

2017 WESTERN REGION SC CHAMPS

February 24 – 26, 2017

Meet Information Package

Hosted By:

LONDON AQUATIC CLUB

CANADA GAMES AQUATIC CENTRE – LONDON, ONTARIO

WESTERN REGION SC CHAMPS

DATE(S):	February 24-26, 2017	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, creating two 25m pools, with "Keifer" type lane markers, Daktronics 64101-H8 8 lane swimming scoreboard at both ends of the pool with Swiss Timing Quantum Timing System.	
PURPOSE:	Short Course Regional Championship	
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca	
COMPETITION COORDINATOR:	Mark Lukings, Level V, **Email:** mark.lukings@gmail.com	
MEET MANAGER:	Trevor Pool, **Email:** 2017wosa@gmail.com Martin Troughton (*Entries Coordinator*) **Email:** 2017wosa@gmail.com	
MINOR OFFICIALS:	Mike Joudrey, **Email:** mikejoudrey@hivaidsconnection.ca	
DESCRIPTION:	12 and under – events will be Timed Finals and will swim in the afternoon. 13 and over – Preliminary Events swim in the morning – top 8 in **each age group** going to Finals.	

- Friday – 1500m and 800m are Timed Finals – all other events are Preliminary Events with Finals Saturday and Sunday evening.
- All Saturday & Sunday events are Preliminary and Finals except 400m events which are Timed Finals.
- All Relay events are Timed Finals.

POOL ASSIGNMENT: Meet Management will determine the distribution of swimmers into session ends
All Evening Finals will be held in the Deep End.

COMPETITION RULES: Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.

Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first **individual** event following the warm-up period in which the violation occurred. The full document can be viewed HERE.

Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules. Before arrival, 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' behavior if necessary.

Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed HERE.

Meet Officials will provide a safe environment and an organized competition. We are not responsible for the supervision of the athletes during the competition and especially during session breaks.

GLASS CONTAINERS are strictly prohibited in and around the deck area.

Sprint Lanes (lanes 1 and 8) will be available for the last 20 minutes of warm-ups. Lanes 1 and 8 will be used for Sprinting and are designated as diving lanes. After the dive the swimmer must leave the lane and return to the starting end. PARA and Backstroke start lanes may also be designated, will be announced, and then will be controlled by the Safety Marshalls.

13 & over preliminaries will swim combined age groups and will be separated into designated age groups for finals.

There will be an "A" final for male and female 13, 14 and 15 years. There will be an "A" and "B" final for 16 & over male and female, in events with 30 or more starts.

All 12 & under events will be timed finals.

The 1500 and 800 Free will swim fastest to slowest. The 1500/800/400 Free and 400 IM will swim as timed finals. **Meet Management reserves the right to combine age groups if time requires.**

Meet Management reserves the right to senior seed 1500/800/400 events if demand warrants.

Meet Management reserves the right to swim the distance freestyle events 2 per lane.

Meet Management reserves the right to split preliminary session age categories to ensure proper session lengths

Meet Management reserves the right to advance the Sunday finals start time.

Preliminary events with less than 9 swimmers will still be swum – will not go straight to finals.

All relay events will be timed finals.

NO deck entries or exhibition swims will be permitted.

Coaches must have relay cards filled in and returned to the Clerk of Course or Meet Office **30 minutes** prior to the start of the relay events.

This meet will be scored. (see SCORING)

ALL PARTICIPATING CLUBS ARE ENCOURAGED TO PROVIDE 2 OFFICIALS PER SESSION.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.

- All swimmers must be registered with a Western Region club and in good standing.
- All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined.

QUALIFYING INFORMATION:

- Valid SC times along with LC entry times will be accepted and not converted.
- Any 12 & under swimmers qualifying for Ontario Festivals are de-qualified from that event.
- Any swimmer qualifying for Ontario Spring Provincial Champs in 13 & over, 14, 15, 16, 17 and/or Open category, using the Ontario Provincial Standards, is not eligible to participate in that event.
- Stroke 50's have no de-qualifying standards.
- Entry priority order for seeding will be SCM, then LCM, then bonus swims.
- For all PARA events, PARA Provincial "B" standards (10% slower than PARA Provincial times).

