*LAC – Fall Time Trial – Part 1*

In House competition

DATE: 2019-11-09 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 entry 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)

SAFETY & LIABILITY: Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](http://www.swimontario.com/uploads/Officials/Resources/SafetyCompetition.pdf).

COMPETITION: **Sanctioned as an In House competition** by Swim Ontario.  
All current Swimming Canada (SC) 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.

Events are Timed Finals.

Starts will be conducted from  Starting Platforms (blocks)  Deck or Bulkhead  in-water only

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

AGE UP DATE: Ages submitted are to be as *2019-11-09*

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 Mark Lukings, Level 5

COORDINATOR: If Level 3 is serving as comp coordinator, please indicate that ROR approval has been granted

MEET MANAGER: Dmitrij Zagidulin , lacmmdz@gmail.com

SESSION: Warm Up: 5:00 pm Start: 6:00 pm Finish: 8:00 pm

SCHEDULE OF EVENTS:

|  |  |  |  |
| --- | --- | --- | --- |
| *Event #* | *Open Event (maximum distance to swim)* | *Stroke* | *Gender* |
| **TBD** | **50m**  **100m**  **200m**  **400m**  **800m** **1500m** | Free | M/b  W/g  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** | **100m  200m  400m** | IM | M/b  W/g  Mixed Gender |
| **TBD** | **200m  400m  800m** | Free Relay | M/b  W/g  Mixed Gender |
| **TBD** | **200m  400m** | 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.