

2018 EASTERN ONTARIO SHORT COURSE REGIONAL CHAMPIONSHIP MEET

February 2 - 4, 2018

**Templeman Menninga Aquatic Centre
Quinte Sports and Wellness Centre
Belleville, ON**

- DATE(S):** February 2-4, 2018 **Region:** Eastern
- HOSTED BY:** Belleville Youth Swim Team
Temple Menninga Aquatic Centre (Quinte Sports and Wellness Centre)
- LOCATION:** 265 Cannifton Road, Belleville, ON K8N 4V8
- FACILITY:** 8 Lane, 25 metre pool, electronic timing
- PURPOSE:** Eastern Ontario Short Course Regional Championship qualifying meet
- 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:** Kim Isaac , Level V, Email: kimiswim@gmail.com
- MEET MANAGER:** Andrea McGillen, Robyn Vanberkel, Lisa Friar
Email: bystmeetmanager@gmail.com
- DESCRIPTION:** Invitational (closed)
- COMPETITION RULES:** Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.
- Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).
- For club and provincial meets, a swimsuit that covers more of the body such as modesty swimwear or religious cover-ups is permitted providing that the fabric is permeable open mesh textile material and does not give the swimmer an advantage. The full interpretation can be viewed [HERE](#). Advanced notification or for clarification of interpretation please see the Competition Coordinator.
- AGE UP DATE:** Ages submitted are to be as: Friday, February 2, 2018

MIXED-GENDER:

The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis:

- Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

Mixed gender swims may also be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.

In spite of this rule, any swimmer who achieves a record time 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 pursuant to this policy, the results must still be posted separately by the gender of swimmers.

ELIGIBILITY:

All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry. Swimmers who have registered with a club in the Eastern Ontario Region from July 2016 - January 21, 2018 and have met the Eastern Ontario Regional Standards are eligible to enter. Swimmers may qualify for Eastern Ontario Regional Championships by achieving at least three individual event standards. This allows for entry into the meet with a full roster of events.

Foreign competitors are welcome, subject to the provisions below.

**FOREIGN
COMPETITORS:**

All 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 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.

ENTRY FEE:

- Individual Events \$ 10.00
- Relays Events: \$ 12.00
- Please make cheques payable to: Belleville Youth Swim Team **or** BYST

ENTRIES: Entries must be submitted through the SNC online entries system at www.swimming.ca .
Meet Management will not accept entries via email.
Online Entry Deadline: **Midnight - January 26, 2018**

- Changes to entries will not be accepted after January 29, 2018. After that time, fees will be calculated; no refunds will be granted for missed swims.
- 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".
- Meet Management will use SNC's time validation system to ensure that swimmers have achieved the qualifying requirements. Times not found on the SNC database will be returned to coaches for correction or proof.

AGE GROUPS: Swimmers age is as of the first day of the meet.
Age Groups, Male and Female (10 & under, 11-12, 13-14, 15 & over)

ENTRY LIMIT: Maximum of seven (7) individual events per swimmer (3 per day) plus relays.
Please see qualifying Standards.
In the event that a session appears likely to go over on time, meet management in collaboration with Coaches, reserve the right to limit the session length by:

1. Having the slower heats of the 400 free swim 2 per lane
2. If over-subscribed, meet management may have events with less than eight swimmers go straight to finals
3. Any other approved means necessary

PARA-SWIMMERS: Swimmers with a disability (Para-Swimmers) are eligible to compete in this meet provided that they have achieved the minimum entry time, as include in this meet package.

Para-Swimmers may choose Bonus Swims outside of the aforementioned events.
Para-Swimmers will be entered according to time in the morning sessions. Please designate classification when entering.
There will not be a designated lane for Para-Swimmers during warm-up.

PARA BONUS SWIM:

- Swimmers qualifying in one event may enter three additional events.
- Swimmers qualifying in two events may enter two additional events.
- Swimmers qualifying in three or more events may enter one additional event, to a maximum of six individual events.

DISTANCE EVENTS: Entry times must be submitted for the 800 and 1500 free events. No NT or coach's times will be accepted. Meet manager reserves the right to limit these events to a total of five heats of 800 and five heats of 1500. Swims will be accepted with priority given to the thirteen fastest entry times in each respective age group.

The meet manager will inform all clubs should any entries not be accepted. Swimmers will then be allowed to enter an alternate event.

