

DATE(s):	25-26 June 2022		REGION:	Central
HOSTED BY:	Markham Aquatic Club			
LOCATION:	Markham Pan Am Centre, 16 Main St Unionville, Markham ON L3R 2E4			
FACILITY:	10 lane x 50 m pool with Electronic Timing			
PURPOSE & DESCRIPTION:	To provide Central Region swimmers a season ending championship meet, and earn official 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:	Lisa Chow + Lea Chen + May Loo + Harry Shardlow	Level:	5	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	Peter Yang + YY Wong + Wendy Switzer	Email:	officials@markhamaquaticclub.com	
SAFETY COORDINATOR:	YY Wong	Email:	officials@markhamaquaticclub.com	
ENTRY COORDINATOR:	Central Region – Charlotte Carroll	Email:	charlottecarroll1@gmail.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. COVID Safety Procedures, Concussion Management & Event Photography procedures will be in effect. For complete details click HERE .			
COMPETITION RULES:	Sanctioned as a Closed Invitational by Swim Ontario.			
	All current Swimming Canada 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. Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. As per the Facility Rules for Dive Starts, this competition will be conducted as follows			
	FINA FR 2.3 and SW 4.1, Swimming Canada CFR 2.3.1, CSW 4.1.1 & 4.1.2	<input checked="" type="checkbox"/>	Starting Platforms at	At both ends
		<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at		
ELIGIBILITY:	All athletes must be registered as Competitive swimmers with Swimming Canada. 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.			
	This event includes participants from the following clubs:	All Central Region Clubs		
FOREIGN COMPETITORS:	<input checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted		

COVID RELATED REQUIREMENTS:	<p>Markham Aquatic Club 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.</p> <ul style="list-style-type: none"> ● 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, or if they need to isolate because of close contact or travel. ● 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. <p>Physical Distancing and Capacity Limits: The City of Markham is asking all participants to continue to maintain a 2 metre (6 feet) distance from others wherever possible, and to continue to limit the number of people that gather together in common spaces.</p>			
AGE UP DATE:	Ages submitted are to be as	25 June 2022		
ENTRY LIMITS:	The maximum number of participants per session is	500		
	Each club is limited to the following number of swimmers	n/a		
	The maximum number of entries per swimmer is	6 individual events and 2 relays		
ENTRY SUBMISSIONS:	Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca . Meet Management will not accept entries via email.			
	Entries must include all attending coaches.			
	<input type="checkbox"/>	NT entries are not permitted		
	<input checked="" type="checkbox"/>	Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with “NT”.		
	<input checked="" type="checkbox"/>	Meet De-Qualifying – swimmers are de-qualified from this meet if they have qualified in 4 or more Central Region ‘B’ Championship individual events		
	<input checked="" type="checkbox"/>	Event Qualifying standard for entry is:	Check Schedule of Events for exact standard: 10&U, 11, 12 – Qual is H FS (Festival + 35%), De-Qual is D FS 13 – Qual is F FS (Festival +25%), De-Qual is C FS 14, 15 – Qual is E, De-qual is C 16&O – Qual is E (16-16), De-Qual is C (17&O)	
	<input checked="" type="checkbox"/>	Meet Qualifying	Swimmer must be entered in a least 1 qualifying event. Note - 50 Breast, 50 Fly, 50 Back are not qualifying events	
	<input checked="" type="checkbox"/>	Bonus Swims	Bonus swims allowed up to max entry limit (6 ind. Events)	
	<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is:	Since 1 September 2019	
<input checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.			
CONVERSION:	<input checked="" type="checkbox"/>	Submit LCM seed times. Entry times can be converted at 2%.		

ENTRY DEADLINE:	10 June 2022			
	Changes to entries will be accepted until		20 June 2022	
ENTRY FEE:	<input type="checkbox"/>	No Fee		
	<input checked="" type="checkbox"/>	Individual Events	\$15.00	Relay Events \$16.00
	<input type="checkbox"/>	Swimmer Fee		
	Payment Method:		Please make cheque payable to Markham Aquatic Club	
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.			
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, followed by swimmers entered with NT (no times).		

