

<b>DATE(s):</b>	23-25 June 2023	<b>REGION:</b>	Central Region	
<b>HOSTED BY:</b>	Markham Aquatic Club			
<b>LOCATION:</b>	Markham Pan Am Centre, 16 Main St., Unionville ON, L3R 2E4			
<b>FACILITY:</b>	One 10 lane 50 metre competition pools. Swiss Timing electronic timing.			
<b>PURPOSE &amp; DESCRIPTION:</b>	Central Region Championships Meet			
<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>COMPETITION COORDINATOR:</b>	Lisa Chow, Lea Chen, Khatija Mohamed and May Loo	Level:	V	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
<b>MEET MANAGER:</b>	Stanley Liu and YY Wong	Email:	<a href="mailto:officials@markhamaquaticclub.com">officials@markhamaquaticclub.com</a>	
<b>ENTRY COORDINATORS:</b>	Charlotte Carroll Steve Goodwin	Email:	<a href="mailto:charlottecarroll1@gmail.com">charlottecarroll1@gmail.com</a> <a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a>	
<b>OFFICIALS COORINATOR:</b>	Registered officials interested in officiating, please send email to:			
	YY Wong	Email:	<a href="mailto:officials@markhamaquaticclub.com">officials@markhamaquaticclub.com</a>	
<b>SAFETY AT COMPETITION:</b>	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 <a href="#">Swim Ontario Concussion Management</a> & <a href="#">Swimming Canada Event Photography</a> procedures will be in effect. For complete details click <a href="#">HERE</a> . Every club and its participants are responsible for ensuring all facility rules and requirements are followed.			
<b>COMPETITION RULES:</b>	<b>Sanctioned by Swim Ontario.</b>			
	All current Swimming Canada rules will be followed. All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click <a href="#">HERE</a> to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator. Please note that <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> will be in effect. As per the Facility Rules for Dive Starts, this competition will be conducted as follows			
	FINA FR 2.3 and SW 4.1, Swimming Canada	<input checked="" type="checkbox"/>	Starting Platforms at	Both ends
	CFR 2.3.1, CSW 4.1.1 & 4.1.2	<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at		
<b>COMPETITON:</b>	The age groups for qualification and awards will be 10&U, 11, 12, 13, 14, 15, 16&O. All events will be LCM (unless entry volume requires us to move to SCM – particularly Friday Evening) All swims will be Time Finals swum slowest to fastest.			
<b>ELIGIBILITY:</b>	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. All swimmers must be registered with a Central Region Club and meet age and adhere to qualifying times.			
	This event includes participants from the following clubs:	<b>Central Region clubs only</b> (of Swim Ontario)		

<b>ELIGIBILITY (cont'd)</b>	<input type="checkbox"/>	Preference will be given to the host club first.
	<input checked="" type="checkbox"/>	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, and pool time available.
<b>FOREIGN COMPETITORS:</b>	<input checked="" type="checkbox"/>	Foreign competitors' entries will not be accepted
<b>AGE UP DATE:</b>	Ages submitted are to be as	23 June 2023
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is	550
	Each club is limited to the following number of swimmers	n/a
	The maximum number of entries per swimmer is	7 individual events.
<b>ENTRY SUBMISSIONS:</b>	Entries must be submitted through the Swimming Canada online entries system at <a href="http://www.swimming.ca">www.swimming.ca</a> . Meet Management will not accept entries via email if entry system is operational -- otherwise email entries to Steve Goodwin – <a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a>	
	Entries must include all attending coaches.	
	<input checked="" type="checkbox"/>	NT entries are not permitted
	<input checked="" type="checkbox"/>	Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".
	<input checked="" type="checkbox"/>	<b>Qualifying standard for entry is:</b> See times in Order of Events and event file: - 16&Over qualifying times are Swim Ontario E (16-16) and de-qualifying times are Swim ON C (17&O) - 14, 15 year old qualifying times are Swim ON E times and de-qualifying times are Swim ON C times - 13 year old qualifying times are Swim Ontario Fest E and de-qualifying times are Fest C - 12 year old qualifying times are Swim Ontario Fest F and de-qualifying times are Fest D - 11 year old and 10&U – qualifying times are Swim Ontario Fest G, and de-qualifying times are Fest E (where FEST F and FEST G are calculated as 25%/30% slower than the FEST standard from 2019)
	<input checked="" type="checkbox"/>	<b>Bonus Swim</b> – 2 bonus swims per swimmer are allowed up to the entry limit (7 individual events). 400 Free is not eligible for Bonus. All Bonus entries must be slower than the qualifying standard. <b>No exhibition swims are allowed.</b>
	<input checked="" type="checkbox"/>	Qualifying period for entry to the meet is: 1 Sep 2021
	<input checked="" type="checkbox"/>	Relay swimmers must be entered in a non-relay event in order to compete.
<b>CONVERSION:</b>	<input checked="" type="checkbox"/>	All entries must be in LCM. SCM entry times are to be converted at 2%. <b>This is a qualifying/de-qualifying meet and must be kept as an 'L' meet</b> (best time converted to LCM)
<b>ENTRY DEADLINE:</b>	<b>8 June 2023</b>	
	Changes to entries will be accepted until	19 June 2023

