

MAC Fall Fest Invitational Short Course

October 28 – 29, 2023



Markham Pan Am Pool

Revised as Sept 8, 2023

Revised as October 8, 2023

Revised as October 12, 2023

DATE(s):	October 28-29,2023	REGION:	Central	
HOSTED BY:	Markham Aquatic Club			
LOCATION:	Markham Pan Am Pool, 16 Main Street, Unionville, ON			
FACILITY:	10 lanes, 2 x 25 meters pool, Swiss Timing System			
PURPOSE & DESCRIPTION:	To provide racing opportunities Invitational Age Group Meet – 12 & under, 13 & Over, No qualifying standards All Events are Timed Finals			
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, Stanley Liu & Alan Shumak	Level:	5	
	If Level 3+ is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>			
MEET MANAGER:	YY Wong + Aki Ko	Email:	officials@markhamaquaticclub.com	
SAFETY AT COMPETITION:	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 .			
COMPETITION RULES:	Sanctioned as an 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. 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:			
	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	
ELIGIBILITY:	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.			
	This event includes participants from the following clubs:			
	<input checked="" 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		
FOREIGN	<input checked="" type="checkbox"/>	Foreign competitors are welcome, subject to the following provisions. All foreign		

COMPETITORS:	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	October 28,2023
ENTRY DEADLINE:	October 6, 2023 Friday	
	Changes to entries will be accepted until	October 11, 2023, Wednesday
ENTRY FEE:	X Individual Events	\$15 for below 200 m events, \$20 for 400, 800 & 1500 events
	X Relay Events	\$22
	Payment Method:	Please make the cheque payable to Markham Aquatic Club or by e transfer
COACH'S REGISTRATION	Meet management will cross reference the list of coaches in attendance 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
	Each club is limited to the following number of swimmers	
	The maximum number of entries per swimmer is	Saturday and Sunday – 3 events + 1 distance (800 / 1500) + 1 relay per session
ENTRY SUBMISSIONS:	ENTRIES: 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".

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 session start at Admin Desk
CONVERSION:	X	Entry times can be converted. All entries are to be submitted in SCM times. Please use the HY-TEK default conversion factor to convert LCM times to SCM times 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. Swimmers entered with NT (no time) will be seeded last. Distance events will be seeded from fastest to slowest.
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 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>	

SCHEDULE OF SESSIONS:					
Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	October 28, 2023 Saturday AM	7:30 AM – 8:15AM Age 13 & Over Break for 10 Minutes 11:30AM-11:40AM Re warm up at West End Pool for 800/1500	8:20AM 11:42AM	12:45PM	Time Finals
2	October 28, 2023 Saturday PM	1:30PM – 2:05 PM Age 10 & Under, 11-12	2:10 PM	5:45PM	Time Finals
3	October 29, 2023 Sunday AM	7:30 AM – 8:15 AM Age 13 & Over Break for 10 Minutes 11:10 Am-11:20 AM Re warm up at West End Pool for 800/1500	8:20AM 11:22AM	12:15PM	Time Finals
4	October 29, 2023 Sunday PM	1:15 PM – 1:50 PM Age 10& Under, 11-12	1:55PM	5:05PM	Time Finals

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

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

West End Lane 0, 2, 4, 6 and East End 1, 3, 5, 7 Pace Lane – West End and East End Lane 8 & 9

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

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
PENALTIES:	X	No scratch penalty shall be imposed for late or day of scratches or No-Shows	
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 is \$	\$ 25 payable in cash to 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	No Scoring
AWARDS:	X	<p>The following will be awarded:</p> <p>Individuals events – Ribbons from 1st to 3rd place for age groups 10 & Under, 11-12, 13-14 and 15 & Over</p> <p>Relays events – Ribbons from 1st to 3rd place for 10 & U, 11-12, 13-14 and 15&U</p> <p>Coaches please pick up awards prior to leaving – awards will NOT be mailed</p>
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 club 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