The 800/1500 Free will be multi-age seeded fastest to slowest.

DECK ENTRIES: No deck entries allowed.

RELAY ENTRIES: Each club may enter any number of relay teams per event; however, only two teams per club will be scored. When a club enters only one team in a relay, at least three members of the team must be properly entered in an individual event, and the fourth may be entered as “Relay Only”. When a club enters more than one team in a relay event, every member of every relay team must be properly entered in the meet in at least one individual event. Each relay team may include up to two (2) swimmers from a younger age category. **No swimmer may compete as a member of more than one relay team in any event.**

SCHEDULE OF SESSIONS:

<u>Session #</u>	<u>Date</u>	<u>Age Group</u>	<u>Prelims/ Finals</u>	<u>Warm Up</u>	<u>Start</u>
1	Friday, Feb. 2	13 & over	Prelims	8:30 AM	10:00 a.m.
2	Friday, Feb. 2	12 & under	Time Finals	1:30 PM	2:30 p.m.
3	Friday, Feb. 2	13 & over	Finals	5:30 PM	6:30 p.m.
4	Saturday, Feb 3	13 & over	Prelims	7:00 AM	8:30 a.m.
5	Saturday, Feb 3	12 & over	Time Finals	1:15 PM	2:00 p.m.
6	Saturday, Feb 3	13 & over	Finals	5:00 PM	6:00 p.m.
7	Sunday, Feb. 4	13 & over	Prelims	7:00 AM	8:30 a.m.
8	Sunday, Feb. 4	12 & under	Time Finals	1:00 PM	1:45 p.m.
9	Sunday, Feb. 4	13 & over	Finals	5:00 PM	6:00 p.m.

SCHEDULE OF EVENTS: See event list - Appendix

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 meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

COACH’S MEETING: A coaches meeting will be held on Friday, Feb. 2nd at 9 a.m. during the warm up for session 1. A second coach’s meeting will be held Friday, Feb. 2nd during the warm up for session 2.

SEEDING: Option “A” (times converted by club and/or host)
Seeding will be in order of times entered,
as converted pursuant to the conversion process as per meet package,
followed by swimmers entered with NT (no times).

TIME 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 so advise the Referee prior to the commencement of the session (or event) in question.

CHECK IN AND SCRATCHES:

13 & OVER SESSIONS:

PRELIMS:

- All swimmers are required to check in with the Clerk of Course 30 minutes prior to each session
- Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.
- No scratch penalty shall be imposed for late or day of scratches.

DISTANCE:

- There is a positive check in for all 13 & over distance events (400 Free or IM, 800 and 1500 Free)
The scratch deadline for these timed final events shall be 30 minutes prior to the start of the preliminary session on the day the event is scheduled to begin. This procedure is to ensure the fastest seeded heats in the evening final sessions shall have the full complement of swimmers with no empty lanes.
- Scratches from prelims for finals must be made
 - 30 minutes following the posting of results of respective event, a swimmer may make a declaration of "INTENT TO SCRATCH" within that same time period. The final decision to scratch or not to scratch must be reported back to the clerk of course within 30 minutes of the swimmer's last individual preliminary event of that session. A swimmer who fails to return to the clerk of course to make a final decision on the intent to scratch from that event in finals will be seeded into the final for that event. Failure to participate in an individual final, leg of a relay final, or in a distance (400 Free or IM, 800 or 1500 Free) time final event run during finals without meet management's knowledge or consent will result in a \$50.00 fine for each offence. Payment is due to BYST. Failure to pay before the next event will exclude the swimmer from any further participation in the meet. A swimmer who fails to scratch from an event in finals but will not swim the rest of the meet will not be penalized.

12 & UNDER TIME FINAL SESSIONS:

Positive check in for all swimmers is required 30 minutes prior to the start of the 12 & under time final session to ensure the fastest heat of each age group is full.

SCORING:

The following will be scored; the top 16 swimmers in individual events and the top 8 relays will score team points.
Team individual event points: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Team relay event points: 40, 34, 32, 30, 28, 26, 24, 22
Individual points: 5, 2, 1 (relay points not applicable)

INDIVIDUAL AWARDS:

Medals for 1st, 2nd, 3rd, ribbons for 4th - 8th
Relay events: ribbons for 1st, 2nd, 3rd
Individual high point plaque to the top swimmer by age group and gender

Medals for 12 & under timed final events will be awarded on deck during each session as results are available.