ENTRY FEE: Individual Events - $9.00 per swim
Relay Events - $10.00 per team
Swimmer Surcharge - $5.00 per swimmer, including relay only swimmers

- Entry fees are to accompany the Club Information sheet and a hardcopy of the Team's entry report.
- Cheques and Club Information sheets must be completed and handed in before warm-up on Friday, February 24, 2017.

PAYMENT: Please submit one cheque for all club swimmers with your Club Information sheets:
Payable to: **London Aquatic Club**
(includes HST – London Aquatic Club GST # R103378279)

ENTRIES: Entries will be at the discretion of the Meet Manager. Only appropriate and complete event files with appropriate times will be accepted.

- All entries must be in a Hy-tek accepted format and must be submitted through the SNC online entries system at: www.swimming.ca
- Coaches will be sent an entry list after receipt of club entries; please contact Meet Management immediately if there is a discrepancy or issue of any kind.
- "Relay-Only" swimmers are permitted. The remaining three members of the relay team must be properly qualified for the meet in an individual event. The relay only swimmer's name must appear in the team entry file (roster) with no individual entries.
- No limitation on number of events entered, providing qualifying criteria have been met.
- Except for relays, each swimmer must swim in the proper age group, no swimming up is permitted. Swimming "up" is only permitted on relays as per SNC rules. A maximum of 2 swimmers may swim up for a relay team.

BONUS SWIMS: Any swimmer qualifying with only one (1) qualifying standard may have three (3) additional bonus swims. If they qualify in two (2), they receive two (2) additional bonus swims and if they qualify in three (3), they receive one (1) bonus swim.

- The 1500/800/400 free and 400 IM may **not** be used as bonus swims.
- All bonus swims must be entered with a '**B**' indicator following the seedtime. To facilitate the most efficient swim sessions, coaches are requested to enter **actual** times for bonus swims and **NOT** enter them at **NT**.

PARA: PARA swimmers will be officiated under IPC Swimming Rules.

PARA ENTRIES: **PARA** events as follows:

50 Free S1-S14, **100 Free** S1-S14, **200 Free** S1-S14, **400 Free** S6-S13
100 Back S1-S14
100 Breast S1-S14
50 Fly S1-S7, **100 Fly** S8-S14
150 IM SM1-SM4, **200 IM** SM5-SM14

- PARA swimmers may enter other events in which they meet the Regional time standard, but there will not be separate PARA awards for these events. There will be no bonus swims for PARA for distances greater than 100m.
- In PARA swimming events with five or more entries, Para-swimmers will compete in able-bodied heats during preliminaries, seeded by time, then compete in a PARA swimming final during the finals session.
- In PARA swimming events with fewer than five entries, the event(s) will be Para-swimmer only timed finals during the preliminary session
- PARA that have the Able Bodied standard in any event may enter that event as Able Bodied. A PARA athlete may swim as either Able Bodied or PARA in any event they qualify for, but not both. Coaches must indicate each PARA classification with their entries.
- PARA only events will be in the series 400+

ENTRY DEADLINE: Entry Deadline: **Monday, February 13, 2017.**

You will be sent confirmation of receipt of your entries.
Please ensure that you check these entries and immediately contact the Meet Manager with any problems.

SCRATCH RULES: Swimmers will not be penalized for scratching from preliminary heats or timed finals.

The initial scratch deadline for finals sessions will be 30 minutes after the conclusion of the preliminary session.

During the first 30 minutes of the finals warm-up, coaches must check their finals entry report as provided by Meet Management and return this report signed and including any last minute scratches to the Clerk of Course or Meet Office no later than 30 minutes prior to the start of the finals session.

AGE CLASSIFICATIONS: Male and female:

- **Individual**: 10 and under; 11; 12; 13; 14; 15; 16 and over.
- **Relays**: 10 and under; 11 - 12; 13 - 14; 15 and over.

