>3.0</u>

SESSION TIMES:

In order to abide by Swim Ontario Sanctioned guidelines and limit session lengths to no more than 4.5 hours, Meet Management reserves the right to:

1. Amend warm-up and start times according to number of entries received.
2. Cancel relays should sessions run late.
3. Limit number of swimmers in an event and or run events in multiple sessions if necessary.
4. Limit number of heats in any particular event(s).

5. To swim slower heats of 400 m Freestyle to 2 swimmers per lane.
6. Adjust sessions to allow number of entries to compete. (ex. Split session 1 into 2 sessions)
An updated schedule will be posted on the West website as soon as it becomes available.
7. To run the meet as a double ended meet.

SCHEDULE OF EVENTS: See event list - Appendix

COACH'S

REGISTRATION:

Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

TIME SPLITS:

The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.

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 prior to the commencement of the session (or event) in question.

Coaches must provide 3 timers and produce them to the Timing office in order to get the proper paperwork and stop watches to record the requested Time Split.

DECK ENTRIES:

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).

Swimmers entered on deck must have valid proof of SNC registration (number) as an active, registered, competitive swimmer.

Individual Events \$15

Relays \$20

CHECK IN

AND SCRATCHES:

12 & Under Swimmers

All swimmers are required to check in with the Clerk of Course 30 minutes prior to each swim.

There is a positive check in for 400m freestyle and 400 IM as they are Timed Finals. Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each Session.

Swimmers will not be penalized for scratching from preliminary/timed finals heats.

13 & Over Swimmers

There is a positive check in for 400m freestyle and 400 IM as they are Timed Finals.

Finals "No Show" Fee – A \$40 penalty will be charged per "no show", per event. The swimmer will NOT be permitted to swim in any further events in the meet, including prelims, until the penalty is paid.

The penalty will be payable to the host club in cash. Coaches are to ensure all of their swimmers know they are in finals. The scratch deadline will be one (1) hour after the final preliminary event each morning. Scratches must be submitted on the scratch forms. Coaches should check scratch sheets and/or posted results to ensure that their swimmers are scratched. Once heat sheets are posted for finals, the fee will apply to the top 10 swimmers in each A final only. There will be NO POSITIVE CHECK IN prior to finals beginning except in 400 IM and 400 FREE as they are Timed Finals and will require a POSITIVE CHECK IN.

- SCORING: No Scoring
- AWARDS: The following will be awarded:
Medals for 1st to 3rd in individual events
Ribbons for 4th to 10th place in individual events
Ribbons for 1st to 3rd place for relays
Age groups for **individual events** will be the following:
10 & under, 11, 12, 13, 14, 15 & Over
Age groups for **relays** will be the following:
10 & under, 11-12, 13-14, 15 & Over
50m back ELIMINATOR: Prize TBD
- MEET RESULTS: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca
The meet program will be run on Hy-Tek Meet Manager.
Results will be posted as quickly as possible at the meet.
Live Results / Meet Mobile are available.
- RECORDING
OF EVENT: Only individuals that have made application and received authorization to record the event in any manner, in any medium or context now known or hereafter developed shall be granted access and permission to do so. Please contact Meet Management for application and authorization.
- SAFETY &
LIABILITY: Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- OFFICIALS: Officials registered with Swimming Canada are invited to assist at the meet. Please email officials@westmeets.ca if you are able to assist. Officials to assemble in the officials lounge 40 minutes prior to session starts.

Appendix

Event List

<p style="text-align: center;">Session 1</p> <p style="text-align: center;"><i>13 & Over (Prelim & Finals)</i></p> <p style="text-align: center;"><i>Saturday, November 24, 2018</i></p> <p style="text-align: center;"><i>Warm-up: 7:00 AM -- Start: 8:00 AM</i></p>		
<i>Women</i>		<i>Men</i>
1	<i>13 -14 200 Back(Prelim)</i>	2
3	<i>15 & Over 200 Back(Prelim)</i>	4
5	<i>13-14 100 Breast (Prelim)</i>	6
7	<i>15 & Over 100 Breast (Prelim)</i>	8
9	<i>13-14 200 IM (Prelim)</i>	10
11	<i>15 & Over 200 IM (Prelim)</i>	12
13	<i>13-14 100 Free (Prelim)</i>	14
15	<i>15 & Over 100 Free (Prelim)</i>	16
17	<i>13-14 50 Fly (Prelim)</i>	18
19	<i>15 & Over 50 Fly (Prelim)</i>	20
21	<i>13 & Over 50 Back ELIMINATOR (Prelim)</i>	22
23	<i>13-14 200 Fly (Prelim)</i>	24
25	<i>15 & Over 200 Fly (Prelim)</i>	26
27	<i>13-14 400 Free (Finals)</i>	28
29	<i>15 & Over 400 Free (Finals)</i>	30
201	<i>13-14 IM Relay (Finals)</i>	202
203	<i>15 & Over IM Relay (Finals)</i>	204

