**Date:** Friday 26 April – Sunday 28 April 2019

**Hosted By:** Toronto Swim Club

**Location:** University of Toronto Pool, 55 Harbord Street, Toronto ON M5W 2W6

**Facility:** 8 lane 50 meter pool (electronic timing)

**MEET:** Double-ended LCM meet. All events are time final. Backstroke ledges will not be used.

**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 shallow end and the deep end.

**Records:** “Option B” Swim times achieved at this competition will NOT be used for applications of provincial and national records.

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

* + - Preference will be given to the host club first.
    - Swimmers are limited to 3 swims per session.
    - Meet Management reserves the right to limit swims to keep session times under 4.5 hrs.
    - Foreign competitors are welcome, subject to the provisions below.

**AGE UP DATE:** Ages submitted are to be **as Friday April 26th, 2019**

**Qualifying**

**Standards:** None. Please submit LCM times. SCM times may be converted at a 2% conversion rate. All entries should be submitted with an entry time for seeding purposes.

NT entries for 400 Free will not be accepted.

**Session Times:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Session** | **Day** | **Ages** | **Warm-up** | **Start** | **Estimated Duration** |
| 1 | Friday Afternoon | 11&O | 4:30 PM | 5:30 PM | 3.5 hours |
| 2 | Saturday Morning | 13&O | 8:00 AM | 9:00 AM | 3.5 hours |
| 3 | Saturday Afternoon | 12&U | 12:30 PM | 1:30 PM | 4.0 hours |
| 4 | Sunday Morning | 13&O | 7:00 AM | 8:00 AM | 3.5 hours |
| 5 | Sunday Afternoon | 12&U | 11:30 AM | 12:30 PM | 4.0 hours |

**Entry Deadline:** All team entries must be received by **April 12th, 2019**

Changes to entries will not be accepted after **April 22nd, 2019**

Entries must be submitted through the SNC online entries system at [www.swimming.ca](http://www.swimming.ca) . No entries will be accepted directly by meet management

**ENTRY FEE:** $11.00 per event

All fees will be charged based on entries submitted to the entry deadline, regardless of whether the swimmer competes or not. Please bring your cheque on first day of meet, payable to **Toronto Swim Club**. Swimmers will not compete until fees are paid. There will be a $50.00 NSF fee for any returned cheques.

**SEEDING:** Seeding will be in order of the times entered, as converted pursuant to the conversion process as per the meet package. All heats will run fastest to slowest

**Deck Entries:** Only swimmers already entered in the meet will be considered for deck entries. Deck entries will be accepted for empty lanes only (no new heats will be created). All deck entries will be exhibition swims. A charge for deck entries is **$15.00**; per entry and must be paid to the Clerk of Course prior to the event.

**SCRATCHES:** Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each

Session. There is a positive check in for 400m events at the Clerk of Course desk no later than 30 minutes prior to the start of the session. **Failure to check in will result in removal of the swimmer from the event.**

**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](http://www.swimontario.com/uploads/Clubs/Club%2520Operations/Forms/2015-2016/ProofofResidence.pdf) form to Swim Ontario no later than 7 days prior to start of competition..

**Coach**

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

**Split Times:** 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. Please complete an ‘Official Split Request’ form (available from the Clerk of Course) prior to the session/event.

**Recording of**

**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 Management for application and authorization.

**Awards:** Individual Events: 1st to 8th place ribbons will be awarded

▪ BOYS - 10 & under, 11, 12, 13, 14, 15 & over.

▪ GIRLS - 10 & under, 11, 12, 13, 14, 15 & over.

Coaches, please pick up ribbons at the end of the final session prior to leaving.

Scoring: No Scoring

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

**Live Results:** [www.torontoswimclub.com](http://www.torontoswimclub.com) and Meet Mobile([download Meet Mobile](http://www.active.com/mobile/meet-mobile-app)).

