

**2019**  
**Mallards**  
**Long Course**  
**Challenge**

**April 5th – 7th**

**PRESENTED BY:**



**MARKHAM PAN AM CENTRE**

16 Main Street  
Unionville, Ontario

# 2019 Mallards Long Course Challenge

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<b>DATE:</b>	April 5 – 7, 2019
<b>HOSTED BY:</b>	<b>MALLARDS SWIM TEAM</b>
<b>LOCATION:</b>	MARKHAM Pan Am Centre 16 Main Street, Unionville, Ontario
<b>FACILITY:</b>	10 Lanes, 50 meter Competition pool with Electronic Timing System.
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>
<b>DESCRIPTION:</b>	Swimmers will swim in age combined events, 12 & Under and 13 & Over groups. <b>12 &amp; Under:</b> <ul style="list-style-type: none"><li>● All events are timed finals</li></ul> <b>13 &amp; Over:</b> <ul style="list-style-type: none"><li>● All events are timed finals except for 50 meter Freestyle and all 100 meter events, Prelims-Finals</li><li>● Preliminary events will run 10 lane heats with the fastest three heats circle seeded.</li><li>● A-B finals will run top 20 swimmers</li><li>● 800 meter Freestyle: Fastest Heat (FH) for Men and Women will run during FINALS Session on Saturday, April 6, 2019.</li></ul>
<b>COMPETITION/ RULES:</b>	All current Swimming Canada rules will apply. Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed <a href="#">HERE</a> .  All swimmers participating in a provincially sanctioned meet shall be required to comply with swimwear rule GR 5. The full interpretation can be viewed <a href="#">HERE</a> . Advanced notification or for clarification of interpretation please see the Competition Coordinator.
<b>AGE UP DATE:</b>	Ages submitted are to be as of the start date of the meet, April 5, 2019.
<b>DIVE STARTS:</b>	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 of the pool.
<b>MIXED GENDER:</b>	This is a meet hosted by a Region to offer developmental opportunities for swimmers with that Region. Mixed gender swims may 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 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.
<b>ELIGIBILITY:</b>	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. Foreign competitors are welcome, subject to the provisions below.
<b>FOREIGN</b>	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 <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition.