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device

400 Free may limit to top 6 heats.

*400 IM may limit to top 4 heats

** 800 / 1500 Free may limit to top 6 heats

##Meet Management reserves the right to limit heats or to cancel the relay to keep session within time constraints

Positive check-in is required 30 minutes before the start of session for 400,800 + 1500 events and relays

Session 1 – Saturday Morning October 28, 2023

Warm UP: 7:30AM – 8:15AM Start: 8:20AM

GIRLS	EVENTS	BOYS
101	13-14 200 Freestyle Relay	102
103	15 & Over 200 Freestyle Relay	104
1	13 & Over 200 IM	2
3	13 & Over 100 Backstroke	4
5	13 & Over 200 Breaststroke	6
7	13 & Over 50 Breaststroke	8
9	13 & Over 100 Freestyle	10
11	13 & Over 50 Butterfly	12
13	13 & Over 400 Freestyle #	14
Break for 10 Minutes – Re warm up for 800 /1500 Free at West End Pool		
Girls 11 & Over	Event ** Alternating heats Events 15 &16	Boys 11 & Over
15	11 & Over Mixed 800 Freestyle ** Fast Heats	15
16	13 & Over Mixed 1500 Freestyle ** Fast heats	16

Session 2 – Saturday Afternoon October 28, 2023

Warm UP: 1:30 PM – 2:05PM Start: 2:10 PM

GIRLS	EVENTS	BOYS
15 (Session 1)	11 & Over Mixed 800 Freestyle ** Fast Heats Swim at the last event of Morning Session 1	15 (Session 1)
17	11-12 200 IM	18
19	10 & Under 100 IM	20
21	11-12 100 Backstroke	22
23	10 & Under 100 Backstroke	24
25	11-12 200 Breaststroke	26
27	11 - 12 50 Breaststroke	28
29	10 & Under 50 Breaststroke	30
31	11-12 100 Freestyle	32
33	10 & Under 100 Freestyle	34
35	12 & Under 400 Freestyle #	36
105	10 & Under 200 Freestyle Relay	106
107	11-12 200 Freestyle Relay	108

SCHEDULE OF EVENTS

Session 3 – Sunday Morning October 29, 2023

Warm UP: 7:30AM – 8:15AM Start: 8:20AM

GIRLS	EVENTS	BOYS
109	13-14 200 Medley Relay	110
111	15 & Over 200 Medley Relay	112
37	13 & Over 200 Freestyle	38
39	13 & Over 100 IM	40
41	13 & Over 100 Breaststroke	42
43	13 & Over 100 Butterfly	44
45	13 & Over 50 Freestyle	46
47	13 & Over 200 Backstroke	48
49	13 & Over 50 Backstroke	50
51	13 & Over 400 IM *	52
Break for 10 Minutes – Re warm up for 800 /1500 Free at West End Pool		
Girls 11 & Over	Event ** Alternating heats Events 15 &16	Boys 11 & Over
15	11 & Over Mixed 800 Freestyle ** Slow Heats	15
16	13 & Over Mixed 1500 Freestyle ** Slow heats	16

Session 4 – Sunday Afternoon October 29, 2023

Warm UP: 1:15 PM – 1:50 PM Start: 1:55 PM

GIRLS	EVENTS	BOYS
15 (Session 1)	11 & Over Mixed 800 Freestyle ** Slow Heats Swim at the last event of Morning Session 1	15 (Session 1)
53	11-12 200 Freestyle	54
55	10 & Under 200 Freestyle	56
57	11-12 100 Breaststroke	58
59	10 & Under 100 Breaststroke	60
61	11-12 100 Butterfly	62
63	12 & Under 50 Butterfly	64
65	11-12 200 Backstroke	66
67	12 & Under 50 Backstroke	68
69	11-12 50 Freestyle	70
71	10 & Under 50 Freestyle	72
73	11-12 400 IM *	74
113	10 & Under 200 Medley Relay	114
115	11-12 200 Medley Relay	116