2019

CENTRAL REGION ‘C’

WINTER CHAMPIONSHIPS

22-24 February 2019

At the

ETOBICOKE OLYMPIUM

Hosted by



**North York Aquatic Club**

# 2019 CENTRAL REGION “C”

# WINTER CHAMPIONSHIPS

**Date:** 22-24 February 2019

**Hosted By:** North York Aquatic Club

**Location:** Etobicoke Olympium  
590 Rathburn Road

Toronto, Ontario

**Facility:** Two 8-lane 25 metre competition pools with Swiss Timing 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](http://www.swimming.ca)

**Sanctioned By:** Sanctioned by Swim Ontario.  
All current Swimming Canada (SC) rules will be followed.

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5.  Click [HERE](http://swimontario.com/uploads/Officials/Resources/SwimwearRulesGR5_2018.pdf) to view full details.  Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

Swimming Canada Competition Warm-Up Safety Procedures will be in effect.  The full document can be viewed [HERE.](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/)

**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.

**Records:** “Option A” 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.

**Eligibility**: All athletes must be registered as Competitive swimmers with Swimming Canada (SC), or any other amateur swimming organization recognized by FINA. A valid SC registration number is required for all Canadian swimmers, and entries without a SC registration number will be declined entry.

All swimmers must be registered with a Central Region Club and meet age and 2019 qualifying standards**.**

**Entries: Swimmers may swim a maximum of 7 individual events.** Please submit Best Times. Times must be an Official time and provable. All entries must be submitted in SCM. Conversion from LCM is permitted at 2% conversion.

**Bonus Swims** 2 bonus swims per swimmer are allowed up to the entry limit (7 individual events). 400 Free is not eligible for Bonus. Any bonus entries faster than the de-qualifying standard will be Exhibition (not eligible for scoring/awards).

**Competition**: The age groups will be 10&U, 11, 12, 13, 14, 15, 16&O.

All swims will be Time Finals swum slowest to fastest

**Qualifying**: Swimmers must adhere to qualifying times. Qualifying period starts Sept 1, 2017.

14 & Over qualifying times are the 2018-20 Ontario Standard ‘E’ times and de-qualifying times are ‘C’ times

13 year old qualifying times are 2018-20 Ontario Festival ‘E’ times and de-qualifying times are ‘C’ Festival times.

12 & Under qualifying times are 2018-20 Ontario Festival ‘D’ times and de-qualifying times are ‘F’ Festival Times (i.e. Festival times + 25%)

10 & U 50 Breast qualifying time is 55.00 and de-qualifying is 50.00 -- 50 Fly qualifying time is 50.00 and de-qualifying is 45.00

Any swimmer who qualifies to enter this meet may swim any leg of a relay.

**Entry Deadline**: The entry deadline is Friday 15 February 2019 at 6pm.

**Entry Fees**: Individual event(s) $11.00

Relay(s) $16.00

Please bring cheque made payable to **North York Aquatic Club** on the first day on the meet. Swimmers will not compete until fees are paid.

**Scratch Rules**: Scratches shall be made on the posted heat sheets without penalty.

**Live Results**:[www.nyacswimming.ca](http://www.nyacswimming.ca)

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

**Comp. Co-ord**.: Clare Atkinson

**Meet Manager**: Leela D’Cruz

**Awards:** Medals 1st, 2nd, 3rd

**Scoring:** Individual Events 15-11-7-5-4-3-2-1 Relays 30-25-20-18-16-14-12-10-8-7-6-5-4-3-2-1

**Coach**

**Registration:** 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 Compliancy lists](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 the meet. Meet management will forward to Swim Ontario a list of coaches who they have found to be in non-compliance.

**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 must advise the Referee prior to the commencement of the event in question on the “Official Split Request” form prior to the race.

