

DIVISION II TEAM CHAMPIONSHIPS

OFFICIALLY SANCTIONED BY



December 13-15, 2013

Hosted by:

Brantford Aquatic Club

At the

**Wayne Gretzky Aquatic Complex
Brantford, Ontario**

Supported by





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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 & SWAD 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 Swim Suit Policy – September 2009

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.

SWON/SNC

Record Policy: **Required for ALL New National and Provincial records**

National and Provincial Record forms to include:

Referees must sign the new record application form confirming that a swimmer was wearing a legal suit when a record was created. Coaches will be notified that (record) swimmers must report to the session referee (meet referee) for suit verification. Referees must carry a signoff sheet and list of FINA approved suits (see SNC website). Record applications will not be accepted unless form is properly completed.



<u>2013 Division II Team Championship Club List</u>
<u>Brantford Aquatic Club (BRANT)</u>
<u>Vaughan Aquatic Club (VAC)</u>
<u>Milton Marlins Swim Team (MMST)</u>
<u>Sault Ste Marie Aquatic Club (SSMAC)</u>
<u>Ducks Swimming (DUCKS)</u>
<u>North Bay Y Titans (NBYT)</u>
<u>Kirkland Lake Aquatic Club (KLAC)</u>
<u>Orangeville Otters Swim Club (OOSC)</u>
<u>Timmins Marlins Swim Club (TMSC)</u>
<u>Toronto Olympian Swim Team (TORCH)</u>
<u>Muskoka Aquatic Club (MUSAC)</u>
<u>Swim Ottawa (SWOTT)</u>
<u>Crescent Town Swim Club (CREST)</u>
<u>Ajax Aquatic Club (AJAX)</u>
<u>C&C Aquatic Club (CCAC – now APEX)</u>
<u>Chatham Y Pool Sharks (CYPS)</u>
<u>Belleville Youth Swim Team (BYST)</u>
<u>Middlesex Swimming (MS)</u>
<u>Cornwall Sea Lions (CSL)</u>

Division II Team Championships – General Meet Information



2013 Division II Team Championships Hosted by Brantford Aquatic Club

Date: December 13-15, 2013

Host: Brantford Aquatic Club

Facility: Wayne Gretzky Centre, Brantford, Ontario (519)752-5051

Facility Policy: Please see Appendix A

Meet Manager: Patty French envirokiss@hotmail.com & Crosby Gibson crosby.gibson@rogers.com

Meet Referee: John Vallee ritual@amtelecom.net

Meet Entry Coordinator: Suzanne Paulins rpaulins040@rogers.com

Officials Chair: *Please complete the request for officials form Appendix B

Mailing Address: PO Box 28040, Brantford, Ontario N3R 7X5

Accommodation Information: *Please see Appendix C

Course: Short Course Heats and Finals

Sanctioned By: Swim Ontario

Athlete and Team Information

Eligibility: Swimmers must be registered as competitive swimmers with Swim Ontario in order to compete in Team Championships.

Swimmer's Age: As of **December 13, 2013** (first day of the competition).

Team Sizes: The following are the maximum team complements per division:
Division I = 40 swimmers **Division II** = 30 swimmers
Division III = 25 swimmers

Club Information: All participating teams are asked to complete the club information form. Please see Appendix D



2013 Division II Team Championships Hosted by Brantford Aquatic Club

Athlete and Team Information continued...

Substitutes: In the event that one (1) or more of a team's entered swimmers cannot attend the meet, the coach may designate substitutes from any age group or gender for a full complement of swimmers.

