

MAC Jingle Bell Meet Short Course

December 15 – 17, 2023



Markham Pan Am Pool

DATE(s):	December 15-17,2023		REGION:	Central
HOSTED BY:	Markham Aquatic Club			
LOCATION:	Markham Pan Am Pool, 16 Main Street, Unionville , ON			
FACILITY:	10 lanes, 2 x 25 meters pool, Swiss Timing System			
PURPOSE & DESCRIPTION:	To provide racing opportunities Invitational Age Group Meet – 11 & Under, 12 & Over, No qualifying standards All Events are Timed Finals			
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:	Lisa Chow, Lea Chen, Harry Shardlow, Stanley Liu		Level:	5
	officials@markhamaquaticclub.com			
MEET MANAGER:	YY Wong + Aki Ko	Email:	officials@markhamaquaticclub.com	
SAFETY AT COMPETITION:	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 Swim Ontario Concussion Management the Swimming Canada Event Photography and Videography and the Swim Ontario Event Photography procedures will be in effect. For complete details click HERE .			
COMPETITION RULES:	Sanctioned as an invitational by Swim Ontario.			
	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 Swimming Canada Competition Warm-Up Safety Procedures and Swim Ontario warm-up safety rules will be in effect. Details HERE 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	Both Ends
		<input type="checkbox"/>	Deck or Bulkhead at	
	<input type="checkbox"/>	In-Water at		
ELIGIBILITY:	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.			
	<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.		
FOREIGN COMPETITORS:	<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 Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition.	
AGE UP DATE:	Ages submitted are to be as	December 15,2023
ENTRY DEADLINE:	November 23, 2023, Thursday	
	Changes to entries will be accepted until	November 28, 2023 Tuesday
ENTRY FEE:	X	Relay Events \$22
	X	Individual Events \$15 for events below 200 m \$20 for 400, 800 & 1500 events
	Payment Method: Please make cheque payable to Markham Aquatic Club or by e transfer	
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 the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.	
ENTRY LIMITS:	The maximum number of participants per session is	760
	The maximum number of entries per swimmer is	Friday - 3 events Saturday + Sunday - 3 events + 1 relay per session
ENTRY SUBMISSIONS:	ENTRIES: Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca and must include all attending coaches. Meet management will:	
	<ul style="list-style-type: none"> not accept entries via email; notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition. 	
	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.	
	X	NT entries are not permitted
	X	Entries must be submitted using provable times or estimated entries times to allow proper seeding and not enter swimmers with "NT".
RELAYS	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.	
	X	Relay swimmers must be entered in a non-relay event in order to compete.

	X	The deadline for relay name submissions is	30 minutes before the session starts at the Admin Desk
CONVERSION:	X	Entry times can be converted. All entries are to be submitted in SCM times. Please use the HY-TEK default conversion factor to convert LCM times to SCM times before submitting entries	
SEEDING:	X	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package. Swimmers entered with NT (no time) will be seeded last. Distance events will be seeded from fastest to slowest	
MIXED-GENDER:	<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>		

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	December 15, 2023 Friday PM	4:00 PM – 4:40PM Age 11 & Over	4:45PM	9:00 PM	Time Finals
2	December 16, 2023 Saturday AM	7:30 AM – 8:30AM Age 12 & Over	8:35AM	12:35PM	Time Finals
3	December 16, 2023 Saturday PM	1:00 PM – 2:00PM Age 11 & Under	2:10PM	6:00PM	Time Finals
4	December 17, 2023 Sunday AM	7:30 AM – 8:30AM Age 12 & Over	8:35AM	12:35PM	Time Finals
5	December 17, 2023 Sunday PM	1:00 PM – 2:00PM Age 11 & Under	2:10PM	6:00PM	Time Finals

Meet Management reserves the right to change warm-up session times and 2 warmups will be split by club.

Diving lanes will be open for the last 10 minutes of warm up- one-way swimming

West End Lane 0, 2, 4 & 6 and East End 1, 3, 5 & 7. Pace Lane – West End and East End Lane 8 & 9

Back Stroke Ledge will be located at West END and East End Lane 0 during warm up.

