

NYAC **SWIMMING**

31st Annual

Mayor's Cup

11-12 June 2022

**Toronto Pan Am Sports Centre
875 Morningside Avenue**



Mayor's Cup – June 11-12, 2022

Toronto Pan Am Sports Centre,
875 Morningside Ave
Toronto ON M1C 0C7

Date: June 11 & 12, 2022

Host: North York Aquatic Club (www.nyacswimming.ca)

Location: Toronto Pan Am Sports Centre
875 Morningside Ave.
Toronto ON M1C 0C7

Facility: One 10 lane, 50 metre pool with Electronic Timing

Meet Package: The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

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](#). Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

Rowan's Law – Concussion Management

The Rowan's Law requirements came into effect on July 1, 2019. Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities. 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. Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body. If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols. For full details and resources on Rowan's Law and Concussion management protocols click [HERE](#).

Open and Observable Environment

Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid 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 should normally, and wherever possible, 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



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Safety at Competition (continued):

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](#)

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 to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

Competition

Coordinator: Leela D'Cruz

Meet Managers: Kirsti Kontor - kirsti@nyacswimming.ca
Michelle Amar – michellelipkus@gmail.com

Entry & Results

Management: Kirsti Kontor - kirsti@nyacswimming.ca

Officials: It would be appreciated if each club would provide some officials to help with the meet. If anyone is interested in officiating at the meet, please contact Kirsti Kontor at kirsti@nyacswimming.ca

If an evaluation is required for a position, please make it known to the referee prior to the session start.

Meet Notes: All events are timed final. Event de-qualifying standards exist, see 'Entries' section. Results will be stated, and awards provided for the age groups listed under 'Awards'. Meet management reserves the right to modify session times (all clubs will be notified 1 week before the meet), and limit entries to fit available pool time.

Competition

Rules: 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.

Coach's

Registration: 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 Swimming Canada 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.

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



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Records: Swim Ontario has a completed certified pool length survey 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 the first day of competition.

Mixed Gender: 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.

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.

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

Eligibility & Foreign Competitors:

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 registration status will be declined entry.

Foreign competitors are welcome, subject to the provisions below.

All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign 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 foreign 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: \$16.00 per individual event and \$20.00 per Relay event
Payment can be made via cheque (payable to North York Aquatic Club) or via e-transfer to treasurer@nyacswimming.ca prior to the meet.

\$10 Splash Fee per swimmer

Entries: Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca. Meet Management will not accept entries directly via email.

All team entries must be received by **Friday, May 27, 2022**

Changes to entries will not be accepted after **Friday, June 3, 2022**



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Event De-Qualifying Standards exist. De-qualifying Standard is Swim Ontario 'B Festival' for 12 & Under swimmers, and Swim Ontario 'B' for 13 & Over swimmers. All coaches are asked to adhere to time standards in all events when entering their swimmers. Any swimmer found to meet "B" or higher standard will swim exhibition only.

Entry limit: maximum 4 individual events per day

Qualifying Period: Since 1 September 2019

Conversion: Please submit LCM times. SCM times will be accepted and converted at a 2% conversion rate.

Seeding: Seeding will be in accordance with Swimming Canada Swimming Rule SW3.1. All events will be seeded Fast to Slow.

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 SC registration as an active, registered, competitive swimmer. The cost for deck entries is \$20.00 per individual event, \$30.00 for Relays to be paid in cash/cheque at the time that the entry is accepted.

Scratches: Scratches are to be made on the posted heat sheets. No penalty for late scratches.

Official 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.

Awards: Medals 1st to 3rd for the following:

- Individual events - 8&U, 9, 10, 11, 12, 13, 14, 15&O

*If there are less than 5 swimmers in the 8 & Under category for any one event, meet management will reserve the right to revise the age category to 9 & Under and only 1st place will be awarded to the 8 & Under swimmer in each event.