Substitutes:

- Must be designated immediately at or prior to arrival.
- Will not be accepted after the start of the meet.
- Will not be seeded according to entry times.
- Will be placed into empty lanes
- May not substitute in to the 800/1500 free

Only if the number of substitutes warrant, an additional heat will be established for an event.
Substitution forms are attached as Appendix E

Event Information

Coaches' Meeting: Friday December 13, 2013 - 2:00pm - Meet office on deck – if required

Session Times:

	<u>WARM-UP</u>	<u>START</u>
<u>Friday</u>		
All age groups (13&over deep end, 12&under shallow end)	4:00 – 4:50 p.m.	5:00 p.m.
<u>Saturday/Sunday -- Heats</u>		
13 & 14, 15 & 16, 17 & Over	7:30 - 8:20 a.m.	8:30 a.m.
10 & U, 11 & 12	12:00 - 12:50 p.m.	1:00 p.m.
<u>Saturday & Sunday Finals</u>		
All Age Groups (request 12&under warm-up in shallow end; 13&over in deep end)	5:00 – 5:50 p.m.	6:00 p.m.

Time Final Events:

10 & Under	All events
11 - 12	All events
 13 - 14, 15 & 16, 17 & over	
400 free, 400 IM	
800/1500 Free	
All Relays	



2013 Division II Team Championships Hosted by Brantford Aquatic Club

Event Information continued...

- 15-16, 17 & Over:** The 15-16 and 17 & over age categories will be combined in prelim heats, however finals will be swum in the appropriate age category. The 400 metre events will be swum in the appropriate age category. If an event is a time final, individual medals and team points will be awarded according to age category.
- 400m Events:** All 400 meter events will take place during the heats.
- 800/1500 Events:** The 800 free is an event offered for females 13&O and 11&12 girls and boys
The 1500 free is an event offered for males 13&O
The 800 and 1500 events are limited to the top 24 swimmers in each of the following age groups: 11&12, 13&14, 15&16, 17&O
Proof of time is enforced for the 800 and 1500 events. Please include proof of times in the hy-tek file when submitting entries.
There are NO SUBSTITUTIONS in to the 800 and 1500 events.
- Note:** Swimmers entering the 800/1500 free must designate a **sixth (6th)** swim as an alternate event which they may swim if they fail to make the event. The "alt" checkbox in Team Manager must be selected to indicate the alternative swim (this will appear as an "A" on the Entry report). These two distance events will be swum as Time Finals in the heats and will be swum fastest seeded heats to slowest.
- Relays:** All relays are Time Finals and will be swum during the Finals sessions. Teams are limited to one (1) relay entry per event.



2013 Division II Team Championships Hosted by Brantford Aquatic Club

Event Information continued...

DIVISION II TEAM CHAMPIONSHIPS - ORDER OF EVENTS

Warm-up and meet lane assignments (if necessary) will be distributed at the coaches' meeting on Friday.

Session 1 – Friday		13-14, 15-16, 17&O – deep end	
Warm-ups: 4:00 pm - 4:50 pm		Start: 5:00 pm	
Girls Event #	Age Group	Event	Boys Event#
1	13-14	400 Free (Time Final)	2
3	15-16	400 Free (Time Final)	4
5	17&O	400 Free (Time Final)	6
7	13-14	100 Fly	8
9	15 & over	100 Fly	10
11	13-14	50 Free	12
13	15 & over	50 Free	14

Session 1 – Friday		10 & U and 11-12 – shallow end	
Warm-ups: 4:00-4:50 pm		Start 5:00 pm	
Girls Event #	Age Group	Event	Boys Event#
15	11-12	400 Free	16
17	10&U	100 Fly	18
19	11-12	100 Fly	20
21	10&U	50 Free	22
23	11-12	50 Free	24
25	10&U	100 IM	26

Session 2 –Saturday Morning		13-14, 15-16, 17&O	
Warm-ups: 7:30 am - 8:20 am		Start: 8:30 am	
Girls Event #	Age Group	Event	Boys Event#
27	13-14	400 IM (Time Final)	28
29	15-16	400 IM (Time Final)	30
31	17&O	400 IM (Time Final)	32
33	13-14	100 Breast	34
35	15 & over	100 Breast	36
37	13-14	200 Free	38
39	15 & over	200 Free	40
41	13-14	100 Back	42
43	15 & over	100 Back	44
45	13-14	200 Fly	46
47	15 & over	200 Fly	48



Session 3 - Saturday Afternoon	10 & U , 11-12
Warm-ups: 12:00P.m - 12:50 pm	Start: 1:00 pm (All events time final)

