



WINDSOR AQUATIC CLUB

Presents

**The 5th Annual
WAC Spring Invitational**

March 29, 2019 – March 31, 2019

Venue: Windsor International Aquatic and Training Center, 401 Pitt Street, Windsor Ontario, N8A 0B2

Facility:

- The pool is a 10 lane 72-meter indoor facility. Bulkhead divided will include a 50-meter competition pools and 6 lanes 25 meter warm up pool.
- Omega Quantum Electronic Timing System and 10 lane display scoreboard with Hy-tek Meet Manager for scoring.
- Spectator seating will be upstairs on the mezzanine level.
- **GLASS CONTAINERS** are strictly prohibited in and around the deck area.

****THE ONLY MEET PACKAGE WHICH WILL BE CONSIDERED AS VALID MUST BE THE MOST CURRENT VERSION FOUND ON www.swimming.ca ****

Competition Coordinator: Linda Stanczak - stanczaks@hotmail.com Jen Potma - jen.potma@gmail.com

Meet Manager: Van Nguy - van@cogeco.ca

Minor Official Coordinator: Sherry Gibson - officials@windsoraquatic.com

Description:

- There are no qualifying standards for this meet.
- NT will be accepted.
- Meet will consist of Timed Final Distance Events 400, 800 & 1500m; Timed Finals for 12 & Under, Heats & Finals for 13 & Over.

Competition Rules:

- Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) 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 Competitive 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 of the start date of the meet March 29, 2019.

Mixed Gender: The Swim Ontario statement on mixed-gender swimming is set out as follows:

- Notwithstanding Rule SW 10.1 adopted by the Technical Swimming Committee of Swimming/Natation Canada, Swim Ontario will consider requests for sanction for meets that provide for mixed gender swimming in the following circumstances:

- 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.
- Despite 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.

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.
- PARA swimmers are welcome. This is not an WPS sanctioned event.

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.

Entry Fees:

- \$10.00 for all individual events
- \$15.00 for the relays
- Please make cheque payable to "Windsor Aquatic Club"

Entries:

- Entries must be submitted through the SNC online entries system at www.swimming.ca . Meet Management will not accept entries via email.
- The meet management reserves the right to limit meet entries and the number of swimmers in any event in case of over subscription.
- Entries must be received by midnight March 19, 2019.
- Entries will be accepted on a first come first serve basis.
- Changes to entries will not be accepted after March 25, 2019 as meet will be seeded. After that time, fees will be calculated; no refunds will be granted for missed swims.

Conversion: Entry times can be converted. Please use the Hy-Tek default conversion factor.

Session Times:

- Meet management reserves the right to change start times for sessions.
- No session will be longer than 4.5 hours
- Management also reserves the right to cancel relay events should sessions run late.

Session		Warm-up	Start	Age Group
Friday March 23rd	1	3:30 pm	4:30 pm	All Ages
Saturday March 24th	2	7:00 am	8:00 am	13 & Over
	3	12:00 pm	1:00 pm	12 & Under
	4	5:00 pm	6:00 pm	Finals
Sunday March 25th	5	7:00 am	8:00 am	13 & Over
	6	12:00 pm	1:00 pm	12 & Under
	7	5:00 pm	6:00 pm	Finals

Schedule of Event: See event list

Coaches 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.

Seeding:

- 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.
- All 12 & Under events will be timed finals. The 400 Free, 400 IM and 800 Free; will swim as combined age group and will be separated into designated age groups for awards.
- 13 & Over preliminaries will swim combined age groups and will be separated into designated age groups for finals.
- There will be an "A" final for male and female 13, 14, 15 and 16 & Over.
- All Relays, Distance Free Events and the 400 IM will be timed finals.
- The 800 Free & 1500 Free will swim fastest to slowest and will be timed finals.
- The 400 Free and 400 IM will swim slowest to fastest and will be timed finals.
- If necessary 1500 Free events may be limited to 2 heats of each gender. Entry time will determine qualifying. The fastest 20 will swim.
- If necessary 400 & 800 Free and 400 IM events may be limited to 3 heats per age grouping (Grouping will be 12& Under /13 & Over) and gender, in which case the fastest 30 will swim.
- Meet Management reserves the right to combine male and female heats of events with distances of 400m or greater to ensure proper session lengths.
- Meet Management reserves the right to swim the distance freestyle events 2 per lane.

