



# Audi Midtown Toronto Winter Classic



## Long Course 13 & Over

Hosted by: Scarborough Swim Club

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DATE(S):	January 19 <sup>th</sup> -21 <sup>st</sup> , 2018	Region: Central
HOSTED BY:	Scarborough Swim Club	
LOCATION:	Toronto Pan Am Sports Centre, 875 Morningside Ave, Toronto, ON M1C 0C7	
FACILITY:	1 X 50 meter, 10 lane pool with electronic timing system	
MEET PACKAGE:	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>	
COMPETITION COORDINATOR:	Marie Jane Smith, Level 5 Email: <a href="mailto:mjsmith@bell.net">mjsmith@bell.net</a>	
MEET MANAGER:	Ian Duncan Email: <a href="mailto:scar.meets@scarswimming.ca">scar.meets@scarswimming.ca</a>	
ENTRIES:	Darren Ward: <a href="mailto:dtward@rogers.com">dtward@rogers.com</a>	
DESCRIPTION:	All events will be timed finals. All sessions are Long Course.	
COMPETITION RULES:	Sanctioned by Swim Ontario. All current Swimming/Natation Canada (SNC) rules will be followed. No single session shall exceed 4.5 hours in length.  Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed <a href="#">HERE</a> .  For club and provincial meets, a swimsuit that covers more of the body such as modesty swimwear or religious cover-ups is permitted providing that the fabric is permeable open mesh textile material and does not give the swimmer an advantage. The full interpretation can be viewed <a href="#">HERE</a> . Advanced notification or for clarification of interpretation please see the Competition Coordinator.	
AGE UP DATE:	Ages submitted are to be as: January 19th, 2018	
MIXED-GENDER:	The Swim Ontario statement on mixed-gender swimming is set out as follows: Notwithstanding Rule SW 10.1 adopted by the Technical Swimming Committee of Swimming/Natation Canada, Swim Ontario will consider requests for sanction for	

meets that provide for mixed gender swimming in the following circumstances:  
The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis (*choose appropriate circumstances*):

Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

Mixed gender swims may also be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.

In spite of this rule, any swimmer who achieves a record time 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 pursuant to this policy, the results must still be posted separately by the gender of swimmers.

#### ELIGIBILITY:

All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry:

- Preference will be given to the host club first.
- 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 provisions below.

#### FOREIGN

#### COMPETITORS:

All 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 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:

\$8.50 50 Metre Events  
\$13.50 100, 200 & 400 Metre Events  
\$16.50 800/1500 Metre Events  
\$20.00 Relay Events  
\$5.00 splash fee/ swimmers fee per swimmer

Please Make Cheques payable to "Scarborough Swim Club" All fees will be charged based on entries submitted up to the entry deadline, regardless of whether the swimmer competes or not.

#### ENTRIES:

Entries must be submitted through the SNC online entries system at [www.swimming.ca](http://www.swimming.ca).

Meet Management will not accept entries via email.

Online Entry Deadline: January 5, 2018

Changes to entries will not be accepted after January 6, 2017, after that time, fees will be calculated; no refunds will be granted for missed swims.

Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".

- NT entries are not permitted.
- Qualifying standard for entry is: Minimum "meet" Standard for 200, 400 and 800/1500 events
- Swimmers may swim maximum of 2 events on Friday and 3 events on Saturday and Sunday.
- Relay swimmers must be entered in a non-relay event in order to compete.
- Qualifying period for entry to the meet is: September 1, 2016

CONVERSION:  Option "A" Entry times are not to be converted. Please submit times in course achieved.  
 Times will not be converted

SCHEDULE OF SESSIONS:

**Friday Sessions Long Course**

Warm Up	Start
4:00pm	5:00pm

**Saturday & Sunday Sessions Long Course**

Warm Up	Start
12:30	1:30

COACH'S

REGISTRATION: Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC 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: A coaches meeting will be held during warm-ups on Friday January 19th

SEEDING:  Option "C" (no conversion by club or host)  
 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.

