

2020
**MALLARDS LONG COURSE
CHALLENGE**

Presented By:

MALLARDS SWIM TEAM



APR 3rd – 5th, 2020

MARKHAM PAN AM CENTRE
16 Main Street
Unionville, Ontario

2020 Mallards Long Course Challenge

DATE: April 3 – 5, 2020

HOSTED BY: MALLARDS SWIM TEAM

LOCATION: MARKHAM Pan Am Centre
16 Main Street, Unionville, Ontario

FACILITY: 10 Lanes, 50 meter Competition pool with Electronic Timing System.

MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

DESCRIPTION: Swimmers will swim in age combined events, 12 & Under and 13 & Over groups.

12 & Under:

- All events are timed finals

13 & Over:

- All events are timed finals except for 50 meter Freestyle and all 100 meter events, Prelims/Finals
- Preliminary events will run 10 lane heats with the fastest three heats circle seeded.
- Finals will run **top 10** swimmers
- 800 meter Freestyle: Fastest Heat (FH), Heat 1 for Men and Women will run during FINALS Session on Saturday, April 4, 2020.

COMPETITION/RULES: All current Swimming Canada rules will apply. Swimming Canada Competition Warm-up Safety Procedures will be in effect. The document can be viewed [HERE](#)

All swimmers participating in a provincially sanctioned meet shall be required to comply with swimwear rule GR 5. The full interpretation can be viewed [HERE](#). Advanced notification or for clarification of interpretation please see the Competition Coordinator.

SAFETY & LIABILITY: Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](#).

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

Rowan's Law – Concussion Management... The Rowan's Law requirements came into effect on July 1, 2019. Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities. Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others. Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body. If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols. For full details and resources on Rowan's Law and Concussion management protocols click [HERE](#).

Open and Observable Environment... Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

Event Photography/Videography... In order to minimize risk, all photographs and video taken at

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Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#)

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 to the designated deck area and permission to do so. Please contact Meet Management for application and authorization. **NO OTHER PERSON IS PERMITTED ON DECK** unless expressly authorized by the Meet Manager.

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 Mallards Swim Team.

- AGE UP DATE:** Ages submitted are to be as of the start date of the meet, April 3, 2020.
- MIXED GENDER:** 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.
- 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. 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](#) to Swim Ontario no later than 7 days prior to start of competition.
- COMPETITION COORDINATORS:** Wayne Dorrington wdorrington@cogeco.ca
Vivien Hughsam hughsam.v.mst@gmail.com
- MEET MANAGERS:** Mike Yang mikeyangmst@gmail.com
Gigi Chan gigicmst@gmail.com
- OFFICIALS CO-ORDINATOR:** officialschair@mallardsswimming.com
Please indicate sessions/positions preferred and or if an evaluation is requested. We will do our best to accommodate.
- ENTRY FEES:**
- | | |
|------------------------------------|--|
| Individual events | \$12.50 |
| 400 IM / 400M Free events | \$14.50 |
| 800M / 1500M Free and Relay events | \$17.00 |
| Splash fee | \$5.00 per swimmer, inclusive of 'Relay Only' Swimmers.
Includes downloadable heat sheets for all sessions. |

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All fees include HST and Gold Bonus.

Payment by cheque to **MALLARDS SWIM TEAM** is due on the first day of the meet.

ENTRIES:

Entries must be received by Friday, **March 6, 2020, 11:59pm**

Deadline for changes is Friday, **March 20, 2020, 6:00 pm**

- All entries must be submitted through the SNC online entries system at www.swimming.ca.
- **No changes will be accepted after March 20 6:00 pm, 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.**
- Entries will be considered in order received and at the discretion of meet management.
- Entry confirmations will be sent by individual e-mail from www.swimming.ca.
- Meet Management reserves the right to restrict and/or close entries prior to the deadline in the event of over-subscription.

QUALIFYING/ RESTRICTIONS:

Meet Management requests all swimmers be entered with real (provable) or estimated entry times to allow for proper seeding.

