

2019
CENTRAL REGION LC
'B'
CHAMPIONSHIPS

6-9 June 2019

At the
Markham Pan Am Pool

Hosted by



2019 CENTRAL REGION LC B CHAMPIONSHIPS

- Date:** 6-9 June 2019
- Hosted By:** **Cobra Swim Club and Newmarket Stingrays Swim Club**
- Location:** Markham Pan Am Pool
16 Main Street
Unionville ON L3R 2E4
- Facility:** One 10-lane 50 metre competition pool 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
- 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](#) 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](#).
- 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. **Exhibition swims only for swimmers that age up between Central Region B Champs and Ontario Youth-Junior Championships or Summer Festivals.**
- Competition:** The age groups will be 10&U, 11, 12, 13, 14, 15, 16&O.
All 12&U swims will be Time Finals. All 400, 800, and 1500 events will be Time Finals and will swim fastest to slowest. All Relays will be Time Finals and swum during the Preliminary Sessions. All other events will have Preliminaries and A Finals. All events will be LCM
- Qualifying:** Swimmers must adhere to qualifying times. Qualifying period starts 1 Dec 2017.

16 & Over qualifying times are the 2018-19 Ontario Standard 'C' times (16-16) and de-qualifying times are **OYJ (Ontario Youth-Junior) times (17&Over)**.

14-15 year old qualifying times are the 2018-19 Ontario Standard 'C' times and de-qualifying times are **OYJ (Ontario Youth-Junior) times**.

13 year old qualifying times are 2018-19 Ontario Festival 'C' times and de-qualifying times are **OYJ (Ontario Youth-Junior) times. 1500 free qualifying time is Ontario Standard 'C' time.**

12 & Under qualifying times are 2018-19 Ontario Festival '**D**' times and de-qualifying times are Festival times.

Qualifying

(continued):

10 & U 50 Breast qualifying time is 50.00 and de-qualifying is 45.00 -- 50 Fly qualifying time is 45.00 and de-qualifying is 40.00

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

A swimmer earning an OYJ or Festival standard AFTER the entry deadline, for an event already entered in this meet, may still swim the event. It will NOT be marked exhibition.

Swimmers who age up between CR B Champs and Festivals/OYJ's are allowed to enter events providing they do not have Festival/OYJ time at the higher age group. All 'overqualified' swims for these 'aging up' swimmers must be marked Exhibition.

Entries:

Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca. Meet Management will not accept entries directly via email.

Entry Limit:

Swimmers may swim a maximum of 7 individual events. Times must be an Official time and provable. All entries must be submitted in LCM. Conversion from SCM is permitted at 2% conversion. **No bonus swims will be accepted.**
Swimmers may swim only one distance event on Thursday.

Entry Deadline:

The entry deadline is Thursday 30 May 2019 at 6pm.

Entry Fees:

Individual event(s)	\$12.00
Relay(s)	\$16.00
Splash Fee (per swimmer)	\$ 5.00

Please bring cheque made payable to Newmarket Stingrays Swim Club on the first day on the meet. Swimmers will not compete until fees are paid.

Scratch Rules:

Scratches from Prelims and Time Finals shall be made on the posted heat sheets without penalty.

All scratches from Finals must be made within 30 minutes of the conclusion of Preliminary events that day (200 Fly on Saturday and 50 Free on Sunday) to allow proper seeding and notification of alternates.

Scratching from Finals after the final scratch deadline, or failure to participate in an individual final, that results in an empty lane at finals will result in a \$50.00 fine for each offence – payable to Newmarket Stingrays Swim Club. This fine applies to originally named finalists & alternates. Failure to pay (or agreement to pay) before the swimmer's next event will exclude the swimmer from further participation in the meet.

Live Results:

<http://results.teamunify.com/cannssc/>

Finals:

Heat sheets for finals will be posted at www.cobraswimclub.com

Meet Results:

Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Comp. Co-ord.:

Jeff Holmes, Level 5

Bernard Richard, Level 4

Meet Manager:

Shelagh Greenwood and Rachel Dinglasan

- prior to meet, inquiries to Shelagh Greenwood stingrays.meetmanager@gmail.com
- during meet, inquiries to Rachel Dinglasan cobra.meetmanagement@gmail.com

Officials Chair:

Catherine Reed – cobra.officials@gmail.com

Awards: Medals 1st, 2nd, 3rd (Individual & Relay). Individual High Point Awards & Team High Point

Scoring: Team Points 15-12-10-8-6-5-4-3-2-1
Relay Events 30-28-26-24-22-20-18-16-14-12-10-9-8-7-6-5-4-3-2-1
Individual High Points - 5-2-1

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](#). 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.

