

# HAC Steeltown Dec 2-3, 2023

New end time Session 1 & 3. New warm-up time, start time and end time Session 2 & 4

<b>DATE(s):</b>	December 2-3, 2023	<b>REGION:</b>	Western
<b>HOSTED BY:</b>	Hamilton Aquatic Club		
<b>LOCATION:</b>	McMaster University, Ivor Wynne Centre, 1280 Main St. West, Hamilton, Ontario L8M 1E2		
<b>FACILITY:</b>	50M 6 lane competition pool with bulkhead set at 25M		
<b>PURPOSE &amp; DESCRIPTION:</b>	Making qualifying times for future meets		
<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 COORDINATOR:</b>	Brad Knowles	Level: 5	Email: brad-knowles@hotmail.com
	If Level 3 Referee is serving as CC, please indicate that ROR/Swim Ontario approval has been granted <input type="checkbox"/>		
<b>MEET MANAGER:</b>	Cynthia Meneses	Email:	Cynthia.meneses@hacswim.ca
<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> the <a href="#">Swimming Canada Event Photography and Videography</a> and the Swim Ontario Event Photography procedures will be in effect. For complete details click <a href="#">HERE</a> .		
<b>COMPETITION RULES:</b>	<b>Sanctioned as an invitational by Swim Ontario.</b>		
	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 <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
	<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:		
	<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' entries will not be accepted	

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<b>AGE UP DATE:</b>	Ages submitted are to be as	December 2, 2023
<b>ENTRY DEADLINE:</b>	<b>November 22, 2023</b>	
	Changes to entries will be accepted until	November 29, 2023
<b>ENTRY FEE:</b>	<input checked="" type="checkbox"/> Individual Events \$15	
	<input checked="" type="checkbox"/> Swimmer Fee \$5	
	Payment Method:	Cheque made payable to Hamilton Aquatic Club
<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 LIMITS:</b>	The maximum number of participants per session is	350
	Each club is limited to the following number of swimmers	85
	The maximum number of entries per swimmer is	8
<b>ENTRY SUBMISSIONS:</b>	<b>ENTRIES:</b>	
	<p>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:</p> <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> <p>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.</p>	
	<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 mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.	
	<input checked="" type="checkbox"/>	No relays will be offered at this event.
<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: Fastest to Slowest

# HAC Steeltown Dec 2-3, 2023

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## SCHEDULE OF SESSIONS

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	December 2/23	8:45am-9:25am	9:30am	11:30am	Time Final
2	December 2/23	12:00pm-12:40pm	12:45pm	3:30pm	Time Final
3	December 3/23	8:45am-9:25am	9:30am	11:30am	Time Final
4	December 3/23	12:00pm-12:40pm	12:45pm	3:30pm	Time Final

<b>MIXED-GENDER:</b>	<p>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.</p> <p>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.</p> <p>In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p>
<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.
<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 \$20 CASH ONLY
<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 checked="" 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 scored: Age Classification: 10&Under, 11-12, 13-14, and 15&Over High Point Trophy for each age & gender classification. Scoring for each event will be 8 points for 1 <sup>st</sup> , 5 points for 2 <sup>nd</sup> , 4 points for 3 <sup>rd</sup> , 3 points for 4 <sup>th</sup> , 2 points for 5 <sup>th</sup> , 1 point for 6 <sup>th</sup> . Each swimmer's total points will be summed to determine the high point winners. High point ties will be decided between swimmers with tied total points scored based on

# HAC Steeltown Dec 2-3, 2023

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		the swimmer who has the most points for first places and then after that, the swimmer with the most seconds, and so on until there is a clear high point winner. If this process is insufficient, the high point winner will be based on the swimmer with the highest total amount of meters swum (over all meet events).
<b>AWARDS:</b>	<input checked="" type="checkbox"/>	The following will be awarded: Ribbons – 1 <sup>st</sup> through 6th

## SCHEDULE OF EVENTS:

Session 1 Saturday, December 2, 2023 Warm-up: 8:45 AM -- Start: 9:30AM	
Mixed	Event
102	100 I.M.
103	100 Breaststroke
104	50 Backstroke
105	100 Freestyle
106	200 Backstroke
107	50 Breaststroke
108	100 Butterfly
109	400 Freestyle

Session 2 Saturday, December 2, 2023 Warm-up: 12:00PM -- Start: 12:45PM	
Mixed	Event
202	100 I.M.
203	100 Breaststroke
204	50 Backstroke
205	100 Freestyle
206	200 Backstroke
207	50 Breaststroke
208	100 Butterfly
209	400 Freestyle

# HAC Steeltown Dec 2-3, 2023

New end time Session 1 & 3. New warm-up time, start time and end time Session 2 & 4

Session 3 Sunday December 3, 2023 Warm-up: 8:45 AM -- Start: 9:30AM	
Mixed	Event
302	200 I.M.
303	50 Freestyle
304	200 Butterfly
305	100 Backstroke
306	200 Breaststroke
307	50 Butterfly
308	400 I.M.
309	200 Freestyle

Session4 Sunday December 3, 2023 Warm-up: 12:00PM -- Start: 12:45PM	
Mixed	Event
402	200 I.M.
403	50 Freestyle
404	200 Butterfly
405	100 Backstroke
406	200 Breaststroke
407	50 Butterfly
408	400 I.M.
409	200 Freestyle