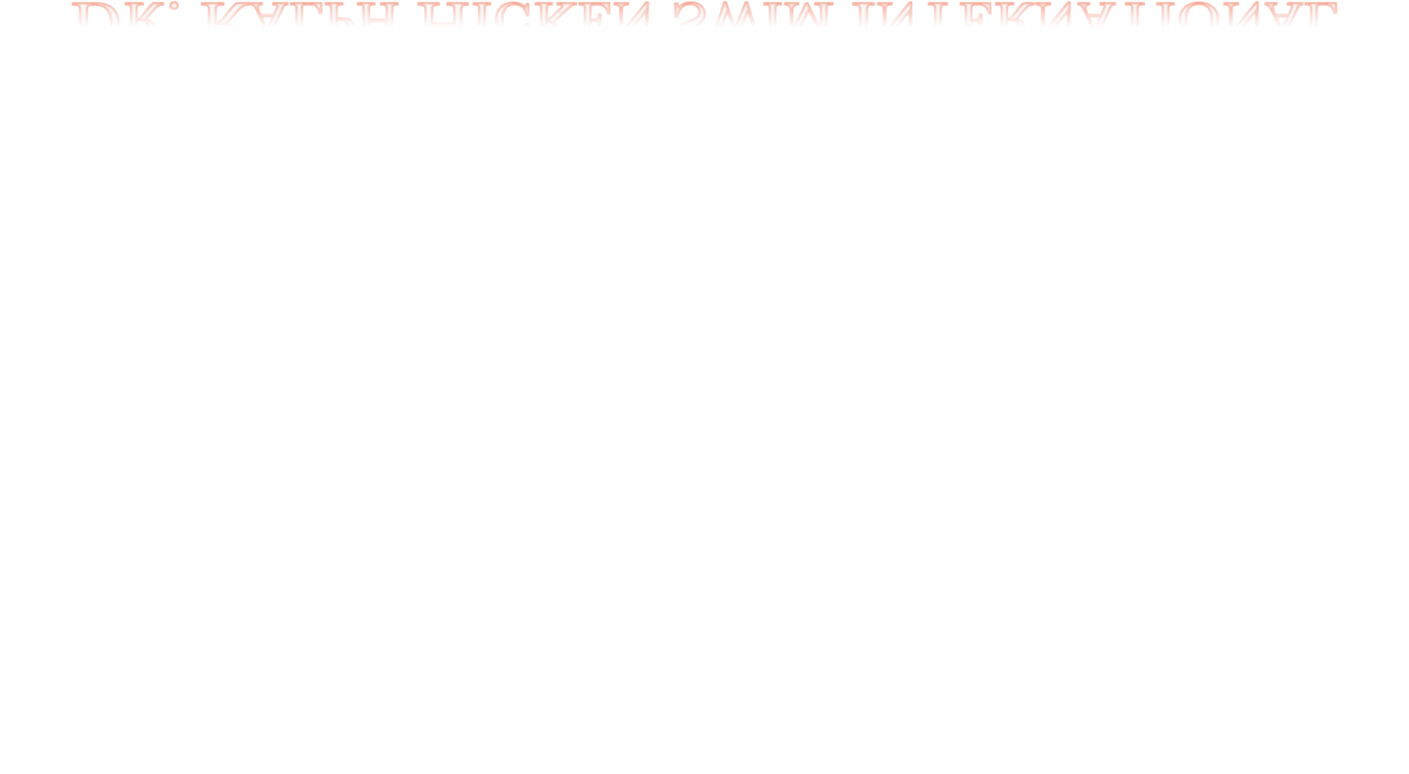
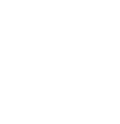
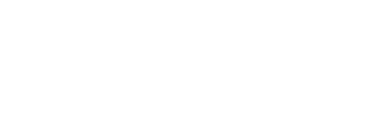
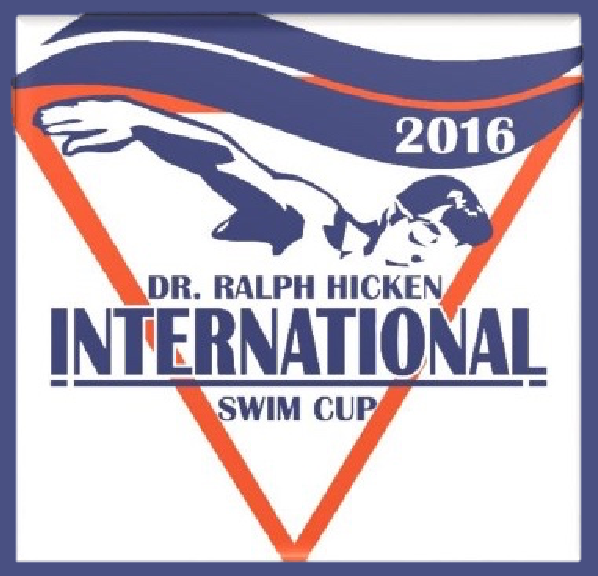
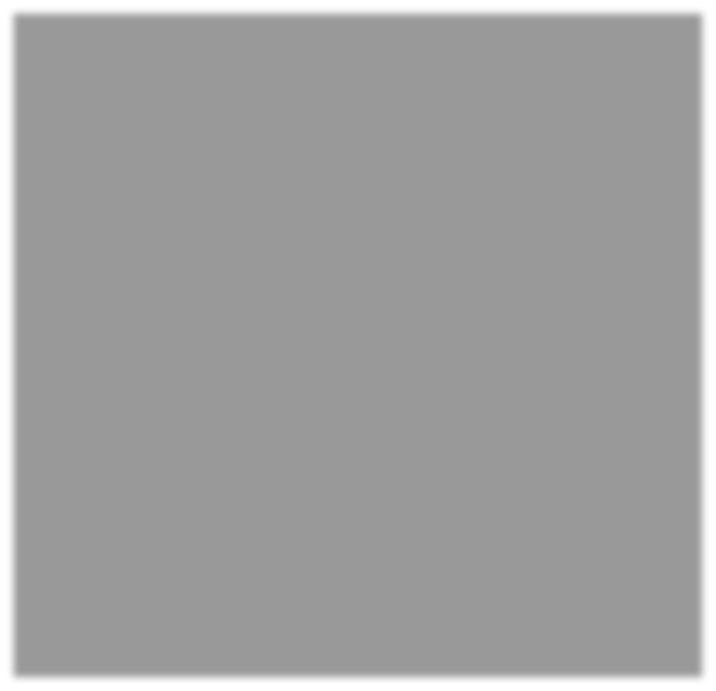
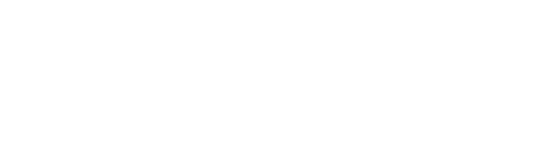


