

**Dr. Ralph Hicken International Swim Cup – 27th Anniversary**

**April 24th (Thursday) – 27th (Sunday) 2014**

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| HOSTED BY: | Mississauga Aquatic Club |
| LOCATION: | McMaster University, Ivor Wynne Centre1280 Main Street WestHamilton, Ontario |
| FACILITY: | 6 lane, 50 metre competition pool with electronic timing |
| APPROVED BY: | Swim Ontario. All current SNC rules and warm up procedures will apply.The FINA one start rule will be in effect |
| MEET REFEREE: | Jeff Trudeau (jeff.trudeau.67@gmail.com) |
| MEET MANAGER: | Bennet Chan (bwschan1@gmail.com) |
| ELIGIBILITY: | All swimmers registered with Swim Ontario, SNC and/or FINA recognized organizations. The swimmer's age will be computed as of the first day of the meet (April 24th, 2014) |
| QUALIFYING: | Qualifying times are included below and are in the Hy-Tek Meet Manager file.Swimmers ***must qualify for a minimum of 3 standard times*** in their age group. Swimmers can swim a maximum of 8 events (plus relays) for which they qualify as follows:* 3 qualifying times – swimmer can swim 3 bonus swims
* 4 qualifying times – swimmer can swim 2 bonus swims
* 5 qualifying times – swimmer can swim 1 bonus swim
* 6 qualifying times – swimmer can swim 6 events
* 7 qualifying times – swimmer can swim 7 events
* 8 qualifying times – swimmer can swim 8 events

**Bonus events limited to 50m, 100m and 200 m events and should be entered at an actual time and indicated by the BONUS checkbox in Hy-Tek.** |
| SPECIAL VISITOR: | Orca Swim Club from Bratislava, Slovakia |
| ENTERTAINMENT: | A Live Band will provide music during warm up at each Finals session. A light and sound show will kick off the Finals session. |

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| SESSION TIMES: | Meet Management reserves the right to change start times for all sessions.

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| **Session** | **Age/Group** | **Warm Up** | **Start** | **Est. Finish Time** |
| #1 – Thursday | 13 & O | 4:00 pm | 5:00 pm | 8:30 pm |
| #2 – Friday Morning | 13 & O | 7:30 am | 8:30 am | 1:00 pm |
| #3 – Friday Afternoon | 12 & U | 12:30 pm | 1:30 pm | 3:30 pm |
| #4 – Friday Evening | Finals | 4:30 pm | 5:30 pm | 7:30 pm |
| #5 – Saturday Morning | 13 & O | 7:00 am | 8:00 am | 12:30 pm |
| #6 – Saturday Afternoon | 12 & U | 12:30 pm | 1:30 pm | 4:30 pm |
| #7 – Saturday Evening | Finals | 4:30 pm | 5:30 pm | 7:30 pm |
| #8 – Sunday Morning | 13 & O | 7:00 am | 8:00 am | 12:30 pm |
| #9 – Sunday Afternoon | 12 & U | 12:30 pm | 1:30 pm | 4:00 pm |
| #10 – Sunday Evening | Finals | 4:30 pm | 5:30 pm | 7:30 pm |