Time Splits:

- 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 in question.
- 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.

Deck Entries:

- Deck entries will be accepted for empty lanes only (no new heats will be created).
- These entries are Exhibition only and no awards will be given.
- The cost for deck entries is \$15 for individual and \$20 for relay event to be paid in cash at the time that the entry is accepted.
- Deck entries must be made 30 minutes prior to the start of the session and will be recorded as exhibition only.
- Swimmer's that were not in the entry file submitted to www.swimming.ca cannot be deck entered.
- Deck Entries will not swim in finals or be scored.

Check In & Scratches:

- Relay sheets are to be obtained during warm-up verified and submitted back to meet management **30 minutes prior to the start of the session**.
- Relays are subject to cancellation.
- Positive Check-In is required for the 400 Free, 800 Free, 1500 and 400 IM these events **30 minutes prior to the individual events** @ the Clerk of Course Desk.
- Swimmers will not be penalized for scratching any event.
- There is a positive check-in for all Final Events 30 minutes prior to the start of the Finals Session
- As a courtesy, coaches are asked to have scratches for evening finals **30 minutes** following the completion of the morning session.

Scoring:

- All Individual Events will be scored: 9-7-6-5-4-3-2-1
- All Relay Events will be scored: 18-14-12-10-8-6-4-2

Awards:

- 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)

Results:

- Result will be posted just outside the spectator hallway
- LIVE Results will be available at www.windsoraquatic.com and on Meet Mobile
- Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Recording of the 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 Manager for application and authorization.

Safety & Liability:

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- Meet Officials will provide a safe environment and an organized competition. Meet Officials are not responsible for the supervision of the athletes during the competition or during session breaks
- Coaches are responsible for the supervision of their swimmers during warm up. Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules. Coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence of these rules and to discipline the athletes' behaviour if necessary.

Officials: It would be appreciated if each club would provide some officials to help with the meet. Anyone interested in officiating can sign up via Sign-Up Genius by searching for the meet using officials@windsoraquatic.com or by contacting the Minor Official Coordinator. Officials Level III, IV, V or requesting a senior position please contact the Competition Coordinator directly.

WAC Spring Invitational 2019 Order of Events

Session 1:

All Ages
Timed Finals

Friday March 29, 2019
Warm-up: 3:30 pm
Start: 4:30 pm

Event #	Women	Event	Men	Event #
1	All Ages	1500 Free (TF)	All Ages	2
3	All Ages	800 Free (TF)	All Ages	4

Session 2:13 & Over
Prelims & Timed FinalsSaturday March 30, 2019
Warm-up: 7:00 am
Start: 8:00 am

Event #	Women	Event	Men	Event #
5	13 & Over	100 Back	13 & Over	6
7	13 & Over	400 IM (TF)	13 & Over	8
9	13 & Over	50 Free	13 & Over	10
11	13 & Over	200 Butterfly	13 & Over	12
13	13 & Over	50 Breast	13 & Over	14
15	13 & Over	200 Free	13 & Over	16
17	13 & Over	100 Breast	13 & Over	18
19	13 & Over	200 Back	13 & Over	20
101	13 -14	4x100 Medley Relay (TF)	13 -14	102
103	15 & Over		15 & Over	104

Session 3:12 & Under
Timed FinalsSaturday March 30, 2019
Warm-up: 12:00 pm
Start: 1:00 pm

Event #	Women	Event	Men	Event #
21	12 & Under	100 Back	12 & Under	22
23	12 & Under	400 IM	12 & Under	24
25	12 & Under	50 Free	12 & Under	26
27	12 & Under	200 Butterfly	12 & Under	28
29	12 & Under	50 Breast	12 & Under	30
31	12 & Under	200 Free	12 & Under	32
33	12 & Under	100 Breast	12 & Under	34
35	12 & Under	200 Back	12 & Under	36
105	10 & Under	4x50 Medley Relay	10 & Under	106
107	11-12		11-12	108