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**2018**

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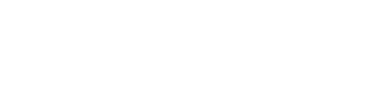
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May 17th – May 20th, 2018

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[www. mississaugaswimming. com](http://www.mississaugaswimming.com/)





***31st Annual***

## DATE: HOSTED BY:



May 17 - 20, 2018 Mississauga Aquatic Club

## LOCATION:

* Markham PAN AM Pool, 16 Main Street, Unionville, Ontario

## FACILITY:

* 50 meter 10 lane competition pool with Electronic Timing System. Long Course.
* Backstroke ledges will be used for 13 and over swimmers.

## ENTRY GUIDELINES:

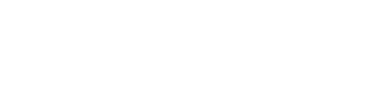
* Swimmers may be entered in any event in which they qualify.
* NT entries will not be accepted.
* Bonus events must be entered as an actual time and indicated by the Bonus checkbox in Hy-Tek.

## MEET STRUCTURE:

Swimmers will swim in age combined events as 10 & under, 11-12, 13-14, 15 & over.

* 12 & Under
  + No Time Standard.
  + Maximum 1 event on Thursday, and 3 events per session on Friday, Saturday and Sunday. All events are Timed Finals.
  + Arena Golden Crown: A slowest to fastest swim-off by the top 8 males and top 8females in the 50M Free based on fastest entry times. Fastest time in each age group wins the Golden Crown and prize. 10 & U, 11-12.
  + Bell lap prizes.
* 13 & Over
  + Swim ON Provincial ‘C’ Time Standard. One qualifying time entitles swimmer to a maximum of 10 events. 50 Back, 50 Breast and 50 Fly cannot be used as qualifying events.
  + Maximum 1 event on Thursday, and 3 events per session on Friday, Saturday and Sunday.
  + A & B Finals for all individual 100M and 200M events. Top 20 swimmers.
  + A, B & C Finals for all 50M events. Top 30 swimmers.
  + Arena Golden Crown: A slowest to fastest swim-off by the top 10 males and top 10 females in the 50M Free based on A, B, C Finals results in the 50M Free Finals events 73 to 76. Fastest time in each age group wins the Golden Crown and prize. 13-14, 15&O.
  + 400IM and 400, 800, 1500M Free events are Timed Finals.
  + Finals will swim youngest to oldest.





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## COMPETITION COORDINATOR: MEET MANAGERS: ENTRIES CONTACT:

Jeff Holmes Libby Kalman / Lina Celtorius [entries@mississaugaswimming.com](mailto:entries@mississaugaswimming.com)

libbykalman@gmail.com/linaceltorius@yahoo.ca

## MEET PACKAGE:

The only meet package which will be considered as valid must be the most current version found o[n www.swimming.ca](http://www.swimming.ca/)

## ELIGIBILITY:

* All athletes must be registered as a competitive swimmer with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers. Entries without a SNC registration number will be declined entry.
* Meet Management reserves the right to further limit individual swims to 2 per session and to limit heats if necessary to keep session times within 4.5 hours.
* Meet Management reserves the right to restrict 400, 800, 1500M Free and 400 IM entries, and to run slower heats 2 swimmers per lane for freestyle events.
* Foreign swimmers are eligible to compete provided they are approved (see Foreign Competitors section).