CHECKIN AND SCRATCHES:	X	Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.	
	X	There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events:	Distance Events – 400/800/ 1500 and Relays
PENALTIES:	X	No scratch penalty shall be imposed for late or day of scratches or No-Shows	
DECK ENTRIES:	X	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).
	X	Event Deck Entries are permitted for swimmers already entered in the competition.
	X	Fee \$ 25 payable in cash to Clerk of Course prior to the event
OFFICIAL SPLIT TIMES:	X	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.
RECORDS:	X	Swim times achieved at this event will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
MEET RESULTS:		Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca
	X	The meet program will be run on Hy-Tek Meet Manager.
	X	Live Results / Meet Mobile are available.
SCORING:	X	No Scoring
AWARDS:	X	No awards, Random Bell Prizes
Hospitality:	X	Grab and go lunch boxes will be provided to those coaches and officials working back-to-back sessions
Officials:	X	If any registered officials from each attending clubs are interested in officiating, please send an email to officials@ markhamaquaticclub.com
ADDITIONAL INFORMATION:		<p>Onsite Parking is limited. Extra parking space will be available at Unionville GO Station.</p> <p>All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area.</p> <p>Lockers are available but limited; please bring your own lock.</p> <p>NO FOOD or DRINK ON DECK except for water. There are 2 fill stations and fountains on the pool deck. Concession vendor is available at the Lobby.</p> <p>Nearby Amenities:</p> <ul style="list-style-type: none"> • Restaurants • Grocery Stores (T&T and Whole Foods have readymade food) • Tim Hortons

SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device.

*400 IM may limit to top 4 heats

** 800 / 1500 Free may limit to top 6 heats / 2 heats

##Meet Management reserves the right to limit heats or to cancel the relay to keep session within time constraints

+ Swimmers are limit to one (1) – 200 M event per session.

Positive check in is required 30 minutes before start of session for 400, 800 + 1500 events and relays.

Session 1 – Friday Afternoon December 15, 2023

Warm UP: 4:00 PM – 4:40 PM Start: 4:45 PM

GIRLS 11 & Over	EVENTS	BOYS 11 & Over
1	11 & Over 100 IM	2
3	11 & Over 50 Butterfly	4
5	11 & Over 50 Backstroke	6
7	11 & Over 50 Breaststroke	8
9	Alternating Heats Event 9 & 10 Mixed 11 & Over – 800 Freestyle **	9
10	Mixed 11 & Over – 1500 Freestyle **	10

Session 2 – Saturday Morning December 16, 2023

Warm UP: 7:30AM – 8:30AM Start: 8:35 AM

GIRLS 12 & Over	EVENTS	BOYS 12 & over
101	12 & Over 4 X50 Freestyle Relay	102
11	12 & Over 200 Freestyle +	12
13	12 & Over 50 Freestyle	14
15	12 & Over 100 Backstroke	16
17	12 & Over 200 Breaststroke +	18
19	12 & Over 100 Butterfly	20
21	Mixed 12 & Over 400 IM *	21

Session 3 – Saturday Afternoon December 16, 2023

Warm UP: 1:00PM – 2:00 PM Start: 2:10 PM

GIRLS 11 & Under	EVENTS	BOYS 11 & Under
103	11 & Under 4 x 50 Freestyle Relay	104
23	11 & Under 200 Free +	24
25	11 & Under 50 Free	26
27	10 & Under 25 Free	28
29	11 & Under 100 Backstroke	30
31	11 & Under 200 Breaststroke +	32
33	10 & Under 50 Breaststroke	34
35	10 & Under 25 Breaststroke	36
37	11 & Under 100 Butterfly	38
39	Mixed 11 & Under 400 IM *	39

SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device.

400 Free may limit to top 6 heats.

##Meet Management reserves the right to limit heats or to cancel the relay to keep session within time constraints

+ Swimmers are limit to one (1) – 200 M event per session.

Positive check in is required 30 minutes before start of session for 400, 800 + 1500 events and relays.

Session 4 – Sunday Morning December 17, 2023

Warm UP: 7:30 AM – 8:30 AM Start: 8:35AM

GIRLS 12 & Over	EVENTS	BOYS 12 & Over
105	12 & Over 4 X50 Medley Relay	106
41	12 & Over 200 Butterfly +	42
43	12 & Over 100 Freestyle	44
45	12 & Over 200 Backstroke +	46
47	12 & Over 100 Breaststroke	48
49	12 & Over 200 IM +	50
51	Mixed 12 & over 400 Freestyle *	51

Session 5 – Sunday Afternoon December 17, 2023

Warm UP: 1:00 PM – 2:00 PM Start: 2:10PM

GIRLS 11 & Under	EVENTS	BOYS 11 & Under
107	11 & Under 4X50 Medley Relay	108
53	11 & Under 200 Butterfly +	54
55	11 & Under 50 Butterfly	56
57	10 & Under 25 Butterfly	58
59	11 & Under 100 Freestyle	60
61	11 & Under 200 Backstroke +	62
63	10 & Under 50 Backstroke	64
65	10 & Under 25 Backstroke	66
67	11 & Under 100 Breaststroke	68
69	11 & Under 200 IM +	70
71	10 & Under 100 IM	72
73	Mixed 11 & Under 400 Freestyle *	73