

2014 Ontario Winter Festival

For Able Bodied & PARA Athletes

February 15th & 16th, 2014

Hosted By
Brantford Aquatic Club

At the
**Wayne Gretzky Aquatic Complex
Brantford, Ontario**

Officially sanctioned by



Proudly supported by





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Ontario





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 Board Approved 2005



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.



Ontario Winter Festival SC 2014 – Brantford Aquatic Club

General Information

Date:

February 15th & 16th, 2014

Meet Type:

Short Course Timed Final

Sanction:

Sanctioned by Swim Ontario

Competition Host:

Brantford Aquatic Club

Location:

Wayne Gretzky Centre, Brantford, Ontario (519)756-9900

Facility:

Eight lane, 50m indoor tank, with bulkheads to create two 25m competition pools; 15m warm-up pool; electronic timing system with scoreboards at both ends of pool

Meet Officials:

Meet Manager: Patty French envirokiss@hotmail.com & Jocelyn Jay jocelyn.jay@gmail.com

Meet Referee: Suzanne Paulins rpaulins040@rogers.com

Meet Entry Coordinator: Jocelyn Jay jocelyn.jay@gmail.com

Officials Chair: Please complete the request for officials form Appendix C

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

Competition Times:

- AM Session Warm-up: 8:00-8:55am; Start Time: 9:00am
- PM Session Warm-up: 1:00-1:55pm; Start Time: 2:00pm

Meet management reserves the right to change warm-up session times and to allocate team warm-up schedules.

Psych Sheets:

Psych Sheets will be posted online at www.brantfordaquaticclub.ca on **Wednesday February 12th, 2014.**

Meet Results: Meet results will be provided in the following manner:

- 1 **Live Results** will be available on our website www.brantfordaquaticclub.ca each day through a link on the front page.
2. Results will be forwarded to www.swimming.ca/meetlist.aspx within 48 hours of the completion of the meet.



Ontario Winter Festival SC 2014 – Brantford Aquatic Club

Eligibility:

Swimmers must be registered as **competitive** with Swim Ontario, SNC and/or FINA recognized organizations in order to compete in the Swim Ontario Festival competitions.

Qualifying:

To Qualify:

All swimmers must achieve at least 1 (one) Swim Ontario Festival Qualifying Standard and meet the Swim Ontario Festival Prerequisite event time standards.

Qualifying Period: As of the **final entry deadline (Monday February 10th, 2014)**

Standards: 2013 -16 Swim Ontario Festival Qualifying standards (see pg. 23)

Prerequisites: Required as of the final entry deadline. Refer to the appropriate age categories as follows:

Swim Ontario Festival Prerequisite Events		
Girls	Prerequisite Events	Boys
10 Years and Under	200 Free & 200 IM	10 Years and Under
11 Years Old	400 Free & 200 IM	11 Years Old
12 Years Old	400 Free & 400 IM or 200 IM	12 Years Old
13 Years Old	400 Free & 400 IM or 200 IM	13 Years Old

Swim Ontario Festival Prerequisite Times			
Girls	Ontario Festival “D” Standard		Boys
10 Years and Under	200 FR: 3:12.17(SC) 3:16.01(LC)	200 FR: 3:17.95(SC) 3:21.91(LC)	10 Years and Under
	200 IM: 3:38.79(SC) 3:43.17(LC)	200 IM: 3:42.26(SC) 3:46.71(LC)	
11 Years Old	400 FR: 6:15.07(SC) 6:22.57(LC)	400 FR: 6:22.02(SC) 6:29.66(LC)	11 Years Old
	200 IM: 3:20.27(SC) 3:24.28(LC)	200 IM: 3:26.63(SC) 3:22.58(LC)	
Girls	Ontario Festival “C” Standard		Boys
12 Years Old	400 FR: 5:32.06(SC) 5:40.74(LC)	400 FR: 5:35.16(SC) 5:41.86(LC)	12 Years Old
	400 IM: 6:18.16(SC) 6:25.72(LC)	400 IM: 6:25.87(SC) 6:33.60(LC)	
	200 IM: 2:59.71(SC) 3:03.30(LC)	200 IM: 2:59.71(SC) 3:03.30(LC)	
13 Years Old	400 FR: 5:30.75(SC) 5:37.37(LC)	400 FR: 5:25.24(SC) 5:31.74(LC)	13 Years Old
	400 IM: 6:15.95(SC) 6:23.47(LC)	400 IM: 6:08.24(SC) 6:15.60(LC)	
	200 IM: 2:56.40(SC) 2:59.93(LC)	200 IM: 2:51.44(SC) 2:54.87(LC)	

