

**Newmarket Stingrays Fall Invitational
Swim Meet
November 1-3, 2019**



Newmarket Stingrays Fall Invitational Swim Meet
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Location: Magna Centre **Facility:** 8-Lane, 25-metre pool
800 Mulock Drive Electronic timing
Newmarket, Ontario

Description: Timed Finals

Times:

Dates	Warm up Start Time	Session Start Time	Est. Session Length
Friday, November 1 11 & over	4:00pm	5:00 pm	4 hrs
Saturday, November 2 13 & over	7:30am	8:30 am	3 hrs 30m
Saturday, November 2 10 & under	12:00pm	1:00 pm	3 hrs 30m
Saturday, November 2 11 & 12	4:30 pm	5:30 pm	3 hrs 30m
Sunday, November 3 13 & over	7:30am	8:30 am	3 hrs 30m
Sunday, November 3 10 & under	12:00pm	1:00 pm	3 hrs 30m
Sunday, November 3 11 & 12	4:30 pm	5:30 pm	3 hrs 30m

Meet Package:

The only meet package, which will be considered as valid, must be the most current version found on www.swimming.ca

Safety and 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](#).

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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 Co-ordinator: Don Maclean, level 5; Donald.maclean@rogers.com
Rick Bremner, level 4; rabremner@rogers.com

Meet Manager: Shelagh Greenwood Stingrays.MeetManager@gmail.com
Mailing Address: Shelagh Greenwood c/o Newmarket Stingrays Swim Club
Ray Twinney Recreation Complex
100 Eagle Street West, Newmarket, Ontario
(905) 853-2298

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](#).

Coaches 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.

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Request for Officials:

Volunteers can indicate their interest by emailing Stingrays Club Officials Chair (COC) at Stingraysswimofficials@gmail.com prior to October 25th , 2019. After this date, officials can make themselves known to the Meet Manager at the start of each session in case volunteers are still required.

Records:

Swim times achieved at this competition will NOT be used for applications of provincial and national records.

Eligibility:

All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and have a valid SC registration number. Swimming Canada entries without a valid SC registration number and registration status will be declined entry. Ages are to be submitted as of November 1st, 2019.

Foreign competitors are welcome, subject to the provisions below.

- 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.

Entries:

Entries must be submitted through the SNC online entries system at www.swimming.ca . Meet Management will not accept entries directly via email.

Entries will be accepted on a first- come, first served basis. Please submit entries early to ensure your place. Please make cheque payable to **Newmarket Stingrays Swim Club** and deliver it to Meet Management prior to your first session.

Limitations: Swimmers will be limited to a maximum of 3 individual events on Saturday and Sunday, and a maximum of 2 individual events on Friday. Please ensure that you have entered all events in a real or estimated time. **Entries with NT will NOT be accepted.**

Deck Entries: 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 as an active, registered, competitive swimmer. *(include applicable fees)*

Deadline: The final deadline for changes to entries will be **12 noon** on Monday October 28th, 2019, at which time all entries will be considered final. This meet will then be final seeded. No changes will be accepted after this date. All fees will be charged based on entries submitted up to the entry deadline, regardless of whether the swimmer competes or not.

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- Fees:** **Standard**
\$12.50 per individual event
\$16.00 per relay team (total for 4 swimmers)
- Deck Entries**
\$14.00 per individual event
\$18.00 per relay team (total for 4 swimmers)
- Scratch Rule:** Meet Management requests that all scratches from prelims and timed finals be submitted no later than 30 minutes prior to the start of the session to allow for as many deck entries as possible. There will be no reseeding for scratches received after the initial scratch deadline.
- Seeding:** All Heats will be seeded slowest to fastest with the exception of event #3 & #4, mixed 400 freestyle, which will be fastest to slowest. All entry times will be converted to Short Course (SC) times, using the default conversion factors in Hy-Tek Meet manager.

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.

Meet Results:

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

Live Results: <http://results.teamunify.com/cannssc/>

All Events will be Timed Finals.

Meet Management reserves the right to:

- Change warm-up times depending on meet entries
- Limit heats to stay within time limits
- Eliminate relays to stay within time limits
- Use over the head starts
- Combine heats as appropriate to conserve time, including the combining of female and male heats

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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. Coaches are to request an "official Split Request" form from Meet Management.

