

<b>DATE(s):</b>	April 12-April 14, 2024		<b>REGION:</b>	Central
<b>HOSTED BY:</b>	Uxbridge Swim Club			
<b>LOCATION:</b>	Uxpool 1 Parkside Drive Uxbridge ON L9P 1K7			
<b>FACILITY:</b>	25 metre Colorado Electronic Touch Pad Timing System and Scoreboard			
<b>PURPOSE &amp; DESCRIPTION:</b>	This is a 25m short course meet for swimmers of all competitive levels, no qualifying standards.			
<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 COORDINATORS:</b>	Gayle Pollock	Level:5	Email: <a href="mailto:gaylepollock@rogers.com">gaylepollock@rogers.com</a>	
	Paula Di Battista	Level: 4	Email: <a href="mailto:pdiba@hotmail.com">pdiba@hotmail.com</a>	
<b>MEET MANAGER:</b>	Jaimie Walker		Email:	<a href="mailto:uscuxmeets@gmail.com">uscuxmeets@gmail.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> and Swim Ontario Event Photography 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 as an Invitational by Swim Ontario.</b>			
	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 <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> and Swim Ontario warm-up safety rules will be in effect. Details <a href="#">HERE</a> 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	Deep end only
	<input type="checkbox"/>	Deck or Bulkhead at		
	<input type="checkbox"/>	In-Water at		
<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.			
	This event includes participants from the following clubs:		Open invitational to any interested 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.		

<b>FOREIGN COMPETITORS:</b>	<input checked="" type="checkbox"/>	Foreign competitors are welcome, subject to the following provisions. 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 <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition.	
<b>AGE UP DATE:</b>	Ages submitted are to be as		April 12, 2024
<b>ENTRY DEADLINE:</b>	<b>Monday April 1, 2024</b>		
	Changes to entries will be accepted until		Friday April 5, 2024
<b>ENTRY FEE:</b>	<input checked="" type="checkbox"/>	Individual Events	\$10 - 50/100/200m events \$15 - 400/800/1500m events
	<input checked="" type="checkbox"/>	Relay Events	\$20 per relay team
	<input checked="" type="checkbox"/>	Swimmer Fee	\$5.00
	Payment Method:		Please make e-transfers to <a href="mailto:uscpayments@gmail.com">uscpayments@gmail.com</a> Note: Please note the "s" in payments. USC has auto deposit - If you are prompted to add a password, please check the email address.  Cheques are to be made payable to Uxbridge Swim Club.
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is		150
	Each club is limited to the following number of swimmers		n/a
	The maximum number of entries per swimmer is	3 individual and one relay per session  Meet management reserves the right to further limit swims	
<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>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> and must include all attending coaches. Meet management will:		
	<ul style="list-style-type: none"> <li>not accept entries via email;</li> <li>notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li> <li>notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition.</li> </ul>		
	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.		
	<input checked="" type="checkbox"/>	NT entries are not permitted	

<b>RELAYS:</b>	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.	
	The deadline for relay name submissions is	15 minutes prior the start of the session in which the relay is to take place.
	<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"/>	Entry times can be converted.
<b>SEEDING:</b>	<input checked="" type="checkbox"/>	Seeding will be in the following order: All events 200m and below will be swum slowest to fastest, as converted pursuant to the conversion process as per the meet package. 400m and longer events will be seeded fastest to slowest.

## SCHEDULE OF SESSIONS

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	April 12	W/U #1 4:00 - 4:40 pm W/U #2 4:45 - 5:25 pm	5:30 pm	8:30 pm	3 hours
2	April 13	W/U #1 8:00 - 8:40 am W/U #2 8:45 - 9:25 am	9:30 am	1:00 pm	3.5 hours
3	April 13	W/U #1 2:00 - 2:40 pm W/U #2 2:45 - 3:25 pm	3:30 pm	7:30 pm	4 hours
4	April 14	W/U #1 8:00 - 8:40 am W/U #2 8:45 - 9:25 am	9:30 am	1:00 pm	3.5 hours
5	April 14	W/U #1 2:00 - 2:40 pm W/U #2 2:45 - 3:25 pm	3:30 pm	7:30 pm	4 hours