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| ENTRIES: | The only meet package which will be considered valid will be the most current version found on [www.swimming.ca](http://www.swimming.ca). Meet Management reserves the right to delete a swimmer from an entry or results file for incorrect or absent 9 digit ID numbers and/or correct date of birth. Only swimmers (includes age group and all university athletes) with valid Swimming Canada identification numbers will be considered for acceptance into the meet.All entries must be in Hy-Tek format and submitted via [www.swimming.ca](http://www.swimming.ca). No entries will be accepted directly by meet management. Teams are required to ensure that the Hy-Tek database is properly configured to include coach and club contact information. |
| DECK ENTRIES: | NO deck entries will be permitted. |
| ENTRY DEADLINE: | The entry deadline is Wednesday April 9th, 2014 at 12:00 pm ET.All fees will be charged based on entries submitted to the entry deadline (except for scratches made by Meet Management by April 17th) regardless of whether the swimmer competes or not. |
| ENTRY LIMITATIONS: | Swimmers may be entered in any event in which they qualify. Swimmers from any age group may “swim up” if an event is not offered in their own age group provided they meet the qualifying time for that event.Meet management reserves the right to limit entries to ensure sessions remain within the mandated maximum time period by scratching swimmers if necessary.Notification of management's scratches will be made by April 17th, 2014. |
| ENTRY FEES: | $100.00 individual entry fee/swimmer (including HST and Gold Bonus).T-shirts will be given to coaches for each swimmer by Saturday of the meet. Cheques are payable to “Mississauga Aquatic Club” and must be delivered to the Meet Manager prior to the start of the Friday Evening Finals session or the club/swimmer(s) will not be allowed to swim.$2 per swimmer will be donated to support officials development in Ontario. Donation to be shared between OSOA and Central Region Swim Ontario. |
| SEEDING: | All Short Course entry times will be converted to Long Course times, using the default conversion factors in Hy-Tek Meet manager, and then seeded accordingly. Nonconforming times (yards, etc.) will be seeded last. |
| 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. |
| SCRATCH RULES: | Scratches from Preliminaries shall be provided to the Clerk of Course and will be completed without penalty.Distance Events (400/800/1500 FR + 400 IM): Scratches must be provided to the Clerk of Course at least 30 minutes before the start of the session to allow meet management to minimize empty lanes where possible.All Scratches from Finals must be provided to the Clerk of Course within 30 minutes after the conclusion of Preliminary events to allow for proper seeding and notification of alternates (“Initial Scratch Deadline”).A final scratch deadline for Finals shall be 30 minutes before the start of the Finals Session. There will be no reseeding for scratches received after the Initial Scratch Deadline.Scratching from Finals after the final scratch deadline or failure to participate in an individual final event will result in a $20.00 fine for each offense – payable to the Mississauga Aquatic Club. Failure to pay before the swimmer's next event will exclude the swimmer from further participation in the meet. |
| EVENTS:  | 1500FR, 800 FR, 400 Free, 400IM are timed finals for all age groups. Management reserves the right to limit heats and/or to swim two swimmers per lane in order to comply with prescribed maximum session times.1500 M/W and 800 M/W are limited to top 32 entries in each event. Alternates will be identified and should be available in event of scratches.All relays, regardless of age group, will be timed finals and swim during evening finals session. Please refer to the attached session list.All 12 & Under events will be timed finals. However, the fastest heat for certain events will swim during the evening sessions at Finals – refer to the sessions list:• 50’s – the fastest heat for each 12 & Under 50m event will swim at Finals• 100’s – the fastest heat for each 12 & Under 100m event will swim at Finals• 200’s – the fastest heat for the 12 & Under 200m Freestyle and 200m IM events will swim at Finals. All other 200m events are Timed Final13 and over events:* Finals will be swum youngest to oldest
* A & B finals for all individual 200m events – top 12 swimmers
* A & B finals for all 50m and 100m events – top 12 swimmers
* Golden Crown: A swim-off by the top 6 males 13 & over and top 6 females 13

& over in the 50m freestyle (based on Saturday Finals). Each swimmer will swim one at a time from slowest to fastest. Fastest individual time wins the crown and prize (one female and one male winner). The Golden Crown event will take place at Sunday Evening Finals. |
| RELAYS:  | All relays will swim at Finals. Please submit times for seeding purposes only. Only two relays per club (A relay + B relay) per event/age group.Swimmers will be permitted to swim their own age group relays and be permitted to swim up to another age group relay, to a maximum of 8 relay entries per swimmer. |
| COACHES MEETING: | A coaches meeting will be held on deck at the start of warm-up on Friday April 26th at approximately 7:40 am (the time will be confirmed closer to the meet). |
| AWARDS: |

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| Awards | Medals | Ribbons | Age Groups |
| Individual | 1st - 3rd | 4th - 8th | Girls: 10&U, 11, 12, 13-14, 15&O Boys: 11&U, 12, 13-14, 15&O |
| Relay | 1st - 3rd | 4th - 8th | 12&Under, 13-14, 15&Over |

