

MAC Spring Invitational Long Course

May 9 – 11, 2024



Markham Pan Am Pool

Revised as April 18, 2024 – Cancel Friday AM Relay Event 101 and 102 + Revise schedule of sessions.

Revised as February 21, 2024 – support to d/Deaf or Hard of Hearing Swimmers

Revised as October 23, 2023 – fill up the missed Relay Events Entry Fee

Revised as September 29, 2023

DATE(s):	May 9- 11, 2024 (Thursday, Friday & Saturday)		REGION:	Central
HOSTED BY:	Markham Aquatic Club			
LOCATION:	Markham Pan Am Pool, 16 Main Street, Unionville, ON			
FACILITY:	10 lanes, 50 meters pool, Swiss Timing System			
PURPOSE & DESCRIPTION:	<p>To provide racing opportunities Invitational Age Group Meet - 12& Under – SO Festival “E” “Time Standard , Timed Finals 13& Over – SO Age Group “E” Time Standard, Prelim & Finals A & B - “D” “Time Standard for Distance Events, Timed Finals & Fastest Heat Final Swims The Markham Aquatic Club reserves the right to allow all of its swimmers to enter this meet regardless of the time standards.</p>			
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 +Lea Chen + Harry Shardlow + Khatija Mohamed		Level:	5
	officials@markhamaquaticclub.com			
MEET MANAGER:	YY Wong + Phoebe Lee + Julie Wat	Email:	officials@markhamaquaticclub.com	
SAFETY AT COMPETITION:	<p>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.</p>			
COMPETITION RULES:	Sanctioned as an invitational by Swim Ontario.			
	<p>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:</p>			
	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	
	<p>This competition can provide the following accommodation for swimmers who are d/Deaf or Hard of hearing: X Non-verbal instruction provided by a support person duly registered in the RTR X Hand signals given by the starter/referee. X An external strobe light</p>			
ELIGIBILITY:	<p>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.</p>			
	This event includes participants from			

	the following clubs:		
	X	Preference will be given to the host club first.	
	X	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.	
FOREIGN COMPETITORS:	X	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.	
AGE UP DATE:	Ages submitted are to be as		May 9 ,2024
ENTRY DEADLINE:	April 17 ,2024 Wednesday		
	Changes to entries will be accepted until		April 20, 2024, Saturday
ENTRY FEE:	X	Relay Events	\$22
	X	Individual Events	\$15 for below 200M events \$20 for 400M & above events
	X	Swimmer Fee	\$ 5
	Payment Method:		Please make cheque payable to Markham Aquatic Club or e transfer
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		760
	The maximum number of entries per swimmer is		Thursday - 1 event Friday, Saturday and Sunday - 3 events + 1 relay per session
ENTRY SUBMISSIONS:	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. 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.		
	X	NT entries are not permitted	
	X	Entries must be submitted using provable times or estimated entries times to allow proper seeding and not enter swimmers with "NT".	

	X	Qualifying standard for entry is:	12& Under – SO Festival “E “ Time Standard 13& Over – SO Age Group “E” Time Standard - “D “Time Standard for Distance Events The Markham Aquatic Club reserves the right to allow all of its swimmers to enter this meet regardless of the time standards.
	X	Qualifying period for entry to the meet is:	NO
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.	
	X	Relay swimmers must be entered in a non-relay event in order to compete.	
	X	The deadline for relay name submissions is	30 minutes before the start of the session
CONVERSION:	X	All entries are to be submitted in LCM times. Please use the HY-TEK Team Manager for conversions of SCM times to LCM times at 2% before submitting entries	
SEEDING:	X	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package. Distance events and Relay events will be seeded from fastest to slowest.	
	X	Preliminary heat events will be seeded as per 3.1 with fastest 3 heats circle seeded for all preliminary events.	
SWIM OFFS	X	All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials	
FINALS:	X	There will be an “A “& “B “final for all 100 m and 200m events + 50 Free There will be an “A” final only for 50m fly, back, breast. 400 Free, 400 IM, Relay events fastest heat swim at Finals. The finals sessions will run A final followed by B final. All ‘A & B Finals’ swimmers + alternates are required to check in with the Admin Desk at Marshalling area 10 minutes prior to each FINALS swim	