## 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. Please forward documents to [Lindsay@swimontario.com](mailto:Lindsay@swimontario.com)

See [Appendix 'C'](#_bookmark2) below.

## COACH REGISTRATION:

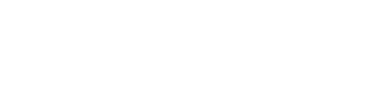
* Meet Management will cross reference the list of coaches in attendance at this competition with the [Coach Compliance List](http://www.swimontario.com/page.php?id=2748). If a coach is not on this list, Meet Management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet Management will forward Swim Ontario a list of coaches who they have found to be in

non-compliance.

## AGE UP DATE:

* Ages submitted are to be as of May 17, 2018.





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## ENTRY FEE:



* CDN$10.00 (+ HST) Splash Fee per registered swimmer. Includes electronic heat sheets.
* CDN$12.00 (incl. HST) for all 12 & under individual events,
* CDN$14.00 (incl. HST) for all 13 & older individual events,
* CDN$14.00 (incl. HST) per event for 400 IM & 400M Free,
* CDN$15.00 (incl. HST) per event for 800M and 1500M Free.
* CDN$20.00 (incl. HST) for relay events.
* Please make cheques payable to MISSISSAUGA AQUATIC CLUB on the first day of the meet. Swimmers will not compete until fees are paid.

## AWARDS:

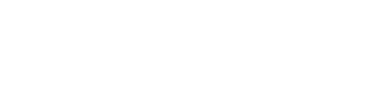
* Individual event medals from 1st to 3rd.
* Individual event ribbons from 4th to 10th.
* Relay medals 1st to 3rd.
* Age groups 10 & under, 11-12, 13-14 and 15 & over. Male/Female.

## PRIZES:

* Golden Crown – 50 M Freestyle
  + Top Male & Top Female 13-14, 15&O
    - 1st Arena Carbon Series Racing Suit
    - 2nd mystery prize
    - 3rd mystery prize
  + Top Male & Top Female 10&U, 11-12
    - 1st CDN$50 gift card
    - 2nd mystery prize
    - 3rd mystery prize
* Bell lap prizes for 12 & under.
* Top 5 Male & Top 5 Female overall FINA point prizes
  + 1st CDN$500
  + 2nd to 5th mystery prizes
* Ties will be determined by next highest scoring swim.
* Swimmers must be in attendance at Sunday Finals to receive award. If they are not there the award will go to the next highest FINA points recipient.

**COACHES PLEASE PICK UP AWARDS PRIOR TO LEAVING. AWARDS WILL NOT BE MAILED.**





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## SCHEDULE OF SESSIONS:

* Meet Management reserves the right to change start times for all sessions.
* Diving lanes will be in lanes 0 and 9 during last 20 minutes of warm up.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Session** | **Date** | **Age Group** | **Warm Up** | **Start** | **Est. Finish** | **Est.**  **Duration** |
| 1 | Thursday  May 17 | 13&O  12&U | 4:00 - 4:50 PM  7:45 – 8:15 PM | 5:00 PM  8:15 PM | 7:45 PM  9:00 PM | 3 hours  1 hour |
| 2 | Friday Prelims  May 18 | 13&O | 7:00 - 7:50 AM | 8:00 AM | 11:45 AM | 3.5 hours |
| 3 | Friday Afternoon  May 18 | 12&U | 12:30 - 1:20 PM | 1:30 PM | 4:45 PM | 3.5 hours |
| 4 | Friday Finals  May 18 | 13&O | 5:30 - 6:20 PM | 6:30 PM | 8:00 PM | 1.5 hours |
| 5 | Saturday Prelims  May 19 | 13&O | 7:00 - 7:50 AM | 8:00 AM | 12:15 PM | 4 hours |
| 6 | Saturday Afternoon  May 19 | 12&U | 12:30 - 1:20 PM | 1:30 PM | 5:30 PM | 4 hours |
| 7 | Saturday Finals  May 19 | 13&O | 5:30 - 6:20 PM | 6:30 PM | 9:15 PM | 2.5 hours |
| 8 | Sunday Prelims  May 20 | 13&O | 7:00 - 7:50 AM | 8:00 AM | 12:30 PM | 4.5 hours |
| 9 | Sunday Afternoon  May 20 | 12&U | 12:30 - 1:20 PM | 1:30 PM | 5:30 PM | 4 hours |
| 10 | Sunday Finals  May 20 | 13&O | 5:30 - 6:20 PM | 6:30 PM | 8:00 PM | 1.5 hours |

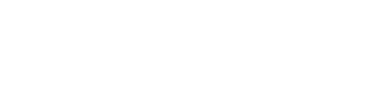
## SCHEDULE OF EVENTS:

* See [Appendix 'A'](#_bookmark0) below.

## SWIM ON PROVINCIAL ‘C’ TIME STANDARDS:

* See [Appendix 'B'](#_bookmark1) below.





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## TIME SPLITS:



* 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.
* 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.