 All Relay medals will be presented at Finals. Individual medals for 13& Over will be presented as soon as possible following the swim at Finals. Ribbons for 13&Over will be available at the next day’s preliminary session, except for Sunday awards which will be available at Sunday evening Finals.Individual awards for 12&Under will be available at the beginning of the next day’s session for 12&Under, except for Sunday awards which will be available as early as possible during Sunday evening Finals. Coaches are asked to pick up awards prior to leaving the meet – Awards will NOT be mailed.Top 10 FINA Point Swims: Trophy + Prize (each swimmer can receive only one FINA point award for this meet) – Mystery prize drawn from a table: values ranging from $20 to $100. Awarded after Sunday evening finals. Winners must be present to claim their prizeTop 3 Age Group swimmers (male and female): TrophyCombined points on 8 individual events – Girls 12 & Under, 13-14, and 15 & Over. Boys 12 & Under, 13-14, and 15 & Over. Awarded after Sunday evening finals.Golden Crown Award - Trophy + Prize – Top male and top female 50 freestyle (13 & Over only). First place $200 each (M+F); second place $50 each (M+F).The Dr. Ralph Hicken International Cup to be awarded to Overall High Point Team. Trophy to be awarded at end of Sunday evening finals. |
| SCORING: | Top six individual swims score (6-5-4-3-2-1) and top six relay swims score (12-10-8-6-4-2) towards top team award.Top three individual swims score (5-2-1) towards top age group swimmer award. |
| RESULTS: | The Hy-Tek file with complete results will be available on [www.swimming.ca](http://www.swimming.ca).  |
| LIMITATION OF LIABILITY: | Teams entering swimmers in the Meet must advise the swimmer’s parents and/or guardians that the Board, coaches and members of the Mississauga Aquatic Club are committed to operating a successful and safe meet and that all reasonable precautions will be put in place to ensure the swimmer’s safety.As such, members, coaches and the Board assume no responsibility for swimmers who are left at the pool by their parents or guardians, and whose parents fail to pick their children up in time at the end of the session. Parents who plan to drop their child off are responsible for ensuring their safety before, during and after the Meet. To ensure that, they should confirm that their child(ren)/swimmer(s) arrive safely on deck, that they are placed in the care of their coach(es), and that appropriate arrangements are made for them to be picked up once they have finished their events. |
| 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 non-consolidated 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. |

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| Qualifying Times |
| Event | Boys | Girls |
|  | 11&U | 12 | 13-14 | 15&O | 10&U | 11 | 12 | 13-14 | 15&O |
| 50 Back | 0:46.0 | 0:41.0 | 0:33.5 | 0:31.0 | 0:47.0 | 0:45.0 | 0:41.0 | 0: 35.5 | 0:34.5 |
| 100 Back | 1:31.6 | 1:26.0 | 1:14.0 | 1:09.4 | 1:38.4 | 1:30.5 | 1:24.9 | 1:16.0 | 1:12.7 |
| 200 Back | 3:17.9 | 3:02.7 | 2:37.0 | 2:31.0 | 3:32.5 | 3:13.4 | 3:02.2 | 2:43.0 | 2:37.0 |
| 50 Breast | 0:47.0 | 0:44.0 | 0:37.5 | 0:34.5 | 0:47.0 | 0:44.0 | 0:42.0 | 0:40.0 | 0:39.0 |
| 100 Breast | 1:46.8 | 1:37.8 | 1:25.0 | 1:20.0 | 1:51.3 | 1:44.6 | 1:38. 4 | 1:26.0 | 1:25.0 |
| 200 Breast | -- | 3:30.3 | 3:00.0 | 2:55.0 | -- | 3:43.8 | 3:30.3 | 3:05.5 | 3:05.0 |
| 50 Fly | 0:38.0 | 0:34.0 | 0:32.5 | 0:30.5 | 0:40.0 | 0:38.0 | 0:36.0 | 0:33.5 | 0:32.5 |
| 100 Fly | 1:36.7 | 1:26.6 | 1:11.0 | 1:08.0 | 1:44.0 | 1:33.9 | 1:27.2 | 1: 15.0 | 1:13.2 |
| 200 Fly | -- | 3:21.3 | 2:46.0 | 2:37.0 | -- | 3:35.9 | 3:17.9 | 2:50.0 | 2:43.0 |
| 50 Free | 0:36.3 | 0:33.5 | 0:29.0 | 0:28.0 | 0:38.8 | 0:36.0 | 0:34.3 | 0: 31.0 | 0:30.0 |
| 100 Free | 1:19.8 | 1:13.7 | 1:05.0 | 1:00.0 | 1:26.0 | 1:18.7 | 1:14.2 | 1:07.0 | 1:05.0 |
| 200 Free | 2:55.4 | 2:40.8 | 2:20.0 | 2:12.0 | 3:06.7 | 2:52.1 | 2:41.9 | 2:24.0 | 2:20.0 |
| 400 Free | 6:11.1 | 5:41.9 | 4:50.0 | 4:40.0 | 6:37.0 | 6:04.4 | 5:40.7 | 5:00.0 | 4:50.0 |
| 800 Free | -- | -- | 9:50.0 | 9:20.0 | -- | -- | -- | 10:15.0 | 9:50.0 |
| 1500 Free | -- | -- | 19:00.0 | 18:00.0 | -- | -- | -- | 19:30.0 | 19:20.0 |
| 200 IM | 3:16.8 | 3:03.3 | 2:35.0 | 2:30.9 | 3:32.5 | 3:14.5 | 3:03.3 | 2:45.0 | 2:40.7 |
| 400 IM | -- | 6:33.6 | 5:30.0 | 5:10.0 | -- | 6:56.1 | 6:25.7 | 5:40.0 | 5:30. 0 |