Session 4:13 & Over
FinalsSaturday March 30, 2019
Warm-up: 5:00 pm
Start: 6:00 pm

Event #	Women	Event	Men	Event #
7	13,14,15,16&Over	100 Back - Finals	13,14,15,16&Over	8
9	13,14,15,16&Over	50 Free - Finals	13,14,15,16&Over	10
11	13,14,15,16&Over	200 Butterfly - Finals	13,14,15,16&Over	12
13	13,14,15,16&Over	50 Breast- Finals	13,14,15,16&Over	14
15	13,14,15,16&Over	200 Free - Finals	13,14,15,16&Over	16
17	13,14,15,16&Over	100 Breast - Finals	13,14,15,16&Over	18
19	13,14,15,16&Over	200 Back -Finals	13,14,15,16&Over	20

Session 5:13 & Over
Prelims & Timed FinalsSunday March 31, 2019
Warm-up: 7:00 am
Start: 8:00 am

Event #	Women	Event	Men	Event #
37	13 & Over	50 Back	13 & Over	38
39	13 & Over	400 Free (TF)	13 & Over	40
41	13 & Over	100 Butterfly	13 & Over	42
43	13 & Over	200 IM	13 & Over	44
45	13 & Over	100 Free	13 & Over	46
47	13 & Over	50 Fly	13 & Over	48
49	13 & Over	200 Breast	13 & Over	50
109	13 -14	4x100 Free Relay (TF)	13 -14	110
111	15 & Over		15 & Over	112

Session 6:12 & Under
Timed FinalsSunday March 31, 2019
Warm-up: 12:00 pm
Start: 1:00 pm

Event #	Women	Event	Men	Event #
51	12 & Under	50 Back	12 & Under	52
53	12 & Under	400 Free	12 & Under	54
55	12 & Under	100 Butterfly	12 & Under	56
57	12 & Under	200 IM	12 & Under	58
59	12 & Under	100 Free	12 & Under	60
61	12 & Under	50 Fly	12 & Under	62
63	12 & Under	200 Breast	12 & Under	64
113	10 & Under	4x50 Free Relay	10 & Under	114
115	11-12		11-12	116

Session 7:13 & Over
FinalsSunday March 31, 2019
Warm-up: 5:00 pm
Start: 6:00 pm

Event #	Women	Event	Men	Event #
39	13,14,15,16&Over	50 Back - Finals	13,14,15,16&Over	40
41	13,14,15,16&Over	100 Butterfly - Finals	13,14,15,16&Over	42
43	13,14,15,16&Over	200 IM - Finals	13,14,15,16&Over	44
45	13,14,15,16&Over	100 Free- Finals	13,14,15,16&Over	46
47	13,14,15,16&Over	50 Butterfly -Finals	13,14,15,16&Over	48
49	13,14,15,16&Over	200 Breast- Finals	13,14,15,16&Over	50



Hotel Blocks for upcoming meets:

Best Western Plus Waterfront Hotel
277 Riverside Dr W,
Windsor, ON
Reservations:
Hotel Direct: 519 973-5555

Towneplace Suites by Marriott
250 Dougall Avenue
Windsor, ON
N9A 7C6
Reservations:
Hotel Direct: 519 977 9707
Toll Free: 1 888 236 2427

Holiday Inn Express Windsor Waterfront
33 Riverside Dr E,
Windsor, ON
Reservations:
Hotel Direct: 519 258-7774

Sunbridge Hotel and Conference Centre - Downtown
430 Ouellette Avenue
Windsor, On
Reservations:
Hotel Direct: 519 256 4656

Comfort Inn – South Windsor
2955 Dougall Avenue
Windsor, On
Reservations:
Hotel Direct: 519 966 7800
Toll Free: 1 800 424 6423

Comfort Inn and Suites – Ambassador Bridge
2330 Huron Church Road
Windsor, On
Reservations:
Hotel Direct: 519 972 1100
Toll Free: 1 800 424 6423