



Richmond Hill Aquatic Club

Presented

Launch into Long Course 2020

JANUARY 24 – 26, 2020

MARKHAM PAN AM POOL

16 MAIN STREET,
UNIONVILLE, ONTARIO

V2.0



DATE(S): January 24-26, 2020 Region: Central

HOSTED BY: RICHMOND HILL AQUATIC CLUB

LOCATION: Markham Pan Am Pool, 16 Main Street, Unionville, Markham

FACILITY: One 10 lanes, 50m pool with automatic electronic timing system.

PURPOSE: Open Invitational

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: Richard Chan, Level V, Email: richardctchan@gmail.com

MEET MANAGER: Dapeng Guo, Email: dapeng.guo@gmail.com

DESCRIPTION: Timed Finals for 12 and under all genders. Prelims and A Finals (top 8 swimmers) for 13 and over all genders except distance events. Seeding will be from slowest to fastest except in distance events which will be seeded fastest to slowest

SAFETY & LIABILITY: Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](#).

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

Rowan's Law – Concussion Management

The Rowan's Law requirements came into effect on July 1, 2019. Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities. Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others. Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body. If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols. For full details and resources on Rowan's Law and Concussion management protocols click [HERE](#).

Open and Observable Environment

Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

Event Photography/Videography

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#)

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 to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

COMPETITION RULES: Sanctioned by Swim Ontario.
All current Swimming Canada (SC) rules will be followed.

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

DIVE STARTS: As per the Facility Rules for Dive Starts, this competition will be conducted as follows
Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 from both ends

RECORDS: Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

AGE UP DATE: Ages submitted are to be as: January 24, 2020

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 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.

MIXED-RELAYS	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.
ELIGIBILITY:	<p>All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and have a valid SC registration number. Entries without a valid SC registration number and registration status will be declined entry.</p> <ul style="list-style-type: none"> • This is an invitational meet. Participation of this meet is at the full discretion of the host club. • Meet Management reserves the right to further limit individual swims to 3 per session and to limit heats if necessary to keep session times to within 4.5 hours. • Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by FINA. 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.
ENTRY FEE:	<p>\$13 per individual events \$15 per 400IM/400 Free events \$16 per Relay Events</p> <p>Please make cheques payable to: Richmond Hill Aquatic Club</p>
ENTRIES:	<p>Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca. Meet Management will not accept entries via email. Online Entry Deadline: January 10, 2020 Changes to entries will not be accepted after January 17, 2020. After that time, fees will be calculated; no refunds will be granted for missed swims.</p>
CONVERSION:	Entry times can be converted. Please submit converted times using Hy-tek default conversion factor
SEEDING:	<p>Seeding will be in the following order: Entries with qualifying long course times in metres Entries with qualifying short course times in metres, then Entries with no qualifying times.</p>
DECK ENTRIES:	<p>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). Swimmers entered on deck must have valid proof of SC registration (number) as an active, registered, competitive swimmer. Charge for deck entries is \$15 per individual entry, \$20 for distance events (400m and 800m) and relay entry, payable in cash to Clerk of Course prior to the event.</p>

SCHEDULE OF SESSIONS:

SESSION		WARM-UPS	Clubs	Officials briefing	START	AGE GROUP	
FRIDAY	1	3:45pm to 4.40pm	All clubs	4:00pm	4:45pm	All ages	3 hrs
SATURDAY	2	7:30am to 8:25am	All clubs	7:45am	8:30am	13 & Over	4 hrs
	3	12:45pm to 1:40pm	All clubs	1:00pm	1:45pm	12 & Under	3.5 hrs
	4	5:15pm to 5:55pm	All clubs	5:00pm	6:00pm	13 & Over	1.5 hrs
SUNDAY	5	7:30am to 8:25am	All clubs	7:45am	8:30am	13 & Over	3 hrs
	6	11:45pm to 12:40pm	All clubs	12:00pm	1:45pm	12 & Under	3.5 hrs
	7	4:15pm to 4:55pm	All clubs	4:00pm	5:00pm	13 & Over	1.5 hrs

SCHEDULE OF EVENTS: See Appendix for event list

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

COACH'S MEETING: Swim meet specify information will be sent out via email prior to Sunday January 19, 2020

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: There is a positive check in for all 800m/1500m events and at Final sessions, 45 minutes before the session starts.
Preliminary and Timed Final Sessions: 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.
Scratches from prelims for finals must be made 30 minutes following the posting of results of last event of prelims sessions.
Failure to participate in a finals event will results in following penalty: \$30.00 fine for each offence, payable to Richmond Hill Aquatic Club. Failure to pay penalty will exclude the swimmer from further participation in the meet.

