



Meet Information Package

December 4-6, 2015
Toronto, On

Toronto Pan Am Sports Centre
875 Morningside Ave.
Toronto, On, M1C 0C7

Swim Ontario would like to thank all of its sponsors for their generosity and support in the sport of swimming



General Information

Date: December 4-6, 2015

Meet Type: Short Course Metres – Heats & Finals

This competition is open to swimmers registered with Swimming Canada and foreign swimmers and teams who are registered with a FINA affiliated organization and comply with Swim Ontario competition eligibility regulations.

**Sanction &
Competition Host:** Swim Ontario

Competition Rules: **FINA and Swimming Canada Rules will apply.**
Any discrepancies between Swimming Canada Meet Rules and those found in this Meet Information Package shall be superseded by those found in this package.

**Organizing
Committee:**

Chair: (Swim Ontario) Darin Muma darin@swimontario.com
Meet Manager: Nicole Parent nicole@swimontario.com
Entry Coordinator: Trevor Cowan ojentries@swimontario.com

Competition Coordinators: Rob Filion rfilion@me.com
Paul Corkum corko@sympatico.ca

Officials Coordinator: Paul Corkum corko@sympatico.ca

Contact & Address: **3 Concorde Gate, Suite 206
North York, ON M3C 3N7**

Communication: For information and updates please refer to the Swim Ontario website <http://www.swimontario.com>. The only meet package that is considered valid is the one found on the www.swimming.ca

Location: **Toronto Pan Am Sports Centre**
University of Toronto, Scarborough Campus,
875 Morningside Ave., Toronto, On, M1C 0C7

Facility: 52m x 25m 10 lane, 3m deep, competition pool with bulkheads and a 52m x 25m 10 lane 2.5m deep, training tank with moveable floor and bulkheads. Both pools have non-turbulent lane markers and OMEGA electronic timing systems. There is also a 25m x 21m dive tank and a state of the art field-house and fitness centre.

Pre-meet Training:

Practice Date	Practice Time
December 2	1700-1900
December 3	0900-1130 & 1600-1900

For additional training times please contact: darin@swimontario.com

Session Times:

Competition: December 4-6	Warm Up	Start
Preliminary Session	0800	930
Finals Session	1630	1800

Meet Management reserves the right to change warm-up session times, and to allocate team warm-up schedules.

Competition Format: All sessions will be run in a single 25m x 8 lane (3m deep) tank. Warm-up/cool down facilities will be available.

Preliminaries: All prelims will run 8 lane heats with the fastest three heats circle seeded except for 400m events which will be 2 heats circle seeded.

The 800 and 1500 Freestyle will be run as Time Final events with the fastest 8 entries in each event swimming in that day's finals session. The remaining heats will be run fastest to slowest alternating women and men in the preliminary session.

Finals: All "A" finals will be run top eight (8)
All "B" finals will run top eight (8)
The finals sessions will run using the following format:

- "B" Final
- "A" Final
- "B" Final
- Medal Ceremony
- "A" Final
- "B" Final
- Medal Ceremony

All relays are Time Final events run during the finals session slowest to fastest with the top 8 seeded times in the final heat. Proof of time will be required.

All "A" finalists will be required to report the ready room 20 minutes prior to their event

Important note to clubs: If a top 3 placing swimmer is unable to make it to their award ceremony, the club/team must send a fully uniformed substitute swimmer in their place.

Athlete and Team Information

Psych Sheets: Psych Sheets will be posted at www.swimontario.com 5 days after the entry deadline.

Meet Results: Meet results will be provided in the following manner:

- **Live Results** will be available on our website www.swimontario.com each day through a link on the front page as well as through Meet Mobile.
- Final Results will be forwarded to www.swimming.ca within 48hours of the completion of the competition.

Competition Eligibility: Swimmers must be registered as competitive swimmers with Swim Ontario, Swimming/Natation Canada or another FINA recognized National Federation and have met the qualifying requirements. This includes compliance with Swim Ontario non-resident eligibility requirements.

Qualification Period: All short course metres and long course metres times achieved since September 1, 2014 are eligible for entry.