<b>ENTRY FEE:</b>	<input type="checkbox"/>	No Fee			
	<input checked="" type="checkbox"/>	Individual Events	\$15.00	Relay Events	\$20.00
	<input type="checkbox"/>	Swimmer Fee \$5.00			
	Payment Method:		Cheque payable to Markham Aquatic Club brought to meet. Please contact Meet Management for e-transfer information.		
<b>COACH'S REGISTRATION:</b>	Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a> . 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.				
<b>SEEDING:</b>	<input checked="" type="checkbox"/>	Seeding will be in order of times entered, slowest to fastest.			

SCHEDULE OF SESSIONS:					
Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Fri 23 Jun	4:30-5:25 pm	5:30 pm	8:30 pm	Time Final
2	Sat 24 Jun	8:00-8:40 am	8:45 am	11:00 am	Time Final
3	Sat 24 Jun	11:00-11:40 am	11:45 am	3:00 pm	Time Final
4	Sat 24 Jun	3:00-4:25 pm	4:30 pm	8:00 pm	Time Final
5	Sun 25 Jun	8:00-8:40 am	8:45 am	11:00 am	Time Final
6	Sun 25 Jun	11:00-11:40 am	11:45 am	3:00 pm	Time Final
7	Sun 25 Jun	3:00-4:25 pm	4:30 pm	8:00 pm	Time Final

<b>MIXED-GENDER:</b>	<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 insures 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>				
<b>CHECKIN AND SCRATCHES:</b>	<input checked="" type="checkbox"/>	There will be no scratch deadline for the following:	Any events – scratches are to be marked on posted heat sheets without penalty, 30 minutes before the start of the session.		
<b>PENALTIES:</b>	<input checked="" type="checkbox"/>	No scratch penalty shall be imposed for late or day of scratches or No-Shows			
<b>DECK ENTRIES:</b>	<input checked="" type="checkbox"/>	No Deck Entries are permitted			

<b>OFFICIAL SPLIT TIMES:</b>	<input checked="" type="checkbox"/>	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 (or event) in question. Note not all split request can be supported.
<b>RECORDS:</b>	<input checked="" type="checkbox"/>	Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.
<b>MEET RESULTS:</b>	Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a>	
	<input checked="" type="checkbox"/>	The meet program will be run on Hy-Tek Meet Manager.
	<input checked="" type="checkbox"/>	Results will be posted electronically as quickly as possible at the meet.
	<input checked="" type="checkbox"/>	Live Results / Meet Mobile are available.
<b>SCORING:</b>	<input checked="" type="checkbox"/>	The following will be scored: Team Points –10-9-8-7-6-5-4-3-2-1 Relay Points – 20-18-16-14-12-10-8-6-4-2
<b>AWARDS:</b>	<input type="checkbox"/>	No awards
	<input checked="" type="checkbox"/>	The following will be awarded: Medals – 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> in the following age groups: <ul style="list-style-type: none"> <li>• Individual Events - 10&amp;U, 11, 12, 13, 14, 15,16&amp;O</li> <li>• Relay Events – 10&amp;U, 11-12, 13-14, 15&amp;O</li> </ul> No Individual High Point or Team Awards
<b>ADDITIONAL INFORMATION:</b>	<p><b>Hospitality</b> - Grab and go lunches will be provided to those coaches and officials working adjacent sessions.</p> <p><b>Onsite Parking is limited.</b> There will be another event at the building during the weekend. Extra parking space is available at Unionville GO Station All swimmers, coaches and volunteers/officials are to wear footwear when in the hallways and to wear indoor/deck shoes when on the pool deck.</p> <p><b>Lockers</b> are available but limited: please bring your own lock.</p> <p><b>NO FOOD or DRINK ON DECK</b> except for water. There are 2 fill stations and fountains on the pool deck (please bring your own re-fillable water bottle). No glass containers allowed on deck.</p> <ul style="list-style-type: none"> <li>• Concession vendor is available from the Lobby.</li> </ul>	