Schedule of Sessions						
<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u> (i.e. 1:00pm-1:50pm)	<u># of warm-ups</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1 – 11&U	25 Jun 2022	8:00-8:55 am	1	9:00 am	11:30 am	Time Finals
2 – 12-13	25 Jun 2022	11:30 am-12:25 pm	1	12:30 pm	4:00 pm	Time Finals
3 – 14&O	25 Jun 2022	4:00-4:55 pm	1	5:00 pm	8:15 pm	Time Finals
4 – 11&U	26 Jun 2022	8:00-8:55 am	1	9:00 am	11:30 pm	Time Finals
5 – 12-13	26 Jun 2022	11:30 am-12:25 pm	1	12:30 pm	4:00 pm	Time Finals
6 – 14&O	26 Jun 2022	4:00-4:55 pm	1	5:00 pm	8:30 pm	Time Finals

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>
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CHECKIN AND SCRATCHES:	<input checked="" type="checkbox"/>	There will be no scratch deadline for the following:	For any events
	<input checked="" type="checkbox"/>	Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.	
	<input type="checkbox"/>	All swimmers are required to check in with the Clerk of Course 30 minutes prior to each session.	
	<input type="checkbox"/>	There is a positive check in 30 minutes before the start of the session at the Clerk of Course for the following events:	
	<input type="checkbox"/>	A scratch deadline will apply for finals.	
	<input type="checkbox"/>	30 minutes following the posting of results of last event of prelims sessions	
	<input type="checkbox"/>	30 minutes following the posting of results of respective event	
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"/>	No Deck Entries are permitted	
	<input type="checkbox"/>	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 type="checkbox"/>	Event Deck Entries are permitted for swimmers already entered in the competition.	
	<input type="checkbox"/>	Swimmer Deck Entries are permitted provided proof of registered status with valid Swimming Canada ID is provided to Meet Management.	
	<input type="checkbox"/>	Fee	\$
OFFICIAL SPLIT TIMES:	<input type="checkbox"/>	Official Split requests are not permitted.	
	<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 prior to the commencement of the session (or event) in question.	
RECORDS:	<input checked="" type="checkbox"/>	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.	
	<input type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and national records.	
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.	
	<input checked="" type="checkbox"/>	Results will be posted as quickly as possible at the meet. Paper Results will not be posted at this meet. Please use Meet Mobile or Live Results.	
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.	

SCORING:	<input type="checkbox"/>	No Scoring
	<input checked="" type="checkbox"/>	The following will be scored: Team Points - Individual Events – 15-12-10-8-6-5-4-3-2-1 - Relay Events – 30-28-26-24-22-20-18-16-14-12-10-9-8-7-6-5-4-3-2-1 No Individual High Point
AWARDS:	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	The following will be awarded: Medals – Gold, Silver, Bronze - Individual Event Age Groups (10&U, 11, 12, 13, 14, 15, 16&O) - Relay Event Age Groups (11&U, 12-13, 14&O)
ADDITIONAL INFORMATION:	<p>Individuals are responsible to ensure all entrance to the facility requirements have been met.</p> <ul style="list-style-type: none"> • Lockers will be available but limited, please bring your own lock. • NO FOOD or DRINK ON DECK, except for water. • If any registered officials from each attending club are interested in officiating, please send an email to officials@markhamaquaticclub.com • Grab and go bagged lunch/snack will be provided to those coaches and officials working adjacent sessions <p>Nearby Amenities: Restaurants / Grocery Stores / Tim Hortons</p>	

SCHEDULE OF EVENTS:

