



## Amanda Reason Invitational May 3 to 5 2019

- DATE:** May 3 to 5 2019 Region: Western
- HOSTED BY:** Windsor Essex Swim Team
- LOCATION:** Windsor International Aquatic and Training Center (WIATC)  
401 Pitt St Windsor Ontario N8A 0B2
- FACILITY:** 10 lane pool with 3 m bulkhead dividing 50 m competition pool from warm-down pool  
Omega Quantum Electronic timing and LED display scoreboards  
Touch pads at both ends and non-turbulent lane markers  
Spectator seating for 800 on the mezzanine level
- PURPOSE:** Host a long course invitational with no qualifying times at the WIATC
- MEET PACKAGE:** The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)
- COMPETITION COORDINATOR:** Dave Denyer Level 5 Email: [davedenyer@sympatico.ca](mailto:davedenyer@sympatico.ca)
- MEET MANAGER:** Dina Ozols Level 4 Email: [westmeets2019@gmail.com](mailto:westmeets2019@gmail.com)
- ENTRIES & OFFICIALS:** Dina Ozols Level 4 Email: [westmeets2019@gmail.com](mailto:westmeets2019@gmail.com)
- DESCRIPTION:** Long course meters competition with no qualifying standards  
Timed finals for 400 800 and 1500 m freestyle 400 IM and relays  
Timed finals for 12 and under events  
Preliminary heats and finals for 13 and over with A final for 200 m events  
A and B final for 50 and 100 m events

**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 of May 3 2019
- 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 ensures 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 SC, or any other amateur  
swimming organization recognized by FINA. A valid SC registration number is required for all  
Canadian swimmers, and entries without a SC registration number will be declined entry.  
Preference will be given to the host club first.  
This is an invitational meet. Participation at this meet is at the full discretion of the host club.  
Meet Management reserves the right to further limit individual swims to 3 per session and to  
limit heats if necessary, to keep session times to within 4.5 hours.  
Meet management reserves the right to run sessions in chase format with double-ended  
starts and swim 2 per lane for the 400 800 and 1500 m freestyle.
- 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.

**Clubs from outside Canada need to provide a Proof of Insurance certificate from their swim association. The Proof of residence form (enclosed below) needs to be completed to include each coach and swimmer attending the meet. Proof of Insurance and the Proof of Residence form mst be sent to the meet manager [westmeets2019@gmail.com](mailto:westmeets2019@gmail.com) by April 26 2019. Meet management will decline entries if the information is not received**

ENTRY FEE:

Individual Events	\$ 12
800/1500 free	\$ 20
Relay Events:	\$ 15

Please make cheques payable to: West Meets

ENTRIES:

Entries must be submitted through the SC online entries system at [www.swimming.ca](http://www.swimming.ca) .  
Meet Management will not accept entries via email.  
Online Entry Deadline: **April 19 2019**

Changes to entries will not be accepted after **April 26 2019**. After that time, fees will be calculated; no refunds will be granted for missed swims.

RELAYS:

10 and under, 11-12, 13-14, 15 and over. Maximum of 2 swimmers may move up from a lower age category to complete 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.

CONVERSION:

Entry times can be converted using Hy-tek default conversion factor  
Unconverted times will be converted by the host, using Hy-tek default conversion factor.  
**Please submit times in course achieved.**

SCHEDULE OF SESSIONS: Meet manager may adjust session start and finish

<u>Session</u>	<u>Date</u>	<u>Prelim/Finals</u>	<u>Warm Up</u>	<u>Start</u>	<u>Finish</u>	<u>Estimated Duration</u>
1	May 3	Finals	8-8:50	9:00 am	12 noon	3 h
2	May 3	Finals	12-12:50 pm	1:00 pm	4 pm	3h
3	May 3	Finals	4 - 4:50 pm	5:00 pm	7:00 pm	2h
4	May 4	Prelim	7:00-7:50 am	8:00 am	12 noon	4 h
5	May 4	Finals	12:00-12:50 pm	1:00 pm	5:00 pm	4 h
6	May 4	Finals	5:00-5:50 pm	6:00 pm	8:00 pm	2 h
7	May 5	Prelim	7:00-7:50 am	8:00 am	12:00 noon	4 h
8	May 5	Finals	12:00-12:50 pm	1:00 pm	4:00 pm	3 h
9	May 5	Finals	4:00-4:50 pm	5:00 pm	7:00 pm	2 h

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

12 and under timed finals will be swum together for each event and separated into 10, 11 and 12 for final results

13 and over preliminaries will be swum together for each event and separated into 13, 14, 15 & over for finals

13 and over timed finals (400free/400 IM) will be swum together for each event and separated into 13, 14, 15 & over for awards

800 and 1500 m all ages will be swum together and separated into 12 & U and 13 & O for awards

**Relay ages:** 10 and under, 11-12, 13-14, 15 and over. 2 swimmers may move up from a lower age category to complete a relay

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 (or event) in question.