AGE UP DATE: The swimmer's age shall be calculated as of the first day of the meet, **Friday, February 24, 2017.**

CANCELLATIONS: In the event of unforeseen circumstances beyond the control of the City of London or London Aquatic Club, (for example but not limited to; weather interruptions or facility malfunctions) that force the cancellation of all or part of the meet, a partial refund may be granted at the discretion of the Meet Manager.

VENDORS: It is anticipated that Team Aquatic Supply and Marble Slab Creamery will be attending. Other food venders are still to be determined. A canteen will also be provided.

SCHEDULE OF SESSIONS:

Session #	Date	Prelim/Finals	Warm Up	Start	Finish	Estimated Duration
1	Feb 24	Finals	1:00-1:50	2:00	5:00	3hrs
2	Feb 24	Prelims	5:00-5:50	6:00	8:00	3hrs
3	Feb 25	Prelims	7:30-8:20	8:30	11:30	3hrs
4	Feb 25	Finals	12:00-12:50	1:00	5:00	4hrs
5	Feb 25	Finals	5:00-5:50	6:00	8:00	2hrs
6	Feb 26	Prelims	7:30-8:20	8:30	11:30	3hrs
7	Feb 26	Finals	12:00-12:50	1:00	5:00	4hrs
8	Feb 26	Finals	5:00-5:50	6:00	8:00	2hrs

SCHEDULE OF EVENTS: See event list – Appendix A

COACH'S REGISTRATION: Meet Management will cross reference the list of coaches in attendance at this competition with the Swim Ontario Compliancy lists. If a coach is not on this list, Meet Management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet Management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

TIME SPLITS: The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session Referee or Meet Management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits' as per international practice.

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: The meet will be scored as follows:

- Individual and Relay events will be scored from 1st - 8th place, on a scale of 9-7-6-5-4-3-2-1.
- PARA scoring will be based on number of entrants. If there are 8 or more entrants in an event, it will be scored the same as Able Bodied swimmers. If there are fewer than 8 entrants, the event will be "reverse-scored". (For example, if there are three entrants, the event will be scored 3-2-1.

AWARDS: The following will be awarded:

- **Able Bodied Medals:** 1st to 3rd for individual events **by age group** and 1st only for relay events.
- **Able Bodied Ribbons:** 4th to 8th for individual events **by age group** and 2nd and 3rd for relay events.
- **PARA:** Medals will be awarded in IPC eligible events only using the SNC Performance Calculator, and shall be awarded on a "mixed gender" basis to the top 3 swimmers in each event. In order to award gold there must be at least 2 competitors, to award silver there must be at least 3 competitors and to award bronze there must be at least 4 competitors in the event.

MEET RESULTS: The meet will run on Hy-Tek Meet Manager.

- Results will be posted on the LAC website www.londonaquaticclub.ca as quickly as possible.
- Final results will be uploaded to www.swimming.ca within 48 hours of the completion of the meet.
- Unofficial results will also be posted to Meet Mobile following each event.

RECORDING OF EVENT: Only individuals that have made application and received authorization to record the event in any manner, in any medium or context now known or hereafter developed shall be granted access and permission to do so. Please contact Meet Management for application and authorization.

Photographers must obtain authorization from Meet Management before the start of the meet to obtain access to the deck.

SAFETY & LIABILITY: Only participating swimmers, officials, certified registered coaches and authorized people are allowed on deck.

Appendix A
Event List

Session 1						
Friday, February 24, 2017 Warm-Ups **1:00-1:50** Start: **2:00**						
		EVENT				
#	**WOMEN**	**DISTANCE**	**STROKE**		**MEN**	**#**
1	15 & Over	800	*Freestyle*	Timed Final	15 & Over	2
3	13 -14	800	*Freestyle*	Timed Final	13 -14	4
5	11-12	800	*Freestyle*	Timed Final	11-12	6
7	15 & Over	1500	*Freestyle*	Timed Final	15 & Over	8
9	13 -14	1500	*Freestyle*	Timed Final	13 -14	10