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<b>COMPETITION</b>	Wayne Dorrington
<b>COORDINATORS:</b>	Vivien Hughsam
<b>MEET MANAGER:</b>	Stephen Chan, <a href="mailto:Stephenmeet@gmail.com">Stephenmeet@gmail.com</a>
<b>ENTRIES</b>	
<b>CO-ORDINATOR:</b>	Jeje Yong, <a href="mailto:jeje.yong@rogers.com">jeje.yong@rogers.com</a>
<b>ENTRY FEES:</b>	\$12.00 per Individual event \$14.00 per 400 IM / 400M Free events \$16.00 per 800M / 1500 Free and Relay events All fees include HST and Gold Bonus. Payment by cheque to <b>MALLARDS SWIM TEAM</b> is due on the first day of the meet.
<b>ENTRIES:</b>	Entries must be received by <b>Friday, March 8, 2019</b> . Deadline for changes is <b>Friday, March 22, 2019, 12:00 am</b> <ul style="list-style-type: none"><li>• All entries must be submitted through the SNC online entries system at <a href="http://www.swimming.ca">www.swimming.ca</a>.</li><li>• <b>No changes will be accepted after March 22, 2019 12:00 am, as the meet will have been final seeded. After that time, all entries will be considered final and fees will be calculated; No Refunds will be granted for missed swims.</b></li><li>• Entries will be considered in order received and at the discretion of meet management.</li><li>• Entry confirmations will be sent by individual e-mail from <a href="http://www.swimming.ca">www.swimming.ca</a>.</li><li>• Meet Management reserves the right to restrict and/or close entries prior to the deadline in the event of oversubscription.</li></ul>
<b>QUALIFYING/ RESTRICTIONS:</b>	<b>Meet Management requests all swimmers be entered with real (provable) or estimated entry times to allow for proper seeding.</b> <ul style="list-style-type: none"><li>• Session 2... Limit of 1 distant event (800 m/1500m Freestyle)</li><li>• Sessions 1, 3, 4, 5, 7 and 8... Limit of 3 individual events per swimmer per session.</li><li>• Entries must be submitted using real or estimated times.</li><li>• <b>NT entries are not permitted and will NOT be accepted.</b></li><li>• No qualifying standard.</li></ul>
<b>SEEDING/ CONVERSIONS</b>	Heats will be seeded slowest to fastest except in distance events (800 and 1500 freestyle, fastest to slowest). <ul style="list-style-type: none"><li>• All entries must be submitted using long course times in meters (LCM).</li><li>• Please use Hy-Tek default conversion of times to LC times before submitting entries</li></ul>
<b>DECK ENTRIES:</b>	Will be accepted in empty lanes as <b>Exhibition (EX)</b> swims. <ul style="list-style-type: none"><li>• Entries must be made 30 minutes prior to the start of the session</li><li>• Swimmer substitution will <u>not</u> be allowed.</li><li>• Swimmers will be accepted at the discretion of Clerk of Course and Competition Coordinator.</li><li>• <b>Costs are \$15.00 per Individual events (to 200 M) and \$20.00 for 400 IM, 400, 800, 1500 M Freestyle and Relays events, payable in cash and submitted with the Deck Entry Form.</b></li></ul>
<b>COACH'S REGISTRATION:</b>	Meet management will cross reference the list of coaches in attendance at this competition with the <a href="#">Swim Ontario Compliancy lists</a> . 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.
<b>REQUEST FOR OFFICIALS:</b>	Officials registered with Swimming Canada are invited to assist at the meet. Please email <a href="mailto:officialschair@mallardsswimming.com">officialschair@mallardsswimming.com</a> and indicate session(s) and position(s) preferred Officials to assemble in the officials lounge <b>45 minutes</b> prior to session starts.

# 2019 Mallards Long Course Challenge

## SCHEDULE OF SESSIONS:

SESSION	AGE GROUP	SESSION	WARM UP	MEET START	EST. LENGTH	
Friday	1	13 & Over	Time Finals/Prelims	9:00 AM - 9:45 AM	9:50 AM	2.5 hrs
	2	12 & Over	Time Finals, 800(SH) /1500	12:30 PM - 1:00 PM	1:05 PM	2.5 hrs
	3	12 & Under	Time Finals	4:15 PM - 4:55 PM	5:00 PM	3.5 hrs
Saturday	4	13 & Over	Time Finals/Prelims	7:00 AM - 7:45 AM	7:50 AM	4.5 hrs
	5	12 & Under	Time Finals	1:00 PM - 1:40 PM	1:45 PM	4.5 hrs
	6	13 & Over	FINALS	7:00 PM - 7:45 PM	7:50 PM	1.5 hrs
Sunday	7	12 & Under	Time Finals	7:30 AM - 8:10 AM	8:15 AM	4.5 hrs
	8	13 & Over	Time Finals	1:00 PM - 1:45 PM	1:50 PM	4.5 hrs

**SCHEDULE OF EVENTS:** See Appendix "A"

**SESSION TIMES:** In order to abide by Swim Ontario Sanctioned guidelines and limit session lengths to no more than 4.5 hours, Meet Management reserves the right to:

1. Amend warm-up and start times according to number of entries received.
2. Cancel relays should sessions run late.
3. Limit number of swimmers in an event and/or run events in multiple sessions if necessary.
4. Limit number of heats in any particular event(s).
5. To swim 400/800/1500 m Freestyle 2 swimmers per lane.

An updated schedule will be posted on the Mallards website as soon as it becomes available.

**SCRATCH RULES:** **PRELIM & TIME FINAL Events:** Scratches to be made to the Clerk of Course at least 30 minutes before the start of each session. No penalty for late scratches.

