

Central Region C LC Champs 2024

DATE(s):	7-9 June 2024		REGION:	Central Region	
HOSTED BY:	Markham Aquatic Club				
LOCATION:	Markham Pan Am Centre, 16 Main Street Unionville, Markham, ON L3R 2E4				
FACILITY:	One 10 lane 50 metre competition pool. Swiss Timing electronic timing.				
PURPOSE & DESCRIPTION:	Central Region Championships Meet				
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca				
COMPETITION COORDINATOR:	Lisa Chow and Lea Chen	Level:5	Email: officials@markhamaquaticclub.com		
	If Level 3 Referee is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>				
MEET MANAGER:	YY Wong	Email:	officials@markhamaquaticclub.com		
ENTRY COORDINATORS:	Charlotte Carroll Steve Goodwin	Email:	charlottecarroll1@gmail.com sdg9@rogers.com		
OFFICIALS COORDINATORS:	Any registered official is encouraged to contact YY Wong at officials@markhamaquaticclub.com if interested in officiating at this meet				
SAFETY AT COMPETITION:	Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The Swim Ontario Concussion Management the Swimming Canada Event Photography and Videography and the Swim Ontario Event Photography procedures will be in effect. For complete details click HERE .				
COMPETITION RULES:	Sanctioned as an invitational by Swim Ontario.				
	All current Swimming Canada rules will be followed. All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.				
	Please note that Swimming Canada Competition Warm-Up Safety Procedures and Swim Ontario warm-up safety rules will be in effect. Details HERE As per the Facility Rules for Dive Starts, this competition will be conducted as follows:				
	World Aquatics II.16.1.4 and 4.1, Swimming Canada C16.1.4.1, C4.1.1 & C4.1.2	<input checked="" type="checkbox"/>	Starting Platforms at	Both Ends	
		<input type="checkbox"/>	Deck or Bulkhead at		
	<input type="checkbox"/>	In-Water at			
This competition can provide the following accommodations for swimmers who are d/Deaf or Hard of hearing:					
<input checked="" type="checkbox"/> Non-verbal instruction provided by a support person duly registered in the RTR. Please let Meet Management know who will be providing this support. <input checked="" type="checkbox"/> Hand signals given by the starter/referee <input checked="" type="checkbox"/> An external strobe light. Please let meet manager know when you submit your entries that a strobe is wanted.					

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ELIGIBILITY:	All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registered status will be declined entry.	
	All swimmers must be registered with a Central Region Club and meet age and adhere to Qualifying times.	
	This event includes participants from the following clubs:	Central Region Clubs Only (of Swim Ontario)
	<input checked="" type="checkbox"/>	Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours and pool time available.
FOREIGN COMPETITORS:	<input checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted
AGE UP DATE:	Ages submitted are to be as	7 June 2024
ENTRY DEADLINE:	23 May 2024	
	Changes to entries will be accepted until	3 June 2024 (including new qualifiers)
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events - \$15.00
	<input checked="" type="checkbox"/>	Relay Events - \$20.00
	<input checked="" type="checkbox"/>	Swimmer Fee - \$5.00
	Payment Method:	Cheque payable to: Markham Aquatic Club Email transfer to: treasurer@markhamaquaticclub.com (please include your Club Code, and meet name)
COACH'S REGISTRATION:	Meet management will cross reference the list of coaches submitted with entries at this competition with the Swim Ontario Compliance lists . If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.	
ENTRY LIMITS:	The maximum number of participants per session is	400
	Each club is limited to the following number of swimmers	n/a
	The maximum number of entries per swimmer is	7 individual events.
ENTRY SUBMISSIONS:	ENTRIES: Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca and must include all attending coaches. Meet management will:	
	<ul style="list-style-type: none"> not accept entries via email; notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition. <p>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</p>	
ENTRY SUBMISSIONS:	<input checked="" type="checkbox"/>	NT entries are permitted for Bonus Events ONLY.