Coach's Meeting:

A coach's meeting will take place at the start of warm-up in Meeting Room A (located on them main floor) on Thursday at 4:30 PM and Friday at 11:00 AM. Coaches not attending the meet on Thursday or Friday should request information in the meet office (located on second floor in the Muliti-Purpose Room).

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 LC B CHAMPIONSHIPS

Order of Events and Time Standards

THURSDAY EVENING

Warm-up: 4:30 pm
Start: 5:30 pm

GIRLS				<u>EVENTS</u>	BOYS			
Event	Age	De-Qual	Qualify		Event	Age	De-Qual	Qualify
1	11	11:17.17	12:58.75	800 FREE	2	11	11:48.31	13:34.56
	12	10:27.94	12:02.13			12	10:35.98	12:11.38
	13	10:22.80	11:25.20			13	10:12.53	11:17.47
	14	10:13.65	10:53.76			14	9:56.42	10:35.42
	15	10:07.73	10:47.46			15	9:38.87	10:16.72
	16&O	9:49.29	10:34.15		16&O	9:17.59	10:00.04	
3	13	19:53.67	21:11.71	1500 FREE	4	13	19:41.58	20:58.83
	14	19:36.12	20:53.01			14	19:03.43	20:18.18
	15	19:22.82	20:38.84			15	18:29.79	19:42.35
	16&O	18:49.44	20:15.43			16&O	17:48.98	19:10.37

FRIDAY AFTERNOON

Warm-up: 11:00 am
Start: 12:00 pm

GIRLS				<u>EVENTS</u>	BOYS			
Event	Age	De-Qual	Qual		Event	Age	De-Qual	Qualify
5	10&U	3:12.78	3:41.70	200 IM	6	10&U	3:15.84	3:45.22
	11	2:56.46	3:22.93			11	2:58.50	3:25.28
	12	2:46.26	3:11.20			12	2:46.26	3:11.20
7	10&U	45.00	50.00	50 Breast	8	10&U	45.00	50.00
9	11	3:19.94	3:49.93	200 Breast	10	11	3:28.98	4:00.33
	12	3:07.88	3:36.06			12	3:07.88	3:36.06
11	10&U	5:54.66	6:47.86	400 Free	12	10&U	6:03.70	6:58.26
	11	5:30.48	6:20.05			11	5:36.60	6:27.09
	12	5:09.06	5:55.42			12	5:10.08	5:56.59

FRIDAY EVENING

Warm-up: 4:00 pm
Start: 5:00 pm

GIRLS				<u>EVENTS</u>	BOYS			
Event	Age	De-Qual	Qual		Event	Age	A	B
13	13	2:42.55	2:59.52	200 IM	14	13	2:36.42	2:54.47
	14	2:38.04	2:48.38			14	2:30.78	2:40.63
	15	2:36.41	2:46.64			15	2:26.95	2:36.55
	16&O	2:32.68	2:44.19			16&O	2:19.95	2:31.81
15	13	5:01.49	5:36.60	400 FREE	16	13	4:53.33	5:30.99
	14	4:53.53	5:12.72			14	4:44.20	5:02.78
	15	4:51.89	5:10.97			15	4:36.42	4:54.49
	16&O	4:44.67	5:06.83			16&O	4:26.12	4:47.55

