

Brief Meet Information

APPROVED

By Swim Ontario at 10:32 am, Mar 26, 2025

MEET NAME	2025 ESWIM Grand Prix
DATE(s):	4-6 April 2025
HOSTED BY:	Etobicoke Swim Club
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Etobicoke ON M9C 3T3
FACILITY:	One 8 lane x 50 M pool Swiss Timing: OBS11 Starting Blocks Quantum Aquatics Timing System Omega OCPS Touch Pads OBL2 PRO Backstroke Ledges (offered to 13&Over swimmers at this event)
PURPOSE & DESCRIPTION:	To provide LC racing opportunities for Age Group swimmers *** SKINS EVENT *** \$2000.00 in cash prizes (13&O – Saturday)
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).
LAST UPDATE:	25 Mar – additional meet managers plus split distance session (adding Session 7 1500s Fri Eve). Modified session warm-up/start times to accommodate swims.

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Janet Morrison Janice Charles	Jk.n.ken@gmail.com Jdcharles9@rogers.com	V IV
MEET MANAGER(S):	Elizabeth Skuriat Jeremy Service Wajma Alefi Michelle Qian	elizabeth.skuriat@eswim.ca jservice@documentsolutions.ca wajma.alefi@hotmail.com michellehq.eswim@gmail.com	
ENTRY & RESULTS MANAGEMENT:	Charlotte Carroll Steve Goodwin	charlottecarroll1@gmail.com sdg9@rogers.com	
OFFICIALS COORDINATOR:	Elizabeth Skuriat	Elizabeth.skuriat@eswim.ca	

Safety at Competitions

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.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada’s General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or www.swimming.ca/safesport

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) 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 Age Group Swimming Invitational by Swim Ontario.

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 provided 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](#)

AGE UP DATE:	The competitor’s age is as the first day of the competition - 4 April 2025
DIVE STARTS:	As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows: A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from a. both ends
d/DEAF AND HARD OF HEARING ACCOMMODATION :	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> ● non-verbal instruction provided by a support person from the swimmer’s own club, who is registered in the REMS as support staff. ● Visual Start hand signals given by the starter/referee. ● Visual Start Strobe Light options <ul style="list-style-type: none"> A. Facility-Provided Strobe Light: An external strobe light is available at this facility B. Personal Strobe Light: a personal strobe light from the swimmer’s own club may be used with advance notice to Meet Management to determine compatibility with the starter unit. <p>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

Eligibility

<p>All athletes must be registered as <u>Competitive</u> swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.</p>	
<p>ADDITIONAL ELIGIBILITY INFORMATION:</p>	<p>A. Preference will be given to the host club.</p> <p>B. Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition and not be eligible for scoring or awards.</p> <p>C. This meet does NOT have Qualifying Standards</p>
<p>COACH & SUPPORT STAFF REGISTRATION:</p>	<p>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.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</p> <p>Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>
<p>FOREIGN TEAMS / COMPETITORS:</p>	<p>The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.</p> <p>A. Foreign Teams and their competitors are welcome, subject to the following provisions.</p> <ul style="list-style-type: none"> ○ Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate. ○ All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. ○ All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing. ○ All competitors and coaches must be in good standing with their respective governing swim body. ○ All foreign competitors 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 along with the insurance certificate. ○ Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.

Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. 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 (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition <p>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.</p> <p>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.</p>
ENTRY DEADLINE:	<p>The online entry deadline is 21 March 2025</p> <p>A. Changes to entries will be accepted until Monday 31 March 2025 (end of day)</p>
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <p>A. Individual Events: \$15 (for 200m or less), \$20 for 400/800/1500</p> <p>B. Swimmer Fee: \$8.00</p> <p>Payment Method:</p> <ul style="list-style-type: none"> • Email transfer is preferred to -- office@eswim.ca - include club code and Meet Name • OR • Cheque payable to Etobicoke Swim Club delivered to the Admin Desk
ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <p>A. The maximum number of entries per swimmer is 1 distance event (Friday afternoon)</p> <p>B. Meet management reserves the right to limit entries to fit available pool time and session length limits.</p>
RELAY ENTRIES:	<p>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 mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.</p> <p>A. No relays will be offered at this competition.</p>
ENTRY TIMES & CONVERSION:	<p>A. Entries can be submitted with No Time (NT).</p> <p>B. Estimate entry times are accepted.</p> <p>C. Entries Times to be submitted in LCM. Times may be converted (i.e. SCM to LCM) at 2%</p>