**FINALS and 800 FASTEST HEAT (FH) Events:** Scratches to **ALL** events of the FINALS session (including FH of 800 Free) must be submitted on **official** scratch cards to the Clerk of Course. Scratch deadline is **30 minutes** following the posting of **preliminary event results for that event**, to allow for proper seeding and allocation of alternates. Scratch deadline for 800 (FH) is the end of positive check-in for the 800 (SH) in session 2. **Failure to scratch before the scratch deadline or failure to participate in a Finals event will result in a \$35 fine for each offence. Failure to pay the penalty will exclude the swimmer from further participation in the meet.** There will be no reseeding for scratches received after the final scratch deadline. **NO REFUND(S) will be issued for swimmers who do not swim any heat for which they are seeded.**

**CHECK-IN:** **POSITIVE CHECK-IN** is required for ALL 400 IM, 400, 800 and 1500m Free and FINAL events, at least **30 minutes** before the start of the session, at the Clerk of Course table. **Failure to do so will result in the swimmer being eliminated from the race.**

**RELAYS:** Relay cards to be submitted to the Clerk of Course 30 minutes prior to the start of the relay event. Once submitted, no name changes will be permitted. Please submit relay entry times for seeding purposes. Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.

**MIXED RELAYS:** 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.

**SPLIT TIMES:** The procedure for obtaining an 'Official Split' requires that coaches make the request to the session referee or meet management on the **"Official Split Request"** form (available from the Clerk of Course table) 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.

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- RECORDS:** Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the Markham Pan Am swimming pool and swim times achieved at this competition will be eligible for provincial or national records
- RESULTS:** Results will be reported based on the following age categories:  
Girls: 10 & under, 11, 12, 13-14, 15 & over.  
Boys: 10 & under, 11, 12, 13-14, 15 & over.
- Live results will be available on the Mallards website [www.mallardsswimming.com](http://www.mallardsswimming.com) each day through the 'Live Results' link.
  - Official meet results will be uploaded to [www.swimming.ca](http://www.swimming.ca) within 48 hours of the completion of the meet.
- AWARDS:** Individual Events: Medals 1<sup>st</sup> - 3<sup>rd</sup> for all age groups.  
Ribbons 4<sup>th</sup> - 8<sup>th</sup> for 12&U age groups
- Relays: Ribbons for 1<sup>st</sup> - 3<sup>rd</sup>
- Awards will be broken down as follows:  
Girls: 10 & under, 11, 12, 13-14, 15 & over.  
Boys: 10 & under, 11, 12, 13-14, 15 & over.
- PSYCH SHEETS:** Psych sheets will be posted online prior to the meet at [www.mallardsswimming.com](http://www.mallardsswimming.com) through a link on the homepage of Mallards Swim Team
- ON DECK ACCESS:** Only Competitors, Certified Coaches and Officials are permitted on deck.
- 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 Manager for application and authorization. **NO OTHER PERSON IS PERMITTED ON DECK unless expressly authorized by the Meet Manager.**
- PARKING:** Onsite parking is free but may be limited
- REFRESHMENTS:** Lunch and refreshments will be provided (in the Officials Lounge on the second level) for Coaches and Officials working the meet.
- OTHER INFORMATION:** NO FOOD shall be allowed on deck.  
NO GLASS objects shall be allowed on deck.  
Lockers are limited and for day use only; please bring your own lock.  
Use of audio visual recording devices (including cell phones) is prohibited in change rooms, rest rooms and locker rooms.  
Mallards Swim Team will be taking photos/videos during the meet and sharing them for the group's print and online publicity (including but not limited to Mallards Swim Team's website, Facebook, Instagram and Twitter). By allowing your swimmer(s) participate in this swim meet, you consent to the aforementioned, and agree that all photographs and videos taken by yourself within the event, including those of athletes competing within the venue, shall be used solely for personal and non-commercial purposes, unless prior written consent is obtained from the Mallards Swim Team.