- Session 1, there is a limit of 1 distant event (800 m/1500m Freestyle)
- Sessions 1, 2, 3, 4, 6, and 7 there is a limit of 3 individual events per swimmer per session.
- Entries must be submitted using real or estimated times.
- **NT entries are not permitted and will NOT be accepted.**
- No qualifying standard.
- Ages submitted are to be as of the start date of the meet, April 3, 2020.

SEEDING/ CONVERSIONS:

Heats will be seeded slowest to fastest except in distance events (400IM, 400, 800 and 1500 freestyle... fastest to slowest).

- 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

DECK ENTRIES:

Classified as **Exhibition (EX)**. No awards will be given.

- Entries must be made 30 minutes prior to the start of the session
- Swimmer substitution will not be allowed.
- Swimmers will be accepted at the discretion of Clerk of Course and Competition Coordinator.
- **Costs are \$15.00 per Individual events, \$20.00 for 400 IM, 400, 800 & 1500m Freestyle and Relays events, payable in cash and submitted with the Deck Entry Form.**

NO REFUND(S) will be issued for swimmers who do not swim any heat for which they are seeded.

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.

SCHEDULE OF SESSIONS:

SESSION		AGE GROUP	SESSION	WARM UP	MEET START	EST. LENGTH
Friday	1	13 & Over	Time Finals/Prelims	10:00 AM	11:00AM	4.5 hrs
		12 yrs.	800/1500 FR			
	2	12 & Under	Time Finals	4:00 PM	5:00 PM	4.0 hrs
Saturday	3	13 & Over	Time Finals/Prelims	7:00 AM	8:00 AM	4.0 hrs
	4	12 & Under	Time Finals	12:30 PM	1:30 PM	4.0 hrs
	5	13 & Over	FINALS	5:30 PM	6:30 PM	1.5 hrs
Sunday	6	12 & Under	Time Finals	8:00 AM	9:00 AM	4.0 hrs
	7	13 & Over	Time Finals	1:00 PM	2:00 PM	4.0 hrs

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SCHEDULE OF EVENTS:	See Appendix "A"
SESSION TIMES:	<p>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:</p> <ol style="list-style-type: none">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. <p>An updated schedule will be posted on the Mallards website as soon as it becomes available.</p>
SCRATCH RULES:	<p>PRELIMINARY and TIME FINAL Events: Scratches are to be made to the Clerk of Course at least 30 minutes before the start of each session. No penalty for late scratches of these events.</p> <p>FINAL Events: Scratches to all final events must be made on official scratch cards to the Clerk of Course. <u>Scratch deadline is 30 minutes following the posting of the last preliminary event results on Saturday, April 4, 2020. Failure to scratch before the scratch deadline or to participate in a final event will result in a \$30 fine for each offence. Failure to pay the penalty will exclude the swimmer from further participation in the meet.</u> There will be no reseeding for scratches received after the final scratch deadline.</p> <p>NO REFUND(S) will be issued for swimmers who do not swim any heat for which they are seeded.</p>
CHECK-IN:	<p>POSITIVE CHECK-IN is required for all 400 IM, 400, 800 and 1500m Free and all FINAL events, at least 30 minutes before the start of the session, at the Clerk of Course table. Failure to do so may result in the swimmer being eliminated from the race.</p> <p>FINAL EVENTS... Positive Check-In is required for all final events at the Clerk of Course table. Finalists are to report to the 'ready area' no later than 10 mins. before their race. <u>Finalists not present at 'final call' for an event will be replaced by an alternate and no show penalty will apply. Failure to pay will exclude the swimmer from further participation in the meet.</u></p>
RELAYS:	Relay cards are to be submitted to the Clerk of Course 30 minutes after the start of the session. 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:	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. The procedure for obtaining an official split time requires coaches to complete the " Official Split Request " form (available at the Clerk Course table) and to forward it to the Referee or meet management prior to the start of the session.
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 of the pool.
RECORDS:	Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the Markham PanAm swimming pool and swim times achieved at this competition will be eligible for provincial or national records.
RESULTS:	Unofficial meet results will be available on Live Results/Meet Mobile when available. Official meet results will be uploaded to www.swimming.ca within 48 hours of the completion

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of the meet.