Session 2

12 & Under (Finals)

Saturday, November 24, 2018

Warm-up: 12:00 PM -- Start:1:00 PM

<i>Women</i>		<i>Men</i>
31	10 & Under 200 Back	32
33	11-12 200 Back	34
35	10 & Under 100 Breast	36
37	11-12 100 Breast	38
39	10 & Under 200 IM	40
41	11-12 200 IM	42
43	10 & Under 100 Free	44
45	11-12 100 Free	46
47	10 & Under 50 Fly	48
49	11-12 50 Fly	50
51	10 & Under 50 Back	52
53	11-12 50 Back	54
55	10 & Under 200 Fly	56
57	11-12 200 Fly	58
59	10 & Under 400 Free	60
61	11-12 400 Free	62
205	10 & Under 200 IM Relay	206
207	11-12 200 IM Relay	208

Session 3

13 & Over Finals

Saturday, November 24, 2018

Warm-up: 5:00 PM -- Start: 6:00 PM

<i>Women</i>		<i>Men</i>
1	13-14 200 Back	2
3	15 & Over 200 Back	4
5	13-14 100 Breast	6
7	15 & Over 100 Breast	8
9	13-14 200 IM	10
11	15 & Over 200 IM	12
13	13-14 100 Free	14
15	15 & Over 100 Free	16
17	13-14 50 Fly	18
19	15 & Over 50 Fly	20
23	13-14 200 Fly	24
25	15 & Over 200 Fly	26
21	13 & Over 50 Back ELIMINATOR	22

Session 4

13 & Over (Prelim & Finals)

Sunday, November 25, 2018

Warm-up: 7:00 AM -- Start: 8:00 AM

<i>Women</i>		<i>Men</i>
63	13-14 200 Breast (Prelim)	64
65	15 & Over 200 Breast (Prelim)	66
67	13-14 100 Back (Prelim)	68
69	15 & Over 100 Back (Prelim)	70
71	13-14 50 Breast (Prelim)	72
73	15 & Over 50 Breast (Prelim)	74
75	13-14 50 Free (Prelim)	76
77	15 & Over 50 Free (Prelim)	78
79	13-14 100 Fly (Prelim)	80
81	15 & Over 100 Fly (Prelim)	82
83	13-14 200 Free (Prelim)	84
85	15 & Over 200 Free (Prelim)	86
87	Open 400 IM (Finals)	88
209	13-14 200 Free Relay (Finals)	210
211	15 & Over 200 Free Relay (Finals)	212

Session 5

12 & Under (Finals)

Sunday, November 25, 2018

Warm-up: 12:00 PM -- Start: 1:00 PM

<i>Women</i>		<i>Men</i>
89	12 & Under 200 Breast	90
91	10 & Under 100 Back	92
93	11-12 100 Back	94
95	10 & Under 50 Breast	96
97	11-12 50 Breast	98
99	10 & Under 50 Free	100
101	11-12 50 Free	102
103	10 & Under 100 Fly	104
105	11-12 100 Fly	106
107	10 & Under 200 Free	108
109	11-12 200 Free	110
213	10 & Under 200 Free Relay	214
215	11-12 200 Free Relay	216

Session 6

13 & Over (Finals)

Sunday, November 25, 2018

Warm-up: 5:00 PM -- Start: 6:00 PM

<i>Women</i>		<i>Men</i>
63	13-14 200 Breast	64
65	15 & Over 200 Breast	66
67	13-14 100 Back	68
69	15 & Over 100 Back	70
71	13-14 50 Breast	72
73	15 & Over 50 Breast	74
75	13-14 50 Free	76
77	15 & Over 50 Free	78
79	13-14 100 Fly	80
81	15 & Over 100 Fly	82
83	13-14 200 Free	84
85	15 & Over 200 Free	86