SCHEDULE OF SESSIONS:						
Session #	Date	Warm-up period (i.e. 1:00pm-1:50pm)	# of warm-ups	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	May 9, 2024 Thursday PM	12:00 PM – 12:30 PM 11 & Over	1	12:35PM	4:50PM	Time Final
2	May 9, 2024 Thursday Evening	5:00PM – 5:30PM 10 & Over	1	5:35PM	9:00PM	Time Final
3	May 10, 2024 Friday AM	7:30 AM – 8:05 AM - Group A 8:05AM – 8:40AM – Group B 13 & Over	2	8:45AM	1:05 PM	Prelim
4	May 10, 2024 Friday PM	1:15 PM – 1:45PM 12 & Under	1	1:50 PM	5:10 PM	Time Final
5	May 10, 2024 Friday Evening	5:20 PM – 5:55 PM 13 & Over	1	6:00PM	8:30PM	Finals
6	May 11, 2024 Saturday AM	7:00 AM – 7:35 AM – Group B 7:35AM – 8:10 AM – Group A 13 & Over	2	8:15AM	12:30 PM	Prelim
7	May 11, 2024 Saturday PM	12:45 PM – 1:15PM 12 & Under	1	1:20 PM	5:00 PM	Time Final
8	May 11, 2024 Saturday Evening	5:20 PM – 5:55 PM 13 & Over	1	6:00 PM	8:00PM	Finals

Meet Management reserves the right to change warm-up session times and 2 warm ups will be split by CLUB.

For the Finals warm-up, only finalists will be permitted for warm up.

Diving lanes will be open for the last 10 minutes of warm up – one-way swimming.

– West End Lane 0, 2, 4 and East End Lane 1, 3, 5.

Pace Lane will be assigned – West End Lane 6 & 8 and East End Lane 7 & 9

Back Stroke Ledge will be located at West End Lane 0 during warm up

MIXED-GENDER:	X	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:	X	Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.	
	X	There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events	Distance Events – 400/ 800/ 1500 and Relays
	X	A scratch deadline will apply for finals.	
	X	30 minutes following the posting of results of last event of prelims sessions. (excluding time final events) at the Admin Desk	
PENALTIES:	X	No scratch penalty shall be imposed for late or day of scratches or No-Shows	

	X	Failure to participate in an event with a scratch or checkin deadline will result in following penalty:	Scratching from Finals after the final scratch deadline or failure to participate in an individual final event will result in a \$50 FINE for each offence (applies to initially named finalists and alternates swimming in the finals). All fines will be invoiced to the club by Markham Aquatic Club.
DECK ENTRIES:	X	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. Deck entries will be accepted for empty lanes only (no new heats will be created).	
	X	Event Deck Entries are permitted for swimmers already entered in the competition.	
	X	Deck Entry Fee	\$ \$25 payable in cash to the Admin Desk prior to the event
OFFICIAL SPLIT TIMES:	X	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:	X	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	
	X	The meet program will be run on Hy-Tek Meet Manager.	
	X	Live Results / Meet Mobile are available.	
SCORING:	X	The following will be scored:	
		Individual Events - 20, 19, 18, 17, 16, 15, 14,13, 12, 11, 10, 9, 8,7,6,5,4,3,2,1 Relay Events – 40,38,36,34,32,30,28,26,24,22,20,18,16,14, 12,10,8,6,4,2 Individual High Point for age group 13-14 and 15 & Over: 5,2,1	
AWARDS:	X	Medals from 1 st to 3 rd for age groups 10 & under, 11- 12, 13 - 14 and 15 & over Relay from 1 st to 3 rd for age groups 12 & U and 13 & Over Individual High Point Winner for age groups 13 - 14 and 15 & Over Team High Point Winner Coaches please pick up awards prior to leaving – awards will NOT be mailed.	
HOSPITALITY	X	Grab and go lunch boxes will be provided to those coaches and officials working back-to-back sessions	
OFFICIALS	X	If any registered officials from each attending clubs are interested in officiating, please send an email to officials@markhamaquaticclub.com	
ADDITIONAL INFORMATION:		<p>Onsite Parking is limited. Extra parking space will be 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 in pool area.</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. Concession vendor is available at the Lobby.</p> <p>Nearby Amenities:</p> <ul style="list-style-type: none"> • Restaurants • Grocery Stores (T&T and Whole Foods have readymade food) • Tim Hortons 	

SCHEDULE OF EVENTS

Alternating Heats for Event 1 & 2

** Meet management reserves the right to limit heats to keep session within time constraints

** 800 Free Officials splits for 400 M and ## 1500 Free Officials splits for 800 M

No Diving lanes will be open during warm up for Session 1

- Last 15 minutes of warm up, Pace Lanes will be assigned - East End Lane 7 & 9, West End Lane 6 & 8
- Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events.

**Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay
Back stroke ledges will be available for use. Swimmers shall be responsible for setting the device.