Trophies for the following:

- Relays – 11&U, 12-13, 14&O

Award

Presentations: Awards will be presented on the podium

Meet Results: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Live Results

& Heat Sheets: <http://www.rectec.ca/results.aspx> and Meet Mobile ([download Meet Mobile](#))



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NORTH YORK AQUATIC CLUB 31st Annual Mayor's Cup

Order of Events

Session 1 - Sat June 11 11 & Under		
Warm-up: 8:00-8:40 am Start: 8:45 am		
<u>Age 11 & Under</u>		
GIRLS	EVENT	BOYS
1	100 Breast	2
3	100 Free	4
5	50 Fly	6
7	50 Back	8
9	200 IM	10
11	4x50 Free Relay	12

Session 2 - Sat June 11 12-13		
Warm-up: 11:30-12:10 pm Start: 12:15 pm		
<u>Age 12-13 years</u>		
GIRLS	EVENT	BOYS
13	100 Breast	14
15	100 Free	16
17	50 Fly	18
19	50 Back	20
21	200 IM	22
23	4x50 Free Relay	24

Session 3 - Sat June 11 14 & Over		
Warm-up: 3:00-3:40 pm Start: 3:45 pm		
<u>Age 14 & Over</u>		
GIRLS	EVENT	BOYS
25	100 Breast	26
27	100 Free	28
29	50 Fly	30
31	50 Back	32
33	200 IM	34
35	4x50 Free Relay	36

Session 4 - Sun June 12 11 & Under		
Warm-up: 8:00-8:40 am Start: 8:45 am		
<u>Ages 11 & Under</u>		
GIRLS	EVENT	BOYS
37	100 Back	38
39	50 Free	40
41	50 Breast	42
43	100 Fly	44
45	200 Free	46
47	4x50 Medley Relay	48



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Session 5 - Sun June 12 12-13		
Warm-up: 11:30-12:10 pm Start: 12:15 pm		
<u>Age 12-13 years</u>		
GIRLS	EVENT	BOYS
49	100 Back	50
51	50 Free	52
53	50 Breast	54
55	100 Fly	56
57	200 Free	58
59	4x50 Medley Relay	60

Session 6 - Sun June 12 14 & Over		
Warm-up: 3:00-3:40 pm Start: 3:45 pm		
<u>Ages 14 & Over</u>		
GIRLS	EVENT	BOYS
61	100 Back	62
63	50 Free	64
65	50 Breast	66
67	100 Fly	68
69	200 Free	70
71	4x50 Medley Relay	72



Competition Dismissal Policy

As outlined in the policies and procedures during competitions it is the responsibility of the participants (coaches and swimmers) to abide by pool rules. In the event that a participant is not following the provided rules and regulations, TPASC reserves the right to dismiss a participant from continuing in the event.

2.15 Patron Behaviour

- Socializing with or distracting pool staff, including lifeguards, is prohibited.
- No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. Such behavior, including abusive or profane language, may result in being asked to leave.
- Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, offensive or disruptive splashing or yelling, diving or jumping without care and caution, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
- Spitting, spouting water, blowing nose, urinating or defecating in the pool is prohibited.
- **No food or drinks on deck. No gum.**
- All minor rule infractions warrant a verbal warning along with a brief explanation of why the rule is enforced.



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- If a swimmer repeatedly breaks rules or regulations, making it absolutely necessary for discipline purposes to send him/her home for a period of time, the Deck Supervisor must document the situation on an Incident Report Form.
- Should there be any instances where longer suspensions are recommended, the Deck Supervisor is to discuss details with Aquatics Management staff who shall decide the appropriate course of action.

