

Updated June 13, 2022

JUNE 16 - 19, 2022



Presented by



**TEAM AQUATIC
SUPPLIES LTD**



ONTARIO YOUTH-JUNIOR CHAMPIONSHIPS MARKHAM PAN AM CENTRE

MEET PACKAGE

HOSTED BY RICHMOND HILL AQUATIC CLUB & CREST SWIMMING

Based on the ever-evolving public health crisis, Swim Ontario does reserve the right to cancel the Ontario Summer OYJs at any point should it be determined to be unsafe to proceed or at the request of York Region, the Province of Ontario and/or any government agency that carries jurisdiction over matters of health and/or public safety. A review of the public health situation and how it relates to the ability to provide a safe environment for all participants will be undertaken on June 6, 2022

GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by the Richmond Hill Aquatic Club and Crest Swimming
- **Meet Format:** Long Course – Prelims & Finals
- **Location:** Markham Pan Am pool , 16 Main St Unionville, ON L3R 2E4
<https://goo.gl/maps/HRU3x>
- **Facility:** 10 lane 50m competition pool - Swiss Timing electronic timing system.
- **Dates:** June 16-19, 2022
- **Meet package:** The only meet package that is considered valid is the most current one located at www.swimming.ca

PARTICIPANT SAFETY

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](#).

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.
- Spectators will be permitted at the discretion of the facility.

COVID-19 SAFETY

- Swim Ontario and the host clubs will follow all facility & health regulations and/or Ontario provincial orders. Participants (swimmers, coaches, officials and support staff) are reminded that they are bound by the Acknowledgment & Assumption of Risk and COVID Attestation executed as part of their registration.
- **Individuals are responsible to ensure all facility rules and requirements are followed.**
- Participants must conduct a [COVID self-assessment](#) and not enter the facility if any symptoms are present.
- Spectators will be permitted based on current Ontario regulations and may be limited. All facility rules must be followed.
- **All participants (swimmers, coaches, officials, etc.) and spectators are to feel safe and welcome to wear a mask and physical distance when in the facility and on deck should they so choose.**
- **Mask wearing remains a best practice in reducing the spread of COVID-19.**

ROWAN'S LAW – CONCUSSION MANAGEMENT

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others. Any

injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the Swim Ontario Injury reporting form. The [Swim Ontario Concussion Management Procedure](#) is in effect at this competition. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Rowan's Law - <https://www.ontario.ca/page/rowans-law-concussion-safety>

OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust must be in an environment or space that is both 'open' and 'observable' to others.

EVENT PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#)

PROCEDURE

- 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 Swim Ontario for application and authorization (nicole@swimontario.com)
- Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relations to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.
- By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.

ORGANIZING COMMITTEE

- **Meet Managers:**
 - Miriam Gibson - meetmanager@rhac.ca
 - Jason Krell - vp@crestswim.ca
- **Safety Coordinator:**
 - Vic Bui (RHAC) - it@rhac.ca
- **Competition Coordinators:**
 - Richard Chan (Level 5) - comp.coordinator@rhac.ca
 - Susanna Chan (Level 5) - susannasychan@yahoo.com.hk
- **Officials Coordinators:**
 - Kirsti Kontor - officials@rhac.ca
 - Su Kin Cheong
- **Link for officials signup:**
 - [Officials Sign up](#)
- **Entries Coordinator:** Nicole Parent – meetentries@swimontario.com

MEET INQUIRIES:

All inquiries are to be directed to meetentries@swimontario.com

Meet Information Page: <https://www.swimontario.com/athletes/competitions/ontario-youth-juniors-2022>

ENTRY INFORMATION

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada. A valid Swimming Canada registration number is required for all swimmers, and entries without a registration number will be declined. **All swimmers must be registered with a Swim Ontario affiliated club. Out-of-province swimmers are not eligible to attend.**

- A competitor's age is their age as of June 16, 2022
- A competitor is permitted to attend either the 2022 Ontario Summer Festival Championship or the 2022 Ontario Summer Youth-Junior Championship but not both.
- Relay-only swimmers will not be permitted at either the 2022 Ontario Summer Festival Championship or the 2022 Ontario Summer Youth-Junior Championship.

PARA SWIMMERS

- Para designated swimmers may attend the Ontario Youth-Junior (OYJ) Champs without an OYJ qualifying time, however, OYJ qualifying times apply for the following events: 200 Back, 200 Breast, 200 Fly, 400 IM, 400/800/1500 Free for all swimmers.
- There will be no separate para-swimming events.
- Para-swimmers must have a **current Level 2** or higher classification with Swimming Canada.

