

DATE(s):	July 19-21, 2024		REGION:	CR-ON
HOSTED BY:	Richmond Hill Aquatic Club			
LOCATION:	Markham Pan Am Centre, 16 Main St. Unionville, ON L3R 2E4			
FACILITY:	Markham Pan Am Centre			
PURPOSE & DESCRIPTION:	This is an invitational meet for swimmers of all competitive levels, no qualifying standards.			
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:	Leela D’Cruz, Level 5	Level: 5	Email: leela.dacruz@gmail.com	
	Andy Mitchell, Level 4	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted		<input type="checkbox"/>
MEET MANAGER:	Malissa Yang, Vic Bui	Email:	rhac.meetmanager@gmail.com	
OFFICIALS	Visiting officials wishing to volunteer should complete the sign up form or email rhac.officials@gmail.com			
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 & Swimming Canada Event Photography and Swim Ontario Event Photography procedures will be in effect. For complete details click HERE . Every club and its participants are responsible for ensuring all facility rules and requirements are followed.			
COMPETITION RULES:	Sanctioned as an Invitational by Swim Ontario.			
	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	east end and west end
	<input type="checkbox"/>	Deck or Bulkhead at		
	<input type="checkbox"/>	In-Water at		
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.			
	<input checked="" type="checkbox"/>	Preference will be given to the host club first.		
	<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.		
	<input checked="" type="checkbox"/>	This competition can provide the following accommodations for swimmers who are d/Deaf or Hard of hearing:		

		<ul style="list-style-type: none"> - non-verbal instruction provided by a support person duly registered in the RTR - hand signals given by the starter/referee - an external strobe light
FOREIGN COMPETITORS:	<input checked="" type="checkbox"/>	<p>Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. All foreign 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 foreign 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 to Swim Ontario no later than 7 days prior to start of competition.</p>
AGE UP DATE:	Ages submitted are to be as	
	July 19, 2024	
ENTRY DEADLINE:	July 9, 2024	
	Changes to entries will be accepted until	
	July 15, 2024	
ENTRY FEE:	<input checked="" type="checkbox"/>	Individual Events
	\$15 for 200 and below, \$20 for 400 & over	
	<input checked="" type="checkbox"/>	Relay Events
	\$25	
	<input checked="" type="checkbox"/>	Swimmer Fee
	\$10	
	Payment Method:	
	cheque payable to Richmond Hill Aquatic Club or etransfer to rhactreasurer@gmail.com use password season2024 put club name in Notes section	
ENTRY LIMITS:	The maximum number of participants per session is	
	400	
	The maximum number of entries per swimmer is	
	10 individual (2 IE day 1, 4 IE day 2, 4 IE day 3) + 2 relays (1 per day)	
	Meet management reserves the right to reduce number of individual entries if all entries cannot be accommodated within 4.5 hour session	
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 SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca and must include all attending coaches. Meet management will:</p> <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. 	

	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.	
	<input checked="" type="checkbox"/>	NT entries are not permitted
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 relay is not an official time. Requests for official splits are not allowed for mixed relays.	
	The deadline for relay name submissions is	30 min after the start of warm up. All relay cards will be available prior to the start of warm up in the meet office and all changes are to be submitted to the Admin Desk 30 min after the start of warm up.
CONVERSION:	<input checked="" type="checkbox"/>	Entry times are not to be converted. Please submit times in course achieved.
	<input checked="" type="checkbox"/>	Times will be converted by the host
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. 800 and 400M events will be seeded fastest to slowest.

SCHEDULE OF SESSIONS

Meet Management reserves the right to change the start time for all sessions.

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	07/19/2024	4:00 pm-4:55 pm	5:00 pm	8:45 pm	TF
2	07/20/2024	8:30 am-9:25 am	9:30 am	12:30 pm	TF
3	07/20/2024	1:00 pm-1:55 pm	2:00 pm	5:00 pm	TF
4	07/21/2024	8:30 am-9:25 am	9:30 am	12:30 pm	TF
5	07/21/2024	1:00 pm-1:55 pm	2:00 pm	5:00pm	TF

MIXED-GENDER:	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. 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. In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.	
CHECKIN AND SCRATCHES:	<input checked="" type="checkbox"/>	There will be no scratch deadline.

