

2018 CENTRAL REGION SC B CHAMPIONSHIPS

8-11 February 2018

Amendment 1: Warm ups, Start times and heat size in Green

At the
Markham Pan Am Pool

Hosted by



2018 CENTRAL REGION SC B CHAMPIONSHIPS

- Date:** 8-11 February 2018
- Hosted By:** Whitby Dolphins and Mississauga Aquatic Club
- Location:** Markham Pan Am Pool
16 Main Street
Unionville ON L3R 2E4
- Facility:** Two 10-lane 25 metre competition pools with Swiss Timing electronic timing.
- Sanctioned By:** Swim Ontario
The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

All current Swimming/Natation Canada (SNC) rules will be followed.
Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

For club and provincial meets, a swimsuit that covers more of the body such as modesty swimwear or religious cover-ups is permitted providing that the fabric is permeable open mesh textile material and does not give the swimmer an advantage. The full interpretation can be viewed [HERE](#). Advanced notification or for clarification of interpretation please see the Competition Coordinator.

- Eligibility:** All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry. All swimmers must be registered with a Central Region Club and meet age and 2018 qualifying standards. **Exhibition swims only for swimmers that age up between Central Region B Champs and Ontario Spring Provincials or Winter 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
- Qualifying:** Swimmers must adhere to qualifying times. Qualifying period starts Sept 1, 2016.

Qualifying times are "C" 2017-20 Ontario Provincial/Festival Standards (SCM).
13 & U uses Festival Standards and 14 & O uses Ontario Provincial Standards.

De-qualifying times are "Prov/Fest" 2017-20 Ontario Provincial/Festival Standards (SCM).
12 & U uses Festival Standards, 13 & O uses Ontario Provincial Standards.

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

A swimmer earning a Provincial 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.

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

- 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 SCM. Conversion from LCM 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 1 February 2018 at 6pm.
- Scratch Rules:** Scratches from Prelims and Time Finals shall be made on scratch forms available at the Clerk of Course desk without penalty. Positive check in is required for all Relay, 400, 800, and 1500 time finals at least 30 minutes before the start of the session.
- All scratches from Finals must be made within 30 minutes of the conclusion of Preliminary events that day** to allow proper seeding and notification of alternates. Scratches from the finals of the 200 IM shall be made within 30 minutes of the conclusion of Saturday's Preliminary events.
- Scratching from Finals after the final scratch deadline, or failure to participate in an individual final, relay event, or distance time final will result in a \$50.00 fine for each offence – payable to Whitby Dolphins. Failure to pay before the swimmer's next event will exclude the swimmer from further participation in the meet.
- Entry Fees:**
- | | |
|---------------------|---------|
| Individual event(s) | \$11.00 |
| Relay(s) | \$16.00 |
- Please bring cheque made payable to Whitby Dolphins on the first day on the meet. Swimmers will not compete until fees are paid.
- Live Results:** <http://results.teamunify.com/canonmac/>
- Meet Results:** www.swimming.ca
- Comp. Co-ord.:** Jim Lawrie jim.lawrie@gmail.com
- Meet Manager:** Paul Duff WD Meetmanager@whitbydolphins.com
Andrea Pittis MSSAC swimandrea@hotmail.com
- Awards:** Medals 1st, 2nd, 3rd (Individual & Relay). Individual High Point Awards.
- 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's Registration:** 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 meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.
- Time Splits:** The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. Forms for requesting Official Splits are available at the Clerk of Course desk. 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.
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 in question.

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

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 B CHAMPIONSHIPS

Order of Events and Time Standards

<u>THURSDAY EVENING</u>								
Warm-up: 4:30 pm Start: 5:30 pm Interim warmup: West 6:30 – 7:00 pm East 7:00 – 7:30 pm								
GIRLS 10 Lanes				<u>EVENTS</u>	BOYS 10 Lanes			
Event	Age	De-Qual	Qualify		Event	Age	De-Qual	Qualify
1	11	11:03.89	12:10.28	800 FREE	2	11	11:34.43	12:43.87
	12	10:15.63	11:17.19			12	10:23.51	11:25.86
	13	9:51.37	11:11.77			13	9:41.62	11:04.18
	14	9:42.68	10:40.95			14	9:26.32	10:22.95
	15	9:36.07	10:33.68			15	9:09.66	10:04.63
	16&O	9:19.55	10:21.72		16&O	8:49.44	9:48.27	
3	13	18:53.43	20:46.77	1500 FREE	4	13	18:41.95	20:34.15
	14	18:36.76	20:28.44			14	18:05.73	19:54.30
	15	18:24.14	20:14.55			15	17:33.78	19:19.16
	16&O	17:52.44	19:51.60			16&O	16:55.03	18:47.81