- Proof of Qualification:** All Canadian entries will be validated via the Swim Canada results database. Proof of time must accompany ALL foreign entries. Times are to be submitted in the course they were achieved. Converted times will not be accepted.
- Swimmer's Age:** **18 YEARS & under as of first day of competition.**
- Entry Qualification:** Swim Ontario does not accept yards or converted yards times for entry. **PLEASE SUBMIT ENTRIES IN EITHER LCM OR SCM.**
- Entries Limits:** There are no limits on individual entries or the number of teams entered in relay events. All swimmers must qualify in a minimum one (1) with up to 4 bonus swims, as follows:
Event standards on page 14.
- 1 QT = 4 bonus swims
 - 2 QT = 3 bonus swims
 - 3 QT = 2 bonus swims
 - 4 QT = 1 bonus swim
 - 5 or more QT = 0 bonus swims
- Meet Limit:** **The competition host reserves the right to limit the meet to 325 swimmers. In such a case, the Federation or Swim Club that enters the 325th swimmer will be that last entries accepted into the meet.**
- Foreign Team Info:** Foreign teams must fill out and submit the foreign team coach and support staff registration information found on the Swim Ontario OJI webpage (http://www.swimontario.com/index_ptp.php?id=2820).
- Entry Process:** Canadian entries: **MUST** be submitted via www.swimming.ca
International entries: May be submitted as HY3 file or CL2 File to ojentries@swimontario.com and must be accompanied by official proof of time.
- Entry Deadline:** **TUESDAY NOVEMBER 24, 2015** – No entry time upgrade, event additions, or, change of events will be accepted after this date.
- Seeding:** After all times have been verified:
 All LCM entries will be converted to short course metres (SCM) using Hy-Tek conversion factors and then all entries will be seeded by SCM time regardless of bonus swim designation.
- Entry Fees:**
- | | |
|------------------------------|---|
| Individual Event Fee: | \$15.00 CAD including HST = \$16.95 |
| Relay Event Fee: | \$20.00 CAD including HST = \$22.60 |
| Splash fee: | \$ 5.00 CAD + HST per swimmer = \$ 5.65 |
- Official International Federation Teams are exempt from entry fees.**
- Team Registration:** Club reps or coaches are required to register at the pool. Registration, payment and deck accreditation must be obtained before deck access will be granted.
- December 2 1700-1900
 - December 3 0800-1100 and 1600-1800
- Payment:** Entry fees must be paid **prior to** or at meet registration.
- Credit card payment or cheques will be only form of payment.
 - **NO CASH payment allowed.**

- All entry fees must be paid prior to the start of technical meeting.
- All cheques are payable to
Swim Ontario, 3 Concorde Gate, Suite 206, North York, ON, M3C 3N7.
- Clubs wishing to pay by credit card should contact meet management for payment instructions.
- There will be a \$50 NSF fee for any returned cheques.
- All fees are payable in Canadian Dollars (\$CAD)

Accreditation:

Club deck accreditations (inclusive of coaches, team manager and support staff):

1–5 swimmers	2 accreditations
6–10 swimmers	3 accreditations
11–15 swimmers	4 accreditations
16–20 swimmers	5 accreditations
21–30 swimmers	6 accreditations
31+ swimmers	7 accreditations

Extra accreditations may be purchased at a cost of \$40.00 CAD per accreditation and are based on availability.

Lost accreditation:

Will be replaced at a cost of \$40.00 CAD per accreditation.

Coach Accreditation:

Coaches must be registered with the CSCTA as an “A1” or “B” member, Swimming Canada, and meet the minimum NCCP requirements as outlined in the Swimming Canada National Registration Policy (see page 8) & Membership Procedures Manual to receive a coach accreditation card and access to the pool deck. Accreditation passes must be visible while on deck. **Foreign coaches must be affiliated to their national federation or recognized coaching agency in good standing.**

Support Staff

Accreditation:

Clubs/Teams must complete the Domestic or international Support Staff Accreditation Form available on the Swim Ontario OJI webpage (http://www.swimontario.com/index_ptp.php?id=2820). Clubs not submitting the form in advance may be subject to a \$10 fine per support staff. If a club is submitting a coach as part of their support staff then the individual is not eligible to fulfill any coaching role. Support staff found to be in breach of this will have their deck accreditation removed and notification to the CSCTA will be done for compliance to CSCTA Code of Professional Conduct - Coach to Profession 11 a and b.

