

Tilbury/HEEAT Swim Meet 2022



When: Saturday August 20th, 2022

Warm Ups at 8am
Racing Starts at 9am

Where: Tilbury Centennial Pool

34 Stewart Ave Tilbury, ON N0P 2L0

Registration: \$10 per swimmer

Dear Coaches,

The Tilbury Vikings and Harrow HEEAT Swim Teams would like to cordially invite you to attend our joint swim meet, to be held at the TILBURY CENTENNIAL POOL, on Saturday August 20th 2022.

Warm-ups will begin at 8:00 am, with a meet start-time of 9:00am.

The age of swimmers will be determined AS OF AUGUST 20th. Swimmers are ENCOURAGED to participate in ALL 3 STROKES plus the I.M. Winter swimmers must swim up an age group.

Enclosed in this meet package is the event list, rules and regulations and registration information. Families are to fill out our online registration form (link in registration section of this meet package). This will get swimmer information directly to us and save the coaches from having to act as the go-between. Once registration has closed, we will send each coach a summary of which swimmers from their team have registered. There is no need for teams to bring their own marshalling slips as we will be creating those.

We look forward to your participation in our swim meet!

Event List

#	AGE GROUP	EVENT	#	AGE GROUP	EVENT
1	Girls 8 & under	100m IM	35	Girls 6 & under	25m Breaststroke
2	Boys 8 & under	100m IM	36	Boys 6 & under	25m Breaststroke
3	Girls 10 & under	100m IM	37	Girls 8 & under	25m Breaststroke
4	Boys 10 & under	100m IM	38	Boys 8 & under	25m Breaststroke
5	Girls 12 & under	100m IM	39	Girls 10 & under	25m Breaststroke
6	Boys 12 & under	100m IM	40	Boys 10 & under	25m Breaststroke
7	Girls 14 & under	100m IM	41	Girls 12 & under	50m Breaststroke
8	Boys 14 & under	100m IM	42	Boys 12 & under	50m Breaststroke
9	Girls 15 & over	100m IM	43	Girls 14 & under	50m Breaststroke
10	Boys 15 & over	100m IM	44	Boys 14 & under	50m Breaststroke
11	Girls 6 & under	25m Butterfly	45	Girls 15 & over	50m Breaststroke
12	Boys 6 & under	25m Butterfly	46	Boys 15 & over	50m Breaststroke
13	Girls 8 & under	25m Butterfly	47	Girls 6 & under	25m Freestyle
14	Boys 8 & under	25m Butterfly	48	Boys 6 & under	25m Freestyle
15	Girls 10 & under	25m Butterfly	49	Girls 8 & under	25m Freestyle
16	Boys 10 & under	25m Butterfly	50	Boys 8 & under	25m Freestyle
17	Girls 12 & under	50m Butterfly	51	Girls 10 & under	25m Freestyle
18	Boys 12 & under	50m Butterfly	52	Boys 10 & under	25m Freestyle
19	Girls 14 & under	50m Butterfly	53	Girls 12 & under	50m Freestyle
20	Boys 14 & under	50m Butterfly	54	Boys 12 & under	50m Freestyle
21	Girls 15 & over	50m Butterfly	55	Girls 14 & under	50m Freestyle
22	Boys 15 & over	50m Butterfly	56	Boys 14 & under	50m Freestyle
23	Girls 6 & under	25m Backstroke	57	Girls 15 & over	50m Freestyle
24	Boys 6 & under	25m Backstroke	58	Boys 15 & over	50m Freestyle
25	Girls 8 & under	25m Backstroke	59	Mixed 8 & under	100m Freestyle Relay
26	Boys 8 & under	25m Backstroke	60	Mixed 10 & under	100m Freestyle Relay
27	Girls 10 & under	25m Backstroke	61	Mixed 12 & under	100m Freestyle Relay
28	Boys 10 & under	25m Backstroke	62	Mixed 14 & under	100m Freestyle Relay
29	Girls 12 & under	50m Backstroke	63	Mixed 15 & over	100m Freestyle Relay
30	Boys 12 & under	50m Backstroke	64	Coaches Relay	100m Freestyle Relay
31	Girls 14 & under	50m Backstroke			
32	Boys 14 & under	50m Backstroke			
33	Girls 15 & over	50m Backstroke			
34	Boys 15 & over	50m Backstroke			

