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Description automatically generated*

West International July 6 to 7, 2019

DATE(S): July 6 -7, 2019 Region: Western

HOSTED BY: Windsor Essex Swim Team

LOCATION: Windsor International Aquatic Training Centre

401 Pitt Street West Windsor, Ontario

FACILITY: 71 m by 25 m 10 Lane pool with 3m bulkhead dividing 50 m competition pool from the 6 lane warm-down pool.

Omega Quantum Electronic timing and LED display scoreboards with Hy-Tek Meet Manager for scoring.

Touch pads at both ends and non-turbulent lane markers.

Spectator seating will be upstairs on the mezzanine level.

PURPOSE: Long Course Invitational Meet with no Qualifying Times

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)

COMPETITION

COORDINATOR: Dave Denyer, Level V, Email: dave.denyer@sympatico.ca

MEET MANAGER: Shawn Taylor, Level IV, Email: meetmanager@westmeets.ca

DESCRIPTION: Long course meters

12 and under individual events and relays are timed finals

13 and over individual events will have preliminaries and finals. There will be A & B finals for all 50 M and 100 M races that have 30 swimmers or more registered in the event. The 400m freestyle and 400 IM will be timed finals only.

All relays are timed finals

COMPETITION RULES: 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, this competition will be conducted as follows:

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 from both ends.

RECORDS: 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.

AGE UP DATE: Ages submitted are to be as: July 6, 2019

MIXED-GENDER: The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis*:*

Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

Mixed gender swims may also be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.

In spite of this rule, any swimmer who achieves a record time at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted pursuant to this policy, the results must still be posted separately by the gender of swimmers.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with 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*:*

Preference will be given to the host club first.

This is an invitational meet. Participation of this meet is at the full discretion of the host club.

Meet Management reserves the right to further limit individual swims to 4 per session and to limit heats if necessary to keep session times to within 4.5 hours.

Meet management reserves the right to run sessions in chase format with double-ended starts and swim 2 per lane for the 400 freestyle and 400 IM.

Foreign competitors are welcome, subject to the provisions below.

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 form](http://www.swimontario.com/uploads/Clubs/Club%20Operations/Forms/2015-2016/ProofofResidence.pdf) to Swim Ontario no later than 7 days prior to start of competition.

**Clubs from outside Canada need to provide a Proof of Insurance certificate from their swim association. The Proof of residence form needs to be completed to include each coach and swimmer attending the meet. Proof of Insurance and the Proof of Residence form must be sent to the meet manager at** [**meetmanager@westmeets.ca**](mailto:meetmanager@westmeets.ca) **by June 29, 2019. Meet management will decline entries if the information is not received**

ENTRY FEE:

Individual Events $ 12.00

Relays Events: $ 15.00

Swimmer Fee: $ 5.00

Please make cheques payable to: WEST MEETS

ENTRIES: Entries must be submitted through the SC online entries system at [www.swimming.ca](http://www.swimming.ca) . Meet Management will not accept entries via email.

Online Entry Deadline: June 28, 2019

Changes to entries will not be accepted after June 30, 2019. After that time, fees will be calculated; no refunds will be granted for missed swims.

Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with “NT”.

**NT entries are not permitted for 400 M Free or 400 M IM.**

Swimmers may swim maximum of 4 events per session.

Relay swimmers must be entered in a non-relay event in order to compete.

Maximum of 2 swimmers may move up from a lower age category to complete a relay.