Support staff may include: physiologist, chiropractor, doctor, massage therapist, bio mechanist, psychologist, physiotherapist or team managers/chaperones.

Swimmers

Accreditation:

Swimmers will be provided an accreditation card for deck access. This card must be displayed at all times. Access to the pool will be through the locker rooms and past the main security checkpoint.

Notes:

The Deck Accreditation Card remains the property of Swim Ontario and can be withdrawn, with immediate effect, at Swim Ontario’s sole discretion. By using this Card, individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relations to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.

By accepting the Accreditation card you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing

within any championship venue shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario in order to use this Deck Accreditation Card. The individual also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating my participation in, and/or organizing the Swim Ontario Designated Competition

Please be advised that deck accreditations should not be provided to children, youth or adults that are not participants in the competition, either as an athlete, coach, support staff or volunteer/official. Insurance and risk management do not extend to non-supervised minors or individuals that are age of majority that are not part of the competition either as a participant, coach, support staff or event volunteer/official.

***SNC Coach
Registration Policy
for Canadian Clubs:***

The SNC coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. **All teams must submit a list of coaches attending the Ontario Junior International at the time of entry.** Meet management will confirm that the Canadian coaches submitted are compliant with the SNC policy prior to the competition as well as at Registration. Coaches found not to be compliant list will not be eligible to participate in the Ontario Junior International.

Technical Meetings: Thurs., Dec. 3, 2015, 5:00pm at Toronto Pan Am Sports Centre, University of Toronto, Scarborough

Coaches Meetings: **If necessary,** meetings will take place 30 minutes prior to the start of each session

Officials Meetings: Will take place 45 minutes prior to the start of each session

Coach Policy: As per Swimming/Natation Canada or registered with a recognized FINA affiliated National Federation.

On Deck Policy: Only persons with valid swim meet accreditation will be granted access to the deck.

Scratches:

Preliminaries

- Friday Preliminaries: 30 minutes following the December 3 Technical Meeting.
- Saturday and Sunday: 30 minutes following the start of Finals the previous evening.
- Scratches must be done on the official scratch cards.
- E-mailed scratches WILL NOT be accepted.
- Scratches for the 800m and 1500m Freestyle events is 30 minutes following the start of finals the previous evening the respective event is scheduled

Finals

- Finals events and Relays: 30 minutes following the completion of the preliminary events
- Scratches must be done on the official scratch cards.
- E-mailed scratches WILL NOT be accepted.

Penalties

- “No-Shows”, “step-downs” and “unexcused incomplete swims” will be penalized \$100.00 CAD for both Preliminaries and Finals.

- Fines incurred in preliminaries may be paid immediately, or at the end of the preliminary session. The swimmer in question may swim other events in that preliminary session prior to paying the penalty. Should the swimmer in question qualify for finals, he/she shall not swim in Finals until the fine is paid.

Relay Name

Submission:

Coaches should submit their relay names via Relay Cards provided by Clerk of Course.

- Deadline for Mixed Relays: 30 minutes following the start of warm-ups for Finals
- Deadline for Men's and Women's Relays: 30 minutes following the start of Finals session

Awards:

Individual and relay team awards only as follows:

- Medals for first, second and third place in both individual and relay events
- Aggregate High Point Awards Male and Female
 - 5 points for gold
 - 2 points for silver
 - 1 point for bronze
 - Ties for the above, will be awarded
- **Best World Class Swim Male based on 2015 SCM World Ranking**
- **Best World Class Swim Female based on 2015 SCM World Ranking**

Important note to clubs: If a top 3 placing swimmer is unable to make it to their award ceremony, the club/team must send a fully uniformed substitute swimmer in their place.

Site Information:

Hospitality:

A hospitality room with refreshments will be available for coaches and officials.

Parking:

Parking is available at the facility in designated areas for a fee of \$9.50 per day weekdays and \$2.00 per day on Saturday and Sunday.

Lockers:

Lockers are available at the pool in the change rooms— please bring your own locks.