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1 (800)	Fri 800s	10:00-10:25 am	10:30 am	2:30 pm	Time Final (800s)
2 (13&O)	Fri Aft	Grp A - 2:30-2:55 pm Grp B - 3:00-3:25 pm	3:30 pm	6:40 pm	Time Final
7 (1500)	Fri 1500s	6:45-7:10 pm	7:15 pm	9:00 pm	Time Final (1500s)
3 (12&U)	Sat Morn	Grp B - 8:00-8:25 am Grp A - 8:30-8:55 am	9:00 am	1:30 pm	Time Final
4 (13&O)	Sat Aft	Grp B - 1:30-1:55 pm Grp A - 2:00-2:25 pm	2:30 pm	7:00 pm	Time Final
5 (12&U)	Sun AM	Grp A - 8:00-8:25 am Grp B - 8:30-8:55 am	9:00 am	1:30 pm	Time Final
6 (13&O)	Sun PM	Grp A - 1:30-1:55 pm Grp B - 2:00-2:25 pm	2:30 pm	7:00 pm	Time Final

Grp A – TBD
Grp B - TBD

Meet Format & Administration

MIXED-GENDER:	<p>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.</p> <p>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 ensures that the swimmer competes with competitors of the same gender for his/her heat.</p> <p>In the event that mixed gender swims are permitted; the results must still be posted separately by gender of swimmers.</p>
SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> A. Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded last. <ul style="list-style-type: none"> a. except for Distance Events which will be seeded fastest to slowest.
DECK ENTRIES:	<p>All accepted Deck Entries are Exhibition Only and are not eligible for scoring or awards. No new heats will be created for deck entries (only empty lanes, if available). The following are the Deck Entry Rules for this competition:</p> <ul style="list-style-type: none"> A. Swimmer Deck entries are permitted provided proof of active registration status with valid Swimming Canada ID is provided to Meet Management. <ul style="list-style-type: none"> a. Fee: \$20.00
SCRATCHES & POSITIVE	<p>The following are the Scratch deadlines for this competition.</p> <ul style="list-style-type: none"> A. There is no scratch deadline for any events. Scratches are appreciated 30 minutes before session starts, particularly for 400/800/1500's

CHECK IN RULES:	<p>The following are the Positive Check-in deadlines for this competition.</p> <p>A. There is no positive check-in required for this competition.</p>
PENALTIES:	<p>A. No penalty shall be imposed for late or day of scratches and No-Shows</p>
OFFICIAL SPLIT TIMES:	<p>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 event.</p> <p>A. Official Split Forms are available at the Admin Desk. Fee \$2.00 to cover admin and Swim Ontario Gold Bonus Charge</p> <p>a. Not all Official Split requests can be accommodated.</p>
RECORDS:	<p>A. Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.</p>
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <p>A. Unofficial Results will be posted electronically at the meet (Live Results)</p> <p>B. Unofficial mobile applications results will be available (Meet Mobile)</p>
SCORING:	<p>The following scoring will be applied:</p> <p>A. No Scoring</p>
AWARDS:	<p>The following will be awarded:</p> <p>A. Cash Prizes for SKINS Event (each gender):</p> <p>1st Place - \$500</p> <p>2nd Place - \$300</p> <p>3rd Place - \$100</p> <p>4th-8th Place - \$20 each</p>
ADDITIONAL INFORMATION:	<p>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</p> <ol style="list-style-type: none"> The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet. Absolutely no food in the bleachers or on the pool deck. No running on the deck, under the bleachers or on the bleachers. No climbing across the railing between the gallery and the bleachers. No climbing over the yellow gates between the pool deck and the bleachers. Shoes must be worn whenever outside the pool or change room areas. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups. The use of flippers and hand paddles, during warm-ups is prohibited. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments.

Schedule of Events

Session 1		Friday 800s	Warm-up 10:00 am	Start 10:30 pm
Girls		Event	Boys	
Event No.	Age		Age	Event No.
1	11 & Over	800 Free	11 & Over	2
3	11 & Over	1500 Free ***	11 & Over	4

*** 1500 moved to Session 7 – Friday Evening

Note – Distance events will alternate Girl’s heat then Boy’s heat seeded Fast to Slow. Meet Management plans to have a separate warm-up preceding the 1500. Additional warm-up/cool-down periods may be added at the discretion of Meet Management depending on entries received and pool time available.