SCHEDULE OF SESSIONS:

| Session # | Date | Prelim/Finals | Warm Up | Start | Finish | Estimated Duration |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | July 6/19 | Prelim | 7:00 am – 7:45 am | 8:00 am | 12:00 pm | 4.0 |
| 2 | July 6/19 | Finals | 12:00 pm – 12:45 pm | 1:00 pm | 5:00 pm | 4.0 |
| 3 | July 6/19 | Finals | 5:00 pm – 5:45 pm | 6:00 pm | 9:00 pm | 3.0 |
| 4 | July 7/19 | Prelim | 7:00 am – 7:45 am | 8:00 am | 12:00 pm | 4.0 |
| 5 | July 7/19 | Finals | 12:00 pm – 12:45 pm | 1:00 pm | 5:00 pm | 4.0 |
| 6 | July 7/19 | Finals | 5:00 pm – 5:45 pm | 6:00 pm | 9:00 pm | 3.0 |

SCHEDULE OF EVENTS: See event list - Appendix

COACH’S

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 SC 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.

SEEDING: Heats will be seeded slowest to fastest except for 400 M Free and 400 IM which will be seeded fastest to slowest.

Seeding will be in order of times entered, as converted pursuant to the conversion process as per meet package, followed by swimmers entered with NT (no times).

All entries must be submitted using long course times in meters (LCM).

Please use Hy-Tek default conversion of times to LC times before submitting entries.

TIME SPLITS: The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee and or meet management on the “Official Split Request” form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered “official splits' as per international practice.

Coaches must provide 3 timers and produce them to the Timing office to get the proper paperwork and stop watches to record the requested Time Split.

Finals sessions 3 & 6 are not eligible for official 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.

DECK ENTRIES: Deck Entries are Exhibition Only. They are not eligible for scoring or awards.

Deck entries will be accepted for empty lanes only (no new heats will be created).

Swimmers entered on deck must have valid proof of SC registration (number) as an

active, registered competitive swimmer.

$ 17 for Individual Events

$ 22 for Relays

CHECK IN

AND SCRATCHES: All swimmers are required to check in with the Clerk of Course 30 minutes prior to each session

**There is a positive check in for 400 M Freestyle and 400 M IM At the Clerk of Course table, 30 minutes prior to start of session.**

Scratches for the 12 & Unders are to be made at the clerk of course table 30 minutes prior to the start of each session.

Scratches from prelims for finals for the 13 & Overs must be made 30 minutes following the posting of results of last event of prelims sessions

**Failure to participate in a finals event will result in the following penalty:**

**$40.00 payable to WEST MEETS**

The athlete will be ineligible to swim until the penalty is paid  unless approved by meet management. The penalty will apply to unscratched finalists and alternates.

SCORING: No Scoring

AWARDS:

The following will be awarded:

Medals for 1st to 3rd in individual events.

Ribbons for 4th to 10th place in individual events.

Ribbons for 1st to 3rd in all Relays.

Age groups for **Individual events** will be the following:

10 & under, 11,12,13,14, 15 & over

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

The meet program will be run on Hy-Tek Meet Manager.

Results will be posted as quickly as possible at the meet.

Live Results / Meet Mobile are available.

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.

SAFETY &

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

No glass bottles are allowed on deck.

Please bring a refillable water bottle as there are water refilling stations throughout the complex.

OFFICIALS: Officials registered with Swimming Canada are invited to assist at the meet. Please email at [officials@westmeets.ca](mailto:officials@westmeets.ca) if you are able to assist. Officials to assemble in the officials lounge 40 minutes prior to session starts.