## LIMITATION OF LIABILITY:

Teams entering swimmers in the Meet must advise the swimmer's parents and/or guardians that the Board, coaches and members of the MALLARDS SWIM Club are committed to operating a successful and safe meet and that all reasonable precautions will be put in place to ensure the swimmer's safety. As such, members, coaches and the Board assume no responsibility for swimmers who are left at the pool by their parents or guardians, and whose parents fail to pick their children up on time at the end of the session. Parents who plan to drop their child off are responsible for ensuring their safety before, during and after the Meet. To ensure that, they should confirm that their child(ren)/swimmer(s) arrive safely on deck, that they are placed in the care of their coach(es), and that appropriate arrangements are made for them to be picked up once they have finished their events.

# 2019 Mallards Long Course Challenge

## Appendix A SCHEDULE OF EVENTS

FRIDAY, April 5, 2019

SESSION #1				
WARM-UP: 9:00 AM -- START: 9:50 AM				
Girls				Boys
1	13 & Over	50 Free	Prelims**	2
3	13 & Over	50 Back	T-F	4
5	13 & Over	100 Breast	Prelims**	6
7	13 & Over	100 Fly	Prelims**	8
9	13 & Over	200 IM	T-F	10

**\*\* SCRATCH DEADLINE for FINALS:** 30 minutes following the posting of the preliminary event results for each event  
Limit of 3 individual events per swimmer

SESSION #2				
WARM-UP: 12:30 PM -- START: 1:05 PM				
Girls				Boys
11 (SH)*	12 & Over	800 Free	T-F*	12 (SH)*
13 (Mixed)*	12 & Over	1500 Free	T-F*	13 (Mixed)*

\*Positive check-in required 30 min. before session start  
Limit of 1 event per swimmer

SESSION #3				
WARM-UP: 4:15 PM -- START: 5:00 PM				
Girls				Boys
15	12 & Under	200 IM	T-F	16
17	12 & Under	50 Fly	T-F	18
19	12 & Under	50 Back	T-F	20
21	12 & Under	200 Free	T-F	22

Limit of 3 individual events per swimmer

# 2019 Mallards Long Course Challenge

## SCHEDULE OF EVENTS

SATURDAY, April 6, 2019

SESSION #4				
WARM-UP: 7:00 AM -- START: 7:50 AM				
Girls				Boys
23	13 & Over	400 IM	T-F	24
25	13 & Over	100 Back	Prelims**	26
27	13 & Over	200 Fly	T-F	28
29	13 & Over	100 Free	Prelims**	30
31	13 & Over	200 Breast	T-F	32
33	13 - 14 yrs	200 Free Relay	T-F	34
35	15 & Over	200 Free Relay	T-F	36

\*\* SCRATCH DEADLINE for FINALS: 30 minutes following the posting of the preliminary event results for each event  
Limit of 3 individual events per swimmer

SESSION #5				
WARM-UP: 1:00 PM -- START: 1:45 PM				
Girls				Boys
37	12 & Under	200 Fly	T-F	38
39	12 & Under	100 Breast	T-F	40
41	12 & Under	50 Free	T-F	42
43	12 & Under	200 Back	T-F	44
45 (Mixed)	10 & Under	200 Free Relay	T-F	45 (Mixed)
47	11 - 12 yrs	200 Free Relay	T-F	48
49*	12 & Under	400 Free	T-F*	50*

\*Positive check-in required 30 min. before session start  
Limit of 3 individual events plus 400m Freestyle

SESSION #6				
WARM-UP: 7:00 PM -- START: 7:50 PM				
Girls				Boys
5*	13 & Over	100 Breast	Finals	6*
7*	13 & Over	100 Fly	Finals	8*
11 (FH)*	12 & Over	800 Free	T-F*	-
-	13 & Over	50 Free	Finals	2*†
1*†	13 & Over	50 Free	Finals	-
-	12 & Over	800 Free	T-F*	12 (FH)*
25*†	13 & Over	100 Back	Finals	-
-	13 & Over	100 Back	Finals	26*†
29*†	13 & Over	100 Free	Finals	-
-	13 & Over	100 Free	Finals	30*†

\*Positive check-in required 30 min. before session start for **ALL** events  
†Boys event will run before Girls event  
FH (Fastest Heat)