	<input checked="" type="checkbox"/>	There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events:	400 IM, 800m Freestyle
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"/>	Deck entries are permitted provided proof of registered status with valid Swimming Canada ID is provided to Meet Management. Deck Entries are Exhibition Only. They are not eligible for scoring or awards, except for heat winners and personal best prizes. Deck entries will be accepted for empty lanes only (no new heats will be created).	
	<input checked="" type="checkbox"/>	Event Deck Entries are permitted for swimmers already entered in the competition.	
	<input checked="" type="checkbox"/>	Deck Entry Fee is \$20 for 50-200m events ; \$25 for 400m events	
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 so advise the Referee at least 30 minutes prior to the commencement of the session in which the event will take place.	
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 as quickly as possible at the meet.	
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.	
SCORING:	<input checked="" type="checkbox"/>	The following will be scoring: 5-2-1 for individual events for High Point Awards	
AWARDS:	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p>Medals 1st TO 3rd - individual events. Ribbons 4th TO 8th – individual events. Relay Events: Ribbons: 1-2-3. Awards and results will be broken up by gender and: Individual Events: 10 & under, 11-12, 13- 14, 15 & over Relays: 10 & under (Mixed gender), 11-12, 13-14, 15 & over</p> <p>Individual Medley High Point Awards - awarded by gender and: 10 & Under, 11-12, 13-14, 15 & Over 100 IM + 200 IM + 400 IM individual points added together to determine the high point winners 10 & Unders - 100 IM + 200 IM only Ties will be broken by highest individual FINA points swim</p> <p>Team High Point Awards -top male team -top female team</p> <p>Additional Prizes: -heat winner stickers / Personal Best prizes</p>	

ADDITIONAL INFORMATION:	SESSION #1 WILL BE DOUBLE ENDED.
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SCHEDULE OF EVENTS:

Meet management reserves the right to update warm up and start times, as necessary.

Session 1 All Ages Friday, July 19, 2024 Warm-up: 4:00 PM – Start: 5:00 PM		
Girls	Events	Boys
1	200m IM 13 & Over	2
3	200m IM 12 & Under	4
5	800m Free 11 & Over	6

Session 2 13 & Over Saturday, July 20, 2024 Warm-up: 8:30 AM -- Start: 9:30 AM		
Girls	Events	Boys
7	4 x 50m Free Relay 13-14	8
9	4 x 50m Free Relay 15 & Over	10
11	200m Free 13 & Over	12
13	100m Bk 13 & Over	14
15	50m Fly 13 & Over	16
17	400m IM 13 & Over	18
19	100m Fly 13 & Over	20
21	50m Bk 13 & Over	22
23	200m Breast 13 & Over	24

Session 3 12 & Under Saturday, July 20, 2024 Warm-up: 1:00 PM -- Start: 2:00 PM		
Girls	Events	Boys
25	4 x 50m Free Relay 11-12	26
27	4 x 50m Free Mixed Relay 10 & Under	Mixed
28	200m Free 12 & Under	29
30	100m Bk 12 & Under	31
32	50m Fly 12 & Under	33
34	400m IM 11-12	35
36	100 Fly 12 & Under	37
38	50m Bk 12 & Under	39
40	200m Breast 11-12	41

Session 4 13 & Over Sunday, July 21, 2024 Warm-up: 8:30 AM -- Start: 9:30 AM		
Girls	Events	Boys
42	4 x 50m Medley Relay 13-14	43
44	4 x 50m Medley Relay 15 & Over	45
46	100m IM 13 & Over	47
48	200m Bk 13 & Over	49
50	100m Free 13 & Over	51
52	50m Breast 13 & Over	53
54	200m Fly 13 & Over	55
56	100m Breast 13 & Over	57
58	50m Free 13 & Over	59

Session 5 12 & Under Sunday, July 21, 2024 Warm-up: 1:00 PM -- Start: 2:00 PM		
Girls	Events	Boys
60	4 x 50m Medley Relay 11-12	61
62	4 x 50m Mixed Medley Relay 10 & Under	Mixed
63	100m IM 12 & Under	64
65	200m Back 12 & Under	66
67	100m Free 12 & Under	68
69	50m Breast 12 & Under	70
71	200m Fly 12 & Under	72
73	100m Breast 12 & Under	74
75	50m Free 12 & Under	76