**Safety &**

**Liability:** Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

**Recording**

**Event:** Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Meet Manager for application and authorization.

# CENTRAL REGION ‘C’

# WINTER CHAMPIONSHIPS

**Order of Events and Time Standards**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **FRIDAY EVENING** | | | | | | | | |
| Warm-up: 4:00 pm  Start: 5:00 pm | | | | | | | | |
| **GIRLS** | | | | **EVENTS** | **BOYS** | | | |
| Event | Age | De-Qualifying | Qualifying | Event | Age | De-Qualifying | Qualifying | |
| 1 | 13 | 2:56.00 | 3:12.00 | 200 IM | 2 | 13 | 2:48.49 | 3:03.80 | |
|  | 14 | 2:45.07 | 3:00.07 |  |  | 14 | 2:37.49 | 2:51.80 | |
| 3 | 15 | 2:43.37 | 2:58.22 |  | 4 | 15 | 2:33.48 | 2:47.44 | |
|  | 16&O | 2:40.96 | 2:55.60 |  |  | 16&O | 2:28.83 | 2:42.36 | |
| 5 | 10&U | 6:39.87 | 7:14.64 | 400 FREE | 6 | 10&U | 6:50.06 | 7:25.71 | |
| 7 | 11 | 6:12.60 | 6:45.00 |  | 8 | 11 | 6:19.50 | 6:52.50 | |
|  | 12 | 5:48.45 | 6:18.75 |  |  | 12 | 5:49.60 | 6:20.00 | |
| 9 | 13 | 5:30.00 | 6:00.00 | 400 FREE | 10 | 13 | 5:24.50 | 5:54.00 | |
|  | 14 | 5:06.59 | 5:34.46 |  |  | 14 | 4:56.84 | 5:23.82 | |
| 11 | 15 | 5:04.88 | 5:32.59 |  | 12 | 15 | 4:48.72 | 5:14.96 | |
|  | 16&O | 5:00.82 | 5:28.16 |  |  | 16&O | 4:41.91 | 5:07.54 | |

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| **SATURDAY MORNING** | | | | | | | | |
| Warm-up: 7:00 am  Start: 8:00 am | | | | | | | | |
| **GIRLS** | | | | **EVENTS** | **BOYS** | | | |
| Event | Age | De-Qualifying | Qualifying | Event | Age | De-Qualifying | Qualifying |
| 13 | 10&U | 3:37.35 | 3:56.25 | 200 IM | 14 | 10&U | 3:40.80 | 4:00.00 |
| 15 | 11 | 3:18.95 | 3:36.25 |  | 16 | 11 | 3:21.25 | 3:38.75 |
|  | 12 | 3:07.45 | 3:23.75 |  |  | 12 | 3:07.45 | 3:23.75 |
| 17 | 10&U | 1:26.65 | 1:34.19 | 100 FREE | 18 | 10&U | 1:28.35 | 1:36.04 |
| 19 | 11 | 1:19.89 | 1:26.19 |  | 20 | 11 | 1:20.43 | 1:27.43 |
|  | 12 | 1:14.76 | 1:21.26 |  |  | 12 | 1:14.20 | 1:20.65 |
| 21 | 10&U | 50.00 | 55.00 | 50 BREAST | 22 | 10&U | 50.00 | 55.00 |
| 23 | 11 | 3:45.42 | 4:05.03 | 200 BREAST | 24 | 11 | 3:55.61 | 4:16.10 |
|  | 12 | 3:31.82 | 3:50.24 |  |  | 12 | 3:31.82 | 3:50.24 |
| 25 | 10&U | 1:39.12 | 1:47.74 | 100 BACK | 26 | 10&U | 1:41.95 | 1:50.81 |
| 27 | 11 | 1:31.18 | 1:39.11 |  | 28 | 11 | 1:32.32 | 1:40.35 |
|  | 12 | 1:25.53 | 1:32.96 |  |  | 12 | 1:26.65 | 1:34.19 |
| 29 | 10&U | 45.00 | 50.00 | 50 FLY | 30 | 10&U | 45.00 | 50.00 |
| 31 | 11 | 3:37.49 | 3:56.40 | 200 FLY | 32 | 11 | 4:03.55 | 4:24.73 |
|  | 12 | 3:19.36 | 3:36.70 |  |  | 12 | 3:22.77 | 3:40.40 |
| 33 | 10&U |  |  | 4x50 FREE | 34 | 10&U |  |  |
| 35 | 11-12 |  |  | 4x50 FREE | 36 | 11-12 |  |  |