Girls Event #	Age Group	Event	Boys Event #
53	11-12	400 IM	54
55	10&U	100 Breast	56
57	11-12	100 Breast	58
59	10 & U	200 Free	60
61	11-12	200 Free	62
63	10&U	50 Back	64
65	11-12	100 Back	66
67	10&U	50 Fly	68
69	11-12	200 Fly	70

Session 4 – Finals - Saturday Evening	All ages
Warm-ups: 5:00 pm - 5:50 pm	Start: 6:00 pm

Girls Event #	Age Group	Event	Boys Event #
71	10&U	4 x 50 Free Relay (all teams)	72
73	11-12	4 x 50 Free Relay (all teams)	74
11	13-14	50 Free	12
13	15 –16, 17 & O	50 Free	14
33	13-14	100 Breast	34
35	15-16, 17 & O	100 Breast	36
37	13-14	200 Free	38
39	15-16, 17 & O	200 Free	40
41	13-14	100 Back	42
43	15-16, 17 & O	100 Back	44
45	13-14	200 Fly	46
47	15-16, 17 & O	200 Fly	48
49	13-14	4 x 50 Free Relay (all teams)	50
51	15&O	4 x 50 Free Relay (all teams)	52



Session 5 – Sunday Morning		13-14, 15-16, 17&O	
Warm-ups: 7:30 am - 8:20 am		Start: 8:30 am	
Girls Event #	Age Group	Event	Boys Event#
75	13-14	200 Back	76
77	15 & over	200 Back	78
79	13-14	200 Breast	80
81	15 & over	200 Breast	82
83	13-14	200 IM	84
85	15 & over	200 IM	86
87	13-14	100 Free	88
89	15 & over	100 Free	90
95	15 & over	800/1500 Free (Time Final)	96
119	13-14	800/1500 Free (Time Final)	120

Session 6 – Sunday Afternoon		10 & U and, 11-12	
Warm-ups: 12:00 pm – 12:50 pm		Start: 1:00 pm (All events time final)	
Girls Event #	Age Group	Event	Boys Event #
97	11-12	200 Back	98
99	10&U	100 Back	100
101	11-12	200 Breast	102
103	10&U	50 Breast	104
105	11-12	200 IM	106
107	10&U	200 IM	108
109	11-12	100 Free	110
111	10&U	100 Free	112
117	11-12	800 Free	118

Session 7 – Finals - Sunday Evening		All ages	
Warm-ups: 5:00 pm - 5:50 pm		Start: 6:00 pm	
Girls Event #	Age Group	Event	Boys Event#
113	11-12	4 x 50 Medley Relay (all teams)	114
115	10&U	4 x 50 Medley Relay (all teams)	116
7	13-14	100 Fly	8
9	15-16, 17 & O	100 Fly	10
75	13-14	200 Back	76
77	15-16, 17 & O	200 Back	78
79	13-14	200 Breast	80
81	15-16, 17 & O	200 Breast	82
83	13-14	200 IM	84
85	15-16, 17 & O	200 IM	86
87	13-14	100 Free	88
89	15-16, 17 & O	100 Free	90
91	13-14	4 x 50 Medley Relay (all teams)	92
93	15&O	4 x 50 Medley Relay (all teams)	94



2013 Division II Team Championships Hosted by Brantford Aquatic Club

Entry Information continued...

Entry Deadline: Tuesday December 3, 2013 .

Host clubs who are competing in the same championship are to submit a copy of their entries to the Technical Department of Swim Ontario 48 hours prior to the entry deadline for that team championship.