SESSION 1 – THURSDAY PM May 9, 2024

Warm up - 12:00 PM -12:30PM Start -12:35 PM Estimated Length – 4.0 Hours

Girls	Events	Boys
1	Mixed 11 & Over 800 Freestyle ** Fast Heat	1
2	Mixed 13 & Over 1500 Freestyle ## Fast Heat	2

Alternating Heats for Event 1 & 2

SESSION 2 – THURSDAY EVENING May 9, 2024

Warm up - 5:00 PM-5:30PM Start -5:35 PM Estimated Length – 3.5 Hours

Girls	Events	Boys
1	Mixed 11 & Over 800 Freestyle ** Slow Heat	1
2	Mixed 13 & Over 1500 Freestyle ## Slow Heat	2
3	11 & 12 400 IM **	4
5	10 & Under 400 Freestyle **	6
7	11& 12 400 Freestyle**	8

Alternating Heats for Event 1 & 2

SCHEDULE OF EVENTS

** Meet management reserves the right to limit heats to keep session within time constraints

**Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay

Back stroke ledges will be available for use. Swimmers shall be responsible for setting the device.

SESSION 3 – FRIDAY MORNING May 10, 2024

Warm up - 7:30 AM – 8:40AM Start – 8:45 AM Estimated Length – 4.5 Hours

Girls	Events	Boys
9	13 & Over 400 Freestyle ** (may limit to top 6 heats) Fastest 2 Heats swims at Finals	10
11	13 & Over 200 IM	12
13	13 & Over 200 Breast	14
15	13 & Over 50 Freestyle	16
17	13 & Over 200 Butterfly	18
19	13 & Over 100 Backstroke	20
101	**13 & Over 4 X50 Freestyle Relay Fastest Heats swims at Finals	102

SESSION 4 – FRIDAY AFTERNOON May 10, 2024

Warm up - 1:15 PM -1:45PM Start – 1:50 PM **Estimated Length – 3.15 Hours**

Girls	Events	Boys
21	12 & Under 200 IM	22
23	12 & Under 200 Breaststroke	24
25	12 & Under 50 Freestyle	26
27	12 & Under 200 Butterfly	28
29	12 & Under 100 Backstroke	30
103	**12 & Under 4 X50 Freestyle Relay	104

SESSION 5 – FRIDAY EVENING May 10, 2024

Warm up - 5:20 PM -5:55PM Start – 6:00 PM Estimated Length – 2.5 Hours

Girls	Events	Boys
9	13 & Over 400 Freestyle (Fastest 2 Heats)	10
11	13- 14 Year Olds 200 IM (A & B Finals)	12
	15 & Over 200 IM (A & B Finals)	
13	13- 14 Year Olds 200 Breaststroke (A & B Finals)	14
	15 & Over 200 Breaststroke (A & B Finals)	
15	13 - 14 Year Olds 50 Freestyle (A & B Finals)	16
	15 & Over 50 Freestyle (A & B Finals)	
17	13 - 14 Year Olds 200 Butterfly (A & B Finals)	18
	15 & Over 200 Butterfly (A & B Finals)	
19	13 - 14 Year Olds 100 Backstroke (A & B Finals)	20
	15 & Over 100 Backstroke (A & B Finals)	
101	13 & Over 4 X 50 Freestyle Relay (Fastest Heat)	102

SCHEDULE OF EVENTS

**** Meet management reserves the right to limit heats to keep session within time constraints**
****Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay**
 Back stroke ledges will be available for use. Swimmers shall be responsible for setting the device.

SESSION 6 – SATURDAY MORNING May 11, 2024

Warm up - 7:00 AM – 8:10AM Start – 8:15 AM Estimated Length – 4.0 Hours

Girls	Events	Boys
31	13 & Over 400 IM ** (may limit to top 6 heats) Fastest Heat swims at Finals	32
33	13 & Over 200 Backstroke	34
35	13 & Over 100 Freestyle	36
37	13 & Over 100 Butterfly	38
39	13 & Over 200 Freestyle **	40
41	13 & Over 100 Breaststroke	42
105	**13 & Over 4 X50 Medley Relay Fastest Heats swims at Finals	106

SESSION 7 – SATURDAY AFTERNOON May 11, 2024

Warm up - 12:45 PM – 1:15PM Start – 1:20 PM Estimated Length – 3.5 Hours

Girls	Events	Boys
43	12 & Under 200 Backstroke	44
45	12 & Under 100 Freestyle	46
47	12 & Under 100 Butterfly	48
49	12 & Under 200 Freestyle **	50
51	12 & Under 100 Breaststroke	52
107	**12 & Under 4 X50 Medley Relay	108