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| **SATURDAY AFTERNOON** | | | | | | | | |
| Warm-up: 1:00 pm  Start: 2:00 pm | | | | | | | | |
| **WOMEN** | | | | **EVENTS** | **MEN** | | | |
| Event | Age | De-Qualifying | Qualifying | Event | Age | De-Qualifying | Qualifying |
| 37 | 13 | 1:10.70 | 1:17.12 | 100 FREE | 38 | 13 | 1:07.72 | 1:13.87 |
|  | 14 | 1:06.72 | 1:12.78 |  |  | 14 | 1:03.12 | 1:08.86 |
| 39 | 15 | 1:05.98 | 1:11.98 |  | 40 | 15 | 1:01.63 | 1:07.24 |
|  | 16&O | 1:05.58 | 1:11.54 |  |  | 16&O | 59.68 | 1:05.10 |
| 41 | 13 | 3:19.36 | 3:37.49 | 200 BREAST | 42 | 13 | 3:15.03 | 3:32.76 |
|  | 14 | 3:07.52 | 3:24.56 |  |  | 14 | 2:59.76 | 3:16.10 |
| 43 | 15 | 3:06.96 | 3:23.95 |  | 44 | 15 | 2:57.21 | 3:13.32 |
|  | 16&O | 3:05.52 | 3:22.38 |  |  | 16&O | 2:49.74 | 3:05.17 |
| 45 | 13 | 1:20.72 | 1:28.06 | 100 BACK | 46 | 13 | 1:18.01 | 1:25.10 |
|  | 14 | 1:15.61 | 1:22.49 |  |  | 14 | 1:12.49 | 1:19.08 |
| 47 | 15 | 1:14.53 | 1:21.30 |  | 48 | 15 | 1:10.60 | 1:17.02 |
|  | 16&O | 1:13.40 | 1:20.08 |  |  | 16&O | 1:07.55 | 1:13.69 |
| 49 | 13 | 3:06.36 | 3:23.30 | 200 FLY | 50 | 13 | 3:04.19 | 3:20.94 |
|  | 14 | 2:51.20 | 3:06.77 |  |  | 14 | 2:44.77 | 2:59.75 |
| 51 | 15 | 2:49.87 | 3:05.32 |  | 52 | 15 | 2:40.31 | 2:54.89 |
|  | 16&O | 2:44.47 | 2:59.42 |  |  | 16&O | 2:30.40 | 2:44.08 |
| 53 | 13-14 |  |  | 4x50 FREE | 54 | 13-14 |  |  |
| 55 | 15&O |  |  | 4x50 FREE | 56 | 15&O |  |  |
| 57 | 13 | 6:15.10 | 6:49.20 | 400 IM | 58 | 13 | 6:07.40 | 6:40.80 |
|  | 14 | 5:55.69 | 6:28.02 |  |  | 14 | 5:38.60 | 6:09.38 |
| 59 | 15 | 5:45.79 | 6:17.22 |  | 60 | 15 | 5:33.28 | 6:03.58 |
|  | 16&O | 5:43.56 | 6:14.80 |  |  | 16&O | 5:25.30 | 5:54.88 |

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| **SUNDAY MORNING** | | | | | | | | |
| Warm-up: 7:00 am  Start: 8:00 am | | | | | | | | |
| **GIRLS** | | | | **EVENTS** | **BOYS** | | | |
| Event | Age | De-Qualifying | Qualifying | Event | Age | De-Qualifying | Qualifying |
| 61 | 10&U | 3:10.90 | 3:27.50 | 200 FREE | 62 | 10&U | 3:16.65 | 3:33.75 |
| 63 | 11 | 2:53.32 | 3:08.39 |  | 64 | 11 | 2:56.71 | 3:12.08 |
|  | 12 | 2:43.12 | 2:57.30 |  |  | 12 | 2:41.99 | 2:56.08 |
| 65 | 10&U | 1:44.78 | 1:53.89 | 100 FLY | 66 | 10&U | 1:49.88 | 1:59.44 |
| 67 | 11 | 1:34.59 | 1:42.81 |  | 68 | 11 | 1:37.42 | 1:45.89 |
|  | 12 | 1:27.79 | 1:35.43 |  |  | 12 | 1:27.23 | 1:34.81 |
| 69 | 10&U | 3:34.08 | 3:52.70 | 200 BACK | 70 | 10&U | 3:44.28 | 4:03.79 |
| 71 | 11 | 3:14.83 | 3:31.78 |  | 72 | 11 | 3:19.36 | 3:36.70 |
|  | 12 | 3:03.51 | 3:19.46 |  |  | 12 | 3:04.07 | 3:20.08 |
| 73 | 10&U | 1:52.15 | 2:01.09 | 100 BREAST | 74 | 10&U | 1:56.68 | 2:06.83 |
| 75 | 11 | 1:45.35 | 1:54.51 |  | 76 | 11 | 1:47.62 | 1:56.98 |
|  | 12 | 1:39.12 | 1:47.74 |  |  | 12 | 1:38.56 | 1:47.13 |
| 77 | 10&U | 39.08 | 42.48 | 50 FREE | 78 | 10&U | 39.65 | 43.10 |
| 79 | 11 | 36.25 | 39.40 |  | 80 | 11 | 36.54 | 39.71 |
|  | 12 | 34.55 | 37.55 |  |  | 12 | 33.75 | 36.69 |
| 81 | 10&U |  |  | 4x50 MEDLEY | 82 | 10&U |  |  |
| 83 | 11-12 |  |  | 4x50 MEDLEY | 84 | 11-12 |  |  |
| 85 | 10&U | 1:43.09 | 1:52.05 | 100 IM | 86 | 10&U | 1:45.35 | 1:54.51 |
| 87 | 11 | 6:59.12 | 7:35.56 | 400 IM | 88 | 11 | 7:27.44 | 8:06.35 |
|  | 12 | 6:34.45 | 7:08.75 |  |  | 12 | 6:42.50 | 7:17.50 |