Entry Maximum: The number of entries per swimmer will be a maximum of five (5) individual events, plus relays. NO deck entries will be accepted for any event

Entry Fees:

Individual event(s)	\$8.00 plus HST - \$9.04
Relay(s)	\$12.00 plus HST - \$13.56
Splash fee	\$5.00 plus HST - \$5.65 (per swimmer including "relay only")

Payment: Make cheque payable to Brantford Aquatic Club. **There will be a \$25 NSF fee for any returned cheques.**

Entry Procedure:

- All entries must be Hy-tek format and submitted via www.swimmeet.ca No entries will be accepted directly by meet management.
- Please ensure all entries contain valid 9 digit Swim Ontario ID registration numbers.
- Please enter all times as short course (for seeding purposes only).
- You will be sent confirmation of receipt of your entries – HOWEVER PLEASE NOTE: A successful entry file upload is only the validation of membership entry information against the national membership database and is not a guarantee of entry acceptance.
- All entry files will appear to Meet Management at this point as "pending": Passing the membership and entry validation DOES NOT guarantee a club entry will be accepted by meet management.
- Accepted or rejected entries will be identified with a second notification from Meet Management.
- Meet management reserves the right to reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline, or any other lack of compliance with Swim Ontario meet policy and procedure.

Entry Acceptance: Entries will be accepted providing the completed **Chaperone** and **Officials** lists are submitted along with the team entries and entry fees.



2013 Division II Team Championships Hosted by Brantford Aquatic Club

General Meet Information:

- Meet Rules:** SNC Rules will apply. The FINA one-start rule will be in effect.
- Scratches:** 13 & Over Sessions
- Prelims:** Swimmers may scratch preliminary events by a simple "No Show".
- Distance:** **POSITIVE CHECK-IN** is required for all 13 & over distance events (400 free Or IM, 800 and 1500 free). The scratch deadline for these time final events shall be **30 minutes** prior to the start of the preliminary session on the day the event is scheduled to begin.
- Finals:** The scratch deadline for all final events shall be **30 minutes** following the end of preliminary events on that day.
- Failure to participate in an individual final, leg of a relay final or a distance (400 free or IM, 800 and 1500 free) time final event without meet Management's knowledge or consent will result in a **\$100.00 fine** for each offence. Payment is due to Swim Ontario. Failure to pay before the swimmer's next event will **exclude** the swimmer from any further participation in the meet.
- 12 & Under Time** **POSITIVE CHECK-IN** for all swimmers is required **30 minutes** prior to the start of the 12 & Under time finals sessions to ensure the fastest heat of each age group is full. Scratching from the fastest heat of a time final after the final scratch deadline or failure to participate in a time final event without meet management's knowledge and consent will result in a **\$100.00 fine** for each offence. Payment is due to Swim Ontario. Failure to pay before the swimmer's next event will **exclude** the swimmer from any further participation in the meet.
- CSCTA Policy:** As per the CSCTA/OSCA/SNC/ coach registration policies and insurance all coaches will be asked to prove membership in CSCTA. Coaches will not receive heat sheets if they cannot prove CSCTA membership. Coaches must have CSCTA ID for deck access.
- OSOA Policy:** Only Competitors, Certified Coaches and Officials are allowed on the deck. NO OTHER PERSONS ARE PERMITTED ON DECK unless expressly authorized by the Meet Manager and Swim Ontario. The athlete(wide side of the deck is for coaches and swimmers only. Parents are permitted in the spectator stands only.



2013 Division II Team Championships Hosted by Brantford Aquatic Club

General Meet Information continued...

Coaches' Package: The coach will receive a meet program upon receipt of:

- substitutes listed on the substitution form,
- completed time cards for any substitutes,
- the club official list
- proof of CSCTA registration & payment of fees

Psych Sheets: Will be posted on Monday December 9th, five (5) days prior to the start of the competition.

Heat Sheets: Provincial Records, Age Group National Records, National Age Group Records and Senior Canadian Records will be listed in the heat sheet.

Official Split Policy: 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.

Scoring: Scoring will be calculated using the following age categories:

Individual Events: 10 & Under, 11 & 12, 13 & 14, 15 & 16, 17 & Over
Points 1st to 8th place: Individual points - 9, 7, 6, 5, 4, 3, 2, 1

Relay Events: 10 & Under, 11 & 12, 13 & 14, 15 & 16, 17 & Over
Points 1st to 8th place Relay points -- 18, 14, 12, 10, 8, 6, 4, 2

Awards: Awarded in the following age categories: 10& Under, 11&12, 13&14, 15 & 16, 17 & Over

Medals --1-3 for individual and relay events

Ribbons -- 4-8 for individual and relay events

Banner -- for overall Team Winner

Small Bannerettes -- for all winning team members

Division Placement: Swim Ontario reserves the right to make changes in team movement to balance division attendance.

