

2024 Mallards Winter LC Invitational

January 26 - 28, 2024

PRESENTED BY:



MARKHAM PAN AM CENTER

16 Main Street
Unionville, Ontario

2024 Mallards Winter LC Invitational

- DATE:** January 26 - 28
- HOST:** Mallards Swim Team
- LOCATION:** MARKHAM Pan Am Center
16 Main Street,
Unionville, Ontario
- FACILITY:** 10 Lanes, 50 meter Competition pool with Electronic Timing System.
- DESCRIPTION:** All events are timed finals. Swimmers will swim in age combined events, 12 & Under and 13 & Over groups.
- COMPETITION RULES:** 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](#)
- DIVE STARTS:** As per the facility rules for Dive Starts, this competition will be conducted from Starting Platforms (blocks) as per World Aquatics II.16.1.4 and 4.1 from both ends.
- MEET PACKAGE:** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
- COMPETITION COORDINATORS:** Wayne Dorrington, Level 5
Vivien Hughsam, Level 5 hughsam.v.mst@gmail.com
- MEET MANAGERS:** Stephen Chan, Gregory Hasiuk meetmanager@mallardsswimming.com
- OFFICIALS COORDINATORS:** Contact email: officialschair@mallardsswimming.com
It would be greatly appreciated if each club could provide officials to help out at the meet. Please indicate sessions and positions preferred. We will do our best to accommodate.
- 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 registration status will be declined entry. This event is sanctioned as an Invitational including foreign competitors/teams subject to the provisions below...
- 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](#)

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[Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

AGE UP DATE: A competitor's age is their age as of the start date of the meet, January 26, 2024.

PARTICIPANT SAFETY: 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](#) & [Swimming Canada Event Photography and Videography](#) and the Swim Ontario Event Photography procedures will be in effect. For complete details click [HERE](#).

MIXED GENDER: 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 ensures 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.

COACH'S REGISTRATION: Meet management will cross reference the **list of coaches in attendance** at this competition with the [Swim Ontario Compliancy lists](#). **If a coach is not on this list, meet management is obligated to enforce the SNC 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 FEES:	Individual events to 200 m	\$15.00
	Events 400 m and Up	\$20.00
	Relays	\$25.00
	Swimmer Fee	\$7.50 per swimmer inclusive of 'Relay Only' swimmers.

Include downloadable heat sheets for all days/sessions.

All fees include Swim Ontario Gold Bonus and HST.

Payment will be by cheque due on the first day of the event.

ENTRY DEADLINE: Entries must be received by Monday, **January 8, 2024**.

Deadline for changes is Monday, **January 15, 2024**.

ENTRIES: Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca. Meet Management will not accept entries directly via email.

- Entries must include all attending coaches.
- Entries will be considered in order received and with preference given to clubs who attended last year.
- Entry confirmations will be sent by individual email from www.swimming.ca.
- **No changes will be accepted after the change deadline; as the meet will have been final seeded.** 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.

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- Meet management will notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries.
- Meet management will notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition.
- Meet Management reserves the right to restrict and/or close entries prior to the deadline in the event of over subscription.

ENTRY RESTRICTIONS: Meet Management requests all swimmers be entered with real (provable) or estimated entry time to allow for proper seeding.

- No entry limits
- **No Time (NT) entries will not be accepted.**
- No qualifying standard or period.
- Relay swimmers must be entered in a non relay event in order to compete.

SEEDING/ CONVERSIONS: Heats will be seeded slowest to fastest except in 400 IM, 400, 800 m Free, fastest to slowest. All entries must be submitted using long course times in meters (LCM). Please use Hy-Tek default conversion of times to LCM times before submitting entries.

OFFICIAL SPLITS: 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 advise the Referee at least 30 minutes prior to the commencement of the session. The procedure for obtaining an official split time requires coaches to complete the “**Official Split Request**” form (available at the Admin Desk table) and to forward it to the Referee or meet management prior to the start of the session.

RECORDS: Swim times achieved at this competition will be eligible for application of provincial and national records. Coaches are to advise meet management of possible record attempts, and or if records are broken. Swim Ontario has a completed certified pool length survey for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

DECK ENTRIES: Deck entries are permitted and will be **Exhibition** only, provided proof of registered status with valid Swimming Canada ID is provided to Meet Management. Entries must be made in 30 mins. prior to the start of the session, and will be accepted based on the availability of empty lanes in slowest heats.