**Appendix**

**Event List**

|  |  |  |
| --- | --- | --- |
| *Session 1*  *13 & Over (Prelim & Finals)*  *Saturday, July 6, 2019*  *Warm-up: 7:00 AM -- Start: 8:00 AM* | | |
| *Women* |  | *Men* |
| *1* | *13 -14 200 Back (Prelim)* | *2* |
| *3* | *15 & Over 200 Back (Prelim)* | *4* |
| *5* | *13-14 100 Breast (Prelim)* | *6* |
| *7* | *15 & Over 100 Breast (Prelim)* | *8* |
| *9* | *13-14 200 IM (Prelim)* | *10* |
| *11* | *15 & Over 200 IM (Prelim)* | *12* |
| *13* | *13-14 100 Free (Prelim)* | *14* |
| *15* | *15 & Over 100 Free (Prelim)* | *16* |
| *17* | *13-14 50 Fly (Prelim)* | *18* |
| *19* | *15 & Over 50 Fly (Prelim)* | *20* |
| *21* | *13-14 50 Breast (Prelim)* | *22* |
| *23* | *15 & Over 50 Breast (Prelim)* | *24* |
| *25* | *13-14 200 Fly (Prelim)* | *26* |
| *27* | *15 & Over 200 Fly (Prelim)* | *28* |
| *29* | *13-14 400 Free (Finals)* | *30* |
| *31* | *15 & Over 400 Free (Finals)* | *32* |
| *213* | *13-14 200 IM Relay (Finals)* | *214* |
| *215* | *15 & Over 200 IM Relay (Finals)* | *216* |

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| --- | --- | --- |
| *Session 2*  *12 & Under (Finals)*  *Saturday, July 6, 2019*  *Warm-up: 12:00 PM -- Start: 1:00 PM* | | |
| *Women* |  | *Men* |
| *33* | *10 & Under 200 Back* | *34* |
| *35* | *11-12 200 Back* | *36* |
| *37* | *10 & Under 100 Breast* | *38* |
| *39* | *11-12 100 Breast* | *40* |
| *41* | *10 & Under 200 IM* | *42* |
| *43* | *11-12 200 IM* | *44* |
| *45* | *10 & Under 100 Free* | *46* |
| *47* | *11-12 100 Free* | *48* |
| *49* | *10 & Under 50 Fly* | *50* |
| *51* | *11-12 50 Fly* | *52* |
| *53* | *10 & Under 50 Back* | *54* |
| *55* | *11-12 50 Back* | *56* |
| *57* | *10 & Under 200 Fly* | *58* |
| *59* | *11-12 200 Fly* | *60* |
| *61* | *10 & Under 400 Free* | *62* |
| *63* | *11-12 400 Free* | *64* |
| *209* | *10 & Under 200 IM Relay* | *210* |
| *211* | *11-12 200 IM Relay* | *212* |
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| --- | --- | --- |
| *Session 3*  *13 & Over Finals*  *Saturday, July 6, 2019*  *Warm-up: 5:00 PM -- Start: 6:00 PM* | | |
| *Women* |  | *Men* |
| *1* | *13-14 200 Back* | *2* |
| *3* | *15 & Over 200 Back* | *4* |
| *5* | *13-14 100 Breast* | *6* |
| *7* | *15 & Over 100 Breast* | *8* |
| *9* | *13-14 200 IM* | *10* |
| *11* | *15 & Over 200 IM* | *12* |
| *13* | *13-14 100 Free* | *14* |
| *15* | *15 & Over 100 Free* | *16* |
| *17* | *13-14 50 Fly* | *18* |
| *19* | *15 & Over 50 Fly* | *20* |
| *21* | *13-14 50 Back* | *22* |
| *23* | *15 & Over 50 Back* | *24* |
| *25* | *13-14 200 Fly* | *26* |
| *27* | *15 & Over 200 Fly* | *28* |