TIME SPLITS: The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. 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.

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.

DECK ENTRIES:  No deck entries allowed

CHECK IN  
AND SCRATCHES:

- There is a positive check in for 800/1500 Free
- 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.

SCORING:

- The following will be scored: All Events will be scored

AWARDS:

- The following will be awarded:

Medals for 1st to 3rd and Ribbons for 4th to 10th for individual events Individual Awards and results will be broken out by gender and Age Group (13,14,15 & Over)

MEET RESULTS: Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)

- The meet program will be run on Hy-Tek Meet Manager.
- Results will be posted as quickly as possible at the meet.
- Live Results / Meet Mobile are available.

RECORDING

OF EVENT:

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 and permission to do so. Please contact Meet Management for application and authorization.

SAFETY &

LIABILITY:

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck. Please read and adhere to the safety procedures. Coaches are responsible for the behaviour of their swimmers. Swimming in an orderly manner is required. Horseplay is strictly prohibited. Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

REGULATIONS:

Health regulations do not permit food on deck.

Coaches are requested to enforce this regulation for their team.

OFFICIALS:

If anyone is interested in officiating please inform Scarborough Swim Club

Janine Smith

Email: [officials@scarswimming.ca](mailto:officials@scarswimming.ca)

SCHEDULE OF EVENTS:

**Odd Heats** will swim from the North end of the pool.

**Even Heats** will swim from the South end of the pool.

<b>FRIDAY EVENING Session 1</b>						
Warm-Up: 4:00pm						
Start: 5:00pm						
<b>GIRLS</b>				<b>BOYS</b>		
Event #	Age	Qualify	EVENTS	Event #	Age	Qualify
1	13	7:15.00	400 FR	2	13	7:00.00
	14	7:00.00			14	6:45.00
	15 & O	6:30.00			15 & O	6:15.00
3	13	3:30.00	200 IM	4	13	3:15.00
	14	3:15.00			14	3:00.00
	15 & O	3:00.00			15 & O	2:45.00
<b>All 50's Will Be Swum From The South End Of The Pool</b>						
5	13	37.00	50 Free	6	13	36.00
	14	35.00			14	34.00
	15 & O	33.00			15 & O	32.00

<b>SATURDAY AFTERNOON Session 2</b>						
Warm-Up: 12:30pm						
Start: 1:30pm						
<b>GIRLS</b>				<b>BOYS</b>		
Event #	Age	Qualify	EVENTS	Event #	Age	Qualify
7	13	1:40.00	100 BK	8	13	1:37.00
	14	1:37.50			14	1:34.50
	15 & O	1:35.00			15 & O	1:32.00
9	13	3:00.00	200 FR	10	13	2:55.00
	14	2:55.00			14	2:50.00
	15 & O	2:50.00			15 & O	2:45.00
11	13	1:47.00	100 BR	12	13	1:43.00
	14	1:44.50			14	1:40.50
	15 & O	1:42.00			15 & O	1:38.00
13	13	3:25.00	200 FL	14	13	3:20.00
	14	3:20.00			14	3:15.00
	15 & O	3:15.00			15 & O	3:10.00
15	13	12:15.00	800 FR	15	13	11:45.00
	14	12:00.00			14	11:15.00
	15 & O	11:30.00			15 & O	10:45.00
16	13	22:00.00	1500 FR	16	13	21:00.00
	14	21:30.00			14	20:30.00
	15 & O	21:00.00			15 & O	20:00.00

## SUNDAY AFTERNOON Session 3

Warm-Up: 12:30pm

Start: 1:30pm

<b>GIRLS</b>				<b>BOYS</b>		
Event #	Age	Qualify	EVENTS	Event #	Age	Qualify
43	13	1:40.00	100 FL	44	13	1:35.00
	14	1:35.00			14	1:30.00
	15 & O	1:30.00			15 & O	1:25.00
45	13	3:50.00	200 BR	46	13	3:40.00
	14	3:40.00			14	3:30.00
	15 & O	3:30.00			15 & O	3:20.00
47	13	1:25.00	100 FR	48	13	1:20.00
	14	1:20.00			14	1:15.00
	15 & O	1:15.00			15 & O	1:10.00
49	13	3:25.00	200 BK	50	13	3:10.00
	14	3:20.00			14	3:05.00
	15 & O	3:15.00			15 & O	3:00.00
51	13	6:30.00	400 I.M.	52	13	6:20.00
	14	6:15.00			14	6:05.00
	15 & O	6:00.00			15 & O	5:50.00