## TECHNICAL MEETING:

* Friday May 18th at 6:45 AM

**ENTRIES**:

* **Initial Entries will be received by Wednesday April 11, 2018**
* **Entry Final Deadline Tuesday May 1, 2018.**
* Meet Management reserves the right to close entries prior to the deadline in the event of oversubscription.
* Entries must be submitted through the online entries system at [www.swimming.ca](http://www.swimming.ca/)

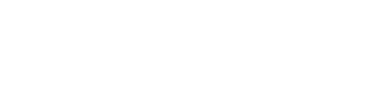
## Meet Management will not accept entries directly via email.

* Entries must be submitted using provable times, recorded during the qualifying period. “NT” will not be accepted.
* No conversion times. Entries can be submitted in SCM or LCM times.
* Bonus events must be entered as an actual time and indicated by the Bonus checkbox in Hy-Tek.
* Changes to entries will not be accepted after 12 pm Tuesday May 1, 2018. After that time, fees will be calculated; no refunds will be granted for missed swims.
* Swimmers may swim maximum 1 event on Thursday & 3 events per session on Friday, Saturday and Sunday. MSSAC reserves the right to allow entries regardless of number of events.
* Qualifying period for entry to the meet is September 1, 2017 to May 17, 2018.

## QUALIFYING STANDARDS FOR ENTRY:

* 12 & Under
  + No qualifying time standard.
* 13 & Over
  + Swim ON Provincial ‘C’ Time Standard. One qualifying time entitles swimmer to a maximum of 10 events. 50 Back, 50 Breast and 50 Fly cannot be used as qualifying events. Maximum 1 event on Thursday, and 3 events per session on Friday, Saturday and Sunday. MSSAC reserves the right to allow entries for their swimmers regardless of qualifying standards.





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## RELAYS:



* Only 2 relays per club, per event, per 10 & under, 11-12, 13-14, 15 & over.
* 12 & Under 200M, Medley & Free.
* 13 & Over 400M, Medley & Free.
* Please submit times for seeding purposes only.

## SEEDING:

* Heats will be seeded slowest to fastest except in distance events (from fastest to slowest).
* Seeding for all swims will be optimized by distance and stroke.
* Entries with qualifying LCM times followed by qualifying SCM times.

## SCORING:

* 12 & under and 13 & over top age group individual events: 5, 2, 1.

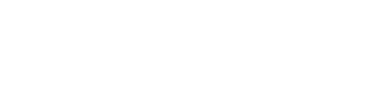
## DECK ENTRIES:

* Swimmers entered on deck must have valid proof of SNC registration number as an active, competitive swimmer.
* Deck entries will be accepted for empty lanes only. No new heats will be created, and are subject to the Referee’s approval.
* Deck entries are considered Exhibition swims only and no awards will be given.
* Charge for deck entries is CDN$15.00 per individual entry, except for fee of CDN$20.00 for 400IM, 400, 800 & 1500M Free payable in cash to Clerk of Course prior to the event.

## CHECK IN AND SCRATCHES:

* Scratches from Prelims/Timed Finals must be received at the Clerk of Course 30 minutes prior to the start of each session.
* Positive check in for events 400, 800 and 1500M Free, and 400IM.
* Swimmers failing to report within 5 minutes of last call for **Finals** will be scratched.
* All scratches from Finals must be provided to Clerk of Course **no later than 30 minutes after the end of the Prelim sessions**, to allow proper seeding and notification of alternates.
* Scratching from Finals after the final scratch deadline or failure to participate in an individual Final event will result in a CDN$50.00 fine for each offence (applies to initially named finalists and alternates – payable to Mississauga Aquatic Club. Failure to pay before the swimmer’s next event will exclude the swimmer from further participation in the meet.
* All A & B Finals swimmers plus alternates are required to check in with the Clerk of Course 15 minutes prior to each swim.
* “B” Finals go directly to blocks after check in. “A” Finals will march on from the swallow end of the pool.





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## PSYCH SHEETS & HEAT SHEETS:



* Psych Sheets will be posted prior to the meet. **Updated Heat Sheets posted as soon as possible after warm up.** [www.mississaugaswimming.com](http://www.mississaugaswimming.com/)

## Updated printed heat sheets will be available upon request from the Information Booth for $1 after warm up.

**MEET RESULTS:**

* The meet program will be run on Hy-Tek Meet Manager.
* Results will be posted as quickly as possible at the meet.
* Live results will be available at [www.mississaugaswimming.com](http://www.mississaugaswimming.com/) each day.
* Please note – all times are unofficial until verified. Official results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca/)

## OFFICIALS:

* If any registered officials are interested in officiating please send an email to the Officials Chair [officials@mississaugaswimming.com](mailto:officials@mississaugaswimming.com)

## SAFETY & LIABILITY:

* + Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck. No other person is permitted on deck unless authorized by the Meet Management.
  + No Food is permitted on deck and no glass objects will be allowed on or near the deck.
  + Coaches are responsible for the behavior of their swimmers. Swimming in an orderly manner is required. Horseplay is strictly prohibited.
  + Meet officials will provide a safe environment and an organized competition. We are not responsible for the supervision of the athletes during the competition and session breaks.