Other Qualifying Information:

- In the 10/U category, swimmers must qualify for the 100m backstroke, breaststroke or butterfly to be considered qualified for the corresponding 50m events.



Ontario Winter Festival SC 2014 – Brantford Aquatic Club

Registration: A registration table will be set up in the Meet Manager's office on deck:

- 5:00 pm to 7:00 pm on Friday February 14th, 2014
- 7:00 am to 9:00 am on Saturday, February 15th, 2014

One coach designate from each team is asked to register the following:

- ✓ Team coaches with proof of CSCTA registration and SWON Coach certification & compliance
- ✓ Club official list
- ✓ Festival payment

Upon receipt of the above, the coach designate will receive a participant Festival Package for each member of the team.

The Festival package includes:

- ✓ A rucksack
- ✓ A Festival cap
- ✓ A Festival t-shirt

Coaches' Meeting:

Will be held at 8:30 am on Saturday February 15th, 2014. Please report outside the Meet Management Office located at the mid-point of the pool.

SNC Coach Registration Policy

The SNC coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. (See full SNC Coach Registration Policy and Coach Compliant List at www.swimontario.com). All teams will be asked to submit a list of coaches attending the Ontario Winter Festival at the time of entry. Meet management will cross-reference this list with the Swim Ontario Coach Compliant list both prior to the competition as well as at Registration. Coaches found not to be on the compliant list will not be eligible to participate in the Provincial Age Group Championships.

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 deck. NO OTHER PERSON IS PERMITTED ON DECK unless expressly authorized by the Meet Manager or Swim Ontario.

Facility Policy:

The Wayne Gretzky Centre has a Facility Policy in place during the meet. Please see Appendix D.

Accommodations:

For full hotel advertisements and discount offers see Appendix E



Ontario Winter Festival SC 2014 – Brantford Aquatic Club

Entry Information

Due to limited facility availability, Central Region Champs is being hosted on February 9th/10th, 2014. To allow for performances to be considered eligible from this competition we are requesting the following:

All clubs submit Preliminary Entries by: Wednesday February 5th, 2014

Final Entry Deadline: Monday February 10th, 2014

Entry Submission:

All entry files will be handled through www.swimming.ca/meetlist.aspx

To submit entries:

1. All entries must be in Hy-tek (or Splash if in Quebec) format and submitted via www.swimming.ca/meetlist.aspx. No entries will be accepted directly by Meet Management..
2. Please ensure all Ontario-based club entries contain valid 9 digit Swim Ontario ID registration numbers. Any out of province entries as asked to submit a valid SNC Swimming Canada ID registration number.
3. Please ensure that all entries include the head **coach's name, phone # and/or e-mail address**. This applies for any entry format. Please include a full list of coach attendees (Appendix B)
4. 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 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 may 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 Procedure:

All entries received shall be **unconverted**. No converted times will be accepted. Only SCM or LCM actual times that meet the qualifying standard will be accepted. While exporting entries from Team Manager, you will be prompted to indicate that you would like the times to be **unconverted**, if LCM times are being submitted.

Entry Fees:

Individual Entry Fee: \$12.00 including HST (Brantford Aquatic Club HST # R103378279)

Relay Entry Fee: \$16.00 including HST (Brantford Aquatic Club HST # R103378279)

Splash Fee: \$5.65 including HST (Brantford Aquatic Club HST # R103378279)

Payment:

Please make cheques payable to "**Brantford Aquatic Club**" and bring to the meet. There will be a \$50.00 NSF fee for any returned cheques.