# 2019 Mallards Long Course Challenge

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## SCHEDULE OF EVENTS

SUNDAY, April 7, 2019

SESSION #7				
WARM-UP: 7:30 AM -- START: 8:15 AM				
<u>Girls</u>				<u>Boys</u>
51	12 & Under	50 Breast	T-F	52
53	12 & Under	100 Fly	T-F	54
55	12 & Under	100 Free	T-F	56
57	12 & Under	100 Back	T-F	58
59	12 & Under	200 Breast	T-F	60
61 (Mixed)	10 & Under	200 Medley Relay	T-F	61 (Mixed)
63	11 - 12 yrs	200 Medley Relay	T-F	64

SESSION #8				
WARM-UP: 1:00 PM -- START: 1:50 PM				
<u>Girls</u>				<u>Boys</u>
65	13 & Over	50 Fly	T-F	66
67	13 & Over	50 Breast	T-F	68
69	13 & Over	200 Free	T-F	70
71	13 & Over	200 Back	T-F	72
73	13 - 14 yrs	200 Medley Relay	T-F	74
75	15 & Over	200 Medley Relay	T-F	76
77*	13 & Over	400 Free*	T-F*	78*

\*Positive check-in required 30 min. before session start



# 2019 Mallards Long Course Challenge



## MALLARDS WINTER LC INVITATIONAL January 18-20, 2019

Contact Kristine Lagos, Group Sales Manager at 905-470-8577 or [kristine.lagos@markhamsuites.com](mailto:kristine.lagos@markhamsuites.com)

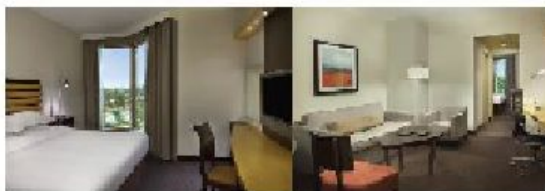


### Team Benefits

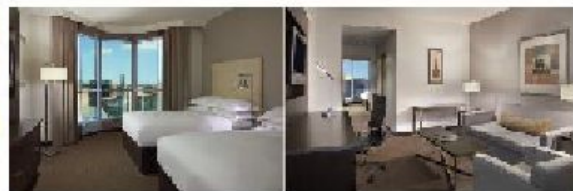
- Closest hotel in Markham Pan Am Centre
- Complimentary parking
- Complimentary team communal space

### Reservations

- For 10 rooms or more reservations, call Kristine
- For 10 rooms or less, click [here](#) to book
- Discounted Hot Breakfast Buffet \$15.00 per person (\$22.00 value per person)



Standard Suite King Bedroom and Living Room



Standard Suite Double Bedroom and Living Room

8500 Warden Avenue Markham, ON L6G 1A5 905-470-8500 [www.torontomarkham.hilton.com](http://www.torontomarkham.hilton.com)

**Kristine Lagos | 1-905-470-8577 | [Kristine.lagos@markhamsuites.com](mailto:Kristine.lagos@markhamsuites.com)**  
**8500 Warden Ave. | Markham | ON | L6G 1A5**  
**[www.torontomarkham.hilton.com](http://www.torontomarkham.hilton.com)**

## Hampton Inn & Suites by Hilton

Group discount(s) and benefits available to all teams participating in the  
2019 Mallard's Long Course Challenge

### 2019 Mallard's Long Course Challenge

April 5-7, 2019

- Newest focus service hotel in York Region & Your # 1 Hotel on Trip Advisor
- Close to Markham Pan Am Pool and easy access to 404/ 407/ 401/Hwy 7
- Complimentary Full Breakfast serving 6AM-10AM daily includes a waffle station
- Complimentary WIFI
- Complimentary Overnight Parking
- Complimentary 24 hour coffee/ tea station in main lobby
- Mini Fridge, Microwave, In Room Safe in all rooms
- Fitness Room & Salt Water Heated Indoor Pool (for hotel guests only)
- Hilton Honor points & Airline Miles



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