Session 1 – Saturday Morning – 11&U								
Warm-up: 8:00 am								
Start: 9:00 am								
GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
1	10&U	3:41.70	4:20.25	200 IM	2	10&U	3:45.22	4:24.38
	11	3:22.93	3:58.22			11	3:25.28	4:00.98
3	10&U	Not a qualifying event		50 BREAST	4	10&U	Not a qualifying event	
	11					11		
5	10&U	1:28.39	1:43.76	100 FREE	6	10&U	1:30.13	1:45.80
	11	1:20.88	1:34.95			11	1:22.03	1:36.30
7	11	3:49.93	4:29.92	200 BREAST	8	11	4:00.33	4:42.12
9	10&U	Not a qualifying event		50 FLY	10	10&U	Not a qualifying event	
	11					11		
11	10&U	1:41.10	1:58.68	100 BACK	12	10&U	1:43.98	2:02.07
	11	1:33.00	1:49.19			11	1:34.16	1:50.54
13	11	3:41.84	4:20.42	200 FLY	14	11	4:08.41	4:51.61
15	11&U			4x50 FREE	16	11&U		

Session 2 – Saturday Early Afternoon – 12-13

Warm-up: 11:30 am

Start: 12:30 pm

GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
17	12	3:11.20	3:44.45	200 IM	18	12	3:11.20	3:44.45
	13	2:59.52	3:24.00			13	2:54.47	3:18.26
19	12	Not a qualifying event		50 BREAST	20	12	Not a qualifying event	
	13					13		
21	12	1:16.26	1:29.52	100 FREE	22	12	1:15.68	1:28.84
	13	1:12.12	1:21.95			13	1:09.07	1:18.49
23	12	3:36.06	4:13.64	200 BREAST	24	12	3:36.06	4:13.64
	13	3:23.35	3:51.08			13	3:18.94	3:46.06
25	12	Not a qualifying event		50 FLY	26	12	Not a qualifying event	
	13					13		
27	12	1:27.23	1:42.40	100 BACK	28	12	1:28.39	1:43.76
	13	1:22.34	1:33.56			13	1:19.57	1:30.43
29	12	3:23.35	3:58.72	200 FLY	30	12	3:26.82	4:02.78
	13	3:10.09	3:36.01			13	3:07.88	3:33.50
31	12-13			4x50 FREE	32	12-13		

Session 3 – Saturday Late Afternoon – 14&O

Warm-up: 4:00 pm

Start: 5:00 pm

WOMEN				EVENTS	MEN			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
33	14	2:48.38	3:03.68	200 IM	34	14	2:40.63	2:55.24
	15	2:46.64	3:01.79			15	2:36.55	2:50.78
	16&O	2:42.66	2:59.11			16&O	2:29.09	2:45.61
35	14	Not a qualifying event		50 BREAST	36	14	Not a qualifying event	
	15					15		
	16&O					16&O		
37	14	1:08.05	1:14.23	100 FREE	38	14	1:04.38	1:10.24
	15	1:07.30	1:13.42			15	1:02.87	1:08.58
	16&O	1:05.89	1:12.97			16&O	59.96	1:06.41
39	14	3:11.27	3:28.66	200 BREAST	40	14	3:03.36	3:20.03
	15	3:10.70	3:28.03			15	3:00.75	3:17.18
	16&O	3:08.28	3:26.42			16&O	2:51.39	3:08.88
41	14	Not a qualifying event		50 FLY	42	14	Not a qualifying event	
	15					15		
	16&O					16&O		
43	14	1:17.13	1:24.14	100 BACK	44	14	1:13.94	1:20.66
	15	1:16.02	1:22.93			15	1:12.02	1:18.56
	16&O	1:13.65	1:21.67			16&O	1:08.13	1:15.17
45	14	2:54.63	3:10.50	200 FLY	46	14	2:48.07	3:03.35
	15	2:53.27	3:09.02			15	2:43.52	2:58.38
	16&O	2:45.26	3:03.01			16&O	2:31.87	2:47.35
47	14&O			4x50 FREE	48	14&O		