Medals for 13 & over finals will be awarded on deck during finals, immediately following each event. Top 3 swimmers are encouraged to go to the podium to receive medals following each heat.

TEAM AWARDS:

Overall team trophy to the team with the highest number of team points.
Small team award to the team with the highest number of points, and fewer than 35 registered competitive swimmers as of **January 01, 2018**.

INDIVIDUAL EVENTS ~ 13 & OVER:

- All individual events for swimmers 13 & over (except 400 Free or IM, 800 or 1500 Free) will be swum as preliminaries and finals.
- For prelims, age groups will be combined and circle seeded.
- Events with 8 or fewer entries will swim both prelims and finals.
- "A" and "B" finals will be held in events only with 18 or more swimmers entered. Events with fewer than 18 swimmers entered will have "A" finals only.
- 400 Free and 400 IM will be swum as timed finals, seeded slowest to fastest. The top-seeded 8 swimmers in each age group will swim during finals; all others will swim during prelims with age groups combined.
- 800 Free and 1500 Free will be swum as timed finals.
- For 800 Free, the top-seeded 8 male and 8 female swimmers will swim during finals. All others will swim during prelims, seeded together, mixed gender (fastest to slowest).
- For 1500 Free, the top-seeded 8 swimmers (mixed gender) will swim during finals. All others will swim during prelims, seeded together, mixed gender (fastest to slowest).

INDIVIDUAL EVENTS ~ 12 & UNDER:

- All individual events for swimmers 12 & under are timed finals. Fastest 8 swimmers by gender and age group (10 & under, 11 and 12) will swim together in one heat.
- In distance events (400 Free, 400 IM, 800 Free), meet management reserves the right to combine heats of different age groups or genders. For example, if there are 3 boys in one age group and two in another for the same event, they will swim together in the same heat, separated by one lane.
- 200 Breast, 200 Fly, 400 IM and 800 Free are offered as event in the 12 & under age category only. Swimmers younger than 12 years old may race in these events but will be scored as 12 years & under (not broken out by age).
- 1500 Free is offered as an event in the 14 & under age category only. Swimmers younger than 14 years old may race in this event but will be scored as 14 years & under (not broken out by age).
- 100 IM will be offered as an event in the 10 & under age category only.

RELAYS:

- All relay events are timed finals.
- Age groups for relay events only will be: 10 & under, 11-12, 13-14, 15 & over
- All 13 & over relays will be swum at the start of finals on Friday and Saturday.
- Fastest 8 relay teams by age and gender (10 & under, 11-12, 13-14, 15 & over) will be swum in one heat. The remaining relay teams will swim together separated by gender.
- A swimmer may only swim in one age category of each, Freestyle and Medley, relay.
- A club may enter unlimited numbers of relays in each event. Only the top two relays will be scored.
- **Coaches must have relay cards filled in and returned to the Meet Manager 30 minutes prior to the start of the session.**

MEET RESULTS: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

- The meet program will be run on Hy-Tek Meet Manager.
- Results will be posted as quickly as possible at the meet.
- Live Results / Meet Mobile are available.

RECORDING

OF EVENT: Only individuals that have made application and received authorization to record the event in any manner, in any medium or context now known or hereafter developed shall be granted access and permission to do so. Please contact Meet Management for application and authorization.

SAFETY & LIABILITY: Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

OFFICIALS: Each participating club is asked to provide officials to ensure the success of the meet. All officials must register at the Sign Up Genius (link will be provided ASAP)

2017-2018 Eastern Ontario Regional Time Standards

Swimmers qualify for Eastern Ontario Regional Championships by achieving

- 1) At least three individual event standards. This allows for entry into the meet with a full roster of events, per the meet package.
- 2) Two individual event standards. This allows for entry into the meet in only these two events, per the meet package.