<u>FRIDAY EVENING</u>								
Warm-up: 4:30 pm Start: 5:30 pm								
GIRLS 10 Lanes				<u>EVENTS</u>	BOYS 8 Lanes			
Event	Age	De-Qual	Qual		Event	Age	A	B
5	13	2:34.34	2:56.00	200 IM	6	13	2:28.53	2:48.49
	14	2:30.06	2:45.07			14	2:23.17	2:37.49
	15	2:28.52	2:43.37			15	2:19.53	2:33.48
	16&O	2:24.97	2:40.96			16&O	2:12.88	2:28.83
7	10&U	5:47.71	6:22.48	400 FREE	8	10&U	5:56.57	6:32.23
	11	5:24.00	5:56.40			11	5:30.00	6:03.00
	12	5:03.00	5:33.30			12	5:04.00	5:34.40
9	13	4:46.27	5:30.00	400 FREE	10	13	4:38.53	5:24.50
	14	4:38.72	5:06.59			14	4:29.85	4:56.84
	15	4:37.16	5:04.88			15	4:22.47	4:48.72
	16&O	4:30.30	5:00.82			16&O	4:12.68	4:41.91

SATURDAY MORNING

Warm-up: 7:30 am

Start: 9:00 am

WOMEN 10 Lanes				<u>EVENTS</u>	MEN 8 Lanes			
<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>
11	13	1:01.97	1:10.70	100 FREE	12	13	59.42	1:07.72
	14	1:00.65	1:06.72			14	57.38	1:03.12
	15	59.98	1:05.98			15	56.03	1:01.63
	16&O	58.73	1:05.58			16&O	53.44	59.68
13	13	2:52.63	3:19.36	200 BREAST	14	13	2:47.96	3:15.03
	14	2:50.47	3:07.52			14	2:43.42	2:59.76
	15	2:49.96	3:06.96			15	2:41.10	2:57.21
	16&O	2:47.80	3:05.52			16&O	2:32.75	2:49.74
15	13	1:09.94	1:20.72	100 BACK	16	13	1:07.75	1:18.01
	14	1:08.74	1:15.61			14	1:05.90	1:12.49
	15	1:07.75	1:14.53			15	1:04.18	1:10.60
	16&O	1:05.64	1:13.40			16&O	1:00.72	1:07.55
17	13	2:38.43	3:06.36	200 FLY	18	13	2:32.81	3:04.19
	14	2:35.64	2:51.20			14	2:29.79	2:44.77
	15	2:34.43	2:49.87			15	2:25.74	2:40.31
	16&O	2:27.29	2:44.47			16&O	2:15.35	2:30.40
19	13-14			4x50 FREE	20	13-14		
21	15&O			4x50 FREE	22	15&O		
23	13	5:26.13	6:15.10	400 IM	24	13	5:16.18	6:07.40
	14	5:23.35	5:55.69			14	5:07.82	5:38.60
	15	5:14.35	5:45.79			15	5:02.98	5:33.28
	16&O	5:08.59	5:43.56			16&O	4:52.77	5:25.30

SATURDAY AFTERNOON

Warm-up: 12:00 pm

Start: 1:00pm

10 Lane Single ended

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>	
25	10&U	3:09.00	3:27.90	200 IM	26	10&U	3:12.00	3:31.20	
27	11	2:53.00	3:10.30			28	11	2:55.00	3:12.50
	12	2:43.00	2:59.30				12	2:43.00	2:59.30
29	10&U	1:15.35	1:22.89	100 FREE	30	10&U	1:16.83	1:24.51	
31	11	1:08.95	1:15.85			32	11	1:09.94	1:16.93
	12	1:05.01	1:11.51				12	1:04.52	1:10.97
33	10&U	45.00	50.00	50 BREAST	34	10&U	45.00	50.00	
35	11	3:16.02	3:35.62	200 BREAST	36	11	3:24.88	3:45.37	
	12	3:04.19	3:22.61				12	3:04.19	3:22.61
37	10&U	1:26.19	1:34.81	100 BACK	38	10&U	1:28.65	1:37.52	
39	11	1:19.29	1:27.22			40	11	1:20.28	1:28.31
	12	1:14.37	1:21.81				12	1:15.35	1:22.89
41	10&U	40.00	45.00	50 FLY	42	10&U	40.00	45.00	
43	11	3:09.12	3:28.03	200 FLY	44	11	3:31.78	3:52.96	
	12	2:53.36	3:10.70				12	2:56.32	3:13.95
45	10&U			4x50 FREE	46	10&U			
47	11-12			4x50 FREE	48	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>		
5	13			200 IM	6	13		
	14					14		
	15					15		
	16&O					16&O		
11	13			100 FREE	12	13		
	14					14		
	15					15		
	16&O					16&O		
13	13			200 BREAST	14	13		
	14					14		
	15					15		
	16&O					16&O		
15	13			100 BACK	16	13		
	14					14		
	15					15		
	16&O					16&O		
17	13			200 FLY	18	13		
	14					14		
	15					15		
	16&O					16&O		