SATURDAY MORNING

Warm-up: 7:00 am

Start: 8:00 am

WOMEN				EVENTS	MEN			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
17	13	1:05.26	1:12.12	100 FREE	18	13	1:02.58	1:09.07
	14	1:03.87	1:08.05			14	1:00.43	1:04.38
	15	1:03.17	1:07.30			15	59.01	1:02.87
	16&O	1:01.85	1:06.89		16&O	56.28	1:00.87	
19	13	3:01.80	3:23.35	200 BREAST	20	13	2:56.89	3:18.94
	14	2:59.53	3:11.27			14	2:52.11	3:03.36
	15	2:58.99	3:10.70			15	2:49.66	3:00.75
	16&O	2:56.72	3:09.22		16&O	2:40.87	2:53.14	
21	13	1:13.66	1:22.34	100 BACK	22	13	1:11.36	1:19.57
	14	1:12.40	1:17.13			14	1:09.40	1:13.94
	15	1:11.36	1:16.02			15	1:07.60	1:12.02
	16&O	1:09.13	1:14.87		16&O	1:03.95	1:08.90	
23	13	2:46.85	3:10.09	200 FLY	24	13	2:40.94	3:07.88
	14	2:43.91	2:54.63			14	2:37.76	2:48.07
	15	2:42.64	2:53.27			15	2:33.48	2:43.52
	16&O	2:35.12	2:47.76		16&O	2:22.55	2:33.41	
25	13-14			4x50 FREE	26	13-14		
27	15&O			4x50 FREE	28	15&O		
29	13	5:43.46	6:22.60	400 IM	30	13	5:32.98	6:14.75
	14	5:40.54	6:02.80			14	5:24.18	5:45.38
	15	5:31.06	5:52.70			15	5:19.08	5:39.94
	16&O	5:24.99	5:50.44		16&O	5:08.34	5:31.80	

SATURDAY AFTERNOON

Warm-up: 12:00 pm

Start: 1:00 pm

GIRLS				EVENTS	BOYS			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
31	10&U	1:16.86	1:28.39	100 FREE	32	10&U	1:18.37	1:30.13
	11	1:10.33	1:20.88			11	1:11.33	1:22.03
	12	1:06.31	1:16.26			12	1:05.81	1:15.68
33	10&U	1:39.47	1:54.39	100 BREAST	34	10&U	1:43.48	1:59.00
	11	1:33.44	1:47.46			11	1:35.45	1:49.77
	12	1:27.91	1:41.10			12	1:27.41	1:40.52
35	10&U	3:09.89	3:38.37	200 BACK	36	10&U	3:18.93	3:48.77
	11	2:52.81	3:18.73			11	2:56.83	3:23.35
	12	2:42.76	3:07.17			12	2:43.26	3:07.75
37	10&U	40.00	45.00	50 FLY	38	10&U	40.00	45.00
39	11	3:12.90	3:41.84	200 FLY	40	11	3:36.01	4:08.41
	12	2:56.83	3:23.35			12	2:59.84	3:26.82
41	10&U			4x50 FREE	42	10&U		
43	11-12			4x50 FREE	44	11-12		

SATURDAY FINALS

Warm-up: 5:00 pm

Start: 6:00 pm

WOMEN				EVENTS	MEN			
<u>Event</u>	<u>Age</u>				<u>Event</u>	<u>Age</u>		
13	13			200 IM	14	13		
	14					14		
	15					15		
	16&O					16&O		
17	13			100 FREE	18	13		
	14					14		
	15					15		
	16&O					16&O		
19	13			200 BREAST	20	13		
	14					14		
	15					15		
	16&O					16&O		
21	13			100 BACK	22	13		
	14					14		
	15					15		
	16&O					16&O		
23	13			200 FLY	24	13		
	14					14		
	15					15		
	16&O					16&O		

SUNDAY MORNING

Warm-up: 7:00 am

Start: 8:00 am

WOMEN				EVENTS	MEN			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
45	13	2:21.76	2:36.39	200 FREE	46	13	2:17.05	2:31.97
	14	2:18.65	2:27.72			14	2:12.89	2:21.58
	15	2:18.25	2:27.29			15	2:08.58	2:16.98
	16&O	2:13.87	2:24.49			16&O	2:03.35	2:13.03
47	13	1:13.46	1:23.44	100 FLY	48	13	1:11.34	1:20.12
	14	1:12.32	1:17.04			14	1:08.36	1:12.83
	15	1:11.21	1:15.87			15	1:06.23	1:10.57
	16&O	1:09.57	1:14.88			16&O	1:03.37	1:08.21
49	13	2:38.97	2:57.94	200 BACK	50	13	2:34.20	2:53.51
	14	2:34.94	2:45.07			14	2:30.36	2:40.19
	15	2:33.22	2:43.24			15	2:26.87	2:36.48
	16&O	2:29.35	2:41.88			16&O	2:19.12	2:29.81
51	13	1:24.40	1:33.94	100 BREAST	52	13	1:21.94	1:32.28
	14	1:23.38	1:28.84			14	1:18.93	1:24.10
	15	1:22.74	1:28.15			15	1:18.06	1:23.16
	16&O	1:21.46	1:27.67			16&O	1:13.83	1:19.46
53	13	30.13	33.14	50 FREE	54	13	28.59	31.49
	14	29.60	31.54			14	27.74	29.56
	15	29.17	31.08			15	27.24	29.02
	16&O	28.62	30.88			16&O	25.90	27.94
55	13-14			4x50 MEDLEY	56	13-14		
57	15&O			4x50 MEDLEY	58	15&O		