DELTA TORONTO EAST[®] WELCOMES JUNIOR INTERNATIONAL COMPETITION

LOCATION

- Conveniently located off HWY 401, only a short drive from downtown Toronto, the Ontario Science Centre and the Toronto Zoo
- 25 minutes from Pearson Airport YYZ
- 7 minutes to Pan-Am Aquatic Centre



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\$119
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DELTA TORONTO EAST
2035 Kennedy Road | Toronto, ON | M1T 3G2
Tel: 416-299-1500 | Fax: 416-299-8959 | deltatorotoeast.com



Meet Program

Day 1 – Friday, December 4, 2015

Preliminary Session			Final Session		
Warm-up: 0800 – 0920 Start: 0930			Warm-up: 1630 – 1750 Start: 1800		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
1	200 Freestyle	2	1	200 Freestyle	2
3	100 Breaststroke	4	3	100 Breaststroke	4
5	400 Individual Medley	6	5	400 Individual Medley	6
7	100 Butterfly	8	7	100 Butterfly	8
9	50 Backstroke	10	9	50 Backstroke	10
			11	800 Freestyle Relay	12

Day 2 – Saturday, December 5, 2015

Preliminary Session			Final Session		
Warm-up: 0800 – 0920 Start: 0930			Warm-up: 1630 – 1750 Start: 1800		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
15	200 Butterfly	16	--	200 Mixed Medley Relay	14
17	100 Backstroke	18	15	200 Butterfly	16
19	400 Freestyle	20	17	100 Backstroke	18
21	50 Freestyle	22	19	400 Freestyle	20
23	200 Breaststroke	24	21	50 Freestyle	22
25	50 Butterfly	26	23	200 Breaststroke	24
			25	50 Butterfly	26
			27	400 Freestyle Relay	28

Day 3 – Sunday, December 6, 2015

Preliminary Session			Final Session		
Warm-up: 0800 – 0920 Start: 0930			Warm-up: 1630 – 1750 Start: 1800		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
33	200 Individual Medley	34	--	200 Mixed Free Relay	30
35	100 Freestyle	36	31	800 Freestyle (TF - SH)	
37	200 Backstroke	38	33	200 Individual Medley	34
39	50 Breaststroke	40	35	100 Freestyle	36
31	800 Freestyle (TF - SH)	--	37	200 Backstroke	38
--	1500 Freestyle (TF- SH)	42	39	50 Breaststroke	40
			--	1500 Freestyle (TF- SH)	42
			43	400 Medley	44

TF – Time Final FH – Fastest Heat SH – Slower Heats

Meet Management reserves the right to change warm-up session times, and to allocate team warm-up schedules.

Ontario Junior International – Qualifying Standards

Women			Event	Men		
Standard				Standard		
SCM		LCM		LCM		SCM
26.58		27.47	50 Freestyle	24.47		23.70
57.36		58.52	100 Freestyle	52.92		51.59
2:03.73		2:07.28	200 Freestyle	1:56.52		1:52.87
4:22.07		4:29.18	400 Freestyle	4:09.89		4:01.37
9:08.59		9:21.80	800 Freestyle	--		--
--		--	1500 Freestyle	16:51.04		16:12.07
29.85		31.20	50 Backstroke	28.32		26.76
1:03.74		1:06.28	100 Backstroke	1:00.28		57.44
2:16.72		2:23.52	200 Backstroke	2:11.04		2:04.34
33.50		34.40	50 Breaststroke	30.69		29.82
1:12.48		1:14.50	100 Breaststroke	1:07.19		1:04.86
2:36.51		2:41.39	200 Breaststroke	2:26.77		2:20.88
28.55		29.05	50 Butterfly	26.36		25.61
1:03.54		1:04.25	100 Butterfly	57.64		56.76
2:19.97		2:24.03	200 Butterfly	2:10.53		2:06.57
2:20.17		2:24.94	200 Individual Medley	2:12.56		2:07.38
4:56.59		5:08.97	400 Individual Medley	4:43.29		4:33.34

SWIMMING CANADA POLICY ON SWIMWEAR

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

MATERIAL – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of “textile” currently is: “Material consisting of, natural and/or synthetic, individual and nonconsolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.”

SHAPE – **MEN**: swimwear shall not extend above the navel or below the knee. **WOMEN**: swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

USE – Swimmers shall wear only one swimsuit, taping is not permitted.

CONSISTENCY – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the water FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”