- Swimmer substitution will not be allowed.
- **Cost is \$20.00 per Individual event to 200 m, \$25.00 per individual event 400m and up, and \$30 per relay event, payable in cash (exact amount) and submitted to the Admin Desk with the Deck Entry Form.**

RELAYS: Relay cards are to be submitted to the Admin Desk 15 minutes after the start of the session. Once submitted, no name changes will be permitted. Please submit relay entry times for seeding purposes. Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.

MIXED 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.

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SCHEDULE OF SESSIONS:

Sessions will not exceed 4.5 hrs in length (excluding warm up periods).

SESSION		AGE GROUP	COMPETITION	WARM UP	START	EST. LENGTH
Friday	1	All Ages	Time Finals	4:00 pm - 5:00 pm	5:05 pm	4 hrs
Saturday	2	13 & Over	Time Finals	7:30 am - 8:25 am	8:30 am	3 hrs
	3	12 & Under	Time Finals	12:00 pm - 12:55 pm	1:00 pm	3.5 hrs
Sunday	4	12 & Under	Time Finals	7:30 am - 8:25 am	8:30 am	3 hrs
	5	13 & Over	Time Finals	12:00 pm - 12:55 pm	1:00 pm	3 hrs

SESSION TIMES: In order to stay within the maximum session length of 4.5 hrs, meet management reserves the right to:

1. Amend warm-up and start times according to the number of entries received.
2. Limit the number of swimmers in an event and or run events in multiple sessions.
3. Limit the number of heats in any particular event(s).
4. Cancel relays should session(s) run late.

An updated schedule will be posted on the Mallards website as soon as it is available.

SCRATCH RULES: Scratches are to be made to the Admin Desk at least 30 minutes before the start of each session. No penalty for late scratches of these events. **NO REFUND(S) will be issued for swimmers who do not swim any heat for which they are seeded.**

CHECK-IN: **POSITIVE CHECK-IN** is required for all **400 IM, 400, 800 Free events**, at least **30 minutes before the start of the session**, at the Admin Desk. Failure to do so may result in the swimmer being eliminated from the race.

PSYCH SHEETS: Psych sheets will be posted online at www.mallardsswimming.com through a link on the homepage of Mallards Swim Team.

RESULTS: Results will be reported based on the following categories:

Girls: 10 & under, 11-12, 13-14, 15 & over.

Boys: 10 & under, 11-12, 13-14, 15 & over.

Unofficial meet results will be available on Live Results. Official meet results will be uploaded to www.swimming.ca within 5 days of completion of the meet.

AWARDS: Individual Events: Medals: 1st - 3rd place for all age groups
Ribbons: 4th - 10th place for 12&U age groups only

Relay Events: Medals for 1st, and Ribbons for 2nd-3rd place for all age groups

Awards will be broken down as follows:

Girls: 10 & Under, 11-12 yrs 13-14, 15 & Over.

Boys: 10 & Under, 11-12yrs, 13-14, 15 & Over.

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SCHEDULE OF EVENTS:

SESSION #1 - FRIDAY AFTERNOON Warm Up: 4:00 pm Start: 5:05 pm				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
1*	11 & Over	400 IM*	Time Final	2*
3	12 & Under	50 Fly	Time Final	4
5	13 & Over	50 Fly	Time Final	6
7	12 & Under	50 Breast	Time Final	8
9	13 & Over	50 Breast	Time Final	10
11	12 & Under	50 Free	Time Final	12
13	13 & Over	50 Free	Time Final	14
15*	11 & Over	800 Free*	Time Final	16*

* Positive check-in required 30 min. before the session starts

SESSION #2 - SATURDAY MORNING Warm Up: 7:30 am Start: 8:30 am				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
17	13 & Over	100 Fly	Time Final	18
19	13 & Over	200 Breast	Time Final	20
21	13 & Over	100 Back	Time Final	22
23	13 & Over	200 Free	Time Final	24
25	13 & Over	200 IM	Time Final	26
27	13 - 14 yrs	4x50 Free Relay	Time Final	28
29	15 & Over	4x50 Free Relay	Time Final	30