## SCHEDULE OF EVENTS and Time Standards:

<b>FRIDAY EVENING</b>								
Warm-up: 4:30 pm								
Start: 5:30 pm								
<b>GIRLS</b>				<b>EVENTS</b>	<b>BOYS</b>			
<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>
1	13	2:59.52	3:15.84	200 IM	2	13	2:54.47	3:10.33
	14	2:48.38	3:03.68			14	2:40.63	2:55.24
	15	2:46.64	3:01.79			15	2:36.55	2:50.78
	16&O	2:42.66	2:59.11			16&O	2:29.09	2:45.61
3	10&U	7:05.59	7:41.06	400 FREE	4	10&U	7:16.44	7:52.81
	11	6:36.58	7:09.62			11	6:43.92	7:17.58
	12	5:55.42	6:26.33			12	5:56.59	6:27.60
5	13	5:36.60	6:07.20	400 FREE	6	13	5:30.99	6:01.08
	14	5:12.72	5:41.15			14	5:02.78	5:30.30
	15	5:10.97	5:39.24			15	4:54.49	5:21.26
	16&O	5:03.28	5:34.73			16&O	4:43.51	5:13.69

<b>SATURDAY MORNING</b>								
Warm-up: 8:00 am								
Start: 8:45 am								
<b>GIRLS (10&amp;U)</b>				<b>EVENTS</b>	<b>BOYS (11-12)</b>			
<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De- Qualifying</u>	<u>Qualifying</u>
7	10&U	3:51.34	4:10.61	200 IM	8	11	3:34.20	3:52.05
						12	3:11.20	3:27.83
9	10&U	1:32.23	1:39.92	100 FREE	10	11	1:25.60	1:32.73
						12	1:15.68	1:22.26
11	10&U	50.00	55.00	50 BREAST				
				200 BREAST	12	11	4:10.78	4:31.67
					12	3:36.06	3:54.85	
13	10&U	1:45.49	1:54.28	100 BACK	14	11	1:38.25	1:46.44
						12	1:28.39	1:36.08
15	10&U	45.00	50.00	50 FLY				
				200 FLY	16	11	4:19.21	4:40.81
					12	3:26.82	3:44.80	
17	10&U			4x50 FREE RELAY	18	11-12		

## SATURDAY LATE MORNING

Warm-up: 11:00 am

Start: 11:45 am

<b>GIRLS (11-12)</b>				<b>EVENTS</b>	<b>BOYS (10&amp;U)</b>			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
19	11	3:31.75	3:49.40	200 IM	20	10&U	3:55.01	4:14.59
	12	3:11.20	3:27.83					
21	11	1:24.40	1:31.43	100 FREE	22	10&U	1:34.04	1:41.88
	12	1:16.26	1:22.89					
23	11	3:59.93	4:19.92	200 BREAST				
	12	3:36.06	3:54.85					
				50 BREAST	24	10&U	50.00	55.00
25	11	1:37.06	1:45.14	100 BACK	26	10&U	1:48.50	1:57.55
	12	1:27.23	1:34.81					
27	11	3:51.48	4:10.77	200 FLY				
	12	3:23.35	3:41.04					
				50 FLY	28	10&U	45.00	50.00
29	11-12			4x50 FREE RELAY	30	10&U		

## SATURDAY AFTERNOON

Warm-up: 3:00 pm

Start: 4:30 pm

<b>WOMEN</b>				<b>EVENTS</b>	<b>MEN</b>			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
31	13	2:36.39	2:50.60	200 FREE	32	13	2:31.97	2:45.78
	14	2:27.72	2:41.15			14	2:21.58	2:34.45
	15	2:27.29	2:40.68			15	2:16.98	2:29.44
	16&O	2:22.63	2:37.62			16&O	2:11.42	2:25.13
33	13	1:33.94	1:42.48	100 BREAST	34	13	1:32.28	1:40.67
	14	1:28.84	1:36.91			14	1:24.10	1:31.74
	15	1:28.15	1:36.17			15	1:23.16	1:30.72
	16&O	1:26.79	1:35.64			16&O	1:18.66	1:26.89
35	13	1:22.34	1:29.82	100 BACK	36	13	1:19.57	1:26.81
	14	1:17.13	1:24.14			14	1:13.94	1:20.66
	15	1:16.02	1:22.93			15	1:12.02	1:18.56
	16&O	1:13.65	1:21.67			16&O	1:08.13	1:15.17
37	13	3:10.09	3:27.37	200 FLY	38	13	3:07.88	3:24.96
	14	2:54.63	3:10.50			14	2:48.07	3:03.35
	15	2:53.27	3:09.02			15	2:43.52	2:58.38
	16&O	2:45.26	3:03.01			16&O	2:31.87	2:47.35
39	13	33.14	36.16	50 FREE	40	13	31.49	34.36
	14	31.54	34.40			14	29.56	32.24
	15	31.08	33.90			15	29.02	31.66
	16&O	30.49	33.68			16&O	27.59	30.48
41	13-14			4x50 FREE RELAY	42	13-14		
43	15&O			4x50 FREE RELAY	44	15&O		