## COMPETITION RULES:

* + Sanctioned by Swim Ontario.
  + All current Swimming/Natation Canada (SNC) rules will be followed.
  + Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE.](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/).
  + For club and provincial meets, a swimsuit that covers more of the body such as modesty

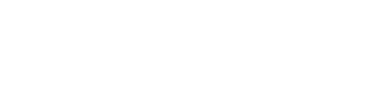
swimwear or religious cover-ups is permitted providing that the fabric is permeable open mesh

textile material and does not give the swimmer an advantage. The full interpretation can be

viewed [HERE](http://swimontario.com/uploads/Officials/Resources/SNC_Swimwear_Interpretation_2017.pdf). Advanced notification or for clarification of interpretation please see the

Competition Coordinator.





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## LIVE STREAMING:



* All participants agree to be filmed and photographed by the official photographer(s) and network(s) of Mississauga Aquatic Club under the conditions authorized by Swim Ontario, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in Dr. Ralph Hicken Swim International to promote such competition.

## 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.
* 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 insures 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.

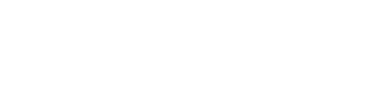
## OTHER INFORMATION:

* Limited lockers are available in the athlete/officials locker rooms for day use only.
* No locks will be provided. Please bring your own lock.
* Parking onsite is free, but may be limited.

## ACCOMMODATION: RESERVATIONS:

* [Hampton Inn & Suites by Hilton Toronto Markham](http://hamptoninn3.hilton.com/en/hotels/ontario/hampton-inn-and-suites-by-hilton-toronto-markham-YYZMKHX/index.html) Contact: [Jinny Kwon](mailto:jinny.kwon@hilton.com) 52 Bodrington Court, Markham ON [Hicken Event Rate](#_bookmark3)





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# APPENDIX A



**- SCHEDULE OF EVENTS –**

* Heat sheets available at [www.mississaugaswimming.com](http://www.mississaugaswimming.com/) -

**SESSION 1 – THURSDAY**

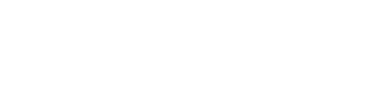
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| --- | --- | --- | --- | --- |
| **13 & Older Warm-up: 4:00 - 4:50 PM Start: 5:00 PM** | | | | |
| **FEMALE** | | **EVENTS** | **MALE** | |
| Event | Age | Age | Event |
| **1** | **Open** | 1500 FREE  **Mixed and Open age group** | **Open** | **1** |
| **2** | **Open** | 800 FREE  **Mixed and Open age group** | **Open** | **2** |
| BREAK FOR 30 MINUTES FOR 2nd Warm-up  **12 & Under Warm-up: 7:45 – 8:15 PM Start: 8:15 PM** | | | | |
| **3** | 11-12 | 400 FREE | 11-12 | **4** |

**10&U 400 Free swim in session 9**

# SESSION 2 – FRIDAY PRELIMS

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **13 & Older Warm-up: 7:00 – 7:50 AM Start: 8:00 AM** | | | | |
| **FEMALE** | | **EVENTS** | **MALE** | |
| Event | Age | Age | Event |
| 13 | 15&O | 200 BACK | 15&O | 14 |
| 15 | 13-14 | 13-14 | 16 |
| 17 | 15&O | 100 BREAST | 15&O | 18 |
| 19 | 13-14 | 13-14 | 20 |
| 21 | 15&O | 50 FLY | 15&O | 22 |
| 23 | 13-14 | 13-14 | 24 |
| 25 | 15&O | 200 FREE | 15&O | 26 |
| 27 | 13-14 | 13-14 | 28 |
| 29 | 15&O | 400 FREE RELAY | 15&O | 30 |
| 31 | 13-14 | 13-14 | 32 |





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* Heat sheets available at [www.mississaugaswimming.com](http://www.mississaugaswimming.com/) -



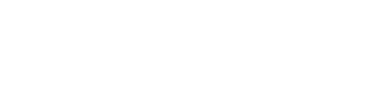
**SESSION 3 – FRIDAY AFTERNOON**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **12 & Under Warm-up: 12:30 – 1:20 PM Start: 1:30 PM** | | | | |
| **FEMALE** | | **EVENTS** | **MALE** | |
| Event | Age | Age | Event |
| **35** | **12 & U** | 200 BACK | **12 & U** | **36** |
| **37** | **12 & U** | 100 BREAST | **12 & U** | **38** |
| **39** | **12 & U** | 200 FREE | **12 & U** | **40** |
| **41** | **11-12** | 50 FLY | **11 -12** | **42** |
| **43** | 11-12 | 400 IM | 11-12 | **44** |
| **45** | **12 & U** | 200 FREE RELAY | **12 & U** | **46** |

**SESSION 4 – FRIDAY FINALS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **13 & Older Warm-up: 5:30 – 6:20 PM Start: 6:30 PM** | | | | | | |
| **FEMALE** | | | **EVENTS** | **MALE** | | |
| Event | Age | Finals | Finals | Age | Event |
| 13 | 15&O | A & B | 200 BACK | A & B | 15&O | 14 |
| 15 | 13-14 | A & B | A & B | 13-14 | 16 |
| 17 | 15&O | A & B | 100  BREAST | A & B | 15&O | 18 |
| 19 | 13-14 | A & B | A & B | 13-14 | 20 |
| 21 | 15&O | A, B & C | 50 FLY | A, B & C | 15&O | 22 |
| 23 | 13-14 | A, B & C | A, B & C | 13-14 | 24 |
| 25 | 15&O | A & B | 200 FREE | A & B | 15&O | 26 |
| 27 | 13-14 | A & B | A & B | 13-14 | 28 |