SESSION 8 – SATURDAY EVENING May 11, 2024

Warm up - 5:20 PM – 5:55PM Start –6:00 PM Estimated Length – 2.0 Hours

Girls	Events	Boys
31	13 & Over 400IM (Fastest Heat)	32
33	13 - 14 Year Olds 200 Backstroke (A & B Finals)	34
	15 & Over 200 Backstroke (A & B Finals)	
35	13 -14 Year Olds 100 Freestyle (A & B Finals)	36
	15 & Over 100 Freestyle (A & B Finals)	
37	13- 14 Year Olds 100 Butterfly (A & B Finals)	38
	15 & Over 100 Butterfly (A & B Finals)	
39	13-14 Year Olds 200 Freestyle (A& B Finals)	40
	15 & Over 200 Freestyle (A & B Finals)	
41	13- 14 Year Olds 100 Breaststroke (A & B Finals)	42
	15 & Over 100 Breaststroke (A & B Finals)	
105	**13 & Over 4 X50 Medley Relay (Fastest Heat)	106

APPENDIX A – QUALIFYING STANDARDS

- 13 & Over – Qualifying times are Swim Ontario Age Group “E” Time Standard, Prelim/Finals A & B
- 13 & Over – “D” Times Standard for Distance Events, Timed Finals, fastest heat swims at Finals
- 12 & Under – Qualifying Times are Swim Ontario Festival “E” Time Standard, All events are Timed Finals
- 12 & Under – “E” Times Standard for Distance Events, Timed Finals

SWIM ONTARIO FESTIVAL “E” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
10 Years	11 Years	12 Years			10 Years	11 Years	12 Years
45.76	40.51	38.60	Free	50	45.52	40.84	37.73
1:41.46	1:28.62	1:23.56		100	1:43.45	1:29.88	1:22.92
3:43.50	3:13.69	3:02.29		200	3:50.23	3:17.48	3:01.02
7:48.16	6:56.40	6:29.41		400	8:00.08	7:04.12	6:30.70
-----	14:13.24	13:11.21		800	-----	14:52.48	13:21.34
1:56.04	1:41.90	1:35.57	Back	100	1:59.35	1:43.16	1:36.84
4:10.66	3:37.74	3:25.08		200	4:22.58	3:42.80	3:25.70
2:11.30	1:57.73	1:50.77	Breast	100	2:16.60	2:00.26	1:50.14
4:11.93	4:11.93	3:56.72		200	4:23.32	4:23.32	3:56.72
2:02.66	1:45.70	1:38;10	Butterfly	100	2:08.65	1:48.86	1:37.48
4:03.06	4:03.06	3:42.80		200	4:32.17	4:32.17	3:46.60
4:14.47	3:42.34	3:29.48	IM	200	4:18.50	3:44.92	3:29.48
-----	7:48.40	7:20.82		400	-----	8:20.04	7:29.82

APPENDIX A – QUALIFYING STANDARDS

13 & Over – Qualifying times are Swim Ontario Age Group “E” Time Standard, Prelim/Finals A & B

13 & Over – “D” Times Standard for Distance Events, Timed Finals, fastest heat swims at Finals

12 & Under – Qualifying Times are Swim Ontario Festival “E” Time Standard, All events are Timed Finals

12 & Under – “E” Times Standard for Distance Events, Timed Finals

SWIM ONTARIO AGE GROUP “E” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
13 Years	14 Years	15 & Over			13 Years	14 Years	15 & Over
35.03	34.40	33.90	Free	50	33.23	32.24	31.66
1:15.85	1:14.23	1:13.42		100	1:12.73	1:10.24	1:08.58
2:44.76	2:41.15	2:40.68		200	2:39.29	2:34.45	2:29.44
1:25.61	1:24.14	1:22.93	Back	100	1:22.93	1:20.66	1:18.56
3:04.76	3:00.07	2:58.08		200	2:59.22	2:54.76	2:50.70
1:38.09	1:36.91	1:36.17	Breast	100	1:35.23	1:31.74	1:30.72
3:31.30	3:28.66	3:28.03		200	3:25.58	3:20.03	3:17.18
1:25.38	1:24.05	1:22.76	Butterfly	100	1:22.91	1:19.45	1:16.98
3:13.92	3:10.50	3:09.02		200	3:07.04	3:03.35	2:58.38
3:08.92	3:03.68	3:01.79	IM	200	3:01.80	2:55.24	2:50.78

SWIM ONTARIO AGE GROUP “D” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
13 Years	14 Years	15 & Over			13 Years	14 Years	15 & Over
5:35.80	5:26.93	5:25.11	Free	400	5:26.72	5:16.54	5:07.88
11:33.68	11:23.48	11:16.89		800	11:22.24	11:04.30	10:44.75
22:09.51	21:49.96	21:35.15		1500	21:56.05	21:13.56	20:36.09
6:22.55	6:19.29	6:08.74	IM	400	6:10.87	6:01.08	5:55.40