FEMALE												
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	39.08	36.25	34.55	32.49	30.92	30.47	39.86	36.97	35.24	33.14	31.45	31.08
100 Free	1:26.65	1:19.89	1:14.76	1:10.70	1:06.72	1:05.98	1:28.39	1:20.88	1:16.26	1:12.12	1:08.05	1:07.30
200 Free	3:10.90	2:53.32	2:43.12	2:33.32	2:24.83	2:23.52	3:11.80	2:56.78	2:46.38	2:36.39	2:27.72	2:27.29
400 Free	6:39.87	6:12.60	5:48.45	5:30.00	5:06.59	5:04.88	6:47.86	6:20.05	5:55.42	5:36.60	5:12.72	5:10.97
800 Free		12:43.47	11:47.97	11:11.71	10:40.95	10:33.68		12:58.75	12:02.13	11:25.20	10:53.76	10:47.46
1500 Free					20:28.44	20:14.55					20:53.01	20:38.84
100 Back	1:39.12	1:31.18	1:25.53	1:20.72	1:15.61	1:14.53	1:41.10	1:33.00	1:27.23	1:22.34	1:17.13	1:16.02
200 Back	3:34.08	3:14.83	3:03.51	2:54.45	2:41.83	2:40.04	3:38.37	3:18.73	3:07.17	2:57.94	2:45.07	2:43.24
100 Breast	1:52.15	1:45.35	1:39.12	1:32.10	1:27.09	1:26.43	1:54.39	1:47.46	1:41.10	1:33.94	1:28.84	1:28.15
200 Breast		3:45.42	3:31.82	3:19.36	3:07.52	3:06.96		3:49.93	3:36.06	3:23.35	3:11.27	3:10.70
100 Fly	1:44.78	1:34.59	1:27.79	1:21.81	1:15.54	1:14.38	1:46.87	1:36.47	1:29.54	1:23.44	1:17.04	1:15.87
200 Fly		3:47.49	3:19.36	3:06.36	2:51.20	2:49.87		3:41.84	3:23.35	3:10.09	2:54.63	2:53.27
100 IM	1:43.09											
200 IM	3:37.35	3:18.95	3:07.45	2:56.00	2:45.07	2:43.37	3:41.70	3:22.93	3:11.20	2:59.52	2:48.38	2:46.64
400 IM		6:59.12	6:34.45	6:15.10	5:55.69	5:45.79		7:07.50	6:42.34	6:22.60	6:02.80	5:52.70

MALE												
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	39.65	36.54	33.75	30.88	28.97	28.45	40.43	37.27	34.43	31.49	29.56	29.02
100 Free	1:28.35	1:20.43	1:14.20	1:07.72	1:03.12	1:01.63	1:30.13	1:22.03	1:15.68	1:09.07	1:04.71	1:02.87
200 Free	3:16.65	2:56.71	2:41.99	2:28.98	2:18.81	2:14.30	3:17.57	3:00.24	2:45.22	2:31.97	2:21.58	2:16.98
400 Free	6:50.06	6:19.50	5:49.60	5:24.50	4:56.84	4:48.72	6:58.26	6:27.09	5:56.59	5:30.99	5:02.78	4:54.49
800 Free		13:18.59	11:57.04	11:04.18	10:22.95	10:04.63		13:34.56	12:11.38	11:17.47	10:35.42	10:16.72
1500 Free					19:54.30	19:19.16					20:18.18	19:42.35
100 Back	1:41.95	1:32.32	1:26.65	1:18.01	1:12.49	1:10.60	1:43.98	1:34.16	1:28.39	1:19.57	1:13.94	1:12.02
200 Back	3:44.28	3:19.36	3:04.07	2:50.12	2:37.05	2:33.41	3:48.77	3:23.35	3:07.75	2:53.51	2:40.19	2:36.48
100 Breast	1:56.68	1:47.62	1:38.56	1:30.48	1:22.45	1:21.52	1:59.00	1:49.77	1:40.52	1:32.28	1:24.10	1:23.16
200 Breast		3:55.61	3:31.82	3:15.03	2:59.76	2:57.21		4:00.33	3:36.06	3:18.94	3:03.36	3:00.75
100 Fly	1:49.88	1:37.42	1:27.23	1:18.55	1:11.40	1:09.18	1:52.08	1:39.36	1:28.96	1:20.12	1:12.83	1:10.57
200 Fly		4:03.55	3:22.77	3:04.19	2:44.77	2:40.31		4:08.41	3:26.82	3:07.88	2:48.07	2:43.52
100 IM	1:45.35											
200 IM	3:40.80	3:21.25	3:07.45	2:51.05	2:37.49	2:33.48	3:45.22	3:25.28	3:11.20	2:54.46	2:40.83	2:36.55
400 IM		7:27.44	6:42.50	6:07.40	5:38.60	5:33.28		7:36.39	6:50.55	6:14.75	5:45.38	5:39.94