ENTRY FEES & PAYMENT

- **Swimmer Fee:** \$85 + HST (\$96.05)
- **Relay Fee:** \$20 + HST (\$22.60)
- Entry Fees must be paid prior to arrival or at team registration
- Payment methods:
 - **Etransfer:** etransfers@swimontario.com – indicate 2022 OYJ and Club Code
 - **Credit Card (only prior to arrival):** contact - Clubs wishing to pay by credit card should contact nicole@swimontario.com for payment instructions.
 - **Cheque: Payable to Swim Ontario**
 - NO CASH PAYMENT ACCEPTED

ENTRY PROCESS & DEADLINE

- **Entry Deadline: Monday, June 6, 2022**
- **Qualifying Period:** September 1, 2019 – June 5, 2022
- Qualifying Standards: 2022 Swim Ontario Youth-Junior Standards – [PDF view](#)
- All swimmers must achieve at least 1 (one) 2022 Swim Ontario Youth-Junior Standard
- All entries received shall be UNCONVERTED. No converted times will be accepted. Yards times will not be accepted.
- No Time (NT) will not be accepted.
- Maximum of 8 individual events per swimmer provided they meet the qualifying times (QT).

BONUS SWIMS

- Maximum 1 bonus individual events per day
- Structure
 - 1 QT = 3 Bonus swims
 - 2 QTs = 2 Bonus swims
 - 3 QTs = 1 Bonus swim
 - 4 or more QTs = 0 Bonus swim
- 400/800/1500 Free and 400 IM events are NOT ELIGIBLE AS BONUS SWIMS
- Bonus swims must be entered with actual times for seeding purposes
- Please indicate bonus events by the BONUS check in Hytek Team Manager and other meet management software if available.

RELAYS

- Clubs may enter a maximum of two (2) relay teams per event **for the 400 Medley / 200 Medley & 200 Free Relays.**
- **Clubs are limited to one (1) relay team per event for the 800 Free / 400 Free Relays.**
- Relay-only swimmers are not permitted.
- Every member of every team must be properly entered in the meet in at least one individual event.

EVENT NUMBERING

- All able-bodied individual events: 1 – 199
- Relay events; 101 – 199

SUBMISSION

- All entries must be submitted via the Meet List online entries system. <https://www.swimming.ca>
- **Attending coaches must be listed when uploading the entries file** to www.swimming.ca
- Once an entry file is uploaded, the entry system will automatically email a confirmation of entries. Clubs will have 48 hours after the entry deadline to review the confirmation file and make corrections/modifications to entries. After that time, fees will be calculated; no refunds will be granted for late scratches or missed swims.
- Following the 48 hours period, clubs requesting changes and corrections to entries may be made up until the final Psych Sheets are posted **at a cost of \$100 per change or correction**.
 - The per change cost is per swimmer, per event, per change; not per email sent.
 - Corrections or changes requested from the Swim Ontario Entries Coordinator are NOT subject to penalties.
- **Late Entries** for swimmers not entered by the 48 hours grace period will be accepted up until the final Psych Sheets are posted at a cost of double the meet entry fee.
- **Late entries or changes are subject to the qualifying times and the qualifying period. Times achieved AFTER the entry deadline are not eligible for qualifying or upgrade of entry time.**
- A successful entry file upload is only the validation of membership entry information against the national membership and entry validation does not guarantee a club's entries will be accepted by Swim Ontario.
- The Club Entries Contact person is required to complete an online form (link below) with Club Information for Swim Ontario and Meet Management. An auto-response will be sent to the person completing the form.
 - [Club Information Online Form](https://form.jotform.com/SwimOntario/2022-ont-champs-team-registration) or copy and paste into browser <https://form.jotform.com/SwimOntario/2022-ont-champs-team-registration>
- Entries submitted without the online form submission will not be accepted.
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the competition.
- Psych Sheets will be posted online at www.swimontario.com no later than June 11, 2022
- All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com
- Deck entries and time trial events will not be permitted at the competition

REGISTRATION INFORMATION

SWIMMING CANADA COACH REGISTRATION POLICY

The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. All teams must submit a list of coaches attending at the time of entry. Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance 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.

- Athletes must have a coach or designated coach (coach of record) in attendance during the event.

TEAM REGISTRATION

- **Team Registration will be done through an Online Team Registration Form**
<https://form.jotform.com/SwimOntario/2022-ont-champs-team-registration> **(complete before Monday June 6) and in person.**
 - All attending coaches, support staff contact information will be collected.
 - Support Staff will be limited and not all request will be granted to ensure all health regulations are maintained.
 - Any club or High Performance Centre with Para Support Staff must submit an application through the **Online Team Registration Form**
<https://form.jotform.com/SwimOntario/2022-ont-champs-team-registration> **(complete before Monday June 6).**
- Onsite Team Registration procedures will be provided after entries close.