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Swimmers Age: As of **February 15th, 2014** (first day of the competition)

Event Maximum: Maximum of 6 **individual events** per swimmer providing they meet the qualifying standard.

Bonus Swims:

- Swimmers qualifying in one Festival event are eligible to enter a maximum of three bonus events
- Swimmers qualifying in two Festival events are eligible to enter a maximum of two bonus events
- Swimmers qualifying in three Festival events are eligible to enter a maximum of one bonus event
- Swimmers qualifying in four or more Festival events are not eligible to enter any bonus events
- The 400 Free, 800 Free and 400 IM are not eligible bonus events
- 10 & Under swimmers entered into the corresponding 50m event constitutes a qualifying swim. For example: 10 & Under qualifies for 100 back and 100 fly, and entered into those events plus the 50 back and 50 fly – will not be eligible for further bonus swims.

Out-Of-Province Entries:

Please be advised that Ontario teams are given priority. Space permitting out of province teams will be served on a first come first serve basis. All out-of-province teams must be FINA affiliated. Only meter times will be accepted in SC or LC form with no exceptions.

Proof Of Times Certification Agreement:

Coaches and club presidents are **required** to sign and submit the proof of times certification agreement found in this document (Appendix A) when they submit their entries. Entries submitted without the proof of times certification agreement will **not** be accepted. Entries found not to be in compliance with entry requirements may result in the individual swimmer and club being ineligible for entry into the competition.

PARA Entries:

- Any 13 & Under SNC-classified PARA athlete is eligible to compete in a maximum of 5 (five) events.
- PARALYMPIC Eligible Events:
 - S1 to S14 50 FR
 - S1 to S14 50 BR
 - S1 to S14 50 BK
 - S1 to S14 50 FL
 - S1 to S14 100 IM
- All events are swum as 13 & Under.
- There are NO prerequisite standards.
- PARA swimmers who achieve 3 (three) Ontario Age Group Championship are **INELIGIBLE TO COMPETE** at the Ontario Winter Festival.
- PARA swimmers qualifying in an Able-Bodied event in their age category may choose to swim in that event, but cannot swim in the corresponding PARA event.
- There are NO BONUS SWIMS for PARA athletes.
- The CURRENT SNC Point Charts shall be used to determine awards and scoring. Only PARALYMPIC-eligible events are eligible for awards and team scoring. PARA swimmers may compete in Able-Bodied relay events provided they meet the appropriate age criteria.
- Meet Management reserves the right to combine PARA events with able-bodied events should it be deemed necessary.



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Relays:

- Relay age groups (for both male and female):
 - 11 & Under
 - 12&13
- Clubs may enter up to a maximum of three (3) relay teams per age group. Only two (2) may score.
- At least three members of the team must be properly entered in an individual event. Clubs are permitted one (1) relay-only swimmer per age group, per relay event, that has NOT met the Swim Ontario Festival standards or prerequisites. The fourth swimmer's name must appear on the entry grid as "Relay-Only".
- Swimmers may move up to swim on older relays. Teams may move up no more than two **(2)** swimmers from a younger age category to fill a relay.
- Coaches must have relay cards filled in and returned to the Clerk of Course 30 minutes prior to the start of the relay event.

Meet Rules

Seeding:

Short Course entries will be seeded first, Long Course entries denoted with an "L" will be seeded second without conversion.

Event Numbering:

- Events 1-126 : Able-Bodied
- Events in 200's : PARA

Heat Sheets:

Will list Provincial Age-Group Records.

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 in question.