Session 2						
Friday, February 24, 2017 Warm-Ups 5**:00-5:50** Start: **6:00**						
		EVENT				
#	**WOMEN**	**DISTANCE**	**STROKE**		**MEN**	**#**
13	13 & Over	50	*Backstroke*	Prelims	13 & Over	14
15	13 & Over	50	*Breaststroke*	Prelims	13 & Over	16
17	13 & Over	50	*Butterfly*	Prelims	13 & Over	18
19	13 & Over	200	*Individual Medley*	Prelims	13 & Over	20

Session 3						
Saturday, February 25, 2017 Warm-Ups 7**:30-8:20** Start: **8:30**						
		EVENT				
#	**WOMEN**	**DISTANCE**	**STROKE**		**MEN**	**#**
21	13 & Over	200	*Freestyle*	Prelims	13 & Over	22
23	13 & Over	100	*Breaststroke*	Prelims	13 & Over	24
25	13 & Over	50	*Freestyle*	Prelims	13 & Over	26
27	13 & Over	200	*Backstroke*	Prelims	13 & Over	28
29	13 & Over	100	*Butterfly*	Prelims	13 & Over	30
31	13 & Over	400	*Individual Medley*	Timed Final	13 & Over	32
301	15 & Over	200	*4 x 50 Medley Relay*	Timed Final	15 & Over	302
303	13 - 14	200	*4 x 50 Medley Relay*	Timed Final	13 - 14	304

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Session 4						
Saturday, February 25, 2017 Warm-Ups **12:00-12:50** Start: **1:00**						
		EVENT				
#	**WOMEN**	**DISTANCE**	**STROKE**		**MEN**	**#**
33	10 & Under	100	*Individual Medley*	Timed Final	10 & Under	34
35	12	200	*Free*	Timed Final	12	36
37	11	200	*Free*	Timed Final	11	38
39	10 & Under	200	*Free*	Timed Final	10 & Under	40
41	12	100	*Breaststroke*	Timed Final	12	42
43	11	100	*Breaststroke*	Timed Final	11	44
45	10 & Under	100	*Breaststroke*	Timed Final	10 & Under	46
47	12	50	*Butterfly*	Timed Final	12	48
49	11	50	*Butterfly*	Timed Final	11	50
51	10 & Under	50	*Butterfly*	Timed Final	10 & Under	52
53	12	200	*Backstroke*	Timed Final	12	54
55	11	200	*Backstroke*	Timed Final	11	56
57	10 & Under	200	*Backstroke*	Timed Final	10 & Under	58
59	12	100	*Butterfly*	Timed Final	12	60
61	11	100	*Butterfly*	Timed Final	11	62
63	10 & Under	100	*Butterfly*	Timed Final	10 & Under	64
65	12	50	*Breaststroke*	Timed Final	12	66
67	11	50	*Breaststroke*	Timed Final	11	68
69	10 & Under	50	*Breaststroke*	Timed Final	10 & Under	70
71	11-12	400	*Individual Medley*	Timed Final	11-12	72
305	11-12	200	*4 x 50 Medley Relay*	Timed Final	11-12	306
307	10 & Under	200	*4 x 50 Medley Relay*	Timed Final	10 & Under	308