Swim Meet Rules:

1. Strokes and turns must follow Swim Canada regulations. Referee's decision is final. Discrepancies should be brought to the attention of the referee immediately by a coach only.
2. Any swimmer who has been competing or training with a swim club at any time between September 1st, 2021 and August 20th, 2022 shall swim up one age category. High School swim teams as recognized by OFSAA will not be considered "club" and shall swim in their age category.
3. Provincial Swimmers are welcome to swim in our meet, but their results will not contribute to their team points nor will they receive medals or ribbons for their events.
4. Age is to be determined as of August 20th, 2022. Swimmers must swim in the same age category for all individual races for the entire meet. Note that we have a 6 & under category for breaststroke, backstroke, freestyle and butterfly, but not IM. If they wish to swim an IM, they may swim IM in the 8 & under category.
5. Swimmers may swim in a maximum of 3 events, plus IM, and one Freestyle Relay.
6. Swimmers may dive or start in the water for all races except relays, where the swimmer starting in the shallow end shall start in the water only. There will be **ABSOLUTELY NO DIVES PERMITTED IN THE SHALLOW END.**
7. Two hands must touch for butterfly and breaststroke.
8. Competitors swimming in the 8 & under age group or younger will be disqualified for the following:
 - wrong stroke to gain advantage
 - standing on bottom of pool or grabbing ropes or sides to gain advantage
 - interfering with another swimmerCompetitors swimming in the 10 & under age group or older will be disqualified for the following:
 - Wrong stroke
 - touching bottom of pool, ropes or sides to gain advantage
 - Not doing a two-hand touch in breaststroke or butterfly
9. Points will be awarded as follows: 1st – 11 pts, 2nd – 9 pts, 3rd – 8pts, 4th – 7pts, 5th – 6pts, 6th – 5 pts, 7th-4pts, 8th - 3pts, 9th-2 pts, 10th-1 pt. No points awarded for relay.

10. Ribbons will be awarded for 1st through 6th place.
 - *Relay races do not count towards overall team points
 - *The team with the most points overall will win a trophy
 - *The top 3 point earners in each age group will win a medal
11. A trophy will be awarded to the team with the most points.
12. Team coaches will receive a free lunch which includes a hotdog, chips, and a drink, courtesy of the Vikings/HEEAT.
13. Have fun and swim your best, support your team and please respect the pool

Food Booth:

Every swimmer will receive a ticket to receive a lunch (hotdog, chips and a drink) that can be redeemed at the food booth. We will also have water, sports drinks, coffee, hot dogs and chips for lunch. *Note we will be taking a break for lunch. The time of lunch will be announced once the meet is underway.

Raffle Table:

On the day of the meet, be sure to check out the great prizes available at the raffle table! Raffle tickets can be purchased from the raffle ticket volunteer throughout the day.

Registering Your Team:

We are using a digital registration form this year. The link can be found below. Please have families fill out this form to register their swimmer(s) directly with us. After the registration period has ended (August 17th) we will send each coach a summary of which swimmers from their team are registered. We will be creating all marshalling slips.

Registration form link:

[Click here to access meet registration form](#)

Registration is due by **Wednesday August 17th, 2022**.

***Note:** Late registrations will be permitted. However, if more than 5 swimmers are added following the 17th, they will not receive a lunch ticket. There are no refunds for registered swimmers that do not attend. Teams must pay for the number of registered swimmers as well as late registrants no later than the coaches meeting.

If there are any questions or concerns, please email us at swimheat@hotmail.com

Map to the Tilbury Pool:

Tilbury Centennial Pool, 34 Stewart Ave Tilbury, ON

Parking will be available at the pool.