DECK ENTRIES: Deck Entries are Exhibition Only. They are not eligible for awards or finals.  
Deck entries will be accepted for empty lanes only (no new heats will be created).  
Swimmers entered on deck must have valid proof of SC registration (number) as an active, registered, competitive swimmer. Foreign swimmers must be already registered for the meet for deck entry

- Individual events \$15
- Relay \$20
- 800/1500 \$25

#### CHECK IN

AND SCRATCHES: Positive check in for  
400 m 800 m and 1500 m free and 400 IM 30 minutes prior to start of session

Scratches are to be made 30 minutes prior to the start of each session

No scratch penalty shall be imposed for late or day of scratches.

**Scratches from prelims for finals must be made**

**30 minutes following the posting of results of last event of prelims sessions**

Failure to participate in a finals event will result in following penalty:

\$40 fee Athletes will be ineligible to swim until the penalty is paid unless approved by meet management. The penalty will apply to unscratched finalists and alternates

SCORING: No Scoring

AWARDS: Individual events: Medals for 1<sup>st</sup> to 3<sup>rd</sup> Ribbons for 4<sup>th</sup> to 10<sup>th</sup>  
Relays: Ribbons for 1<sup>st</sup> to 3<sup>rd</sup>  
Age categories: 10 & under, 11,12,13,14, 15 & over  
except  
Age categories for 800 m and 1500 m freestyle: 12 & under and 13 and over

MEET RESULTS: Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://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.

## Event Schedule

Meet manager may limit heats and swim 2 per lane in 400, 800 and 1500 m freestyle and limit heats in 400 IM depending on session length

RELAYS: 10 and under, 11-12, 13-14, 15 and over. Maximum of 2 swimmers may move up from a lower age category to complete 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.

### Session 1 Friday May 3 All ages Warm-up 8-8:50 am Start 9 am

Women		Event			Men
1	Open	800 Free	Finals	Open	2
3	Open	1500 Free	Finals	Open	4

### Session 2 Friday May 3 All ages Warm-up 12-12:50 am Start 1 pm

Women		Event			Men
5	12 & under	400 IM	Finals	12 & under	6
7	13 & over	400 IM	Finals	13 & over	8
9	12 & under	400 free	Finals	12 & under	10
11	13 & over	400 free	Finals	13 & over	12

### Session 3 Friday May 3 All ages Warm-up 4:30-4:50 Start 5 pm

Women		Event			Men
13	13 & over	400 free Relay	Finals	13 & over	14
15	12 & under	200 Free Relay	Finals	12 & under	16
17	13 & over	200 Free Relay	Finals	13 and over	18
19	12 & under	200 Medley Relay	Finals	12 & under	20
21	13 & over	200 Medley Relay	Finals	13 & over	22
23	Mixed Open	200 Free Relay	Finals	Mixed Open	

**Session 4 Saturday May 4 13 & over Warm-up 7:00-7:50 am Start 8:00 am**

<b>Women</b>		<b>Event</b>			<b>Men</b>
25	13 & over	200 Breast	Prelims	13 & over	26
27		50 Free	Prelims		28
29		200 Back	Prelims		30
31		200 Fly	Prelims		32
33		100 Free	Prelims		34
35		50 Breast	Prelims		36

**Session 5 Saturday May 4 12 & under Warm-up 12:15-1:05 pm Start 1:15 pm**

<b>Women</b>		<b>Event</b>			<b>Men</b>
37	12 & under	200 Breast	Finals	12 & under	38
39		50 Free	Finals		40
41		200 Back	Finals		42
43		200 Fly	Finals		44
45		100 Free	Finals		46
47		50 Breast	Finals		48

**Session 6 Saturday May 4 Finals Warm-up 5:00-5:50 pm Start 6:00 pm**

<b>Women</b>		<b>Event</b>			<b>Men</b>
25	13, 14, 15 & over	200 breast	Finals	13, 14, 15 & over	26
27		50 free	Finals		28
29		200 back	Finals		30
31		200 fly	Finals		32
33		100 free	Finals		34
35		50 Breast	Finals		36

**Session 7 Sunday May 5 13 & over Warm-up 7:00-7:50 am Start 8:00 am**

<b>Women</b>		<b>Event</b>			<b>Men</b>
49	13 & over	100 breast	Prelims	13 & over	50
51		50 back	Prelims		52
53		200 IM	Prelims		54
55		100 fly	Prelims		56
57		200 free	Prelims		58
59		100 Back	Prelims		60
61		50 Fly	Prelims		62