RISK MANAGEMENT / WARM-UP PROCEDURES

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional “practice” pools, if any, are to be supervised by lifeguards and coaches. “Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period … and shall ensure that all appropriate warm-up procedures are followed.” (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

• Swimmers shall enter the water FEET FIRST in a cautious manner.

• No Running on the pool deck or Diving from the side of the pool.

• Meet Management shall provide signage to indicate designated lane use during warm-up.

• Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.

• Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.

• Lanes shall be open primarily for ‘Circle Swimming’ during the General warm-up period.

• Coaches and swimmers shall allow Backstrokers & PARA the ‘right of way’ for safety purposes.

• Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

• Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.

• Outside Lanes should be designated as Sprint Lanes.

• Only ‘one-way’ swimming shall be permitted in Sprint Lanes.

• Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices: "SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

• FLUTTER BOARDS and PULLBUOYS are allowed.

• HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved

Session: 1 Thursday Evening

Day of Meet: 1 Starts at 5:00PM; Heat Interval: 20 Seconds / Back +15 Seconds

Round Event

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| Finals 101 Girls 13 & Over 1500 Freestyle |
| Finals 102 Boys 13 & Over 1500 Freestyle |
| Finals 103 Girls 13 & Over 800 Freestyle |
| Finals 104 Boys 13 & Over 800 Freestyle |

Session: 2 Friday Morning

Day of Meet: 2 Starts at 8:30AM; Heat Interval: 20 Seconds / Back +15 Seconds

Round Event

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| Prelims 105 Girls 13 & Over 200 Backstroke |
| Prelims 106 Boys 13 & Over 200 Backstroke |
| Prelims 107 Girls 13 & Over 100 Breaststroke |
| Prelims 108 Boys 13 & Over 100 Breaststroke |
| Prelims 109 Girls 13 & Over 200 Freestyle |
| Prelims 110 Boys 13 & Over 200 Freestyle |
| Prelims 111 Girls 13 & Over 50 Butterfly |
| Prelims 112 Boys 13 & Over 50 Butterfly |
| Finals 113 Girls 13 & Over 400 IM |
| Finals 114 Boys 13 & Over 400 IM |

Session: 3 Friday Afternoon

Day of Meet: 2 Starts at 1:30PM; Heat Interval: 20 Seconds / Back +15 Seconds

Round Event

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| Finals 205 Girls 12 & Under 200 Backstroke |
| Finals 206 Boys 12 & Under 200 Backstroke |
| Finals 207 Girls 12 & Under 100 Breaststroke |
| Finals 208 Boys 12 & Under 100 Breaststroke |
| Finals 209 Girls 12 & Under 200 Freestyle |
| Finals 210 Boys 12 & Under 200 Freestyle |
| Finals 211 Girls 12 & Under 50 Butterfly |
| Finals 212 Boys 12 & Under 50 Butterfly |
| Finals 213 Girls 11-12 400 IM |
| Finals 214 Boys 12 Year Olds 400 IM |

Session: 4 Friday Evening

Day of Meet: 2 Starts at 5:30PM; Heat Interval: 20 Seconds / Back +15 Seconds

Round Event

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| Finals 105 Girls 13 & Over 200 Backstroke |
| Finals 106 Boys 13 & Over 200 Backstroke |
| Finals-1 207 Girls 12 & Under 100 Breaststroke |
| Finals 107 Girls 13 & Over 100 Breaststroke |
| Finals-1 208 Boys 12 & Under 100 Breaststroke |
| Finals 108 Boys 13 & Over 100 Breaststroke |
| Finals-1 209 Girls 12 & Under 200 Freestyle |
| Finals 109 Girls 13 & Over 200 Freestyle |
| Finals-1 210 Boys 12 & Under 200 Freestyle |
| Finals 110 Boys 13 & Over 200 Freestyle |
| Finals-1 211 Girls 12 & Under 50 Butterfly |
| Finals 111 Girls 13 & Over 50 Butterfly |
| Finals-1 212 Boys 12 & Under 50 Butterfly |
| Finals 112 Boys 13 & Over 50 Butterfly |
| Finals 303 Girls 13 – 14 400 Freestyle Relay |
| Finals 304 Boys 13 – 14 400 Freestyle Relay |
| Finals 305 Girls 15 & Over 400 Freestyle Relay |
| Finals 306 Boys 15 & Over 400 Freestyle Relay |