General Rules:

- **SNC Warm Up Procedures will be in effect at this meet. Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules.** Coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence of these rules and to discipline the athletes' behaviour if necessary.
- **GLASS CONTAINERS** are strictly prohibited in and around the deck area.
- All individual events and relay events are timed finals, swum slowest to fastest in their assigned age category.
- Management reserves the right to combine heats or limit the number of heats should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.
- The 800 freestyle will be swum fastest to slowest in the following age groups 12-13 Saturday AM, 11 Saturday PM
- Sprint Lanes (lanes 1 and 8) will be available for the last 30 minutes of warm-ups.
- NO deck entries or exhibition swims will be permitted.
- The scratch deadline is 30 minutes before the start of each session. Failure to scratch by the deadline will result in a **\$100.00 fine** for each offence payable to Swim Ontario. Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet. Meet Management will endeavour to move swimmers up as required to fill empty lanes in the final heat of each event.



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Awards and Scoring

Festival Participant Recognition Package:

- Each athlete participant will be given the following:
 - Rucksack
 - Festival Cap
 - Festival T-shirt

Age Groupings For Awards:

- Individual Events:
 - **BOYS** – 10 & Under, 11, 12, 13
 - **GIRLS** – 10 & Under, 11, 12, 13
- Relay Events:
 - **BOYS** – 11 & Under, 12-13
 - **GIRLS** – 11 & Under, 12-13

Event Awards:

- Individual Events:
 - **MEDALS** for finishers 1st through 3rd
 - **RIBBONS** for finishers 4th through 8th
- Relays Events:
 - **MEDALS** for finishers 1st through 3rd

Scoring:

- Only the top eight (8) finishers within individual events and relays score:
 - Individual Events: (for all events with 8 or more competitors)
 - Points awarded 1st to 8th place
 - Point system : 9, 7, 6, 5, 4, 3, 2, 1
 - Relay Events: (for all events with 8 or more competitors)
 - Points awarded 1st to 8th place
 - Point system : 18, 14, 12, 10, 8, 6, 4, 2
- Only the times that meet the Swim Ontario Festival Qualifying Standard count towards scoring
- Reverse scoring will be in effect for any event in which there are less than eight (8) competitors:

	<u>Individual Events:</u>	<u>Relay Events:</u>
➢ 7 swimmers / teams per event :	9, 7, 6, 5, 3, 2, 1	18, 14, 12, 10, 6, 4, 2
➢ 6 swimmers / teams per event:	9, 7, 5, 4, 2, 1	18, 14, 10, 8, 4, 2
➢ 5 swimmers / teams per event :	8, 6, 5, 3, 1	16, 12, 10, 6, 2
➢ 4 swimmers / teams per event :	8, 5, 4, 2	16, 10, 8, 4
➢ 3 swimmers / teams per event :	7, 5, 2	14, 10, 4
➢ 2 swimmers / teams per event :	6, 3	12, 6
➢ 1 swimmer / team per event :	5	10



Ontario Winter Festival SC 2014 – Brantford Aquatic Club

Team Awards:

- High Point Team Overall:** A Swim Ontario Winter Festival Champions banner will be awarded to the team with the most points.
- Small Team Award:** A Swim Ontario Festival Banner will be awarded to the highest scoring team having fifty (50) or fewer Ontario registered swimmers based on Swim Ontario club registration statistics as of one day prior to the start of the competition February 14th, 2014.
- Best Butterfly Team:** A Swim Ontario Festival Banner will be awarded to the team that scores the most points in the butterfly events
- Best Backstroke Team:** A Swim Ontario Festival Banner will be awarded to the team that scores the most points in the backstroke events
- Best Breaststroke Team:** A Swim Ontario Festival Banner will be awarded to the team that scores the most points in the breaststroke events
- Best Freestyle Team:** A Swim Ontario Festival Banner will be awarded to the team that scores the most points in the freestyle events
- Best IM Team:** A Swim Ontario Festival Banner will be awarded to the team that scores the most points in the IM events
- Most Improved Team:** A Swim Ontario Festival Banner will be presented at the 2014 Swim Ontario Summer Festival to the Most Improved Team. The Most Improved Team is defined as the team with the greatest percentage point increase from the Swim Ontario Winter Festival to the Swim Ontario Summer Festival results.

Appendix A



PROOF OF TIMES CERTIFICATION AGREEMENT FOR ALL ENTRIES (Prerequisites and Events)

This document must be completed and submitted to the Host Club via email before entries will be accepted.