The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.

Awards:

Individual Events	Medals: 1-2-3 & Ribbons: 4 to 8 Girls: 9 & under, 10, 11, 12, 13/14, 15 & Over Boys: 9 & under, 10, 11, 12, 13/14, 15 & Over
Relay Events	Ribbons: 1-2-3 Girls: 10 & Under, 11/12, 13/14, 15 & Over Boys: 10 & Under, 11/12, 13/14, 15 & Over

Scoring: There will be no individual or team scoring.

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 deep end only

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Order of Events:

Session #1: Ages: 11 & Over

Friday, November 1, 2019

Warm-up 4:00pm

Start: 5:00 pm

Girls' Events				Boys' Events
1	15 & over Mixed	200	IM	1
2	11-14 Mixed	200	IM	2
3	15 & over Mixed	400	Freestyle	3
4	11-14 Mixed	400	Freestyle	4

Session #2: Ages: 13-14 and 15 & over

Saturday, November 2, 2019

Warm-Up: 7:30am

Start: 8:30 am

Girls' Events				Boys' Events
5	13-14	4x50	Freestyle relay	6
7	15 & over	4x50	Freestyle relay	8
9	13-14	200	Freestyle	10
11	15 & over	200	Freestyle	12
13	13-14	100	Breaststroke	14
15	15 & over	100	Breaststroke	16
17	13- 14	50	Butterfly	18
19	15 & over	50	Butterfly	20
21	13-14	100	Backstroke	22
23	15 & over	100	Backstroke	24
25	13-14	200	Butterfly	26
27	15 & over	200	Butterfly	28
29	13-14	50	Free	30
31	15 & over	50	Free	32

Session #3: Ages 10 & under

Saturday November 2, 2019

Warm-ups: 12:00 pm

Start: 1:00 pm

Girls' Events				Boys' Events
33	10 & under	4x50	Freestyle relay	34
35	10 & under	2001	Freestyle	36
37	10 & under	00	Breaststroke	38
39	10 & under	50	Butterfly	40
41	10 & under	100	Backstroke	42
43	10 & under	50	Freestyle	44
45	10 & under	100	IM	46

Session #4: Ages 11 & 12 years

Saturday, November 2, 2019

Warm-ups: 4:30pm

Start: 5:30 pm

Girls' Events				Boys' Events
47	11-12	4x50	Free relay	48
49	11-12	200	Freestyle	50
51	11-12	100	Breaststroke	52
53	11-12	50	Butterfly	54
55	11-12	100	Backstroke	56
57	11-12	200	Butterfly	58
59	11-12	50	Free	60

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Session #5: Ages 13 & 14 and 15 & over

Sunday, November 3, 2019

Warm-Up: 7:30am

Start: 8:30 am

Girls' Events				Boys' Events
61	13 & 14	4x50	Medley relay	62
63	15 & over	4x50	Medley relay	64
65	13 & 14	200	Backstroke	66
67	15 & over	200	Backstroke	68
69	13 & 14	100	Freestyle	70
71	15 & over	100	Freestyle	72
73	13 & 14	50	Breaststroke	74
75	15 & over	50	Breaststroke	76
77	13 & 14	100	Butterfly	78
79	15 & over	100	Butterfly	80
81	13 & 14	200	Breaststroke	82
83	15 & over	200	Breaststroke	84
85	13 & 14	50	Backstroke	86
87	15 & over	50	Backstroke	88

Session #6: Ages 10 & under

Sunday November 3, 2019

Warm-ups: 12:00 pm

Start: 1:00 pm

Girls' Events				Boys' Events
89	10 & under	4x50	Medley relay	90
91	10 & under	100	Freestyle	92
93	10 & under	50	Breaststroke	94
95	10 & under	100	Butterfly	96
97	10 & under	50	Backstroke	98
99	10 & under	200	IM	100

Session #7: Ages 11/12 years

Sunday, November 3, 2019

Warm-ups: 4:30 pm

Start: 5:30 pm

Girls' Events				Boys' Events
101	11/12	4x50	Medley relay	102
103	11/12	200	Backstroke	104
105	11/12	100	Freestyle	106
107	11/12	50	Breaststroke	108
109	11/12	100	Butterfly	110
111	11/12	200	Breaststroke	112
113	11/12	50	Backstroke	114