



<b>DATE:</b>	01/25/2025	<b>REGION:</b>	Central
<b>HOSTED BY:</b>	Vaughan Aquatic Club		
<b>LOCATION:</b>	Woodbridge Pool & Memorial Arena - 5020 Highway 7, Woodbridge ON, L4L 1T1		
<b>FACILITY:</b>	25 Metre Pool, Stop Watch Timing, 5 lanes		
<b>PURPOSE:</b>	To give our younger swimmers the chance to build their profile of times leading into the 2nd cycle of ...		
<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> and the Swimming Canada Registration and Event Management System (REMS).		
<b>COMPETITION COORDINATOR:</b>	Peter Larocque	peterlar@rogers.com	Level: 5
	If Level 3+ is serving as CC, please indicate that Swim Ontario approval has been granted		
<b>MEET MANAGER:</b>	Lisa Galati	Email:	vaughanaquaticclub@gmail.com
<b>SAFETY AT COMPETITION:</b>	<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 <a href="#">Swim Ontario Concussion Management</a> the Swimming Canada Event Photography and Videography_ and the Swim Ontario Event Photography procedures will be in effect. For complete details click <a href="#">HERE</a>.</p>		
<b>COMPETITION:</b>	Sanctioned as	In-House Competition	by Swim Ontario.
	All current Swimming Canada (SC) rules will be followed. Seeding for all swims will be optimized by distance and stroke, seeded either slowest to fastest or fastest to slowest as communicated by Meet Management. Please note that <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> and the Swim Ontario warm-up safety rules will be in effect.		
	Events are Timed Finals. <b>There will be no entry fee, scoring or awards permitted.</b>		
	Starts will be conducted from Starting Platforms (blocks), the deck or bulkhead or in-water Clubs are to contact Meet Management by the <a href="#">Entry Deadline</a> of the need for accommodation for d/Deaf and Hard of Hearing swimmers.		
<b>ELIGIBILITY:</b>	This event includes participants from the following clubs:	Vaughan Aquatic Club	
	All athletes must be registered as Competitive swimmers with Swimming Canada. The participant is responsible to ensure all facility and club requirements have been met. Pre-competitive swimmers will compete as Exhibition.		
<b>AGE UP DATE:</b>	Ages submitted are to be as	01/25/2025	
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is		70
	Each club is limited to	70	swimmers
	A maximum of	3	entries per swimmer
<b>ENTRY SUBMISSIONS:</b>	Entries must be submitted through the REMS. Meet Management will not accept entries via email.		
	Entries must include all attending coaches and support staff.		
<b>ENTRY DEADLINE:</b>	01-22-2025		



<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>SESSION:</b>	This event is limited to 1 session with session length not exceeding 3 hours.

<u>Warm-up period</u>	<u>Start</u>	<u>Finish</u>
4:30-4:55pm	5:00pm	8:00pm

**SCHEDULE OF EVENTS:**

Event 1 - Women - 200 Free	Event 22 - Men - 50 Back
Event 2 - Men - 200 Free	Event 23 - Women - 50 Fly
Event 3 - Women - 200 Breast	Event 24 - Men - 50 fly
Event 4 - Men - 200 Breast	Event 25 - Women - 800 Free
Event 5 - Women - 200 Back	Event 26 - Men - 800 Free
Event 6 - Men - 200 Back	Event 27 - Women - 400 Free
Event 7 - Women - 200 IM	Event 28 - Men - 400 Free
Event 8 - Men -200 IM	
Event 9 - Women - 100 Free	
Event 10 - Men - 100 Free	
Event 11 - Women - 100 Breast	
Event 12 - Men - 100 Breast	
Event 13 - Women - 100 Back	
Event 14 - Men - 100 Back	
Event 15 - Women - 100 Fly	
Event 16 - Men - 100 Fly	
Event 17 - Women - 50 free	
Event 18 - Men - 50 Free	
Event 19 - Women - 50 Breast	
Event 20 - Men - 50 Breast	
Event 21 - Women - 50 Back	

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.

Mixed gender swimming is permitted for time trials, pursuant to the SO statement on compliance with the SC rule on mixed gender swimming.

Swim times achieved at this competition will NOT be used for applications of provincial and national records.

Official Results will be posted within 2 days of completion of the meet to [www.swimming.ca](http://www.swimming.ca)