TRAINING SESSIONS

- Pre-Training may be available on Wednesday, June 15. **7:30 – 9:30 PM – contact meet management to get time scheduled.**
- There is no cool down secondary pool available at this competition.
- Warm-up periods **will** be split by gender. **Details to follow.**

COACH MEETING

- There will be no virtual coaches meeting.
- Meet Management and Swim Ontario will provide technical meet format details via email and through the meet information page -
<https://www.swimontario.com/athletes/competitions/ontario-youth-juniors-2022>

COMPETITION RULES

Swimming Canada and Swim Ontario rules govern this competition. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook.

WARM-UP SAFETY PROCEDURES

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

SWIMWEAR

All swimmers 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.

DIVE STARTS

As per the Facility Rules for Dive Starts, dive starts will be conducted from Starting Platforms (blocks) from both ends as per FINA FR 2.3 and SW 4.1.

BACKSTROKE LEDGES

Backstroke ledges will be available for use. Swimmers shall be responsible for setting the device.

AGE GROUPS

- A competitor's age is their age as of the first day of the competition (June 16, 2022).
- **Individual events:** 13&Under, 14 15, 16&Over (separate QT for 16 and 17&Over)
- **Relay events:** 14&U, 15&O

SEEDING

- After all times have been proven, entry times will be converted to LCM using Hy-Tek default conversion factor and seeded by time regardless of bonus swim designation.
- Swim Ontario reserves the right to limit entries and/or change events to timed final.

PRELIMINARIES

- Preliminary heats will be swum senior seeded with fastest 3 heats circle seeded.
- If necessary, Swim Ontario reserves the right to implement some or all of the following options:
 - **Option 1** – If swimmer subscription is less than 700 or number of swims is less than 2,100, the session formats will be as follows:
 - Single ended
 - Heats & Finals for 400s
 - Additional distance sessions

- **Option 2** – If swimmer subscription is more than 700 or number of swims is greater than 2,100 the session formats will be as follows:
 - Single ended
 - Timed Finals for 400s. With the exception of the Women's 400 IM, the fastest 4 heats will swim directly in finals. The Women's 400 IM will have 3 heats swim directly in finals. **fastest heat of each age group** swimming in finals
 - Reduce the number of relays – see relays and rescheduling format
 - Additional distance sessions – overflow session on Friday prelims

FINALS

- In each finals event all female finals will swim, followed by all male finals; there is an “A” final only for all events.
 - 13&U
 - 14
 - 15
 - 16&O

800 AND 1500 FREE & 400 FREE & IM (TIME FINAL EVENTS)

- All distance events will be swum as timed finals seeded fastest to slowest by gender.
- The fastest heat by gender will compete during the finals session.
- Positive check-in is required *30 mins before start of prelims session* on the day of the respective distance event
- Meet management reserves the right to alternate genders
- **Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.**

RELAYS

- ~~All relays will be swum as timed finals with the fastest 10 seeded teams competing during the finals session at night.~~
- Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.
- With the exception of Sunday relays, coaches must have relay cards with names filled in and returned to the Clerk of the Course 30 minutes prior to the start of the **MORNING session** in which the relay will be swum.
 - **Relay card with names completed must be submitted to the Clerk of Course by Saturday at 12 NOON for the Sunday Relays.**
 - No relay name changes will be accepted after this deadline unless approved by meet management.
- ~~Requests for relays to be moved to the preliminary session will NOT be granted.~~

Meet Management reserves the right to create overflow sessions, combine heats or limit the number of heats should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.

OFFICIAL SPLITS & DECK ENTRIES

- 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 must advise the Referee prior to the commencement of the event in question on the “Official Split Request” form prior to the race.
- The Official Split Request forms are available at the Clerk of Course.
- Deck entries and time trial events will not be permitted.

SWIM OFFS

- All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.
- **Coaches are to report to the Clerk of Course when a swim-off is announced.**

SCRATCH RULES

TIMED FINAL EVENTS

- Relays and 400 IM and 400 & 800 & 1500 Free
- The deadline for scratches for relays events is 30 minutes before the start of the preliminary session on the day the event is scheduled to allow meet management the opportunity to ensure a full complement of teams for the finals session.
- The deadline for scratches & positive checkin for the 800 and 1500 Free is 30 minutes before the start of the preliminary session on the day the event is scheduled to allow meet management the opportunity to ensure a full complement of swimmers for the finals session.