# Competition Dismissal Policy

As outlined in the policies and procedures during competitions it is the responsibility of the participants (coaches and swimmers) to abide by pool rules. In the event that a participant is not following the provided rules and regulations, TPASC reserves the right to dismiss a participant from continuing in the event.

## 2.15 Patron Behaviour

- ✓ Socializing with or distracting pool staff, including lifeguards, is prohibited.
- ✓ No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. Such behavior, including abusive or profane language, may result in being asked to leave.
- ✓ Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, offensive or disruptive splashing or yelling, diving or jumping without care and caution, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited. Spitting, spouting water, blowing nose, urinating or defecating in the pool is prohibited.

## No food or drinks on deck. No gum.

- ✓ All minor rule infractions warrant a verbal warning along with a brief explanation of why the rule is enforced.
- ✓ If a swimmer repeatedly breaks rules or regulations, making it absolutely necessary for discipline purposes to send him/her home for a period of time, the Deck Supervisor must document the situation on an Incident Report Form. Should there be any instances where longer suspensions are recommended, the Deck Supervisor is to discuss details with Aquatics Management staff who shall decide the appropriate course of action.

**In the event that a participant is repeatedly breaking a pool rule there will be a three strike rule in the following order:**

- 1) Lifeguard speaks to participant and deck supervisor/management is notified.
- 2) Lifeguard/deck supervisor will identify participant to coaches and have coach speak to swimmer → Meet Manager will be made aware of this step.
- 3) Aquatics Management and Meet Manager dismiss swimmer after being warned.

**TPASC requests that all participants involved in the event are made aware of all facility policies and procedures and that the Competition Dismissal Policy is known and understood by all participants.**

We appreciate your cooperation and understanding to keep our facility as safe and pristine as possible.



## **Guide to Aquatic Events Pool Rules and Emergency Procedures**

### **Food and Drink**

- Food and drink are not permitted on deck as per Ontario Health Regulation. Water is acceptable in a plastic sealable bottle.
- Swimmers are asked to keep all food in a locker and to eat off the pool deck.

### **Coaching Attire and Footwear**

- All coaches are to wear indoor shoes or flip flops.

### **Glass**

- Glass bottles or other glass objects are prohibited in the pool areas including pool deck, change rooms and hallways.

### **Showers**

- All swimmers must take a shower before entering the water as per Ontario Health Regulation.

### **Garbage**

- To help maintain a clean and pristine environment, please ensure all garbage is disposed of. This may include: work out sheets, water bottles, bobby pins, bags of ice etc.

### **Pool Security**

- All participants must enter and exit via the correct entrances and exits (doors closest to the pool office). Doors to the pool should never be propped open.

### **Spectators**

- Spectators are not permitted on deck.
- Competition/Dive Pool spectators: West Viewing Gallery on Level 2

### **Code of Conduct**

- We need all of our athletes, coaches and pool staff to work together to ensure we have a safe swimming environment.
- Failure to follow the Code of Conduct, and as outlined in the TPASC policies may result in the suspension of user privileges of the offending person(s) and / or in premature termination of any rental agreement.

### **Role of Lifeguards**

- Lifeguards are stationed on deck to ensure the safety of all participants in and out of the water.
- All participants are expected to treat lifeguards (or any TPASC staff) with respect and respond accordingly to instructions given.

### **First Aid Treatment**

- Aquatic Staff members are on site and available, they will take the lead on any first aid treatment or water rescue.