SUNDAY MORNING

Warm-up: 7:30 am
Start: 9:00 am

WOMEN 10 Lanes				EVENTS	MEN 8 Lanes			
<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>
49	13	2:14.61	2:33.32	200 FREE	50	13	2:10.14	2:28.98
	14	2:11.66	2:24.83			14	2:06.19	2:18.81
	15	2:10.47	2:23.52			15	2:02.09	2:14.30
	16&O	2:07.12	2:21.65			16&O	1:57.13	2:10.43
51	13	1:09.75	1:21.81	100 FLY	52	13	1:07.73	1:18.55
	14	1:08.67	1:15.54			14	1:04.91	1:11.40
	15	1:07.62	1:14.38			15	1:02.89	1:09.18
	16&O	1:06.06	1:13.41			16&O	1:00.17	1:06.87
53	13	2:30.95	2:54.45	200 BACK	54	13	2:26.42	2:50.12
	14	2:27.12	2:41.83			14	2:22.77	2:37.05
	15	2:25.49	2:40.04			15	2:19.46	2:33.41
	16&O	2:21.81	2:38.70			16&O	2:12.09	2:26.87
55	13	1:20.14	1:32.10	100 BREAST	56	13	1:17.80	1:30.48
	14	1:19.17	1:27.09			14	1:14.95	1:22.45
	15	1:18.57	1:26.43			15	1:14.11	1:21.52
	16&O	1:17.35	1:25.95			16&O	1:10.11	1:17.90
57	13	28.61	32.49	50 FREE	58	13	27.15	30.88
	14	28.11	30.92			14	26.34	28.97
	15	27.70	30.47			15	25.86	28.45
	16&O	27.18	30.27			16&O	24.59	27.39
59	13-14			4x50 MEDLEY	60	13-14		
61	15&O			4x50 MEDLEY	62	15&O		

SUNDAY AFTERNOON

Warm-up: 12:00 pm

Start: 1:00 pm

10 Lane single ended

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>
63	10&U	2:46.00	3:02.60	200 FREE	64	10&U	2:51.00	3:08.10
65	11	2:30.71	2:45.78		66	11	2:33.66	2:49.03
	12	2:21.84	2:36.02			12	2:20.86	2:34.95
67	10&U	1:31.11	1:40.22	100 FLY	68	10&U	1:35.55	1:45.11
69	11	1:22.25	1:30.48		70	11	1:24.71	1:33.18
	12	1:16.34	1:23.97			12	1:15.85	1:23.44
71	10&U	3:06.16	3:24.78	200 BACK	72	10&U	3:15.03	3:34.53
73	11	2:49.42	3:06.36		74	11	2:53.36	3:10.70
	12	2:39.57	2:55.53			12	2:40.06	2:56.07
75	10&U	1:37.52	1:47.27	100 BREAST	76	10&U	1:41.46	1:51.61
77	11	1:31.61	1:40.77		78	11	1:33.58	1:42.94
	12	1:26.19	1:34.81			12	1:25.70	1:34.27
79	10&U	33.98	37.38	50 FREE	80	10&U	34.48	37.93
81	11	31.52	34.67		82	11	31.77	34.95
	12	30.04	33.04			12	29.35	32.29
83	10&U			4x50 MEDLEY	84	10&U		
85	11-12				86	11-12		
87	10&U	1:29.64	1:38.60	100 IM	88	10&U	1:31.61	1:40.77
89	11	6:04.45	6:40.90	400 IM	90	11	6:29.08	7:07.99
	12	5:43.00	6:17.30			12	5:50.00	6:25.00

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>		
49	13			200 FREE	50	13		
	14					14		
	15					15		
	16&O				16&O			
51	13			100 FLY	52	13		
	14					14		
	15					15		
	16&O				16&O			
53	13			200 BACK	54	13		
	14					14		
	15					15		
	16&O				16&O			
55	13			100 BREAST	56	13		
	14					14		
	15					15		
	16&O				16&O			
57	13			50 FREE	58	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.