PRELIMINARIES

There will be no scratch deadline for preliminary events.

FINALS

All Scratches for Finals from preliminary events must be provided to the Clerk of Course within 30 minutes after **the completion of the last preliminary event.**

PENALTY

Failure to participate in an individual **FINAL** or the **FASTEST HEAT** of an event without meet management's knowledge and consent will result in a **\$50 fine** for each offence payable to Swim Ontario.

- All fines for No Shows will be recorded by the Clerk of Course.
- A club representative must acknowledge the fine and initial the recorded fine.

- No shows with no acknowledgement and initials will be invoiced by Swim Ontario.
- Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.
- **Individual Events:** Failure to acknowledge and initial the fine before the swimmer's next individual event will exclude the swimmer from any further participation in individual events at the meet.
- **Relay Events:** Failure to acknowledge and initial the fine before the next session will exclude the team from any further participation in relay events at the meet.
- All fines will be invoiced by Swim Ontario after the competition.
- Accepted payment is by e-transfer to etransfers@swimontario.com or email authorization to charge the club credit card on file with Swim Ontario (nicole@swimintario.com).

All penalties must be paid to Swim Ontario before a Club entry file is accepted for the next Swim Ontario Provincial Championship meet

RECORDS

- Swim Ontario has a completed certified pool length survey and swim times achieved at this competition will be eligible for provincial or national records.
- Coaches are asked to inform meet management of possible record attempts and/or if records are broken to ensure meet management can process the record application.

SCORING AND AWARDS

EVENT SCORING

- Only the top eight (10) individual events and relays score
- Individual Events: 30-25-20-15-14-13-12-11-10-9
- Relay Events: 60-50-40-30-28-26-24-22-20-18
- Only times that meet the qualifying standard count towards team scoring.
 - In the 16&Over category: swimmers must meet the 16 year old meet standards to score points and be eligible for awards
- Reverse scoring will be in effect for any able-bodied in which there are less than 10 swimmers or teams:
 - 10 swimmers/teams per final: 30-25-20-15-14-13-12-11-10-9/ 60-50-40-30-28-26-24-22-20-18
 - 9 swimmers/teams per final: 25-20-15-14-13-12-11-10-9/ 50-40-30-28-26-24-22-20-18
 - 8 swimmers/teams per final: 20-15-14-13-12-11-10-9/ 40-30-28-26-24-22-20-18
 - 7 swimmers/teams per final: 15-14-13-12-11-10-9/ 30-28-26-24-22-20-18
 - 6 swimmers/teams per final: 14-13-12-11-10-9/ 28-26-24-22-20-18
 - 5 swimmers/teams per final: 13-12-11-10-9/ 26-24-22-20-18
 - 4 swimmers/teams per final: 12-11-10-9/ 24-22-20-18
 - 3 swimmers/teams per final: 11-10-9/ 22-20-18
 - 2 swimmers/teams per final: 10-9/ 20-18
 - 1 swimmer/team per final: 9/ 18

EVENT AWARDS

- **Medals:** first through third (regardless of qualifying times)
- **Ribbons:** Fourth through eight for individual events that meet the qualifying time

INDIVIDUAL AWARDS

- Individual High Point Awards will be awarded in the following age categories:
 - 13&U female and male
 - 14 female and male
 - 15 female and male
 - 16&O female and male
- Individual high point awards will be based on High Point Aggregate by age group and gender (5-2-1)*
 - Swimmers must meet the qualifying standard to accumulate aggregate points
- *If necessary, ties will be broken by number of gold medals. If a tie still exists, then it will be broken by number of silver medals then bronze medals. If swimmers have accumulated the exact scores and numbers of each medal, two winners will be awarded.

TEAM AWARDS

- **High Point Team-Overall:** The club with the highest points will be awarded a high point team banner
- **Small Team Award:** The small team banner will be awarded to the highest scoring team having 50 or fewer Ontario registered competition swimmers based on Swim Ontario club registration statistics as of one day prior to the start of the competition.
- **Best Performing Team Award (Quality Club Scoring in Hy-Tek MM):**
 - minimum 4 swimmers attending the meet
 - swimmers must meet QT for this award
 - Abled bodied swimmers only
- The highest scoring team based on the following formula:
 - Only top 3 swims can contribute to points [1st – 5 points; 2nd – 2 points; and 3rd – 1 point]
 - Addition of points divided by the total number of swimmers entered into the meet per team.
- **Tie Breaking Process for Team Awards at Provincial Competitions:**
- In the event of a tie, for Team Awards, at a Provincial Championship; Provincial Meet Hosts will undertake the following tie breaking process:
 - Meet Management will rank the tied teams based on number of gold medals and the team with the highest total number of gold medals will be declared the winner.
 - If a tie still remains; Meet Management will then rank the tied teams based on number of silver medals and the team with the highest total number of silver medals will be declared the winner.
 - If a tie still remains; Meet Management will then rank the tied teams based on number of bronze medals and the team with the highest total number of bronze medals will be declared the winner.
 - If a tie still remains; Meet Management will then rank the tied teams based on number of overall medals and the team with the highest total will be declared the winner.