### **First Aid Kit**

- For any first aid situation, please contact a Deck Supervisor or Lifeguard for assistance.
- The first aid kits can be found in the first aid room, behind the dive tower and at the Supervisors table on deck.

### **Emergency Phone Calls**

- Emergency phone calls should be made by a TPASC Aquatic Staff. If you require emergency medical services (Ambulance, Police, and Fire) and the supervisor is unavailable, use an emergency phone.
- Emergency phones are located on both the Training and Competitive Pool decks.
- Push the RED button to dial "911".
- There is a sign inside each phone that gives all necessary information (e.g. address etc.).



- The phones are part of an emergency phone system that services both pools. Using one phone renders the other emergency phone inoperable
- If you find the phone inoperable use the Pool Office phone or a mobile phone.

### **Ambulance Entrance**

- Once an emergency phone call is made, the Deck Supervisor or designated Aquatic staff will alert on-site security immediately.
- A security guard will greet the ambulance at the east entrance and guide the paramedics to the emergency location.

### **Incident/Injury Reports**

- Incident and/or Injury Reports are completed by the Deck Supervisor or Lifeguard for all injuries no matter how minor.
- We may require the coach's assistance in obtaining some of the athlete's information and/or act as a witness.

### **Fire Alarms**

- TPASC has a two-stage fire alarm. If you hear one, you must:

#### **Stage 1:**

- ✓ Pool will be cleared (one long whistle blast).
- ✓ Direct everyone in the Pool (Competitive, Training and Dive) to immediately exit the water and have them line up at the NW doors for the Training Pool and SW doors for the Competitive/Dive Pool.
- ✓ Lifeguards will be positioned in these locations and will be educating patrons/athletes on the areas of refuge (for fire alarms only).
- ✓ During a stage 1 alarm patrons/ athlete can prepare to evacuate by grabbing clothing. There is no need to evacuate on Stage 1 alarm. During stage 1 the problem will be investigated. You should prepare to evacuate, but not evacuate.
- ✓ During a stage 1 alarm elevators will home to the ground floor and cannot be used. Sound systems shut off. Air handling units shut off automatically to prevent the spread of smoke. Fire doors close.
- ✓ An announcement will be made that the alarm has sounded and that the situation will be investigated.

#### **Stage 2:**

- ✓ This is the second alarm that will be heard in a potential fire emergency. The emergency alarm and strobe lights will speed up for a faster stroke rhythm.
- ✓ Immediately exit through the southwest emergency stairwell in between the Training Pool and Female Change Room. Please ensure that all those that you are responsible for understand that they are expected to evacuate immediately and direct people to the nearest exit.
- ✓ The designated mustering point is the South Parking Lot sidewalk.
- ✓ The pool will be locked up by Aquatic Management staff or Pool Deck Supervisor via Security.
- ✓ You can return to the pool only when instructed by a fire marshal or the Pool Deck Supervisor (who has checked with a fire marshal) to ensure safety.

### **Fire Alarms - Emergency Procedures for Mobility Impaired Persons**

- ✓ If you cannot use stairs with assistance, enter an "Area of Refuge" (see below) and call Security using the wall mounted Emergency Duress Station (press silver button for emergency assistance)
- ✓ Provide your exact location (floor and room number).
- ✓ Include the # of people who are with you.
- ✓ Provide a phone # where you can be reached if you have one.
- ✓ Remain in place by your phone.
- ✓ Call 911 if your conditions change and smoke or fire is threatening.
- ✓ "Areas of Refuge" or "Designated waiting Areas": Several washrooms and the aquatics change rooms are designated waiting areas and have signs saying "Area of Refuge" These spaces have been built to have a 2 hour fire rating. They are found in the following locations:
- ✓ Level 1: Men's & Women's Aquatics Change Rooms
- ✓ Level 1: Men's & Women's Maintenance Change Rooms (Rooms 1074 and 1075)
- ✓ Level 1: Doping Control Room (Room 1063)
- ✓ Level 3: Women's Washroom (Room 3041)
- ✓ Level 3: Men's Washroom (Room 3042)