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SESSION #3 - SATURDAY AFTERNOON				
Warm Up: 12:00 pm				
Start: 1:00 pm				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
31	12 & Under	100 Fly	Time Final	32
33	12 & Under	200 Free	Time Final	34
35	12 & Under	100 Back	Time Final	36
37	12 & Under	200 Breast	Time Final	38
39	12 & Under	200 IM	Time Final	40
41 (Mixed)	10 & Under	4x50 Free Relay	Time Final	41 (Mixed)
43	11 -12 yrs	4x50 Free Relay	Time Final	44

SESSION #4 - SUNDAY MORNING				
Warm Up: 7:30 am				
Start: 8:30 am				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
45	12 & Under	200 Fly	Time Final	46
47	12 & Under	100 Breast	Time Final	48
49	12 & Under	50 Back	Time Final	50
51	12 & Under	100 Free	Time Final	52
53	12 & Under	200 Back	Time Final	54
55 (Mixed)	10 & Under	200 Medley Relay	Time Final	55 (Mixed)
57	11 - 12 yrs	200 Medley Relay	Time Final	58
59*	12 & Under	400 Free*	Time Final	60*

*Positive check-in required 30 min. before the session start

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SESSION #5 - SUNDAY AFTERNOON				
Warm Up: 12:00 pm				
Start: 1:00 pm				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
61	13 & Over	200 Fly	Time Final	62
63	13 & Over	100 Breast	Time Final	64
65	13 & Over	50 Back	Time Final	66
67	13 & Over	100 Free	Time Final	68
69	13 & Over	200 Back	Time Final	70
71	13 - 14 yrs	200 Medley Relay	Time Final	72
73	15 & Over	200 Medley Relay	Time Final	74
75*	13 & Over	400 Free*	Time Final	76*

*Positive check-in required 30 min. before the session start

OTHER INFORMATION: No food will be allowed on deck.
No glass objects will be allowed on deck.
Lockers are not available.
Onsite parking is free but may be limited.

REFRESHMENTS: Refreshments will be provided for Coaches and Officials working the meet.

Amenities around Markham Pan Am Center

- [Langham Square](#) (Restaurants and Supermarket)
- [Whole Foods](#) (Supermarket & Cooked Foods)
- [New Kennedy Square](#) (Restaurants, Food court and Supermarket)
- [Markville Mall](#) (Food court, Tim Hortons, McDonalds, Joey, Pickle Barrel...)
- [Tim Hortons](#) (Kennedy Rd/14th Ave.)

EVENT HOST HOTEL: [Hilton Suites Conference Centre and Spa:](#)

8500 Warden Ave.,
Markham Ontario, L6G 1A5

For Group Rates, contact Sales Manager:

Kristine Lagos

Email: kristine.lagos@markhamsuites.com

Phone: (905) 470-8500

Group reservations can be made starting on January 25, 2024. Booking deadline date is December 31, 2023.

For the booking link, click [HERE](#)

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Mallards – Winter LC Invitational 2024 January 25-28, 2024

Contact Kristine Lagos, Group Sales Manager at 905-470-8577 or kristine.lagos@markhamsuites.com



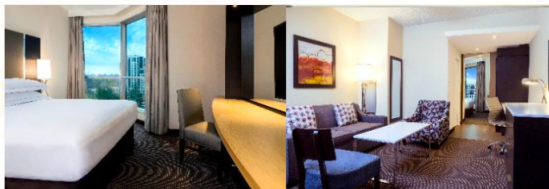
Rate starting from \$179.00

Team Benefits

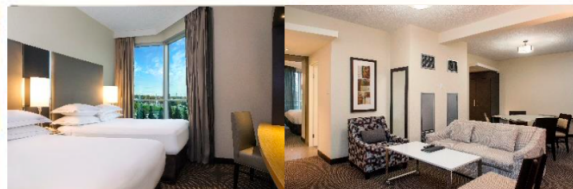
- Closest hotel in Markham Pan Am Centre
- Complimentary parking
- All suite hotel featuring spacious two room suites With separate bedroom and living room

Reservations

- For 10 rooms or more reservations, call Kristine
- For 10 rooms or less, click [here](#) to book
- Discounted Hot Breakfast Buffet \$18.00 per person (Regular \$28.00 per person)



Standard Suite King Bedroom and Living Room



Standard Suite Double Bedroom and Living Room

8500 Warden Avenue Markham, ON L6G 1A5 905-470-8500 www.torontomarkham.hilton.com

*For 10 rooms or less, please click [HERE](#). Deadline for the special group booking rate is **December 31, 2023**.