**Session 8 Sunday May 5 12 & Under Warm-up 12:00-12:50 pm Start 1 pm**

<b>Women</b>		<b>Event</b>			<b>Men</b>
63	12 & under	100 breast	Finals	12 & under	64
65		50 back	Finals		66
67		200 IM	Finals		68
69		100 fly	Finals		70
71		200 free	Finals		72
73		100 Back	Finals		74
75		50 Fly	Finals		76

60

**Session 9 Sunday May 5 Finals Warm-up 4:00-4:50 pm Start 5 pm**

<b>Women</b>			<b>Event</b>		<b>Men</b>
49	13, 14, 15 & over	100 breast	Finals	13, 14, 15 & over	50
51		50 back	Finals		52
53		200 IM	Finals		54
55		100 fly	Finals		56
57		200 free	Finals		58
59		100 Back	Finals		60
61		50 Fly	Finals		62





**PROOF OF RESIDENCE AND REGISTRATION STATUS**

**FOR ALL NON-SNC REGISTERED COACHES AND ATHLETES AT SWIM ONTARIO SANCTIONED COMPETITIONS**

Non-Swim Ontario/SNC registered athletes or coaches must prove the following

1. Registration with a FINA affiliated governing body (ie. USA Swimming)
2. Date of Birth
3. Proof of Registration – Registration #
4. Proof of Club Liability Insurance for a minimum of \$2,000,000
5. Residency within country of the governing body by providing one of the following:
  - a) Student ID
  - b) Driver's License
  - c) Green Card or passport
  - d) other documentation as accepted by Swim Ontario

**Club must attach proof of insurance – (ie. Insurance certificate) as well as copies of each athletes proof of residency (see above accepted documents)**

GOVERNING BODY	CLUB NAME	SWIMMER COACH NAME	ATHLETE DATE OF BIRTH Day/month/year	REGISTRATION NUMBER	PROOF OF RESIDENCY

Please attach separate list if required.

I certify that the above information is accurate.

\_\_\_\_\_  
(Print Name) Participating Club Representative

\_\_\_\_\_  
(Signature) Participating Club Representative

**Host Club Administration**

\_\_\_\_\_  
(Print Name) Host Meet Manager

\_\_\_\_\_  
(Signature) Host Meet Manager

**Note: Meet Manager must submit to Swim Ontario no later than 7 days prior to the competition.**

**Hotel Information**  
● **block booking May 2-5 2019**

**Townplace Suites by Marriott – Windsor Downtown**

250 Dougall Ave, Windsor  
2 min walk to WIATC  
Phone 519-977-9707  
[www.marriott.com/ygqts](http://www.marriott.com/ygqts)  
\*newly renovated\*  
Meet rate \$169

**Sunbridge Hotel and Conference Centre – Windsor Downtown**

430 Ouellette Ave, Windsor  
7 min walk to WIATC  
Phone 519-256-4656  
[www.sunbridgehotelwindsor.com](http://www.sunbridgehotelwindsor.com)  
\*soon to be Four Points by Sheraton\*  
Meet rate \$159

**Comfort Inn and Suites – Ambassador Bridge**

2330 Huron Church Rd, Windsor  
12 min drive to WIATC  
Phone 519-972-1100  
[www.choicehotels.ca/cn901](http://www.choicehotels.ca/cn901)  
Meet rate \$139

**Comfort Inn South Windsor**

2955 Dougall Ave, Windsor  
10 min drive to WIATC  
Phone 519-966-7800  
[www.choicehotels.ca/cn318](http://www.choicehotels.ca/cn318)  
Meet rate \$139

**Comfort Suites – Windsor Downtown**

500 Tuscarora St, Windsor  
5 min drive to WIATC  
Phone 519-97-0505  
[www.choicehotels.ca/cn365](http://www.choicehotels.ca/cn365)  
Meet rate \$144.99

**For you team booking needs please contact:**  
**Stephanie Middleton – Sales Associate**  
[stephanie@sunraygroup.ca](mailto:stephanie@sunraygroup.ca)



**Holiday Inn Express Windsor Waterfront**

33 Riverside Dr E, Windsor  
<5 min walk to WIATC  
519-258-7774

**Holiday Inn and Suites**

1855 Huron Church Rd  
10 min drive to WIATC  
519-966-1200

**Best Western Plus Waterfront Hotel**

277 Riverside Drive W Windsor  
2 min walk to WIATC  
5190973-5555