Session 4 – Sunday Morning – 11&U

Warm-up: 8:00 am
Start: 9:00 am

GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
49	10&U	3:14.72	3:48.58	200 FREE	50	10&U	3:20.58	3:55.47
	11	2:56.78	3:27.52			11	3:00.24	3:31.59
51	10&U	Not a qualifying event		50 BACK	52	10&U	Not a qualifying event	
	11					11		
53	10&U	1:46.87	2:05.46	100 FLY	54	10&U	1:52.08	2:11.57
	11	1:36.47	1:53.25			11	1:39.36	1:56.64
55	10&U	3:38.37	4:16.35	200 BACK	56	10&U	3:48.77	4:28.56
	11	3:18.73	3:53.29			11	3:23.35	3:58.72
57	10&U	1:54.39	2:14.28	100 BREAST	58	10&U	1:59.00	2:19.70
	11	1:47.46	2:06.14			11	1:49.77	2:08.86
59	10&U	39.86	46.79	50 FREE	60	10&U	40.43	47.47
	11	36.97	43.40			11	37.27	43.75
61	11&U			4x50 MEDLEY	62	11&U		

Session 5 – Sunday Early Afternoon – 12-13

Warm-up: 11:30 am
Start: 12:30 pm

GIRLS				EVENTS	BOYS			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
63	12	2:46.38	3:15.32	200 FREE	64	12	2:45.22	3:13.95
	13	2:36.39	2:57.71			13	2:31.97	2:52.69
65	12	Not a qualifying event		50 BACK	66	12	Not a qualifying event	
	13					13		
67	12	1:29.54	1:45.11	100 FLY	68	12	1:28.96	1:44.44
	13	1:23.44	1:34.81			13	1:20.12	1:31.05
69	12	3:07.17	3:39.73	200 BACK	70	12	3:07.75	3:40.40
	13	2:57.94	3:22.20			13	2:53.51	3:17.18
71	12	1:41.10	1:58.68	100 BREAST	72	12	1:40.52	1:58.00
	13	1:33.94	1:46.75			13	1:32.28	1:44.86
73	12	35.24	41.36	50 FREE	74	12	34.43	40.41
	13	33.14	37.66			13	31.49	35.79
75	12-13			4x50 MEDLEY	76	12-13		

Session 6 – Sunday Late Afternoon – 14&O

Warm-up: 4:00 pm

Start: 5:00 pm

WOMEN				EVENTS	MEN			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qual
77	14	2:27.72	2:41.15	200 FREE	78	14	2:21.58	2:34.45
	15	2:27.29	2:40.68			15	2:16.98	2:29.44
	16&O	2:22.63	2:37.62			16&O	2:11.42	2:25.13
79	14	Not a qualifying event		50 BACK	80	14	Not a qualifying event	
	15							
	16&O							
81	14	1:17.04	1:24.05	100 FLY	82	14	1:12.83	1:19.45
	15	1:15.87	1:22.76			15	1:10.57	1:16.98
	16&O	1:14.12	1:21.68			16&O	1:07.52	1:14.41
83	14	2:45.07	3:00.07	200 BACK	84	14	2:40.19	2:54.76
	15	2:43.24	2:58.08			15	2:36.48	2:50.70
	16&O	2:39.12	2:56.59			16&O	2:28.21	2:43.43
85	14	1:28.84	1:36.91	100 BREAST	86	14	1:24.10	1:31.74
	15	1:28.15	1:36.17			15	1:23.16	1:30.72
	16&O	1:26.79	1:35.64			16&O	1:18.66	1:26.89
87	14	31.54	34.40	50 FREE	88	14	29.56	32.24
	15	31.08	33.90			15	29.02	31.66
	16&O	30.49	33.68			16&O	27.59	30.48
89	14&O			4x50 MEDLEY	90	14&O		

Updated as June 2, 2022