Session 5						
Saturday, February 25, 2017 ***FINALS*** Warm-Ups 5**:00-5:50** Start: **6:00**						
		EVENT				
#	**WOMEN**	**DISTANCE**	**STROKE**		**MEN**	**#**
21	16 & Over	200	*Freestyle*	Final	16 & Over	22
21	15	200	*Freestyle*	Final	15	22
21	14	200	*Freestyle*	Final	14	22
21	13	200	*Freestyle*	Final	13	22
23	16 & Over	100	*Breaststroke*	Final	16 & Over	24
23	15	100	*Breaststroke*	Final	15	24
23	14	100	*Breaststroke*	Final	14	24
23	13	100	*Breaststroke*	Final	13	24
25	16 & Over	50	*Freestyle*	Final	16 & Over	26
25	15	50	*Freestyle*	Final	15	26
25	14	50	*Freestyle*	Final	14	26
25	13	50	*Freestyle*	Final	13	26
27	16 & Over	200	*Backstroke*	Final	16 & Over	28
27	15	200	*Backstroke*	Final	15	28
27	14	200	*Backstroke*	Final	14	28
27	13	200	*Backstroke*	Final	13	28
29	16 & Over	100	*Butterfly*	Final	16 & Over	30
29	15	100	*Butterfly*	Final	15	30
29	14	100	*Butterfly*	Final	14	30
29	13	100	*Butterfly*	Final	13	30
19	16 & Over	200	*Individual Medley*	Final	16 & Over	20
19	15	200	*Individual Medley*	Final	15	20
19	14	200	*Individual Medley*	Final	14	20
19	13	200	*Individual Medley*	Final	13	20
13	16 & Over	50	*Backstroke*	Final	16 & Over	14
13	15	50	*Backstroke*	Final	15	14
13	14	50	*Backstroke*	Final	14	14
13	13	50	*Backstroke*	Final	13	14

Session 6						
Sunday, February 26, 2017 Warm-Ups 7**:30-8:20** Start: **8:30**						
		EVENT				
#	**WOMEN**	**DISTANCE**	**STROKE**		**MEN**	**#**
73	13 & Over	100	*Freestyle*	Prelims	13 & Over	74
75	13 & Over	200	*Butterfly*	Prelims	13 & Over	76
77	13 & Over	100	*Backstroke*	Prelims	13 & Over	78
79	13 & Over	200	*Breaststroke*	Prelims	13 & Over	80
81	13 & Over	400	*Freestyle*	Timed Final	13 & Over	82
309	15 & Over	200	*4 x 50 Free Relay*	Timed Final	15 & Over	310
311	13 - 14	200	*4 x 50 Free Relay*	Timed Final	13 - 14	312

Session 7						
Sunday, February 26, 2017 Warm-Ups **12:00-12:50** Start: **1:00**						
		EVENT				
#	**WOMEN**	**DISTANCE**	**STROKE**		**MEN**	**#**
83	12	200	*Individual Medley*	Timed Final	12	84
85	11	200	*Individual Medley*	Timed Final	11	86
87	10 & Under	200	*Individual Medley*	Timed Final	10 & Under	88
89	12	100	*Freestyle*	Timed Final	12	90
91	11	100	*Freestyle*	Timed Final	11	92
93	10 & Under	100	*Freestyle*	Timed Final	10 & Under	94
95	12	200	*Butterfly*	Timed Final	12	96
97	11	200	*Butterfly*	Timed Final	11	98
99	12	50	*Freestyle*	Timed Final	12	100
101	11	50	*Freestyle*	Timed Final	11	102
103	10 & Under	50	*Freestyle*	Timed Final	10 & Under	104
105	12	100	*Backstroke*	Timed Final	12	106
107	11	100	*Backstroke*	Timed Final	11	108
109	10 & Under	100	*Backstroke*	Timed Final	10 & Under	110
111	12	200	*Breaststroke*	Timed Final	12	112
113	11	200	*Breaststroke*	Timed Final	11	114
115	12	50	*Backstroke*	Timed Final	12	116
117	11	50	*Backstroke*	Timed Final	11	118
119	10 & Under	50	*Backstroke*	Timed Final	10 & Under	120
121	12	400	*Freestyle*	Timed Final	12	122
123	11	400	*Freestyle*	Timed Final	11	124
125	10 & Under	400	*Freestyle*	Timed Final	10 & Under	126
313	11-12	200	*4 x 50 Free Relay*	Timed Final	11-12	314
315	10 & Under	200	*4 x 50 Free Relay*	Timed Final	10 & Under	316