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* Heat sheets available at [www.mississaugaswimming.com](http://www.mississaugaswimming.com/) -



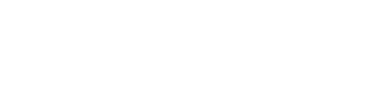
**SESSION 5 – SATURDAY PRELIMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **13 & Older Warm-up: 7:00 – 7:50 AM Start: 8:00 AM** | | | | | |
| **FEMALE** | | **EVENTS** | **MALE** | | |
| Event | Age | Age | | Event |
| 55 | 15&O | 100 FLY | 15&O | | 56 |
| 57 | 13-14 | 13-14 | | 58 |
| 59 | 15&O | 50 BACK | 15&O | | 60 |
| 61 | 13-14 | 13-14 | | 62 |
| 63 | 15&O | 50 BREAST | 15&O | | 64 |
| 65 | 13-14 | 13-14 | | 66 |
| 67 | 15&O | 400 FREE | 15&O | 68 | |
| 69 | 13-14 | 13-14 | 70 | |
| 71 | 15&O | 200 IM | 15&O | | 72 |
| 73 | 13-14 | 13-14 | | 74 |
| 75 | 15&O | 50 FREE | 15&O | | 76 |
| 77 | 13-14 | 13-14 | | 78 |
| 79 | 15&O | 400 MEDLEY RELAY | 15&O | | 80 |
| 81 | 13-14 | 13-14 | | 82 |

**SESSION 6 – SATURDAY AFTERNOON**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **12 & Under Warm-up: 12:30 – 1:20 PM Start: 1:30 PM** | | | | |
| **FEMALE** | | **EVENTS** | **MALE** | |
| Event | Age | Age | Event |
| 83 | 11-12 | 100 FLY | 11-12 | 84 |
| 85 | 10&U | 10&U | 86 |
| 87 | 11-12 | 50 BACK | 11-12 | 88 |
| 89 | 10&U | 10&U | 90 |
| 91 | 11-12 | 50 BREAST | 11-12 | 92 |
| 93 | 10&U | 10&U | 94 |
| 95 | 11-12 | 200 IM | 11-12 | 96 |
| 97 | 10&U | 10&U | 98 |
| 99 | 11-12 | 50 FREE | 11-12 | 100 |
| 101 | 10&U | 10&U | 102 |
| 103 | 11-12 | 200 MEDLEY RELAY | 11-12 | 104 |
| 105 | 10&U | 10&U | 106 |





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* Heat sheets available at [www.mississaugaswimming.com](http://www.mississaugaswimming.com/) -



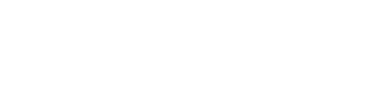
**SESSION 7 – SATURDAY FINALS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **13 & Older Warm-up: 5:30 – 6:20 PM Start: 6:30 PM** | | | | | | |
| **FEMALE** | | | **EVENTS** | **MALE** | | |
| Event | Age | Finals | Finals | Age | Event |
| **73** | 15&O | **A**, B & C | 50 FREE | **A**, B & C | 15&O | **74** |
| **75** | 13-14 | **A**, B & C | **A**, B & C | 13-14 | **76** |
| 55 | 15&O | A & B | 100 FLY | A & B | 15&O | 56 |
| 57 | 13-14 | A & B | A & B | 13-14 | 58 |
| 801 | 15&O | GOLDEN CROWN 50 FREE  **Top 10 based on 50 Free A, B, C Finals** | | | 15&O | 802 |
| 803 | 13-14 | 13-14 | 804 |
| 59 | 15&O | A, B & C | 50 BACK | A, B & C | 15&O | 60 |
| 61 | 13-14 | A, B & C | A, B & C | 13-14 | 62 |
| 63 | 15&O | A, B & C | 50 BREAST | A, B & C | 15&O | 64 |
| 65 | 13-14 | A, B & C | A, B & C | 13-14 | 66 |
| **69** | 15&O | A & B | 200 IM | A & B | 15&O | **70** |
| **71** | 13-14 | A & B | A & B | 13-14 | **72** |

**SESSION 8 – SUNDAY PRELIMS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **13 & Older Warm-up: 7:00 – 7:50 AM Start: 8:00 AM** | | | | |
| **FEMALE** | | **EVENTS** | **MALE** | |
| Event | Age | Age | Event |
| 107 | 15&O | 200 FLY | 15&O | 108 |
| 109 | 13-14 | 13-14 | 110 |
| 111 | 15&O | 100 FREE | 15&O | 112 |
| 113 | 13-14 | 13-14 | 114 |
| 115 | 15&O | 200 BREAST | 15&O | 116 |
| 117 | 13-14 | 13-14 | 118 |
| 119 | 15&O | 100 BACK | 15&O | 120 |
| 121 | 13-14 | 13-14 | 122 |
| 123 | 15&O | 400 IM | 15&O | 124 |
| 125 | 13-14 | 13-14 | 126 |





