*London Aquatic Club Holiday Time Trial - Part 2* In House Competition

DATE: 2018-12-15 Region: Western

HOSTED BY: London Aquatic Club

LOCATION: Canada Games Aquatic Centre, 1045 Wonderland Road North, London, Ontario N6G 2Y9

FACILITY: Eight lane, 50 meter indoor tank, with bulkheads to create two 25 meter pools; with “Keifer” type lane markers; Daktronics 64101-H8 8 lane swimming scoreboard at both ends of pool with Swiss Timing Quantum Aquatic Timing System. Deep end only.

PURPOSE: To allow swimmers to achieve times for the short course season

MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)

COMPETITION: **Sanctioned as an In House competition** by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.

 Seeding for all swims will be optimized by distance and stroke, but otherwise random.

 Please note that [Swimming Canada Competition Warm-Up Safety Procedures](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/) will be in effect. All participating swimmers shall be required to comply with swimwear rule GR5. Details [HERE](http://swimontario.com/uploads/Officials/Resources/SwimwearRulesGR5_2018.pdf).

 Events are Timed Finals.

 Starts will be conducted from Starting Platforms (blocks)

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC.

AGE UP DATE: Ages submitted are to be as December 15, 2018

ENTRY: There are no entry restrictions. A 3 hour time limit on session length will be adhered to. All entries must be submitted via [www.swimming.ca](http://www.swimming.ca). There are no entry fees or awards allowed.

COMPETITION

COORDINATOR: Mark Lukings, Level 5

 If Level 3 is serving as referee, please indicate that ROR approval has been granted [ ]

MEET MANAGER: Dmitrij Zagidulin, lacmmdz@gmail.com

SESSION: Warm Up: 6:00 pm Start: 6:30 pm Finish: 9:00 pm

SCHEDULE OF EVENTS:

|  |  |  |  |
| --- | --- | --- | --- |
| *Event #* | *Open Event (maximum distance to swim)* | *Stroke* | *Gender* |
| **TBD** | [ ]  **50m** [x]  **100m** [x]  **200m** [x]  **400m** [x]  **800m** [x]  **1500m** | Free | [ ]  M/b [ ]  W/g [x]  Mixed Gender |
| **TBD** | [ ]  **50m** [ ]  **100m** [ ]  **200m** | Back | [ ]  M/b [ ]  W/g [ ]  Mixed Gender |
| **TBD** | [ ]  **50m** [ ]  **100m** [ ]  **200m** | Breast | [ ]  M/b [ ]  W/g [ ]  Mixed Gender |
| **TBD** | [ ]  **50m** [ ]  **100m** [ ]  **200m** | Fly | [ ]  M/b [ ]  W/g [ ]  Mixed Gender |
| **TBD** | [x]  **100m** [x]  **200m** [x]  **400m** | IM | [ ]  M/b [ ]  W/g [x]  Mixed Gender |
| **TBD** | [ ]  **200m** [ ]  **400m** [ ]  **800m** | Free Relay | [ ]  M/b [ ]  W/g [ ]  Mixed Gender |
| **TBD** | [ ]  **200m** [ ]  **400m** [ ]  **800m** | Medley Relay | [ ]  M/b [ ]  W/g [ ]  Mixed Gender |

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.

Mixed gender swimming is permitted for time trials, pursuant to the SO statement on compliance with the SNC rule on mixed gender swimming.

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