SUNDAY AFTERNOON

Warm-up: 12:00 pm
Start: 1:00 pm

GIRLS				<u>EVENTS</u>	BOYS			
<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>		<u>Event</u>	<u>Age</u>	<u>De-Qual</u>	<u>Qual</u>
59	10&U	2:49.32	3:14.72	200 FREE	60	10&U	2:54.42	3:20.58
	11	2:33.72	2:56.78			11	2:36.73	3:00.24
	12	2:24.68	2:46.38			12	2:23.67	2:45.22
61	10&U	1:32.93	1:46.87	100 FLY	62	10&U	1:37.46	1:52.08
	11	1:23.89	1:36.47			11	1:26.40	1:39.36
	12	1:17.86	1:29.54			12	1:17.36	1:28.96
63	10&U	1:27.91	1:41.10	100 BACK	64	10&U	1:30.42	1:43.98
	11	1:20.88	1:33.00			11	1:21.88	1:34.16
	12	1:15.85	1:27.23			12	1:16.86	1:28.39
65	10&U	34.66	39.86	50 Free	66	10&U	35.16	40.43
	11	32.15	36.97			11	32.41	37.27
	12	30.64	35.24			12	29.94	34.43
67	10&U			4x50 MEDLEY	68	10&U		
69	11-12			4x50 MEDLEY	70	11-12		
71	11	6:11.74	7:07.50	400 IM	72	11	6:36.86	7:36.39
	12	5:49.86	6:42.34			12	5:57.00	6:50.55

SUNDAY FINALS

Warm-up: 5:00 pm
Start: 6:00 pm

WOMEN				<u>EVENTS</u>	MEN			
<u>Event</u>	<u>Age</u>				<u>Event</u>	<u>Age</u>		
45	13			200 FREE	46	13		
	14					14		
	15					15		
	16&O					16&O		
47	13			100 FLY	48	13		
	14					14		
	15					15		
	16&O					16&O		
49	13			200 BACK	50	13		
	14					14		
	15					15		
	16&O					16&O		
51	13			100 BREAST	52	13		
	14					14		
	15					15		
	16&O					16&O		
53	13			50 FREE	54	13		
	14					14		
	15					15		
	16&O					16&O		



Markham Pan Am Centre Pool Competition Policy

1. Food Policy:

NO FOOD will be allowed on the pool deck. This will be strictly enforced by the pool staff. Water is allowed on deck, there are two fill stations and fountains on the pool deck.

2. Entrance Policy:

Swimmers must enter through the change rooms only. For Volunteers, Coaches and Officials will be permitted to access the deck via the deck entrance adjacent to the Lifeguard Office. All Officials and Volunteers are to be wearing identification to allow access to the pool deck. Accreditation for event participants is encouraged.

3. Onsite Parking

Parking is limited. Extra parking space will be available at Unionville GO Station.

4. Viewing Balcony

Only swimmers, coaches, officials and volunteers are allowed on the pool deck. All spectators must watch from the pool viewing balcony.

5. Cell Phone Usage

Cell phone usage is not permitted on the pool deck or in viewing balcony area. We kindly ask all calls to be taken in the hallway.

6. Shoes in Facility

All swimmers, coaches & volunteers/officials are to wear footwear when in the hallways. All coaches, volunteers/officials and swimmers must wear indoor/deck shoes on deck.

7. Vents on Pool Deck

All air vents are to be free from obstruction. Pool staff will remove any obstructions to an alternate location.

8. Athletes & Coaches on the Deck

Athletes & Coaches on the pool deck must remain behind the blue line of the pool deck during the competition. This space is reserved for officials and lifeguards during the event.

9. Concession vendor is available at the Lobby..

Please encourage swimmer to bring snack and refillable water bottle.

10. Bleachers are not available on deck.