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| --- | --- | --- |
| *Session 4*  *13 & Over (Prelim & Finals)*  *Sunday, July 7, 2019*  *Warm-up: 7:00 AM -- Start: 8:00 AM* | | |
| *Women* |  | *Men* |
| *65* | *13-14 200 Breast (Prelim)* | *66* |
| *67* | *15 & Over 200 Breast (Prelim)* | *68* |
| *69* | *13-14 100 Back (Prelim)* | *70* |
| *71* | *15 & Over 100 Back (Prelim)* | *72* |
| *73* | *13-14 50 Breast (Prelim)* | *74* |
| *75* | *15 & Over 50 Breast (Prelim)* | *76* |
| *77* | *13-14 50 Free (Prelim)* | *78* |
| *79* | *15 & Over 50 Free (Prelim)* | *80* |
| *81* | *13-14 100 Fly (Prelim)* | *82* |
| *83* | *15 & Over 100 Fly (Prelim)* | *84* |
| *85* | *13-14 200 Free (Prelim)* | *86* |
| *87* | *15 & Over 200 Free (Prelim)* | *88* |
| *111* | *Open 400 IM (Finals)* | *112* |
| *205* | *13-14 200 Free Relay (Finals)* | *206* |
| *207* | *15 & Over 200 Free Relay (Finals)* | *208* |
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| *Session 5*  *12 & Under (Finals)*  *Sunday, July 7, 2019*  *Warm-up: 12:00 PM -- Start: 1:00 PM* | | |
| *Women* |  | *Men* |
| *89* | *12 & Under 200 Breast* | *90* |
| *91* | *10 & Under 100 Back* | *92* |
| *93* | *11-12 100 Back* | *94* |
| *95* | *10 & Under 50 Breast* | *96* |
| *97* | *11-12 50 Breast* | *98* |
| *99* | *10 & Under 50 Free* | *100* |
| *101* | *11-12 50 Free* | *102* |
| *103* | *10 & Under 100 Fly* | *104* |
| *105* | *11-12 100 Fly* | *106* |
| *107* | *10 & Under 200 Free* | *108* |
| *109* | *11-12 200 Free* | *110* |
| *201* | *10 & Under 200 Free Relay* | *202* |
| *203* | *11-12 200 Free Relay* | *204* |

|  |  |  |
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| *Session 6*  *13 & Over Finals*  *Sunday, July 7, 2019*  *Warm-up: 5:00 PM -- Start: 6:00 PM* | | |
| *Women* |  | *Men* |
| *65* | *13-14 200 Breast* | *66* |
| *67* | *15 & Over 200 Breast* | *68* |
| *69* | *13-14 100 Back* | *70* |
| *71* | *15 & Over 100 Back* | *72* |
| *73* | *13-14 50 Breast* | *74* |
| *75* | *15 & Over 50 Breast* | *76* |
| *77* | *13-14 50 Free* | *78* |
| *79* | *15 & Over 50 Free* | *80* |
| *81* | *13-14 100 Fly* | *82* |
| *83* | *15 & Over 100 Fly* | *84* |
| *85* | *13-14 200 Free* | *86* |
| *87* | *15 & Over 200 Free* | *88* |

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**WEST INTERNATIONAL**

# July 5 -7, 2019

**Partner Hotels**

**Towneplace Suites by Marriott Windsor Downtown**

\*2 min walk to Aquatic Centre

P: 519-977-9707

[www.marriott.com/yqgts](http://www.marriott.com/yqgts)

**\*Newly Renovated\* Meet Rates: $169.00**

**Sunbridge Hotel & Conference Centre Windsor Downtown**

\*7 min walk to Aquatic Centre

P: 519-256-4656

[www.sunbridgehotelwindsor.com](http://www.sunbridgehotelwindsor.com)

**\*Soon to be Four Points by Sheraton\* Meet Rates: $159.00**

**Comfort Inn South Windsor**

\*10 min drive to Aquatic Centre P: 519-966-7800

[www.choicehotels.ca/cn318](http://www.choicehotels.ca/cn318)

**Meet Rates: $139.99**

**Comfort Suites Windsor Downtown**

\*5 min drive to Aquatic Centre P: 519-971-0505

[www.choicehotels.ca/cn365](http://www.choicehotels.ca/cn365)

**\*Newly Renovated\* Meet Rates: $144.99**

**Comfort Inn & Suites Ambassador Bridge**

\*12 min drive to Aquatic Centre P: 519-972-1100

[www.choicehotels.ca/cn901](http://www.choicehotels.ca/cn901)

**Meet Rates: $139.99**



**For your team booking needs, please contact:**

**Stephanie Middleton— Sales Associate**

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