



2025 Ontario Age Groups - 14&Under-MPAC Technical Notes



Welcome to the 2025 Ontario Age Group – Swim Fast and Enjoy your stay with us!!

Competition Coordinator:

Lisa Chow, Lea Chen

MEET MANAGER:

YY WONG

WIFI – PUBLIC

Heat Sheets are available daily at the MAC Meet Office – located on the ground floor.
ON site Heat Sheets will be posted on deck at East End and West End on the wall.

Event Start lists (Heatsheets) - are available online on our MAC website.

Results – are also available on Meet Mobile and our MAC website.

Warm-ups - Flutter boards, pull-buoys, ankle bands and snorkels are allowed.

New Swimming Canada Warm-up Procedures in effect.

In addition to Swimming Canada Competition warm up safety procedures, we remind all swimmers, coaches and officials to follow simple warm up etiquette.

- No loitering at the end of lane
- Swimmers must be aware of their surroundings and move over to allow swimmers to turn
- Swimmers using sprint and start lanes must be directly supervised by their coaches

Sprint Lanes will be opened 10 minutes before the end of the warm up:

- West End Lane 0 (Backstroke Ledge), 2 & 4, 6 and East End Lane 1, 3 & 5
- NO Pace Lane
- Split Warm-Up schedules can be found on the [Over Schedule](#)

Backstroke ledges will be available for use during the Junior sessions only.

Official Splits: There will be no official splits taken, unless specifically requested by the club coach to the session referee (in writing) 30 minutes prior to the start of the session.
Official Split Form is at Admin Desk.

Please remind swimmers to move directly to the lane ropes when they are finished with their swims.

DQ Procedure: Officials **WILL NOT** inform respective swimmers regarding their swimming infractions. All approved disqualifications will be announced.

Swim Offs

All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.

Coaches are to report to the Admin Desk when a swim-off is announced.



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Scratches & Positive Check-in:

- Junior Session 800 & 1500 Free
 - The deadline for scratches & positive checkin for the 800 and 1500 Free is 30 minutes before the start of the **preliminary session on the day the event is scheduled** to allow meet management the opportunity to ensure a full complement of swimmers for the finals session.
- Youth Session events
 - The deadline for scratches & positive checkin for the 400 Free, 400 IM and 800 Free is 30 minutes before the start of the Youth session on the day the event is scheduled to allow meet management the opportunity to ensure a full complement of swimmers for fastest heat in the respective age groups.

All scratches for Finals must be made at the Admin Desk table within 30 minutes of the conclusion of Preliminary events (excluding time final events) that day to allow proper seeding and notification of alternates. Please complete a scratch form at the Admin Desk and put it in the scratch box.

✓ Scratches must be done on the official scratch cards.

✓ Email scratches WILL NOT be accepted for any event throughout the meet.

Missed Swims and NO Shows will be considered scratches (Only a missed swim caused by an official will be considered as an exception)

Marshalling: Swimmers will “Self –Marshall “in all events. Swimmers are requested to go behind the blocks no more than 2-3 heats prior to their race.

Finals Order: A finals Female/Male – 13 & Under, 14

FINALS CHECK IN PROCEDURE

✓ During Finals, POSITIVE CHECK IN required by all Finalists (A) and Alternates before or during the warm up of the start of the session.

✓ “Alternates” must report back to the **Admin Desk** table 10 minutes prior to race start.

✓ **ALL FINALS RACES ARE SELF MARSHALLED; 50 Free event starts at West End.**

• **Penalty:** Scratching from Finals after the final scratch deadline or failure to participate in an individual final will result in a \$50 FINE for each offence (Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.). All fines will be invoiced to the club by Swim Ontario.

Awards: Will be presented at finals to the TOP 3 swimmers in each age category. Top 3 Swimmers will need to report to the podium immediately after their race.

Coaches, please collect medals at the MAC meet office, at the end of Saturday and Sunday sessions. Medals will not be mailed.



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Records:

Coaches are asked to inform meet management of possible record attempts and/or if records are broken to ensure meet management can process the record application.

Hospitality: lunches /snacks will be provided to those coaches and officials working adjacent sessions at 2nd floor Multipurpose Room 1.

Please send an email before February 24 Monday to YY (yywong@rogers.com) stating how many lunch boxes your team will need for your attending coaches on Friday, Saturday and Sunday. Please also make a special note for those coaches who take vegetarian lunch boxes.

Masks: All participants (swimmers, coaches, officials etc) and spectators have the option of wearing a mask when in the facility and on deck. Extra Masks are available in Meet Office.

All Swimmers, coaches and volunteers/officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in the pool area.

There are 2 water fill stations and fountains on the pool deck.

The Meet Management office is located at the opposite side of the universal change rooms at the ground floor.

Have a Great Meet! www.markhamaquaticclub.com

ONTARIO AGE GROUPS

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