

OCTOBER 16, 2021



SWIM ONTARIO OCTOBER LC TIME TRIAL

MEET PACKAGE

HOSTED BY SWIM ONTARIO

Based on the ever-evolving public health crisis, Swim Ontario does reserve the right to cancel the October LC Time Trial at any point should it be determined to be unsafe to proceed or at the request of Toronto Public Health, the Province of Ontario and/or any government agency that carries jurisdiction over matters of health and/or public safety. A review of the public health situation and how it relates to the ability to provide a safe environment for all participants will be undertaken on October 1, 2021



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GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Swim Ontario
- **Meet Format:** Long Course – Time-Finals
- **Location:** Toronto Pan Am Sports Centre - 875 Morningside Ave, Toronto, ON M1C 0C7
- **Facility:** 1 x 10 lane 50m competition and training pool- Swiss Timing electronic timing system.
- **Dates:** October 16, 2021
- **Meet package:** The only meet package that is considered valid is the most current one located at www.swimming.ca

PARTICIPANT SAFETY

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](#).

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck. NO OTHER PERSON IS PERMITTED ON DECK unless expressly authorized by the Swim Ontario.

COVID-19 SAFETY

- Swim Ontario will follow all facility & health regulations and/or Ontario provincial orders and will follow their [Safety Plan](#). 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 and must attend all virtual briefings outlining the safety protocols, traffic flow & deck layout for the event.
- Spectators will be permitted on a limited basis. Swimmers can have up to one parent or designated guardian attend the event, provided they are identified to Swim Ontario and all facility entrance requirements have been met.
- All participants 18&Over & all identified parent/guardian spectators must provide proof of identification and vaccination for COVID-19 to enter the facility.
- All participants (or their parent/guardian on their behalf) & spectators will need to provide contact information and complete the following online documents by **Friday, October 8** to be permitted access to the facility.
 - TPASC waiver (non TPASC swimmers and spectators): <https://waiver.smartwaiver.com/w/5ec73f79bf6a4/web/>
 - Event COVID-Attestation & Contact Tracing Info (all participants & spectators): <https://form.jotform.com/SwimOntario/oct-lc-tt-contact-tracing--covid-19>
- Participants and spectators are reminded to arrive no earlier or later than the scheduled arrival time. The facility will also do a screening. Screening protocols may be augmented. The final details for screening and arrival times for all participants and spectators will be provided after entries close.



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- All participants and spectators must wear a mask that covers the nose, mouth and chin at all times when in the TPASC facility and on deck. Swimmers may remove their masks prior to entering the water and must put on their mask when exiting the water.
- Removing or lowering a mask to speak, whistle or yell is not permitted. Support swimmers by clapping.
- A minimum of 2m physical distancing must be maintained at all times with the exception of momentary passing in the lane during warm-up periods / cool down periods.
- No more than 6 swimmers per lane will be permitted, with 3 swimmers pool entry and exit at each opposite ends with no congregating at the walls.

DO'S & DON'T'S OF WEARING A MASK

DO



Clean your hands before putting on/taking off



Wear a mask that feels comfortable



Cover your nose, mouth & chin



Have it fit snugly, with no gaping

DON'T

DON'T

Lower your mask to speak to someone, cheer or whistle



Touch your mask & face



Wear a mask that is too loose



Leave it hanging from your ear



Put it under your nose or chin



Keep a wet or dirty mask on



Forget to also keep 6 feet from others



Support Athletes by Clapping



A MASK IS MANDATORY IN ALL AREAS EXCEPT WHEN SWIMMING



Review Return to Swimming and Return to Racing Safety Plan



Do Self-Screening before attending the activity



Stay home or go home if you feel unwell or don't pass screening



Wear a face covering that covers your nose, mouth and chin



Cover your cough or sneezes



Maintain physical distance of at least 2m at all times



Wash your hands thoroughly with soap and water or hand sanitizer



No physical contact or sharing of items



No congregating during activities



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ROWAN'S LAW – CONCUSSION MANAGEMENT

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. Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the Swim Ontario Injury reporting form. The [Swim Ontario Concussion Management Procedure](#) is in effect at this competition. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Rowan's Law - <https://www.ontario.ca/page/rowans-law-concussion-safety>

OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding 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 must 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 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](#)

PROCEDURE

- 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. There will be no race analysis service provided at the event.
- Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relations to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.
- By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being



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stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.