Session 2		Friday Eve	Warm-up A – 2:30 pm	Start 3:30 pm
			Warm-up B – 3:00 pm	
Girls		Event	Boys	
Event No.	Age		Age	Event No.
5	13 & Over	200 IM ***	13 & Over	6
7	13 & Over	50 Breast	13 & Over	8
9	13 & Over	50 Back	13 & Over	10
11	13 & Over	50 Free ***	13 & Over	12
13	13 & Over	50 Fly	13 & Over	14

*** Note – the top 8 FINA points (in each gender) in the 200 IM or 50 Free will qualify to swim the SKINS event at the end of the 13&O Saturday Session

Session 7		Friday 1500s	Warm-up 6:45 pm	Start 7:15 pm
Girls		Event	Boys	
Event No.	Age		Age	Event No.
3	11 & Over	1500 Free ***	11 & Over	4

Session 3		Sat Morning		Warm-up B – 8:00 am		Start 9:00 am	
				Warm-up A – 8:30 am			
Girls		Event	Boys				
Event No.	Age		Age	Event No.			
15	12 & Under	200 IM	12 & Under	16			
17	12 & Under	100 Free	12 & Under	18			
19	12 & Under	100 Breast	12 & Under	20			
21	12 & Under	200 Back	12 & Under	22			
23	12 & Under	100 Fly	12 & Under	24			
25	12 & Under	50 Back	12 & Under	26			
27	11-12	400 Free (Fast-Slow)	11-12	28			

Session 4		Sat Late		Warm-up B – 1:30 pm		Start 2:30 pm	
				Warm-up A – 2:00 pm			
Girls		Event	Boys				
Event No.	Age		Age	Event No.			
29	13 & Over	200 Back	13 & Over	30			
31	13 & Over	100 Free	13 & Over	32			
33	13 & Over	200 Fly	13 & Over	34			
35	13 & Over	100 Breast	13 & Over	36			
37	13 & Over	400 Free (Fast-Slow)	13 & Over	38			
	13 & Over	***SKINS (8 swimmers)	13 & Over				
		***SKINS (7 swimmers)					
		*** SKINS (6 swimmers)					
		*** SKINS (5 swimmers)					
		*** SKINS (4 swimmers)					
		*** SKINS (3 swimmers)					

*** SKINS Event --- Top 8 FINA point swimmers in each gender from the 200 IM or 50 Free results (Friday Evening) qualify to swim SKINS (Saturday).

- SKINS will consist of 6 races (of each gender).
- Each race (by gender) will be 5 minutes apart (Girls race, 2.5 min later Boys, 2.5 min Girls.....).
- All strokes will be drawn from a hat at random. The first race is picked by the No. 1 ranked swimmer. Subsequent strokes are drawn from a hat by the eliminated swimmer.
- SKINS FINAL consists of 3 swimmers
- Cash prizes – 1st - \$500, 2nd - \$300, 3rd – \$100, 4th-8th - \$20 each (eliminated swimmers).

Session 5		Sun Morning		Warm-up A – 8:00 am		Start 9:00 am	
				Warm-up B – 8:30 am			
Girls		Event	Boys				
Event No.	Age		Age	Event No.			
39	12 & Under	200 Free	12 & Under	40			
41	11-12	200 Breast	11-12	42			
43	12 & Under	100 Back	12 & Under	44			
45	11-12	200 Fly	11-12	46			
47	12 & Under	50 Free	12 & Under	48			
49	12 & Under	50 Breast	12 & Under	50			
51	12 & Under	50 Fly	12 & Under	52			
53	11-12	400 IM (Fast-Slow)	11-12	54			

Session 6		Sun Late		Warm-up A – 1:30 pm		Start 2:30 pm	
				Warm-up B – 2:00 pm			
Girls		Event	Boys				
Event No.	Age		Age	Event No.			
55	13 & Over	200 Free	13 & Over	56			
57	13 & Over	100 Fly	13 & Over	58			
59	13 & Over	200 Breast	13 & Over	60			
61	13 & Over	100 Back	13 & Over	62			
63	13 & Over	400 IM (Fast-Slow)	13 & Over	64			