<b>MIXED-GENDER:</b>	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 insures 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.	
<b>CHECKIN AND SCRATCHES:</b>	<input checked="" type="checkbox"/>	Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.
	<input checked="" type="checkbox"/>	There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events: 400m Free, 400 IM, 800 Free, 1500 Free
<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"/>	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).
	<input checked="" type="checkbox"/>	Event Deck Entries are permitted for swimmers already entered in the competition.
	<input checked="" type="checkbox"/>	Deck Entry Fee is \$15 individual entry up to 200m, \$20 individual entry for 400m and longer, \$25 relay entry
<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 at least 30 minutes prior to the commencement of the session in which the event will take place.
<b>RECORDS:</b>	<input checked="" type="checkbox"/>	Swim times achieved at this competition will NOT be used for applications of provincial and 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 type="checkbox"/>	Results will be posted 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 scoring: Individual High Point: 5-2-1
<b>AWARDS:</b>	<input checked="" type="checkbox"/>	<p>The following will be awarded:</p> <p><b>Individual Events:</b> Ribbons will be awarded for individual events 1st-6th in the following age categories: 10&amp;under, 11-12, 13-14, and 15 &amp; older.</p> <p><b>Relay Events:</b> Ribbons will be awarded 1st-3rd.</p> <p><b>High Points Awards:</b> Awarded by gender and: 12 &amp; under 13-14, 15 &amp; over. Ties will be broken by highest FINA points..</p> <p><b>SKINS RACE (13 &amp; Over):</b> 50 Free will run on Friday. Top six 50 Free times (by age and gender) will qualify to Skins Races held on Sunday at the end of the session. Top 6 will qualify to 'prelims', top 4 from prelims qualify to 'semis' and top 2 from semis will qualify to 'finals. Age categories: 13-14, and 15 &amp; over; each gender.</p> <p>Winner of each age and gender category will be awarded a cash prize.</p> <p><b>Awards must be collected by coaches at the end of the meet. Awards will NOT be mailed out afterwards.</b></p>
<b>ADDITIONAL INFORMATION:</b>		

## SCHEDULE OF EVENTS:

<b>Session 1</b> Friday April 12, 2024 <b>Open</b> W/U #1 4:00 - 4:40 pm    W/U #2 4:45 - 5:25 pm Start: 5:30 PM		
Women		Men
1	<b>12 &amp; Under</b> 200 Individual Medley (IM)	2
3	<b>13 &amp; Over</b> 200 Individual Medley (IM)	4
5	<b>13 &amp; Over</b> 50 Freestyle	6
7	<b>Open</b> 800 Freestyle	8
9	<b>Open</b> 1500 Freestyle	10

<b>Session 2</b> Saturday April 13, 2024 <b>13 &amp; Over</b> W/U #1 8:00 - 8:40 am    W/U #2 8:45 - 9:25 am Start: 9:30 AM		
Women		Men
11	100 Freestyle	12
13	200 Backstroke	14
15	100 Butterfly	16
17	200 Breaststroke	18
19	50 Butterfly	20
21	400 Freestyle	22
23	200 Medley Relay	24

\*\* Relays will run if time permits

<b>Session 3</b> Saturday April 13, 2024 <b>12 &amp; Under</b> W/U #1 2:00 - 2:40 pm    W/U #2 2:45 - 3:25 pm Start: 3:30 PM		
Women		Men
25	50 Breaststroke	26
27	100 Freestyle	28
29	200 Backstroke	30
31	50 Backstroke	32
33	100 Butterfly	34
35	200 Breaststroke	36
37	400 Freestyle	38
39	200 Medley Relay	40

\*\* Relays will run if time permits

<b>Session 4</b> Sunday April 14, 2024 <b>13 &amp; Over</b> W/U #1 8:00 - 8:40 am    W/U #2 8:45 - 9:25 am Start: 9:30 AM		
Women		Men
41	200 Freestyle	42
43	100 Backstroke	44
45	200 Butterfly	46
47	100 Breaststroke	48
49	400 Individual Medley (IM)	50
51	200 Freestyle Relay	52
	<b>Skins Race - 50 Freestyle</b>	

\*\* Relays will run if time permits

<b>Session 5</b> Sunday April 14, 2024 <b>12 &amp; Under</b> W/U #1 2:00 - 2:40 pm    W/U #2 2:45 - 3:25 pm Start: 3:30 PM		
Women		Men
53	200 Freestyle	54
55	100 Backstroke	56
57	50 Butterfly	58
59	100 Breaststroke	60
61	50 Freestyle	62
63	200 Butterfly	64
65	200 Freestyle Relay	66

\*\* Relays will run if time permits