PROGRAM EVENT LIST

Meet Management reserves the right to change warm-up session times and to allocate team warm-up schedules.

Meet Management reserves the right to change event order or swim 2 per lane in distance events ensure reasonable session timelines

DAY 1 – THURSDAY, JUNE 16, 2022					
Preliminary Session Warmup: 7:00 am Start: 8:30 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
1	50 Free	2	1	50 Free	2
3	200 Breast	4	3	200 Breast	4
5	400 Free (SH)	6	5	400 Free (4FH)	6
7	200 IM	8	7	200 IM	8
			101	4x 200 Free Relay (OPEN)	102
DAY 2 – FRIDAY, JUNE 17, 2022					
Preliminary Session Warmup: 7:00 am Start: 8:30 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
11	100 Back	12	9	1500 Free (FH)	
13	400 IM (SH)	14	11	100 Back	
15	200 Free	16	13	400 IM (W3FH / M4FH)	14
17	100 Fly	18	15	200 Free	16
103	14&U 400 Free Relay (ALL HEATS)	104	17	100 Fly	18
105	15&O 400 Free Relay (ALL HEATS)	106	103	14&U 400 Free Relay (FH)	104
9	1500 Free (SH)		105	15&O 400 Free Relay (FH)	106
DAY 3 – SATURDAY, JUNE 18, 2022					
Preliminary Session Warmup: 7:00 am - Start: 8:30 am			Final Session Warmup: 5:00 pm – 5:50 pm - Start: 6:00 pm		
W		M	W		M
19	100 Free	20		1500 Free (FH)	10
21	200 Fly	22	19	100 Free	20
23	100 Breast	24	21	200 Fly	22
25	200 Back	26	23	100 Breast	24
107	14&U 200 Medley Relay (SH)	108	25	200 Back	26
109	15&O 200 Medley Relay (SH)	110	107	14&U 200 Medley Relay (FH)	108
	1500 Free (SH)	10	109	15&O 200 Medley Relay (FH)	110

Preliminary session will be seeded by time and gender regardless of age

SH – Slower heats, FH – Fastest heat - Distance events FH – seeded by time regardless of age

DAY 4 – SUNDAY, JUNE 19, 2022		
Timed Final Session		
Warmup: 8:00 am - Start: 9:30 am		
W		M
111	14&U 200 Free Relay (TF)	112
113	15&O 200 Free Relay (TF)	114
27	800 Free	28
107	14&U 200 Medley Relay (SH)	108
109	15&O 200 Medley Relay (SH)	110
115	14&U 400 Medley Relay (TF)	116
117	15&O 400 Medley Relay (TF)	117

FACILITY INFORMATION

Spectators will access to the facility via the SOUTH entrance and the pool viewing gallery via the EAST stairwell and will leave via the WEST stairwell and EXIT via the WEST side of the facility.

- No food will be allowed on deck.
- No glass objects will be allowed on deck.
- Lockers are not available.
- Onsite parking is free but may be limited.
- **There will be no hospitality (no food) for coaches**
- **Nearby Amenities:**
 - [Restaurants](#)
 - [Grocery Stores](#) (T&T and Whole Foods)
 - [Tim Hortons](#)

We ask that warm-up periods for finals be for only those that are competing in the session.

Both the facility and meet management are asking that Athletes minimize their time on deck between events. They are encouraged to wait in the pool stands with family between races or elsewhere outside the facility if weather is nice. Also, once racing is completed for the session and no possible swim-offs athletes are asked to head to hotel / home.

OFFICIALS

If a registered official from an attending club is interested in officiating, please complete the following online form:

[Officials Sign Up](#)

For further information, send an email to Kirsti Kontor at officials@rhac.ca

HOTELS

[Hilton Suites Conference Center and Spa](#)

8500 Warden Ave.,

Markham, Ontario, L6G 1A5

For Group Sales/Discount, contact Group Sales Manager, Kristine Lagos

kristine.lagos@markhamsuites.com - Tel: (905) 470-8577