Host Club: Brantford Aquatic Club – Meet Manager – Jocelyn Jay – jocelyn.jay@gmail.com

All swimmers must achieve at least ONE (1) Swim Ontario Festival qualifying standard and meet the Swim Ontario Festival Prerequisite event time standards.

- **Entries submitted without the Proof of Times Certification Agreement will not be accepted.**
- **Entries found not to be in compliance with entry requirements may result in the individual swimmer and/or club being ineligible for entry into the competition.**
- **Entries found not to be in compliance may be subject to disciplinary action as per Swim Ontario by-laws, policies and procedure.**

We certify that all entries submitted for swimmers representing _____
(Club Name)

at the 2014 Swim Ontario Winter Festival are entered with times that have been performed at a FINA sanctioned competition. In addition all swimmers aged 13 and under have met the Swim Ontario Festival prerequisite time standards in the required events in their respective age group as per the Swim Ontario Festival Standards 2012 – 2016, as identified in the Swim Ontario Long Term Athlete Development Strategy. Furthermore, all swimmers aged 10 & under entered in the 50m backstroke, 50m breaststroke or 50m butterfly have achieved Swim Ontario Festival qualifying standard times in the corresponding 100m events.

Head Coach Signature

Club President Signature

Head Coach Name (Please Print)

Club President Name (Please Print)

Date

Date

Appendix B



Ontario Winter Festival SC 2014 – Brantford Aquatic Club

Swim Ontario - Club Information Form

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

_____ **CSCTA#** _____
NCCP# _____

_____ **CSCTA#** _____
NCCP# _____

_____ **CSCTA#** _____
NCCP# _____

Cell Phone _____

Chaperone(s) _____

Hotel _____

Phone Number _____



Ontario Winter Festival SC 2014 – Brantford Aquatic Club

Request for Officials

Swim Ontario Provincial Competitions require a large number of volunteers 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 return directly to the Officials Co-ordinators below. Officials seeking an intermediate or senior position are asked to contact the Meet Referee by Friday, January 31st.

Senior Officials – Suzanne Paulins rpaulins040@rogers.com

Minor Officials - meetvolunteer@brantfordaquaticclub.ca

YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOST

Officials' Form

Club Name _____

Officials' Chairman _____ e-mail _____

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

Name	Level of Certification	Sessions Available	Desired Position

Comments: _____

Appendix D



Ontario Winter Festival SC 2014 – Brantford Aquatic Club

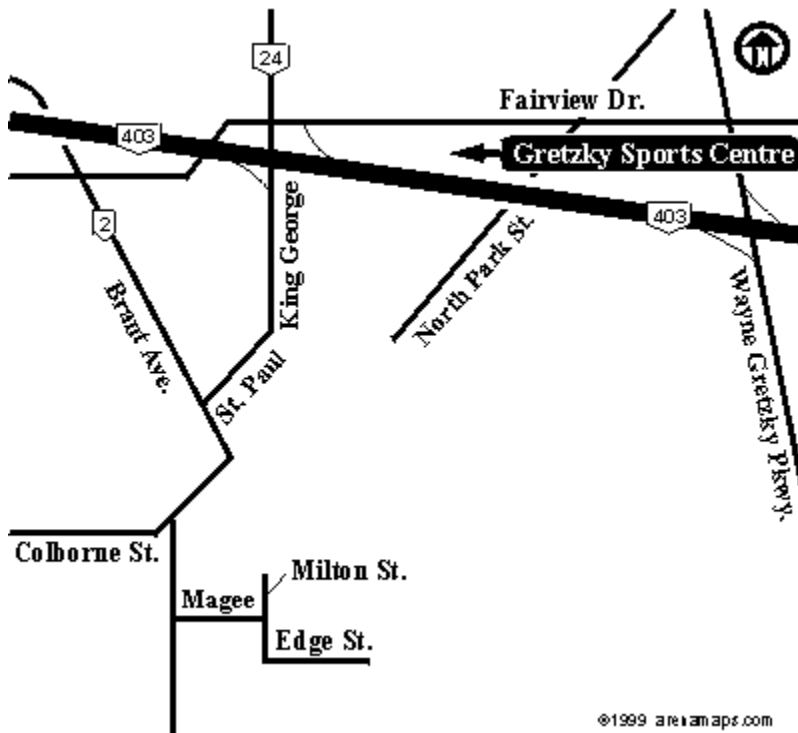
Wayne Gretzky Sports Centre Facility Rules