Event Schedule 12 & under

Session 2 Friday		Warm up: Start:	1:30 p.m. 2:30 p.m.
Timed Finals			
Girls	Event	Boys	
13	200 IM (10 & under)	14	
15	200 IM (11 & 12)	16	
17	50 Breast (10 & under)	18	
19	50 Breast (11 & 12)	20	
21	100 Back (10 & under)	22	
23	100 Back (11 & 12)	24	
25	50 Fly (10 & under)	26	
27	50 Fly (11 & 12)	28	
29	400 Free (10 & under)	30	
31	400 Free (11 & 12)	32	

Session 5 Saturday		Warm up: Start:	1:15 p.m. 2:00 p.m.
Timed Finals			
Girls	Event	Boys	
49	200 Medley Relay	50	
51, 52	200 Free		
	100 Fly	53, 54	
55, 56	50 Back		
	100 Breast	57, 58	
59	200 Breast		
	200 Back	60, 61	
62 ,63	50 Free		
	100 Free	64, 65	
66	200 Fly		
	100 IM	67	
	400 IM	68	
69	800 Free		

Session 8 Sunday		Warm up: Start:	1:00 p.m. 1:45 p.m.
Timed Finals			
Girls	Event	Boys	
81	200 Medley Relay	82	
	200 Free	83, 84	
85, 86	100 Fly		
	50 Back	87, 88	
89, 90	100 Breast		
	200 Breast	91	
92, 93	200 Back		
	50 Free	94, 95	
96, 97	100 Free		
	200 Fly	98	
99	100 IM		
100	400 IM		
	800 Free	101	

Event Schedule 13 & over

Session 1		Warm up: 8:30 a.m.	
Friday		Start: 10:00 a.m.	
Prelims			
Girls	Events	Boys	
1	200 IM	2	
3	50 Breast	4	
5	100 Back	6	
7	50 Fly	8	
9	400 Free	10	
	Top 8 in each age group swim during finals		

Session 3		Warm up: 5:30 p.m.	
Friday		Start: 6:30 p.m.	
Finals			
Girls	Events	Boys	
11	200 Medley Relay	12	
9	400 Free	10	
1	200 IM	2	
3	50 Breast	4	
5	100 Back	6	
7	50 Fly	8	

Session 4		Warm up: 7:00 a.m.	
Saturday		Start: 8:30 a.m.	
Prelims			
Girls	Event	Boys	
33	400 IM		
	Top 8 in each age group swim during finals		
	200 Free	34	
35	100 Fly		
	50 Back	36	
37	100 Breast		
	200 Breast	38	
39	200 Back		
	50 Free	40	
41	100 Free		
	200 Fly	42	
43	800 Free	43	
	Top 8 in each age group swim during finals		

Session 6		Warm up: 5:00 p.m.	
Saturday		Start: 6:00 p.m.	
Finals			
Girls	Event	Boys	
44	200 Free Relay	45	
33	400 IM		
	200 Free	34	
35	100 Fly		
	50 Back	36	
37	100 Breast		
	200 Breast	38	
39	200 Back		
	50 Free	40	
41	100 Free		
	200 Fly	42	
43	800 Free	43	

Session 7		Warm up: 7:00 a.m.	
Sunday		Start: 8:30 a.m.	
Prelims			
Girls	Event	Boys	
	400 IM	70	
	Top 8 in each age group swim during finals		
71	200 Free		
	100 Fly	72	
73	50 Back		
	100 Breast	74	
75	200 Breast		
	200 Back	76	
77	50 Free		
	100 Free	78	
79	200 Fly		
80	1500 Free	80	
	Top 8 in each age group swim during finals		

Session 9		Warm up: 5:00 p.m.	
Sunday		Start: 6:00 p.m.	
Finals			
Girls	Event	Boys	
	400 IM	70	
71	200 Free		
	100 Fly	72	
73	50 Back		
	100 Breast	74	
75	200 Breast		
	200 Back	76	
77	50 Free		
	100 Free	78	
79	200 Fly		
80	1500 Free	80	