ORGANIZING COMMITTEE

- **Meet Manager:** Nicole Parent
- **Safety Coordinators:** Nicole Parent & Dean Boles
- **Competition Coordinator:** Jeff Holmes
- **Officials Coordinator:** Nicole Parent
- **Entries Coordinator:** Nicole Parent – nicole@swimontario.com

INQUIRIES:

All inquiries are to be directed to nicole@swimontario.com.

ENTRY INFORMATION

ELIGIBILITY

Only athletes that are invited are permitted to attend the time trial. All athletes must be registered as Competitive swimmers with Swimming Canada (SC) or for USPORT swimmers, in the Varsity category. A valid Swimming Canada registration number is required for all Canadian swimmers, and entries without a registration number will be declined. All invited athletes must be training full time in Ontario based programming.

- Identified group of swimmers who may have not had sufficient opportunity to post a performance for consideration by Swimming Canada or Swim Ontario for Athlete Funding.
- The minimum performance threshold for consideration for this opportunity is based on:
 - Performance window March 1 2019 to August 31 2021, using the Track 3 standard plus 5%
- [Invited List](#)
- A competitor's age is their age as of the first day of the competition – **October 16, 2021**

ENTRY FEES

- **Swimmer Fee:** \$25 +HST (\$28.25)

ENTRY PROCESS

- **Clubs are required to submit entries by Friday, October 8 at noon.**
- Entry times from March 1, 2019 to August 31, 2021.
- Maximum number of entries: 2 per swimmer.



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- All entries received shall be UNCONVERTED LCM and must be validated by the system. No converted times will be accepted. No Time (NT) will not be accepted.
- No further entries changes will be accepted after **Monday, October 11 at noon**.
- All entries inquiries or request for changes to entries are to be directed to nicole@swimontario.com

SUBMISSION

- All entries must be submitted via the Meet List online entries system. <https://www.swimming.ca>
- **Attending coaches must be listed when uploading the entries file** to www.swimming.ca
- Once an entry file is uploaded, the entry system will automatically email a confirmation of entries.
- A successful entry file upload is only the validation of membership entry information against the national membership and entry validation does not guarantee a club's entries will be accepted by Swim Ontario.
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the event.
- Accepted or rejected entries will be identified with a second notification from Swim Ontario.
- Swim Ontario reserved the right to reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline or any other lack of compliance with Swim Ontario meet policy and procedure.
- Final Psych Sheets will be posted online on the [meet information page](#) by **Tuesday, October 12 at noon**.
- All entries inquiries or request for changes to entries are to be directed to nicole@swimontario.com

COMPETITION RULES

Swimming Canada rules govern this competition. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook.

WARM-UP SAFETY PROCEDURES

The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

SWIMWEAR

All swimmers shall be required to comply with swimwear rule GR 5.

DIVE STARTS

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



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BACKSTROKE LEDGES

Backstroke ledges will be available for use. Swimmers shall be responsible for setting the device.

SEEDING

After all times have been proven, entry times will be seeded by time fastest to slowest. 4 lanes will be utilized. Maximum 4 swimmers per heat. Events will be combined.

OFFICIAL SPLITS & DECK ENTRIES

- Official Splits Requests are not permitted.
- Deck Entries for swimmers already in the Time Trial may be granted the opportunity to post a faster time based on available lane space and time permitted. The procedure for deck entries will be outlined after entries close.

NO SHOW RULES

PENALTY

No Penalty for a No Show

REGISTRATION INFORMATION

SWIMMING CANADA COACH REGISTRATION POLICY

The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. 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 Compliance lists](#). 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.

- Athletes must have a coach or designated coach (coach of record) in attendance.

TEAM REGISTRATION

- **Team Registration will be done through an [Online Team Registration Form](#).**
 - All attending coaches, support staff contact information will be collected.
 - Support Staff will be limited to para swimmer attendants.
 - Any club or High Performance Centre must submit an application through the [Online Team Registration Form](#) by **Friday, October 8 at noon**.
 - Clubs requiring Support Staff (assistance for Para swimmers) are required to add them into the Registration Tracking and Results System (RTR). The Club Registrar is responsible for adding Support Staff to the RTR for the purpose of being able to be permitted on deck at this event. Support Staff who are not registered in the RTR will not be permitted on deck.