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 E

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
Sheraton Hamilton	116 King Street W, Hamilton	(905)529-5515

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
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



DAY ONE ORDER OF EVENTS

GIRLS & BOYS 10 & U, 11, 12, 13

ALL EVENTS ARE TIMED FINALS & SWUM SLOWEST TO FASTEST

WARM UPS MORNING SESSIONS (12-13) – 8:00-8:55am START 9:00 am

WARM UPS AFTERNOON SESSIONS (11&U) – 1:00-1:55pm START 2:00pm

Day 1 – AM Session Event Information				
Event #	Girls	Event	Boys	Event #
1	12-13	4 X100 M.R.	12-13	2
201	PARA 13&Under	50 FR	PARA 13&Under	202
3	12	50 FR	12	4
5	13	50 FR	13	6
7	12	400 IM	12	8
9	13	400 IM	13	10
203	PARA 13&Under	50 BK	PARA 13&Under	204
11	12	100 BK	12	12
13	13	100 BK	13	14
15	12	200 BR	12	16
17	13	200 BR	13	18
19	12	200 FR	12	20
21	13	200 FR	13	22
205	PARA 13&Under	50 FL	PARA 13&Under	206
23	12	100 FL	12	24
25	13	100 FL	13	26
27	12-13	800 FR	12-13	28
29	12-13	4x50 F.R	12-13	30

Day 1 – PM Session Event Information				
	Girls		Boys	
31	11 & Under	4 X 100 M.R	11 & Under	32
33	10 & Under	50 FR	10 & Under	34
35	11	50 FR	11	36
37	10 & Under	100 IM	10 & Under	38
39	11	400 IM	11	40
111	10 & Under	100 BK	10 & Under	112
113	11	100 BK	11	114
41	10 & Under	50 BR	10 & Under	42
43	11	200 BR	11	44
45	10 & Under	200 FR	10 & Under	46
47	11	200 FR	11	48
49	10 & Under	100 FL	10 & Under	50
51	11	100 FL	11	52
53	11	800 FR	11	54
55	11& Under	4 x 50 F.R.	11 & Under	56



DAY TWO ORDER OF EVENTS

GIRLS & BOYS 10 & U, 11, 12, 13

ALL EVENTS ARE TIMED FINALS & SWUM SLOWEST TO FASTEST

WARM UPS MORNING SESSIONS (12&13) – 8:00-8:55am START 9:00 am

WARM UPS AFTERNOON SESSIONS (11&U) – 1:00-1:55pm START 2:00pm

Day 2 - Session 3 Event Information				
Event #	Girls	Event	Boys	Event #
57	12-13	4 X 50 M. R.	12-13	58
59	12	200 FL	12	60
61	13	200 FL	13	62
63	12	100 FR	12	64
65	13	100 FR	13	66
67	12	200 BK	12	68
69	13	200 BK	13	70
207	Para 13 & Under	50 BR	Para 13 & Under	208
71	12	100 BR	12	72
73	13	100 BR	13	74
209	Para 13 & Under	100 IM	Para 13& Under	210
75	12	200 IM	12	76
77	13	200 IM	13	78
79	12	400 FR	12	80
81	13	400 FR	13	82
83	12-13	4 x 100 F.R.	12-13	84