AWARDS:

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.
Individual Events: Medals 1st - 3rd for all age groups.
Ribbons 4th - 10th for 12&U age groups
Relays: Medals for 1st - 3rd

PSYCH SHEETS:

Psych sheets will be posted online prior to the meet at www.mallardsswimming.com through a link on the homepage of Mallards Swim Team

SCORING:

No Scoring.

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:

Only Competitors, Certified Coaches and Officials are permitted on deck.
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.

EVENT HOST HOTELS:

Hilton Suites Conference Centre and Spa: 8500 Warden Ave., Markham Ontario, L6G 1A5

Group Sales Manager:

Kristine Lagos... kristine.lagos@markhamsuites.com Tel: (905) 470-8500

<http://www.torontomarkham.hilton.com>

Edward Village Hotel: 50 East Valhalla Dr., Markham Ontario, L3R 0A3

Group Sales Manager:

Gloriana Franco... gloriana.franco@sunraygroup.ca Tel: (905) 477-2010

<http://www.edwardvillagehotel.com>

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Appendix A

SCHEDULE OF EVENTS

SESSION #1				
FRIDAY, April 3, 2020				
WARM-UP: 10:00 AM -- START: 11:00 AM				
<u>Women</u>				<u>Men</u>
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
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

** SCRATCH DEADLINE for FINALS: 30 minutes following the posting of results for Event 31/32

SESSION #2				
FRIDAY, April 3, 2020				
WARM-UP: 4:00 PM -- START: 5:00 PM				
<u>Girls</u>				<u>Boys</u>
15	12 & Under	50 Free	T-F	16
17	12 & Under	50 Back	T-F	18
19	12 & Under	200 Fly	T-F	20
21	12 & Under	100 Breast	T-F	22
23	12 & Under	200 Free	T-F	24

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SESSION #3				
SATURDAY, April 4, 2020				
WARM-UP: 7:00 AM -- START: 8:00 AM				
<u>Women</u>				<u>Men</u>
25*	13 & Over	400 IM	T-F	26*
27	13 & Over	100 Back	Prelims**	28
29	13 & Over	200 Fly	T-F	30
31	13 & Over	100 Free	Prelims**	32
33	13 & Over	200 Breast	T-F	34
35	13 - 14 yrs	200 Free Relay	T-F	36
37	15 & Over	200 Free Relay	T-F	38

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

** SCRATCH DEADLINE for FINALS:30 minutes following the posting of results for Event 31/32

SESSION #4				
SATURDAY, April 4, 2020				
WARM-UP: 12:30 AM -- START: 1:30 PM				
<u>Girls</u>				<u>Boys</u>
39	12 & Under	50 Fly	T-F	40
41	12 & Under	200 Breast	T-F	42
43	12 & Under	100 Free	T-F	44
45	12 & Under	100 Back	T-F	46
47 (Mixed)	10 & Under	200 Free Relay	T-F	47 (Mixed)
49	11 - 12 yrs	200 Free Relay	T-F	50

SESSION #5				
SATURDAY, April 4, 2020				
WARM-UP: 5:30 PM -- START: 6:30 PM				
<u>Women</u>				<u>Men</u>
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)*
27*	13 & Over	100 Back	Finals	28*
31*	13 & Over	100 Free	Finals	32*

*Positive check-in required 30 min. before session start for **ALL** events

Failure to scratch from an event during FINALS session will result in a \$30.00 fine for each offence.

†Boys 50 Free will run before Girls 50 Free

FH (Fastest Heat) Heat 1

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SESSION #6				
SUNDAY, April 5, 2020				
WARM-UP: 8:00 AM -- START: 9:00 AM				
<u>Girls</u>				<u>Boys</u>
51	12 & Under	50 Breast	T-F	52
53	12 & Under	200 IM	T-F	54
55	12 & Under	100 Fly	T-F	56
57	12 & Under	200 Back	T-F	58
59 (Mixed)	10 & Under	200 Medley Relay	T-F	59 (Mixed)
61	11 - 12 yrs	200 Medley Relay	T-F	62
63*	12 & Under	400 Free	T-F*	64*

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

SESSION #7				
SUNDAY, April 5, 2020				
WARM-UP: 1:00 PM -- START: 2:00 PM				
<u>Women</u>				<u>Men</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