Session 8						
Sunday, February 26, 2017						
FINALS						
Warm-Ups 5**:00-5:50** Start: **6:00**						
		EVENT				
#	**WOMEN**	**DISTANCE**	**STROKE**		**MEN**	**#**
73	16 & Over	100	*Freestyle*	Final	16 & Over	74
73	15	100	*Freestyle*	Final	15	74
73	14	100	*Freestyle*	Final	14	74
73	13	100	*Freestyle*	Final	13	74
15	16 & Over	50	*Breaststroke*	Final	16 & Over	16
15	15	50	*Breaststroke*	Final	15	16
15	14	50	*Breaststroke*	Final	14	16
15	13	50	*Breaststroke*	Final	13	16
75	16 & Over	200	*Butterfly*	Final	16 & Over	76
75	15	200	*Butterfly*	Final	15	76
75	14	200	*Butterfly*	Final	14	76
75	13	200	*Butterfly*	Final	13	76
77	16 & Over	100	*Backstroke*	Final	16 & Over	78
77	15	100	*Backstroke*	Final	15	78
77	14	100	*Backstroke*	Final	14	78
77	13	100	*Backstroke*	Final	13	78
79	16 & Over	200	*Breaststroke*	Final	16 & Over	80
79	15	200	*Breaststroke*	Final	15	80
79	14	200	*Breaststroke*	Final	14	80
79	13	200	*Breaststroke*	Final	13	80
17	16 & Over	50	*Butterfly*	Final	16 & Over	18
17	15	50	*Butterfly*	Final	15	18
17	14	50	*Butterfly*	Final	14	18
17	13	50	*Butterfly*	Final	13	18

Appendix B

Western Ontario Regional Championship Time Standards 2017

FEMALE								MALE						
10 & U	**11**	**12**	**13**	**14**	**15**	**16 & O**	***SC***	**16 & O**	**15**	**14**	**13**	**12**	**11**	**10 & U**
39.08	36.25	34.55	32.90	32.33	31.82	31.46	**50 free**	28.57	29.74	30.29	31.20	33.75	36.54	39.65
1:26.65	1:19.89	1:14.76	1:11.27	1:09.75	1:08.95	1:08.05	**100 free**	1:02.08	1:04.43	1:05.76	1:08.02	1:14.20	1:20.43	1:28.35
3:10.90	2:53.32	2:43.12	2:34.34	2:31.41	2:30.04	2:26.74	**200 free**	2:16.07	2:20.25	2:24.29	2:29.66	2:41.99	2:56.71	3:16.65
6:39.87	6:12.60	5:48.45	5:24.91	5:20.53	5:18.73	5:13.79	**400 free**	4:53.55	5:01.35	5:06.98	5:15.38	5:49.60	6:19.50	6:50.06
	12:43.47	11:47.97	11:20.08	11:10.08	11:02.48	10:49.98	**800 free**	10:15.01	10:32.11	10:51.27	11:08.86	11:57.04	13:18.59	
			21:43.44	21:24.27	21:09.76	20:45.76	**1500 free**	19:39.07	20:11.85	20:48.59	21:30.24			
44.38	42.31	40.06	38.36	37.49	37.25	37.25	**50 back**	36.21	36.21	39.36	41.04	42.64	44.33	46.28
1:39.12	1:31.18	1:25.53	1:20.42	1:19.05	1:17.30	1:16.26	**100 back**	1:10.54	1:13.81	1:15.79	1:17.91	1:26.65	1:32.32	1:41.95
3:34.08	3:14.83	3:03.51	2:52.48	2:49.08	2:47.31	2:43.53	**200 back**	2:33.46	2:40.38	2:44.19	2:46.98	3:04.07	3:19.36	3:44.28
51.32	48.16	44.76	43.80	43.61	41.79	41.79	**50 breast**	40.87	40.87	43.31	45.54	47.61	51.55	54.67
1:52.15	1:45.35	1:39.12	1:32.15	1:31.05	1:30.36	1:29.86	**100 breast**	1:21.44	1:25.23	1:26.19	1:29.47	1:38.56	1:47.62	1:56.68
	3:45.42	3:31.82	3:16.54	3:16.04	3:15.45	3:13.95	**200 breast**	2:57.46	3:05.26	3:07.93	3:11.72	3:31.82	3:55.61	
44.76	42.25	39.28	36.07	35.32	33.57	33.57	**50 fly**	32.76	32.76	36.27	39.24	41.67	45.01	48.00
1:44.78	1:34.59	1:27.79	1:20.21	1:18.97	1:17.76	1:16.75	**100 fly**	1:09.91	1:12.32	1:14.65	1:17.89	1:27.23	1:37.42	1:49.88
	3:37.49	3:19.36	2:59.35	2:58.99	2:57.59	2:51.12	**200 fly**	2:37.24	2:47.60	2:52.26	2:55.35	3:22.77	4:03.55	
1:43.09							**100 IM**							1:45.35
3:37.35	3:18.95	3:07.45	2:57.49	2:52.57	2:50.80	2:47.46	**200 IM**	2:34.36	2:40.46	2:43.36	2:50.81	3:07.45	3:21.25	3:40.80
	6:59.12	6:34.45	6:15.05	6:11.85	6:01.50	5:58.47	**400 IM**	5:40.09	5:48.43	5:53.99	6:03.61	6:42.50	7:27.44	