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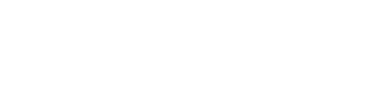
**SESSION 9 – SUNDAY AFTERNOON**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **12 & Under Warm-up: 12:30 – 1:20 PM Start: 1:30 PM** | | | | |
| **FEMALE** | | **EVENTS** | **MALE** | |
| Event | Age | Age | Event |
| 127 | 11-12 | 200 FLY  MIXED EVENT | 11-12 | 127 |
| 805 | 11-12 | GOLDEN CROWN 50 FREE  **Top 8**  based on fastest entry times in 50 Free | 11-12 | 806 |
| 807 | 10&U | 10&U | 808 |
| 129 | 10&U | 50 FLY | 10&U | 130 |
| 131 | 11-12 | 100 FREE | 11-12 | 132 |
| 133 | 10&U | 10&U | 134 |
| 135 | 11-12 | 200 BREAST | 11-12 | 136 |
| 137 | 11-12 | 100 BACK | 11-12 | 138 |
| 139 | 10&U | 10&U | 140 |
| 141 | 10&U | 400 FREE | 10 & U | 142 |

**SESSION 10 – SUNDAY FINALS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **13 & Older Warm-up: 5:30 – 6:20 PM Start: 6:30 PM** | | | | | | |
| **FEMALE** | | | **EVENTS** | **MALE** | | |
| Event | Age | Finals | Finals | Age | Event |
| 107 | 15&O | A & B | 200 FLY | A & B | 15&O | 108 |
| 109 | 13-14 | A & B | A & B | 13-14 | 110 |
| 111 | 15&O | A & B | 100 FREE | A & B | 15&O | 112 |
| 113 | 13-14 | A & B | A & B | 13-14 | 114 |
| 115 | 15&O | A & B | 200  BREAST | A & B | 15&O | 116 |
| 117 | 13-14 | A & B | A & B | 13-14 | 118 |
| 119 | 15&O | A & B | 100 BACK | A & B | 15&O | 120 |
| 121 | 13-14 | A & B | A & B | 13-14 | 122 |





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# APPENDIX B



**- SWIM ON PROVINCIAL ‘C’ TIME STANDARDS –**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | **FEMALE** | |  | |
| **15 YEARS & Older** | | | | **14 YEARS** | | **13** | **YEARS** |
| **LCM SCM** | | | | **LCM SCM** | | **LCM** | **SCM** |
| **50** | **FREE** | 31.04 | 30.44 | 31.54 | 30.92 | 32.11 | 31.47 |
| **100** | **FREE** | 1:07.28 | 1:05.96 | 1:08.05 | 1:06.72 | 1:09.53 | 1:08.17 |
| **200** | **FREE** | 2:27.29 | 2:23.52 | 2:27.72 | 2:24.83 | 2:30.59 | 2:27.63 |
| **400** | **FREE** | 5:10.97 | 5:04.88 | 5:12.72 | 5:06.59 | 5:17.00 | 5:10.78 |
| **800** | **FREE** | 10:47.46 | 10:33.68 | 10:53.76 | 10:40.95 | 11:03.52 | 10:50.51 |
| **1500** | **FREE** | 20:38.84 | 20:14.55 | 20:53.01 | 20:28.44 | 21:11.71 | 20:46.77 |
| **100** | **BACK** | 1:15.43 | 1:13.94 | 1:17.13 | 1:15.61 | 1:18.45 | 1:16.92 |
| **200** | **BACK** | 2:43.24 | 2:40.04 | 2:44.98 | 2:41.73 | 2:48.28 | 2:44.98 |
| **100** | **BREAST** | 1:28.15 | 1:26.43 | 1:28.84 | 1:27.09 | 1:29.91 | 1:28.14 |
| **200** | **BREAST** | 3:10.70 | 3:06.96 | 3:11.27 | 3:07.52 | 3:11.75 | 3:07.99 |
| **100** | **FLY** | 1:15.87 | 1:14.38 | 1:17.04 | 1:15.54 | 1:18.27 | 1:16.73 |
| **200** | **FLY** | 2:53.27 | 2:49.87 | 2:54.63 | 2:51.20 | 2:55.00 | 2:51.56 |
| **200** | **IM** | 2:46.64 | 2:43.37 | 2:48.38 | 2:45.07 | 2:53.17 | 2:49.77 |
| **400** | **IM** | 5:52.70 | 5:45.79 | 6:02.80 | 5:55.69 | 6:05.91 | 5:58.74 |