**PSYCH/HEAT**

**SHEETS:** PSYCH and HEAT Sheets will be posted at [www.torontoswimclub.com](http://www.torontoswimclub.com) . Heat sheets **WILL NOT** be available for sale at the event.

**Competition**

**CoordinatorS:** Jennifer Jones (Level IV) – [jonestsc@gmail.com](mailto:jonestsc@gmail.com)

alison Gadsby (Level V) – [alisonjane@sympatico.ca](mailto:alisonjane@sympatico.ca)

**Meet**

**MANAGERS:**  Charlotte Carroll – [charlottecarroll1@gmail.com](mailto:charlottecarroll1@gmail.com)

Matt Dans – [mattdans@hotmail.com](mailto:mattdans@hotmail.com)

**Officials:** If anyone is interested in officiating, please contact Shannon Pearson ([shannoncpearson@gmail.com](mailto:shannoncpearson@gmail.com)). Your help is always appreciated.

**Order of Events**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Session 1: Friday Afternoon Warm-up 4:30 pm Start 5:30 pm** | | | | |  | For all 100/200/400 events --   **ODD** numbered heats start in **SHALLOW** end.  **EVEN** numbered heats start in **DEEP** end.  50's will start in shallow end | | | | |
| **Event #** | **Girls** | **Event** | **Boys** | **Event#** |  |
| 1 | 11&O | 200 IM | 11&O | 2 |  |
| 3 | 13&O | 400 Free\* | 13&O | 4 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Session 2: Saturday Morning 13&O Warm-up 8:00 am Start 9:00 am** | | | | |  | **Session 3: Sunday Morning 13&O Warm-up 7:00 am Start 8:00 am** | | | | |
| **Event #** | **Girls** | **Event** | **Boys** | **Event#** |  | **Event #** | **Girls** | **Event** | **Boys** | **Event#** |
| 5 | 13&O | 200 Back | 13&O | 6 |  | 29 | 13&O | 200 Free | 13&O | 30 |
| 7 | 13&O | 100 Fly | 13&O | 8 |  | 31 | 13&O | 100 Breast | 13&O | 32 |
| 9 | 13&O | 200 Breast | 13&O | 10 |  | 33 | 13&O | 200 Fly | 13&O | 34 |
| 11 | 13&O | 100 Free | 13&O | 12 |  | 35 | 13&O | 100 Back | 13&O | 36 |
| 13 | 13&O | 50 Fly | 13&O | 14 |  | 37 | 13&O | 50 Free | 13&O | 38 |
| 15 | 13&O | 50 Back | 13&O | 16 |  | 39 | 13&O | 50 Breast | 13&O | 40 |
|  |  |  |  |  |  |  |  |  |  |  |
| **Session 3: Saturday Afternoon 12&U Warm-up 12:30 pm Start 1:30 pm** | | | | |  | **Session 4: Sunday Afternoon 12&U Warm-up 11:30 am Start 12:30 pm** | | | | |
| **Event #** | **Girls** | **Event** | **Boys** | **Event#** |  | **Event #** | **Girls** | **Event** | **Boys** | **Event#** |
| 17 | 12&U | 200 Free | 12&U | 18 |  | 41 | 12&U | 200 Back | 12&U | 42 |
| 19 | 12&U | 100 Fly | 12&U | 20 |  | 43 | 12&U | 100 Free | 12&U | 44 |
| 21 | 12&U | 100 Breast | 12&U | 22 |  | 45 | 12&U | 100 Back | 12&U | 46 |
| 23 | 10&U | 200 IM | 10&U | 24 |  | 47 | 12&U | 50 Breast | 12&U | 48 |
| 25 | 12&U | 50 Free | 12&U | 26 |  | 49 | 12&U | 50 Fly | 12&U | 50 |
| 27 | 12&U | 50 Back | 12&U | 28 |  | 51 | 12&U | 400 Free\* | 12&U | 52 |

**\*NOTE - 400 Free Event:**

Coaches must provide a time for all 400 Freestyle entries. NT will not be accepted for this event.