Day 2 - Session 4 Event Information				
Event #	Girls	Event	Boys	Event #
85	11 & Under	4 X 50 M.R.	11 & Under	86
87	10 & Under	50 FL	10 & Under	88
89	11	200 FL	11	90
115	10 & Under	100 FR	10 & Under	116
117	11	100 FR	11	118
91	10 & Under	200 BK	10 & Under	92
93	11	200 BK	11	94
95	10 & Under	100 BR	10 & Under	96
97	11	100 BR	11	98
99	10 & Under	200 IM	10 & Under	100
101	11	200 IM	11	102
103	10 & Under	50 BK	10 & Under	104
105	10 & & Under	400 FR	10 & Under	106
107	11	400 FR	11	108
109	11 & Under	4 X 100 F.R.	11 & Under	110



Ontario Winter Festival SC 2014 – Brantford Aquatic Club

2013 – 2016 Swim Ontario *Festival Standards*

Festival Standards			10 & UNDER		11 YEARS		12 YEARS		13 YEARS	
			FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE
Free	50	LC	:35.19	:35.70	:32.64	:32.90	:31.11	:30.40	:30.59	:29.07
		SC	:34.50	:35.00	:32.00	:32.25	:30.50	:29.80	:29.99	:28.50
	100	LC	1:18.03	1:19.56	1:11.40	1:12.42	1:07.32	1:06.81	1:06.56	1:03.75
		SC	1:16.50	1:18.00	1:10.00	1:11.00	1:06.00	1:05.50	1:05.25	1:02.50
	200	LC	2:49.32	2:54.42	2:36.06	2:39.12	2:26.88	2:25.86	2:24.33	2:20.25
		SC	2:46.00	2:51.00	2:33.00	2:36.00	2:24.00	2:23.00	2:21.50	2:17.50
	400	LC	6:00.06	6:09.24	5:30.48	5:36.60	5:09.06	5:10.08	5:06.00	5:00.90
		SC	5:53.00	6:02.00	5:24.00	5:30.00	5:03.00	5:04.00	5:00.00	4:55.00
Back	800	LC			11:27.48	11:59.10	10:37.50	10:45.66	10:32.40	10:25.26
		SC			11:14.00	11:45.00	10:25.00	10:33.00	10:20.00	10:13.00
	100	LC	1:29.25	1:31.80	1:22.11	1:23.13	1:17.01	1:18.03	1:15.99	1:13.44
		SC	1:27.50	1:30.00	1:20.50	1:21.50	1:15.50	1:16.50	1:14.50	1:12.00
	200	LC	3:12.78	3:21.96	2:55.44	2:59.52	2:45.24	2:45.75	2:44.22	2:40.14
		SC	3:09.00	3:18.00	2:52.00	2:56.00	2:42.00	2:42.50	2:41.00	2:37.00
Breast	100	LC	1:40.98	1:45.06	1:34.86	1:36.90	1:29.25	1:28.74	1:26.70	1:25.17
		SC	1:39.00	1:43.00	1:33.00	1:35.00	1:27.50	1:27.00	1:25.00	1:23.50
	200	LC			3:22.98	3:32.16	3:10.74	3:10.74	3:07.68	3:03.60
		SC			3:19.00	3:28.00	3:07.00	3:07.00	3:04.00	3:00.00
Fly	100	LC	1:34.35	1:38.94	1:25.17	1:27.72	1:19.05	1:18.54	1:17.01	1:13.95
		SC	1:32.50	1:37.00	1:23.50	1:26.00	1:17.50	1:17.00	1:15.50	1:12.50
	200	LC			3:15.84	3:39.30	2:59.52	3:02.58	2:55.44	2:53.40
		SC			3:12.00	3:35.00	2:56.00	2:59.00	2:52.00	2:50.00
IM	100	LC								
		SC	1:31.00	1:33.00						
	200	LC	3:12.78	3:15.84	2:56.46	2:58.50	2:46.26	2:46.26	2:43.20	2:38.61
		SC	3:09.00	3:12.00	2:53.00	2:55.00	2:43.00	2:43.00	2:40.00	2:35.50
	400	LC			6:17.40	6:42.90	5:49.86	5:57.00	5:47.82	5:40.68
		SC			6:10.00	6:35.00	5:43.00	5:50.00	5:41.00	5:34.00