## SUNDAY MORNING

Warm-up: 8:00 am

Start: 8:45 am

<b>GIRLS (10&amp;U)</b>				<b><u>EVENTS</u></b>	<b>BOYS (11-12)</b>			
<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>
45	10&U	3:23.18	3:40.12	200 FREE	46	11	3:08.08	3:23.75
						12	2:45.22	2:59.59
47	10&U	1:51.52	2:00.81	100 FLY	48	11	1:43.68	1:52.32
						12	1:28.96	1:36.70
49	10&U	3:47.87	4:06.86	200 BACK	50	11	3:32.20	3:49.88
						12	3:07.75	1:36.70
51	10&U	1:59.36	2:09.31	100 BREAST	52	11	1:54.54	2:04.09
						12	1:40.52	1:49.26
53	10&U	41.59	45.06	50 FREE	54	11	38.89	42.13
						12	34.43	37.43
55	10&U			4x50 MEDLEY RELAY	56	11-12		

## SUNDAY LATE MORNING

Warm-up: 11:00 am

Start: 11:45 am

<b>GIRLS (11-12)</b>				<b><u>EVENTS</u></b>	<b>BOYS (10&amp;U)</b>			
<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>		<u>Event</u>	<u>Age</u>	<u>De-Qualifying</u>	<u>Qualifying</u>
57	11	3:04.46	3:19.84	200 FREE	58	10&U	3:29.30	3:46.75
	12	2:46.38	3:00.85					
59	11	1:40.67	1:49.06	100 FLY	60	10&U	1:56.95	2:06.70
	12	1:29.54	1:37.33					
61	11	3:27.37	3:44.65	200 BACK	62	10&U	3:58.72	4:18.61
	12	3:07.17	3:23.45					
63	11	1:52.13	2:01.47	100 BREAST	64	10&U	2:04.18	2:14.52
	12	1:41.10	1:49.89					
65	11	38.58	41.80	50 FREE	66	10&U	42.19	45.71
	12	35.24	37.53					
67	11-12			4x50 MEDLEY RELAY	68	10&U		

## SUNDAY AFTERNOON

Warm-up: 3:00 pm

Start: 4:30 pm

<b>WOMEN</b>				<b>EVENTS</b>	<b>MEN</b>			
Event	Age	De-Qualifying	Qualifying		Event	Age	De-Qualifying	Qualifying
69	13	3:23.35	3:41.83	200 BREAST	70	13	3:18.94	3:37.02
	14	3:11.27	3:28.66			14	3:03.36	3:20.03
	15	3:10.70	3:28.03			15	3:00.75	3:17.18
	16&O	3:08.28	3:26.42			16&O	2:51.39	3:08.88
71	13	1:12.12	1:18.67	100 FREE	72	13	1:09.07	1:15.35
	14	1:08.05	1:14.23			14	1:04.38	1:10.24
	15	1:07.30	1:13.42			15	1:02.87	1:08.58
	16&O	1:05.89	1:12.97			16&O	59.96	1:06.41
73	13	2:57.94	3:14.11	200 BACK	74	13	2:53.51	3:09.29
	14	2:45.07	3:00.07			14	2:40.19	2:54.76
	15	2:43.24	2:58.08			15	2:36.48	2:50.70
	16&O	2:39.12	2:56.59			16&O	2:28.21	2:43.43
75	13	1:23.44	1:31.02	100 FLY	76	13	1:20.12	1:27.41
	14	1:17.04	1:24.05			14	1:12.83	1:19.45
	15	1:15.87	1:22.76			15	1:10.57	1:16.98
	16&O	1:14.12	1:21.68			16&O	1:07.52	1:14.41
77	13-14			4x50 MEDLEY RELAY	78	13-14		
79	15&O			4x50 MEDLEY RELAY	80	15&O		