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| **SUNDAY AFTERNOON** | | | | | | | | |
| Warm-up: 1:00 pm  Start: 2:00 pm | | | | | | | | |
| **WOMEN** | | | | **EVENTS** | **MEN** | | | |
| Event | Age | De-Qualifying | Qualifying | Event | Age | De-Qualifying | Qualifying |
| 89 | 13 | 2:33.32 | 2:47.26 | 200 FREE | 90 | 13 | 2:28.98 | 2:42.53 |
|  | 14 | 2:24.83 | 2:37.99 |  |  | 14 | 2:18.81 | 2:31.43 |
| 91 | 15 | 2:23.52 | 2:36.56 |  | 92 | 15 | 2:14.30 | 2:26.51 |
|  | 16&O | 2:21.65 | 2:34.52 |  |  | 16&O | 2:10.15 | 2:21.98 |
| 93 | 13 | 1:21.81 | 1:29.24 | 100 FLY | 94 | 13 | 1:18.55 | 1:25.69 |
|  | 14 | 1:15.54 | 1:22.40 |  |  | 14 | 1:11.40 | 1:17.89 |
| 95 | 15 | 1:14.38 | 1:21.14 |  | 96 | 15 | 1:09.18 | 1:15.47 |
|  | 16&O | 1:13.41 | 1:20.09 |  |  | 16&O | 1:06.87 | 1:12.95 |
| 97 | 13 | 2:54.45 | 3:10.31 | 200 BACK | 98 | 13 | 2:50.12 | 3:05.58 |
|  | 14 | 2:41.83 | 2:56.54 |  |  | 14 | 2:37.05 | 2:51.32 |
| 99 | 15 | 2:40.04 | 2:54.59 |  | 100 | 15 | 2:33.41 | 2:47.35 |
|  | 16&O | 2:38.70 | 2:53.12 |  |  | 16&O | 2:26.87 | 2:40.22 |
| 101 | 13 | 1:32.10 | 1:40.48 | 100 BREAST | 102 | 13 | 1:30.48 | 1:38.70 |
|  | 14 | 1:27.09 | 1:35.00 |  |  | 14 | 1:22.45 | 1:29.94 |
| 103 | 15 | 1:26.43 | 1:34.28 |  | 104 | 15 | 1:21.52 | 1:28.93 |
|  | 16&O | 1:25.95 | 1:33.77 |  |  | 16&O | 1:17.90 | 1:24.98 |
| 105 | 13 | 32.49 | 35.45 | 50 FREE | 106 | 13 | 30.88 | 33.68 |
|  | 14 | 30.92 | 33.73 |  |  | 14 | 28.97 | 31.61 |
| 107 | 15 | 30.47 | 33.24 |  | 108 | 15 | 28.45 | 31.03 |
|  | 16&O | 30.27 | 33.02 |  |  | 16&O | 27.39 | 29.88 |
| 109 | 13-14 |  |  | 4x50 MEDLEY | 110 | 13-14 |  |  |
| 111 | 15&O |  |  | 4x50 MEDLEY | 112 | 15&O |  |  |

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**ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES   
FOR MEET MANAGERS, OFFICIALS AND COACHES**

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event.
3. No running on the deck, under the bleachers or on the bleachers.
4. No climbing across the railing between the gallery and the bleachers.
5. No climbing over the yellow gates between the pool deck and the bleachers.
6. Shoes must be worn whenever outside the pool or change room areas.
7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.
8. The use of flippers and hand paddles, during warm-ups is prohibited.
9. Swimmers that are not competing are not to be in other areas of the building, and are not to upset the normal operation of the other departments.
10. **Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways and all other areas of the Etobicoke Olympium.**