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PRE-TRAINING

No pre-training available

VIRTUAL COACHES' & SWIMMER INFORMATION

Virtual Briefings will be conducted via Zoom to review the new Safety Protocols, etc. Links to be emailed.

- **Coaches & Swimmers: Tuesday, October 12 - 7:30 to 8:30 PM**
- **Officials: Thursday, October 14 - 7:30 to 8:30 PM**

RECORDS

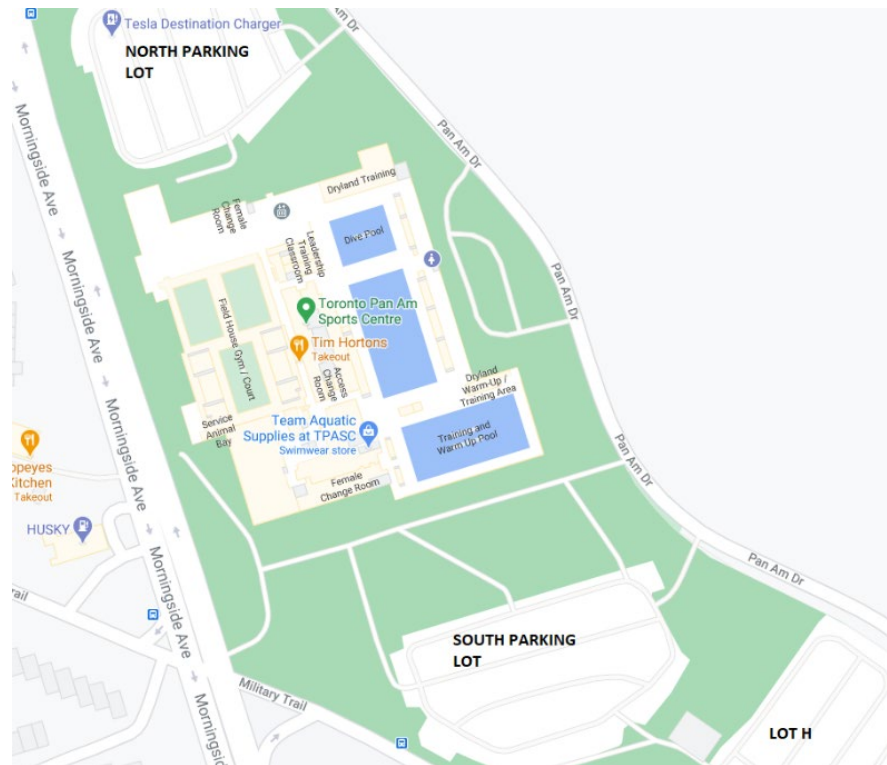
- Records (provincial and national) will not be recognized at this event.

AWARDS

- There will be no awards at this event.

FACILITY INFORMATION

- [Safety Plan](#)
- **Hospitality – Officials & Coaches**
 - Hospitality will not be available for officials and coaches.
- **Parking**
 - Parking in **North Parking** – parking fees are applicable. \$3 for the day.
- **Lockers**
 - Lockers are available for use. Bring your own lock.

