 

###### Toronto Grand Prix

# A Two Day Time Final Meet

# the fastest LCM meet in the country in January

# 18-19 January 2019

**University of Toronto Pool**

**55 Harbord Street**

**Toronto ON M5S 2W6**

**Date:** 18-19 January 2019

**Hosted By:** University of Toronto & Toronto Swim Club

**Location:** University of Toronto Pool

55 Harbord Street

Toronto ON M5W 2W6

**Facility:** 8 lane 50 metre pool (electronic timing), 25 yard warm-up/cool-down pool

**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

**Records:** “Option B” Swim times achieved at this competition will NOT be used for applications of provincial and national records. Note that the host plans to have a new pool survey completed in December with the hope that we will be able to submit applications for Provincial/National records at this meet.

**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.

**Qualifying**

**Standards:** Meet qualifying standards exist. All swimmers must have at least one qualifying event to enter the meet and all qualified swimmers are allowed 2 bonus swims. Qualifying Standard – Women Eastern’s 13-13 – Men Eastern’s 14-14. The qualifying period is since 1 Sep 2016. Please submit LCM times. SCM times may be converted at a 2% conversion rate. All 400/800/1500 entries must be submitted with an entry time for seeding purposes.

**Session Times:**

**Friday:** Open Warm up – 2:00 p.m. Start – 3:30 p.m.

**Saturday:** Open Warm up – 9:00 a.m. Start – 10:30 a.m.

**Overflow Seeding:** Fastest 10/5/3 heats of 100/200/400’s will be swum in first ‘wave/session’ remaining slower heats will be swum following

**Entry Deadline:** All team entries must be received by Friday 11 January 2019

Changes to entries will not be accepted after Monday 14 January 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 Fees:** $60 per swimmer. Varsity teams - $10 per swimmer.

**Please make cheques payable to Toronto Swim Club and deliver to Clerk of Course.**

**Entry Limit:** No event limit.

**Deck Entries:** Will be accepted for swimmers already in the meet and for empty lanes only – Exhibition Only.

**Meet Notes:** All events are time finals seeded fast to slow – Open Category.

Overflow seeding – fastest 10/5/3 heats of 100/200/400s swim in first wave/session, remaining slower heats will swim following completion of first wave/session

Cool down/warm-up available as follows:

* Friday – 3:30-5:00 pm – 25 yard pool (short walk down the hall)
* Friday – 6:00-6:30 pm (approx.) – 50m comp pool (at conclusion of first wave)
* Friday – 7:00-8:30 pm – 25 yard pool
* Saturday – 10:30 am – 12:00 pm – 25 yard pool
* Saturday – 12:30-1:00 pm – 50m competition pool (at conclusion of first wave)
* Saturday – 2:00-2:15 pm – 50m competition pool (break in middle of session

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

**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%20Operations/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.

**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. 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:** **First Place in every event - $100 cash**

**Second Place in every event – Speedo merchandise**

Winners will collect prizes at Clerk of Course.

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.ca](http://www.torontoswimclub.ca) Meet Mobile([download Meet Mobile](http://www.active.com/mobile/meet-mobile-app)).

**Competition**

**Coordinator:** Karen Sargeant - [ksargeant@fasken.com](mailto:ksargeant@fasken.com)

**Meet Manager:** Charlotte Carroll – [charlottecarroll1@gmail.com](mailto:charlottecarroll1@gmail.com) --- Cell – 416-606-3747

**Officials:** It would be appreciated if each club would provide some officials to help with the meet. If anyone is interested in officiating please contact the Meet Manager.

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

**Order of Events**

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| --- | --- | --- |
| **Session 1 – OPEN Timed Finals Friday 18 Jan 2019** | | |
| Warm-up - 2:00 PM Start - 3:30 PM | | |
| **Women** | **Event** | **Men** |
| 1 | 200 Fly | 2 |
| 3 | 100 Free | 4 |
| 5 | 100 Breast | 6 |
| 7 | 100 Back | 8 |
| 9 | 400 Free | 10 |
| 11 | 200 IM | 12 |

**NOTE Overflow seeding –** Fastest 10/5/3 heats of 100/200/400’s will be swum in first ‘wave/session’ remaining slower heats will be swum following the first wave/session

|  |  |  |
| --- | --- | --- |
| **Session 2 – OPEN Timed Finals Saturday 19 Jan 2019** | | |
| Warm-up - 9:00 AM Start - 10:30 AM | | |
| **Women** | **Event** | **Men** |
| 13 | 100 Fly | 14 |
| 15 | 200 Free | 16 |
| 17 | 200 Breast | 18 |
| 19 | 200 Back | 20 |
| 21 | 50 Free | 22 |
| 23 | 400 IM | 24 |