Session: 5 Saturday Morning

Day of Meet: 3 Starts at 8:00AM; Heat Interval: 20 Seconds / Back +15 Seconds

Round Event

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| Prelims 116 Boys 13 & Over 100 Butterfly |
| Prelims 118 Boys 13 & Over 50 Backstroke |
| Finals 120 Boys 13 & Over 400 Freestyle |
| Prelims 122 Boys 13 & Over 200 IM |
| Prelims 124 Boys 13 & Over 50 Freestyle |
| Prelims 126 Boys 13 & Over 200 Breaststroke |
| Prelims 115 Girls 13 & Over 100 Butterfly |
| Prelims 117 Girls 13 & Over 50 Backstroke |
| Finals 119 Girls 13 & Over 400 Freestyle |
| Prelims 121 Girls 13 & Over 200 IM |
| Prelims 123 Girls 13 & Over 50 Freestyle |
| Prelims 125 Girls 13 & Over 200 Breaststroke |

Session: 6 Saturday Afternoon

Day of Meet: 3 Starts at 1:30 PM; Heat Interval: 20 Seconds / Back +15 Seconds

Round Event

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| Finals 215 Girls 12 & Under 100 Butterfly |
| Finals 216 Boys 12 & Under 100 Butterfly |
| Finals 217 Girls 12 & Under 50 Backstroke |
| Final 218 Boys 12 & Under 50 Backstroke |
| Finals 219 Girls 12 & Under 400 Freestyle |
| Finals 220 Boys 12 & Under 400 Freestyle |
| Finals 221 Girls 12 & Under 200 IM |
| Finals 222 Boys 12 & Under 200 IM |
| Finals 223 Girls 12 & Under 50 Freestyle |
| Finals 224 Boys 12 & Under 50 Freestyle |
| Finals 225 Girls 11-12 200 Breaststroke |
| Finals 226 Boys 12 Year Olds 200 Breaststroke |

Session: 7 Saturday Evening

Day of Meet: 3 Starts at 5:30 PM; Heat Interval: 20 Seconds / Back +15 Seconds

Round Event

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| Finals-1 215 Girls 12 & Under 100 Butterfly |
| Finals 115 Girls 13 & Over 100 Butterfly |
| Finals-1 216 Boys 12 & Under 100 Butterfly |
| Finals 116 Boys 13 & Over 100 Butterfly |
| Finals-1 217 Girls 12 & Under 50 Backstroke |
| Finals 117 Girls 13 & Over 50 Backstroke |
| Finals-1 218 Boys 12 & Under 50 Backstroke |
| Finals 118 Boys 13 & Over 50 Backstroke |
| Finals-1 221 Girls 12 & Under 200 IM |
| Finals 121 Girls 13 & Over 200 IM |
| Finals-1 222 Boys 12 & Under 200 IM |
| Finals 122 Boys 13 & Over 200 IM |
| Finals-1 223 Girls 12 & Under 50 Freestyle |
| Finals 123 Girls 13 & Over 50 Freestyle |
| Finals-1 224 Boys 12 & Under 50 Freestyle |
| Finals 124 Boys 13 & Over 50 Freestyle |
| Finals 125 Girls 13 & Over 200 Breaststroke |
| Finals 126 Boys 13 & Over 200 Breaststroke |
| Finals 307 Girls 13 – 14 400 Medley Relay |
| Finals 308 Boys 13 – 14 400 Medley Relay |
| Finals 309 Girls 15 & Over 400 Medley Relay |
| Finals 310 Boys 15 & Over 400 Medley Relay |

Session: 8 Sunday Morning

Day of Meet: 4 Starts at 8:00AM; Heat Interval: 20 Seconds / Back +15 Seconds

Round Event

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| Prelims 127 Girls 13 & Over 50 Breaststroke |
| Prelims 129 Girls 13 & Over 200 Butterfly |
| Prelims 131 Girls 13 & Over 100 Freestyle |
| Prelims 133 Girls 13 & Over 100 Backstroke |
| Prelims 128 Boys 13 & Over 50 Breaststroke |
| Prelims 130 Boys 13 & Over 200 Butterfly |
| Prelims 132 Boys 13 & Over 100 Freestyle |
| Prelims 134 Boys 13 & Over 100 Backstroke |