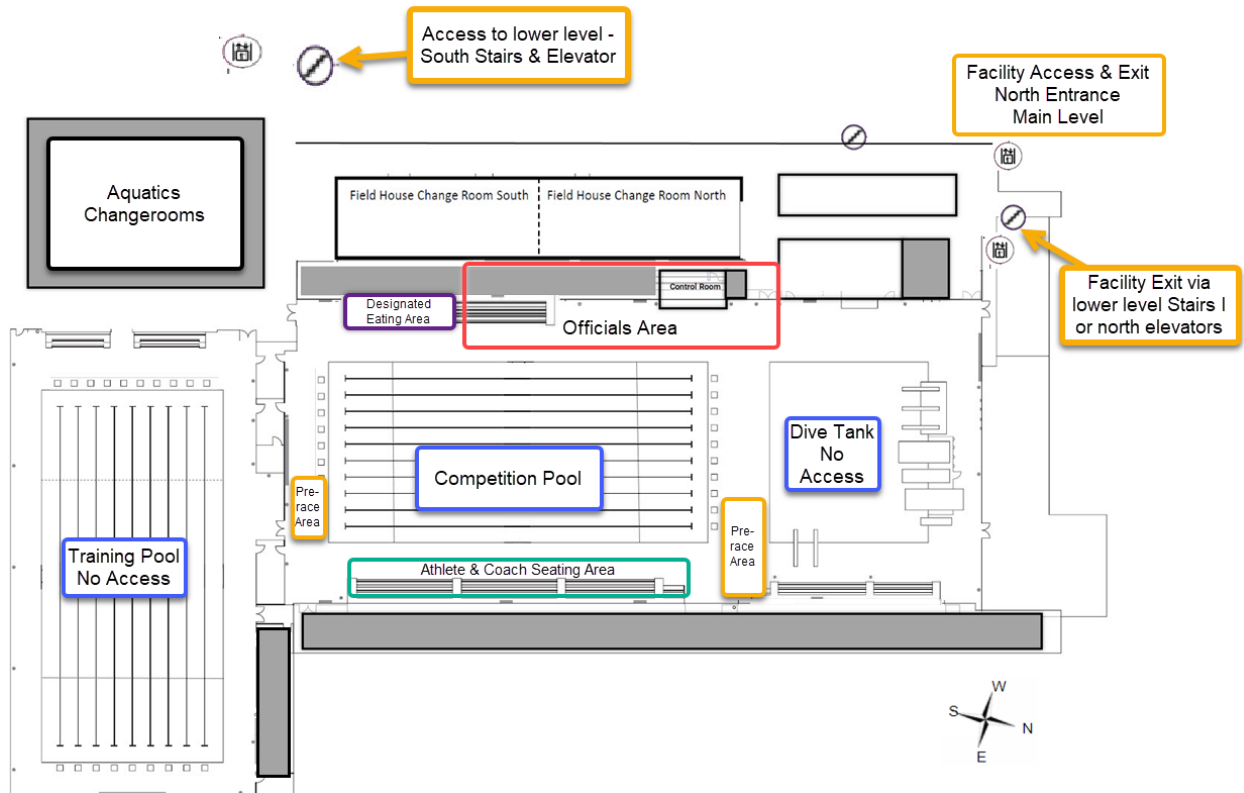




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TORONTO PAM AM SPORT CENTRE



- Facility Access will be at the North Entrance.
- Lower level access will be at the South Stairs.
- Deck Access will be through the South/West doors by the Aquatic Change room.
- Athletes should arrive warm-up ready (swim suit on).
- **Change rooms:** Access to change rooms is permitted. Participants must maintain physical distancing and wear their mask at all times when in the change rooms. Showering is permitted.
- Deck or bleacher changing is not permitted. Use the change rooms!
- Pre-pool activities will take place around the Competition Pool deck areas.
- Dive Tank deck area may be restricted during certain periods.
- Pre-pool activities will be followed by a Warm-up and Sprint period in the Competition Pool with maximum 6 swimmers per lane.
- After warm-up, lanes 6 through 9 will be available for cool-down activities.
- Masks may only be removed and placed in designated area once the athlete is prepared to enter the pool to warm-up, race or cool-down.
- After exiting the pool, athletes will immediately put their masks on.
- 50m event: A disposable mask will be available at the end of race.
- Athletes will have 10 mins to change and exit the facility after their cool down period.
- Building access will be restricted to designated areas only.
- Swim Ontario reserves the right to modify the above protocols to adhere to Ontario Health Regulations.



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PROGRAM EVENT LIST

SCHEDULE

- Swim Ontario reserves the right to modify the schedule to adhere to Ontario Health Regulations.
- Swim Ontario reserves the right to combine events as described below.
- Swim Ontario reserves the right to modify the warm-up period and start time.

Date: Saturday, October 16, 2021		
Warm-up: 11:30 – 12:20		
Start: 12:30pm / End: 3:30pm		
Event Number	Event Time Final	Combined mixed event
1	100 Fly	100 Choice
2	100 Free	
3	100 Breast	
4	100 Back	
5	200 Back	200 Choice
6	200 Fly	
7	200 Breast	
8	200 IM	
9	200 Free	400 Choice
10	400 IM	
11	400 Free	50 Free
12	50 Free	
13	800 Free	Distance
14	1500 Free	
Break (TBD)		
101	100 Fly	100 Choice
102	100 Free	
103	100 Breast	
104	100 Back	
105	200 Back	200 Choice
106	200 Fly	
107	200 Breast	
108	200 IM	
109	200 Free	400 Choice
110	400 IM	
111	400 Free	50 Free
112	50 Free	