Ontario Winter Festival SC 2014 – Brantford Aquatic Club

2013 – 2016 Swim Ontario Age Group Standards

Age Group Standards			13 & UNDER		14 YEARS		15 YEARS		16-17 YEARS	
			FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE
Free	50	LC	:29.63	:28.09	:29.11	:27.27	:28.51	:26.64	:28.19	:25.59
		SC	:29.05	:27.54	:28.54	:26.74	:27.95	:26.12	:27.64	:25.09
	100	LC	1:04.17	1:01.25	1:02.80	:59.21	1:01.78	:57.73	1:00.97	:55.62
		SC	1:02.91	1:00.05	1:01.57	:58.05	1:00.57	:56.60	:59.77	:54.53
	200	LC	2:18.98	2:14.76	2:16.33	2:09.93	2:14.43	2:05.65	2:11.47	2:01.91
		SC	2:16.25	2:12.12	2:13.66	2:07.38	2:11.79	2:03.19	2:08.89	1:59.52
	400	LC	4:52.57	4:44.00	4:48.62	4:36.42	4:45.56	4:29.98	4:41.13	4:23.00
		SC	4:46.83	4:38.43	4:42.96	4:31.00	4:39.96	4:24.69	4:35.62	4:17.84
	800	LC	10:03.20	9:53.25	9:54.33	9:37.65	9:48.60	9:20.65	9:36.50	9:05.49
		SC	9:51.37	9:41.62	9:42.68	9:26.32	9:36.07	9:09.66	9:25.20	8:54.79
	1500	LC	19:16.10	19:04.39	18:59.10	18:27.44	18:46.22	17:54.86	18:24.94	17:25.79
		SC	18:53.43	18:41.95	18:36.76	18:05.73	18:24.14	17:33.78	18:03.27	17:05.28
Back	100	LC	1:12.41	1:10.16	1:11.19	1:08.24	1:09.26	1:06.13	1:08.32	1:03.20
		SC	1:10.99	1:08.78	1:09.79	1:06.90	1:07.90	1:04.83	1:06.98	1:01.96
	200	LC	2:35.31	2:30.36	2:32.26	2:27.84	2:29.90	2:23.69	2:26.51	2:17.49
		SC	2:32.26	2:27.41	2:29.27	2:24.94	2:26.96	2:20.87	2:23.64	2:14.79
Breast	100	LC	1:22.98	1:20.56	1:21.99	1:17.61	1:20.95	1:16.36	1:20.51	1:12.97
		SC	1:21.35	1:18.98	1:20.38	1:16.09	1:19.36	1:14.86	1:18.93	1:11.54
	200	LC	2:56.97	2:52.64	2:56.53	2:49.23	2:56.00	2:45.98	2:54.64	2:38.99
		SC	2:53.50	2:49.25	2:53.07	2:45.91	2:52.55	2:42.73	2:51.22	2:35.87
Fly	100	LC	1:12.23	1:10.14	1:11.11	1:07.22	1:09.67	1:04.80	1:08.76	1:02.63
		SC	1:10.81	1:08.76	1:09.72	1:05.90	1:08.30	1:03.53	1:07.41	1:01.40
	200	LC	2:41.51	2:37.90	2:41.17	2:35.11	2:39.11	2:30.15	2:33.31	2:20.87
		SC	2:38.34	2:34.80	2:38.01	2:32.07	2:35.99	2:27.21	2:30.30	2:18.11
IM	200	LC	2:37.43	2:31.50	2:35.40	2:27.09	2:33.02	2:23.76	2:30.03	2:18.30
		SC	2:34.34	2:28.53	2:32.35	2:24.21	2:30.02	2:20.94	2:27.09	2:15.59
	400	LC	5:32.65	5:22.50	5:29.82	5:13.98	5:20.64	5:09.04	5:17.94	5:01.64
		SC	5:26.13	5:16.18	5:23.35	5:07.82	5:14.35	5:02.98	5:11.71	4:55.73