- Top two teams from Division II will be placed in Division I for 2014.
- The bottom two teams from Division I will move to Division II for 2014.
- The bottom three teams from Division II will move to Division III for 2014.
- The top three teams from Division III will move to Division II in 2014.
- The deadline for December 2014 Team Champs Agreement will be July 15th, 2013

Meet Results: The meet will run on Hy-Tek. Live results will be available throughout the competition at www.brantfordaquaticclub.ca. All results will be published on www.swimming.ca within 48 hours of the conclusion of the competition. FINA Points and the swimmer's age will appear on the results.

APPENDIX A

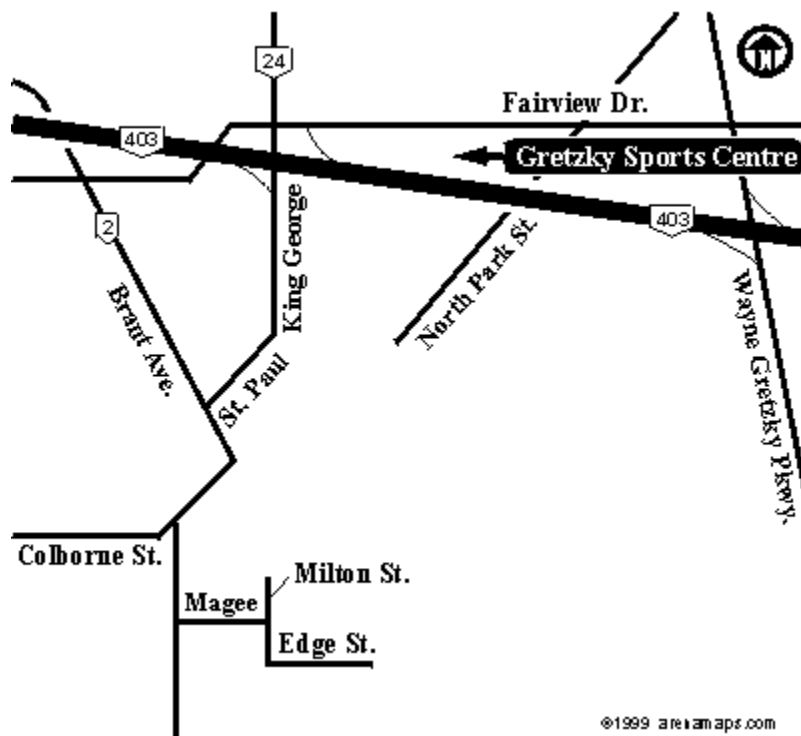
Wayne Gretzky Sports Centre Facility Rules

1.0 Local Pool Rules:

1. No patrons are allowed on the bulkheads.
2. There is to be no swimming under the bulkheads.
3. Running is not allowed on the deck.
4. All patrons must shower before entering the pool.
5. Food and beverages are permitted in the lobby only.
6. Glass objects are not to be taken into shower or change areas or onto the deck.
7. Gretzky Centre is not responsible for lost, stolen or damaged articles.
8. Staff are instructed not to check any valuable personal items. It is recommended that patrons lock valuables in lockers.
9. Use of these facilities is at the users own risk.
10. Deck changing is not permitted.
11. Parking is available in Lots A, B, C, D and E as outlined in the attached building diagram.
12. Bus drop-offs should be at the front loop of the new facility entrance.

Wayne Gretzky Sports Centre

Gretzky Sport Centre
254 North Park St.
Brantford, Ontario N3R 4L1
(519) 756-9900



Driving Instructions:

From Hwy-403 Westbound to Brantford: West on Hwy-403 to Wayne Gretzky Parkway exit. Turn right (north) at the end of the exit ramp onto the Parkway then turn left onto Fairview Dr. West on Fairview to North Park St. Turn left (south) to entrance road to Wayne Gretzky Sports Centre. **Exit** WGSC by continuing onto Fairview Drive.