**MALE**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **15 YEARS & Older LCM SCM** | | | | **14 YEARS LCM SCM** | | **13**  **LCM** | **YEARS**  **SCM** |
| **50** | **FREE** | 29.01 | 28.45 | 29.55 | 28.97 | 30.44 | 29.84 |
| **100** | **FREE** | 1:02.86 | 1:01.63 | 1:04.15 | 1:02.90 | 1:06.36 | 1:05.07 |
| **200** | **FREE** | 2:16.83 | 2:14.16 | 2:20.78 | 2:18.02 | 2:26.01 | 2:23.15 |
| **400** | **FREE** | 4:54.01 | 4:48.24 | 4:59.50 | 4:53.63 | 5:07.71 | 5:01.66 |
| **800** | **FREE** | 10:16.71 | 10:04.63 | 10:35.42 | 10:22.95 | 10:52.58 | 10:39.78 |
| **1500** | **FREE** | 19:42.35 | 19:19.16 | 20:18.18 | 19:54.30 | 20:58.83 | 20:34.15 |
| **100** | **BACK** | 1:12.02 | 1:10.60 | 1:13.94 | 1:12.49 | 1:16.02 | 1:14.53 |
| **200** | **BACK** | 2:36.48 | 2:33.41 | 2:40.18 | 2:37.05 | 2:42.91 | 2:39.72 |
| **100** | **BREAST** | 1:23.16 | 1:21.52 | 1:24.10 | 1:22.45 | 1:27.29 | 1:25.58 |
| **200** | **BREAST** | 3:00.75 | 2:57.21 | 3:03.36 | 2:59.76 | 3:07.06 | 3:03.38 |
| **100** | **FLY** | 1:10.57 | 1:09.18 | 1:12.83 | 1:11.40 | 1:16.00 | 1:14.50 |
| **200** | **FLY** | 2:43.52 | 2:40.31 | 2:48.06 | 2:44.77 | 2:51.08 | 2:47.73 |
| **200** | **IM** | 2:36.55 | 2:33.48 | 2:39.37 | 2:36.26 | 2:46.65 | 2:43.38 |
| **400** | **IM** | 5:39.94 | 5:33.28 | 5:45.38 | 5:38.60 | 5:54.75 | 5:47.80 |

**APPENDIX C**

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:

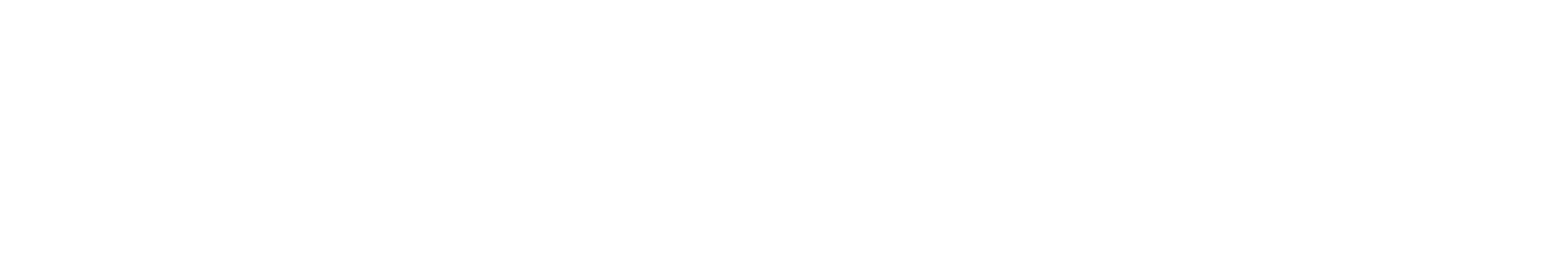
a) Student ID b) Driver’s License c) Green Card d) other documentation as accepted by Swim Ontario

**Club must attach proof of insurance – (ie. Insurance certificate) as well as copies of each athlete’s 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 |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
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|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

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**  Libby Kalman / Lina Celtorius | (Signature) Host Meet Manager |
| (Print Name) Host Meet Manager |
|  |

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

**Hicken International Swim Cup 2018 HOST HOTEL**

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**HAMPTON SUITES BY HILTON TORONTO MARKHAM**

**Hub of Happiness** | **Newest hotel in York Region** | **Awarded #1 Trip Advisor in Markham**

* **THROUGH THE PHONE:** [1-800-426-](tel:1-800-426-7866)7866 or [1-844-752-5600](tel:1-905-752-5600)  --provide group code **"HSC"**
* **THROUGH THE WEBPAGE:** [**CLICK HERE**](http://hamptoninn.hilton.com/en/hp/groups/personalized/Y/YYZMKHX-HSC-20180517/index.jhtml?WT.mc_id=POG)

**Your web page address is:** <http://hamptoninn.hilton.com/en/hp/groups/personalized/Y/YYZMKHX-HSC-20180517/index.jhtml?WT.mc_id=POG>

|  |  |
| --- | --- |
| Group Name: | Hicken International Swim Cup 2018 |
| Group Code: | HSC |
| Check-in: | 17-MAY-2018 |
| Check-out: | 20-MAY-2018 |
| Hotel Name: | [Hampton Inn & Suites by Hilton Toronto Markham](http://hamptoninn.hilton.com/en/hp/hotels/index.jhtml?ctyhocn=YYZMKHX) |
| Hotel Address: | 52 Bodrington Court |
|  | Markham, Canada |
|  | L6G 0A9 |
| Phone Number: | 905-752-5600 |