- AWARDS:** The following will be awarded: Medals from 1st to 3rd, ribbons from 4th to 8th for individual events.
Ribbons from 1st to 3rd for relay events.
Awards and results will be broken out by age groups 10 & Under, 11, 12, 13-14, 15 & over for individual events and 10 & Under, 11-12, 13-14, 15 & Over for relay events
- 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.
Unofficial results will be available on RHAC website www.rhac.ca each day through the "Live Results" link on the meet page
Unofficial results will also available via Meet Mobile

Appendix

Friday, Jan 24, 2020

Warm up – 3:45pm – 4:40pm		
Girls	Session 1 (13&Over) Prelim, (12&Under) Timed Final	Boys
1	50m Back (13&Over)	2
3	50m Back (12&Under)	4
5	50m Fly (13&Over)	6
7	50m Fly (12&Under)	8
9	200m IM (13&Over)	10
11	200m IM (12&Under)	12
13	800m Free (Timed Final)	14

Saturday, Jan 25, 2020

Warm up - 7:30 - 8:25am		
Girls	Session 2 (13&over) Prelims	Boys
109	4 x 100m MR (13-14, Timed Final)	110
111	4 x 100m MR (15&over, Timed Final)	112
15	50m Breast	16
17	100 Back	18
19	200m Fly	20
21	100m Free	22
23	200m Breast	24
25	400m free (Timed Final)	26

Warm up – 12:45pm to 1:40pm		
Girls	Session 3 (12&under) Timed Final	Boys
103	4 x 50m MR (Mixed, 10&under)	
104	4 x 50m MR (Mixed 11-12)	
27	50m Breast	28
29	100 Back	30
31	200m Fly	32
33	100m Free	34
35	200m Breast	36
37	400m free	38


Warm up – 5:15 – 5:55pm		
Girls	Session 4 (13&over) Finals	Boys
1	50m Back	2
15	50m Breast	16
9	200m IM	10
17	100 Back	18
19	200m Fly	20
21	100m Free	22
23	200m Breast	24

Sunday, Jan 26, 2020

Warm up - 7:30 - 8:25am		
Girls	Session 5 (13&over) Prelims	Boys
105	4 x 100m FR (13-14, Timed Final)	106
107	4 x 100m FR (15&Over, Timed Final)	108
39	50m Free	40
41	100m Breast	42
43	200m Back	44
45	100m Fly	46
47	200m Free	48
49	400m IM (Timed Final)	50

Warm up – 11:45pm to 12:40pm		
Girls	Session 6 (12&under) Timed Final	Boys
101	4 x 50m FR (Mixed, 10&under)	
102	4 x 50m FR (Mixed, 11-12)	
51	50m Free	52
53	100m Breast	54
55	200m Back	56
57	100m Fly	58
59	200m Free	60
61	400m IM	62

Warm up – 4:15pm to 4:55pm		
Girls	Session 7 (13&over Finals)	Boys
5	50m Fly	6
39	50m Free	40
41	100m Breast	42
43	200m Back	44
45	100m Fly	46
47	200m Free	48



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(IM = 2 events)

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13"X19" - \$35.00
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We look forward to your stay and should you have any questions please call David Sawh at 905-305-5502 or email david.sawh@edwardvillagehotel.com





RHAC LAUNCH INTO LONG COURSE

January 24-26, 2020

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



Rate starting from \$134.00

Team Benefits

- Closest hotel in Markham Pan Am Centre
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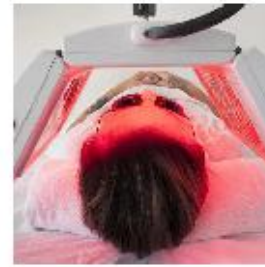
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