From Hwy-403 Eastbound to Brantford: East on Hwy-403 to King George Rd./Hwy-24 exit. North on King George to Fairview Dr. East (right) on Fairview to entrance road to Wayne Gretzky Sports Centre. **Exit** WGSC by continuing onto North Park St. Turn left (north) and continue to Fairview Dr.

APPENDIX B



Request for Officials

Swim Ontario Provincial Age Group Championships require a large number of man-hours to properly officiate a meet of this magnitude. Individual clubs cannot meet the entire requirement. **Therefore, participating clubs are asked to provide names of available officials per session (minimum of 2 per club).**

Please complete the enclosed officials form and ensure that this form is returned with your grid sheets.

YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOST

Officials' Form

Please list people who will be at the meet and would be willing to offer their services in officiating. Please send directly to bacevents30@yahoo.ca

Club Name _____

Officials' Chairman _____ e-mail _____

Daytime Phone Number (____) _____ Home (____) _____

Name	Level of Certification	Sessions Available	Desired Position

Comments: _____

APPENDIX C

ACCOMODATIONS & RESTAURANTS

<u>HOTEL/MOTEL</u>	<u>ADDRESS</u>	<u>PHONE:</u>
*Best Western Brant Park Inn	19 Holiday Dr.	(519)753-8651
*Hampton Inn	20 Fen Ridge Dr	(519)720-0084
*Comfort Inn	58 King George Rd.	(519)753-3100
*Days Inn	460 Fairview Dr.	(519)759-2700
Quality Inn	664 Colborne St.	(519)758-9999

Room = 4 People Max.

RESTAURANTS:

Arby's	129 King George Rd.
Tim Horton	226 or 615 West St.
	20,236,or265 KingGeorgeRd.
	648 Colborne St.
	Lynden Park Mall
	155 Lynden Rd.
McDonald's	73 King George Rd.
	299 Wayne Gretzky Parkway
	27 Stanley St.

Wendy's	620 West St. Plaza
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Mr. Sub	410 Fairview Dr./West St.
The Pita Pit	185 King George Rd.
Subway	206 King George Rd.
	640 Clborne St. East
	Lynden Road – by the Keg
Domino's Pizza	168 Charing Cross Rd.
Pizza Pizza	225 Fairview Dr.
Mr. Topper's Pizza	25 King George Road

DINING ROOMS

Angel's Diner	125 King George Rd.
Montana's	84 Lynden Rd.
Moose Winooskees	45 King George Rd.
Pizza Hut	205 King George Rd.
Swiss Chalet	Lynden Park Mall
West Garden Buffet- Chinese	560 West St.
King's Buffet – Chinese	Lynden Road
Kelsey's	Wayne Gretzky Parkway, at the Lynden Pk Mall
Red Lobster	65 King George Rd.
East Side Mario's	300 King George Rd. at the Brantford Mall
Boston Pizza	299 Wayne Gretzky Parkway
The Keg	Lynden Road across from the Lynden Park Mall

APPENDIX D



Swim Ontario - Club Information Sheet

Coaches: Please fill out this form and return with entries.

Club _____

Club Mailing Address _____

City _____ Postal Code _____

Club Phone Number (____) _____ FAX (____) _____

Club e-mail Address _____

Club Contact Person _____

Phone Number (____) _____ e-mail _____

Head Coach _____ CSCTA# _____

Phone Number (____) _____ e-mail _____

Coaches Attending the Meet
_____ NCCP# _____

_____ NCCP# _____

_____ NCCP# _____

_____ NCCP# _____

Cell Phone _____

Chaperone(s) _____

Hotel _____

Phone Number _____

APPENDIX E



SUBSTITUTION FORM

CLUB _____ CODE _____				
Substitutes (Alternates)	SWIMMER'S NAME	AGE	SEX	S.O. REG. #

For information on this form, please refer to Meet Rules, Alternates.