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(Cont'd)	<input checked="" type="checkbox"/>	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".	
	<input checked="" type="checkbox"/>	Qualifying standard for entry is:	See times in Order of Events and event file: - 16&over qualifying times are Swim ON E (16-16) and de-qualifying times are Swim ON C (16-16) - 13, 14, 15-year-old qualifying times are Swim ON E and de-qualifying times are Swim ON C - 10&U, 11, 12-year-old qualifying times are Swim ON FEST E and de-qualifying times are FEST C
	<input checked="" type="checkbox"/>	Bonus Swims – 2 bonus swims per swimmer are allowed up to the entry limit (7 individual events). 400 Free is not eligible for Bonus. All Bonus entries must be slower than the qualifying standard. No exhibition swims are allowed.	
	<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is:	1 Sep 2022
RELAYS:	Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.		
	<input checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.	
	<input checked="" type="checkbox"/>	The deadline for relay name submissions is	Beginning of Session
CONVERSION:	<input checked="" type="checkbox"/>	Entry times are to be submitted in LCM. SCM entry times are to be converted at 2%. This is a qualifying/de-qualifying meet and must be kept as an 'L' meet (best time converted to LCM).	
SEEDING:	<input checked="" type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package. 400's will be seeded FAST to SLOW.	

SCHEDULE OF SESSIONS

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	Fri 7 Jun	4:30-5:25 pm	5:30 pm	8:30 pm	Time Final
2	Sat 8 Jun	8:00-8:40 am	8:45 am	11:30 am	Time Final
3	Sat 8 Jun	11:30 am -12:10 pm	12:15 pm	3:00 pm	Time Final
4	Sat 8 Jun	3:30-4:25 pm	4:30 pm	8:00 pm	Time Final
5	Sun 9 Jun	8:00-8:40 am	8:45 am	11:30 am	Time Final
6	Sun 9 Jun	11:30 am -12:10 pm	12:15 pm	3:20 pm	Time Final
7	Sun 9 Jun	3:30-4:25 pm	4:30 pm	8:00 pm	Time Final

MIXED-GENDER:	<p>An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.</p> <p>In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records 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.</p> <p>In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p>		
CHECKIN AND SCRATCHES:	<input checked="" type="checkbox"/>	There will be no scratch deadline for the following:	All Events except Relays & 400's
	<input checked="" type="checkbox"/>	Scratches are required for all Relay and 400 timed finals events at least 30 minutes before the start of the session. Scratches for all events are to be made at Administration Desk .	
PENALTIES:	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows	
DECK ENTRIES:	<input checked="" type="checkbox"/>	No Deck Entries are permitted	
OFFICIAL SPLIT TIMES:	<input checked="" type="checkbox"/>	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 advise the Referee at least 30 minutes prior to the commencement of the event. Official Split Request Forms are available at the Admin Desk. Please note that NOT all Official Split Requests may be supported.	
RECORDS:	<input checked="" type="checkbox"/>	Swim times achieved at this event will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.	
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca		
	<input checked="" type="checkbox"/>	The meet program will be run on Hy-Tek Meet Manager.	
	<input checked="" type="checkbox"/>	Results will be posted electronically as quickly as possible at the meet.	
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.	

SCORING:	<input type="checkbox"/>	No Scoring
	<input checked="" type="checkbox"/>	<p>The following will be scored:</p> <p>Individual Events – 10-9-8-7-6-5-4-3-2-1</p> <p>Relay Events – 20-18-16-14-12-10-8-6-4-2</p>
AWARDS:	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p>Medals – Gold, Silver, Bronze</p> <ul style="list-style-type: none"> - Individual Events: 10&U, 11, 12, 13, 14, 15, 16&O - Relay Events – 10&U, 11-12, 13 <p>There will be no Individual or Team High Point Awards. Scoring will be done but for reporting purposes only.</p>
ADDITIONAL INFORMATION:	<p>Hospitality - Grab and go lunches will be provided to those coaches and officials working adjacent sessions.</p> <p>Onsite Parking is limited. There will be another event at the building during the weekend. Extra parking space is available at Unionville GO Station</p> <p>All swimmers, coaches and volunteers/officials are to wear footwear when in the hallways and to wear indoor/deck shoes when on the pool deck.</p> <p>Lockers are available but limited: please bring your own lock.</p> <p>NO FOOD or DRINK ON DECK except for water. There are 2 fill stations and fountains on the pool deck (please bring your own re-fillable water bottle). No glass containers allowed on deck.</p> <ul style="list-style-type: none"> • Concession vendor is available from the Lobby. 	