Session: 9 Sunday Afternoon

Day of Meet: 4 Starts at 1:30PM; Heat Interval: 20 Seconds / Back +15 Seconds

Round Event

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| Finals 227 Girls 12 & Under 50 Breaststroke |
| Finals 228 Boys 12 & Under 50 Breaststroke |
| Finals 229 Girls 11-12 200 Butterfly |
| Finals 230 Boys 12 Year Olds 200 Butterfly |
| Finals 231 Girls 12 & Under 100 Freestyle |
| Finals 232 Boys 12 & Under 100 Freestyle |
| Finals 233 Girls 12 & Under 100 Backstroke |
| Finals 234 Boys 12 & Under 100 Backstroke |

Session: 10 Sunday Evening

Day of Meet: 4 Starts at 5:30PM; Heat Interval: 45 Seconds / Back +15 Seconds

Round Event

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| Finals 401 Girls 13 & Over 50 Golden Crown |
| Finals 402 Boys 13 & Over 50 Golden Crown |
| Finals 315 Mixed 13 – 14 400 Medley Relay |
| Finals 316 Mixed 15 & Over 400 Medley Relay |
| Finals-1 227 Girls 12 & Under 50 Breaststroke |
| Finals 127 Girls 13 & Over 50 Breaststroke |
| Finals-1 228 Boys 12 & Under 50 Breaststroke |
| Finals 128 Boys 13 & Over 50 Breaststroke |
| Finals 129 Girls 13 & Over 200 Butterfly |
| Finals 130 Boys 13 & Over 200 Butterfly |
| Finals-1 231 Girls 12 & Under 100 Freestyle |
| Finals 131 Girls 13 & Over 100 Freestyle |
| Finals-1 232 Boys 12 & Under 100 Freestyle |
| Finals 132 Boys 13 & Over 100 Freestyle |
| Finals-1 233 Girls 12 & Under 100 Backstroke |
| Finals 133 Girls 13 & Over 100 Backstroke |
| Finals-1 234 Boys 12 & Under 100 Backstroke |
| Finals 134 Boys 13 & Over 100 Backstroke |
| Finals 311 Mixed 13 – 14 400 Freestyle Relay |
| Finals 312 Mixed 15 & Over 400 Freestyle Relay |

**Accommodation**

A ***special group rate***for this event has been organized with: **Visitors Inn**

649 Main Street West, Hamilton, Ontario 1-800-387-4620 online:

www.visitorsinn.com or e-mail: reservations@visitorsinn.com

This is the closest and most convenient hotel to the pool at McMaster University. It offers luxury at affordable prices. Continental breakfast, Wi-Fi, and parking are included.

Please reference group rate code “MSSAC” when reserving. Only 20 rooms are reserved. Please call to reserve before March 24th 2014.

**Aquatic Event Guidelines**

1. Participants must use the Ivor Wynne Centre change rooms only. David Braley Athletic Centre change rooms are off limits to all participants.
2. We recommend the use of locks on all lockers used by participants in the Ivor Wynne Centre change rooms.
3. Athletes and officials are not permitted to use the elevators in the Ivor Wynne Centre or David Braley Athletic Centre unless they have a disability and cannot use the stairs.
4. Participants and spectators must wear clothing and footwear at all times when not on the pool deck (swim suits alone are not permitted).
5. Food is not permitted on the pool deck at any time for participant consumption with the exception of drinks provided for the officials working at the event.
6. Glass of any kind is not permitted on the pool deck.
7. Entries into the water must be foot first at all times with the exception of the last few minutes of the meet warm up (deep end only) and the actual competition.
8. No diving off the starting blocks or bulkhead during warm-ups with the exception of the last few minutes of warm-ups as designated by the event officials.
9. The use of flippers and hand paddles, during warm-ups is prohibited.
10. Athletes that are not competing must remain in the pool area, pool gallery, change rooms, or food concession areas only. Athletes are not to hinder the normal operation of the facility.
11. Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways and all other areas of the Ivor Wynne Centre and David Braley Athletic Centre.
12. All buses and cars must be parked in appropriate parking lots.
13. Please put trash and recycling items in the appropriate marked containers.

**Thank you!**