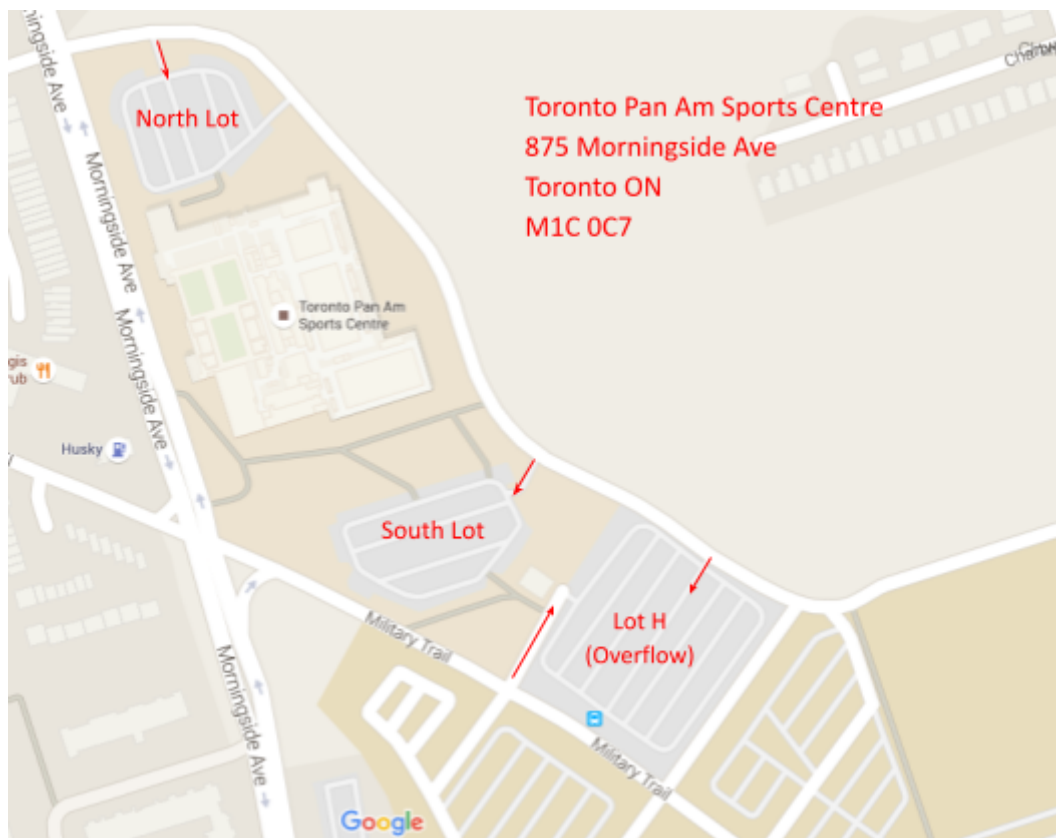
1) In the event that a participant is repeatedly breaking a pool rule there will be a three strike rule in the following order:

- 2) Lifeguard speaks to participant and deck supervisor/management is notified.
- 3) Lifeguard/deck supervisor will identify participant to coaches and have coach speak to swimmer
Meet Manager will be made aware of this step.
- 4) Aquatics Management and Meet Manager dismiss swimmer after being warned.

5) TPASC requests that all participants involved in the event are made aware of all facility policies and procedures and that the Competition Dismissal Policy is known and understood by all participants.

We appreciate your cooperation and understanding to keep our facility as safe and pristine as possible.

Toronto Pan Am Sports Centre (TPASC) Parking Info



TPASC Daily Parking Rates

Monday – Sunday **0-2 hours complimentary (no charge)**

Over and above the first 2 hours:

Monday – Friday 12:00 am – 4:00 pm \$8.50

Monday – Friday 4:00 pm – 12:00 am \$3.00

Weekends Sat 12:00 am – Mon 12:00 am (All day) \$3.00

Daily parking rates do not include in-and-out privileges (all rates include HST)

UTSC Lot H Daily Parking Rates (“Overflow Lot”)

NO COMPLIMENTARY 2 HOURS

Monday – Friday 7:00 am – 4:00 pm \$8.50

Monday – Thursday 4:00 pm – 7:00 am \$5.00

Weekends Friday 4:00 pm – Monday 7:00 am (All day) \$3.00

Daily parking rates do not include in-and-out privileges (all rates include HST)