SCHEDULE OF EVENTS and Time Standards:

<u>FRIDAY EVENING</u>								
Warm-up: 4:30 pm Start: 5:30 pm								
<u>GIRLS</u>				<u>EVENTS</u>	<u>BOYS</u>			
<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>
1	13	2:53.17	3:08.92	200 IM	2	13	2:46.65	3:01.80
	14	2:48.38	3:03.68			14	2:40.63	2:55.24
	15	2:46.64	3:01.79			15	2:36.55	2:50.78
	16&O	2:44.19	2:59.11			16&O	2:31.81	2:45.61
3	10&U	7:09.14	7:48.16	400 FREE	4	10&U	7:20.08	8:00.08
	11	6:21.70	6:56.40			11	6:28.77	7:04.12
	12	5:56.96	6:29.41			12	5:58.14	6:30.70
5	13	5:21.20	5:50.40	400 FREE	6	13	5:12.51	5:40.92
	14	5:12.72	5:41.15			14	5:02.78	5:30.30
	15	5:10.97	5:39.24			15	4:54.49	5:21.26
	16&O	5:06.83	5:34.73			16&O	4:47.55	5:13.69

<u>SATURDAY MORNING</u>								
Warm-up: 8:00 am Start: 8:45 am								
<u>GIRLS (10&U)</u>				<u>EVENTS</u>	<u>BOYS (11-12)</u>			
<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>
7	10&U	3:53.27	4:14.47	200 IM	8	11	3:26.17	3:44.92
						12	3:12.03	3:29.48
9	10&U	1:33.00	1:41.46	100 FREE	10	11	1:22.39	1:29.88
						12	1:16.01	1:22.92
11	10&U	50.00	55.00	50 BREAST				
				200 BREAST	12	11	4:01.37	4:23.32
					12	3:37.00	3:56.72	
13	10&U	1:46.37	1:56.04	100 BACK	14	11	1:34.57	1:43.16
						12	1:28.77	1:36.84
15	10&U	45.00	50.00	50 FLY				
				200 FLY	16	11	4:09.49	4:32.17
					12	3:27.71	3:46.60	
17	10&U			4x50 FREE RELAY	18	11-12		

SATURDAY LATE MORNING

Warm-up: 11:30 am
Start: 12:15 pm

GIRLS (11-12)				EVENTS	BOYS (10&U)			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
19	11	3:23.81	3:42.34	200 IM	20	10&U	3:56.96	4:18.50
	12	3:12.03	3:29.48					
21	11	1:21.24	1:28.62	100 FREE	22	10&U	1:34.83	1:43.45
	12	1:16.59	1:23.56					
23	11	3:50.93	4:11.93	200 BREAST				
	12	3:37.00	3:56.72					
				50 BREAST	24	10&U	50.00	55.00
25	11	1:33.41	1:41.90	100 BACK	26	10&U	1:49.41	1:59.35
	12	1:27.60	1:35.57					
27	11	3:42.81	4:03.06	200 FLY				
	12	3:24.24	3:42.80					
				50 FLY	28	10&U	45.00	50.00
29	11-12			4x50 FREE RELAY	30	10&U		

SATURDAY AFTERNOON

Warm-up: 3:30 pm
Start: 4:30 pm

WOMEN				EVENTS	MEN			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
31	13	2:31.03	2:44.76	200 FREE	32	13	2:26.01	2:39.29
	14	2:27.72	2:41.15			14	2:21.58	2:34.45
	15	2:27.29	2:40.68			15	2:16.98	2:29.44
	16&O	2:24.49	2:37.62			16&O	2:13.03	2:25.13
33	13	1:29.91	1:38.09	100 BREAST	34	13	1:27.30	1:35.23
	14	1:28.84	1:36.91			14	1:24.10	1:31.74
	15	1:28.15	1:36.17			15	1:23.16	1:30.72
	16&O	1:27.67	1:35.64			16&O	1:19.46	1:26.89
35	13	1:18.47	1:25.61	100 BACK	36	13	1:16.02	1:22.93
	14	1:17.13	1:24.14			14	1:13.94	1:20.66
	15	1:16.02	1:22.93			15	1:12.02	1:18.56
	16&O	1:14.87	1:21.67			16&O	1:08.90	1:15.17
37	13	2:57.76	3:13.92	200 FLY	38	13	2:51.46	3:07.04
	14	2:54.63	3:10.50			14	2:48.07	3:03.35
	15	2:53.27	3:09.02			15	2:43.52	2:58.38
	16&O	2:47.76	3:03.01			16&O	2:33.41	2:47.35
39	13	32.11	35.03	50 FREE	40	13	30.46	33.23
	14	31.54	34.40			14	29.56	32.24
	15	31.08	33.90			15	29.02	31.66
	16&O	30.88	33.68			16&O	27.94	30.48
41	13-14			4x50 FREE RELAY	42	13-14		
43	15&O			4x50 FREE RELAY	44	15&O		

SUNDAY MORNING

Warm-up: 8:00 am
Start: 8:45 am

<u>GIRLS (10&U)</u>				<u>EVENTS</u>	<u>BOYS (11-12)</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>
45	10&U	3:24.88	3:43.50	200 FREE	46	11	3:01.03	3:17.48
						12	2:45.94	3:01.02
47	10&U	1:52.44	2:02.66	100 FLY	48	11	1:39.79	1:48.86
						12	1:29.35	1:37.48
49	10&U	3:49.77	4:10.66	200 BACK	50	11	3:24.24	3:42.80
						12	3:08.56	3:25.70
51	10&U	2:00.36	2:11.30	100 BREAST	52	11	1:50.24	2:00.26
						12	1:40.96	1:50.14
53	10&U	41.94	45.76	50 FREE	54	11	37.43	40.84
						12	34.58	37.73
55	10&U			4x50 MEDLEY RELAY	56	11-12		

SUNDAY LATE MORNING

Warm-up: 11:30 am
Start: 12:15 pm

<u>GIRLS (11-12)</u>				<u>EVENTS</u>	<u>BOYS (10&U)</u>			
<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>
57	11	2:57.55	3:13.69	200 FREE	58	10&U	3:31.05	3:50.23
	12	2:47.10	3:02.29					
59	11	1:36.89	1:45.70	100 FLY	60	10&U	1:57.93	2:08.65
	12	1:29.93	1:38.10					
61	11	3:19.60	3:37.74	200 BACK	62	10&U	4:00.70	4:22.58
	12	3:07.99	3:25.08					
63	11	1:47.92	1:57.73	100 BREAST	64	10&U	2:05.21	2:16.60
	12	1:41.54	1:50.77					
65	11	37.14	40.51	50 FREE	66	10&U	41.72	45.52
	12	35.39	38.60					
67	11-12			4x50 MEDLEY RELAY	68	10&U		

SUNDAY AFTERNOON

Warm-up: 3:30 pm

Start: 4:30 pm

WOMEN				EVENTS	MEN			
<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>
69	13	3:13.69	3:31.30	200 BREAST	70	13	3:08.45	3:25.58
	14	3:11.27	3:28.66			14	3:03.36	3:20.03
	15	3:10.70	3:28.03			15	3:00.75	3:17.18
	16&O	3:09.22	3:26.42			16&O	2:53.14	3:08.88
71	13	1:09.53	1:15.85	100 FREE	72	13	1:06.67	1:12.73
	14	1:08.05	1:14.23			14	1:04.38	1:10.24
	15	1:07.30	1:13.42			15	1:02.87	1:08.58
	16&O	1:06.89	1:12.97			16&O	1:00.87	1:06.41
73	13	2:49.37	3:04.76	200 BACK	74	13	2:44.29	2:59.22
	14	2:45.07	3:00.07			14	2:40.19	2:54.76
	15	2:43.24	2:58.08			15	2:36.48	2:50.70
	16&O	2:41.88	2:56.59			16&O	2:29.81	2:43.43
75	13	1:18.27	1:25.38	100 FLY	76	13	1:16.00	1:22.91
	14	1:17.04	1:24.05			14	1:12.83	1:19.45
	15	1:15.87	1:22.76			15	1:10.57	1:16.98
	16&O	1:14.88	1:21.68			16&O	1:08.21	1:14.41
77	13-14			4x50 MEDLEY RELAY	78	13-14		
79	15&O			4x50 MEDLEY RELAY	80	15&O		