10 & U	**11**	**12**	**13**	**14**	**15**	**16 & O**	***LC***	**16 & O**	**15**	**14**	**13**	**12**	**11**	**10 & U**
39.86	36.97	35.24	33.57	32.97	32.45	32.10	**50 free**	29.13	30.33	30.89	31.82	34.43	37.27	40.43
1:28.39	1:20.88	1:16.26	1:12.69	1:11.14	1:10.33	1:09.41	**100 free**	1:03.32	1:05.72	1:07.07	1:09.38	1:15.68	1:22.03	1:30.13
3:11.80	2:56.78	2:46.38	2:37.44	2:34.43	2:33.99	2:29.68	**200 free**	2:18.79	2:23.05	2:27.18	2:32.65	2:45.22	3:00.24	3:17.57
6:47.86	6:20.05	5:55.42	5:31.41	5:26.93	5:25.11	5:20.07	**400 free**	4:59.43	5:07.37	5:13.11	5:21.70	5:56.59	6:27.09	6:58.26
	12:58.75	12:02.13	11:33.68	11:23.48	11:16.89	11:02.98	**800 free**	10:27.31	10:44.75	11:04.30	11:22.24	12:11.38	13:34.56	
			22:09.51	21:49.96	21:35.15	21:10.68	**1500 free**	20:02.66	20:36.09	21:13.56	21:56.05			
45.58	43.20	41.32	39.11	38.40	37.55	37.55	**50 back**	37.39	37.39	41.32	42.61	45.64	47.66	48.09
1:41.10	1:33.01	1:27.23	1:22.02	1:20.64	1:18.86	1:17.79	**100 back**	1:11.96	1:15.29	1:17.30	1:19.48	1:28.39	1:34.16	1:43.98
3:38.37	3:18.73	3:07.17	2:55.93	2:52.48	2:50.66	2:46.80	**200 back**	2:36.54	2:43.59	2:47.46	2:50.32	3:07.75	3:23.35	3:48.77
53.14	49.77	47.42	47.40	44.72	43.00	43.00	**50 breast**	42.77	42.77	46.03	46.29	52.73	54.21	56.14
1:54.39	1:47.46	1:41.10	1:34.00	1:32.87	1:32.16	1:31.66	**100 breast**	1:23.08	1:26.94	1:27.92	1:31.25	1:40.52	1:49.77	1:59.00
	3:49.93	3:36.06	3:20.47	3:19.96	3:19.36	3:17.81	**200 breast**	3:01.01	3:08.97	3:11.69	3:15.56	3:36.06	4:00.33	
47.68	42.86	41.02	38.80	36.29	34.48	34.48	**50 fly**	34.60	34.60	37.04	41.26	45.23	48.47	53.41
1:46.87	1:36.47	1:29.54	1:21.82	1:20.55	1:19.32	1:18.28	**100 fly**	1:11.30	1:13.77	1:16.14	1:19.45	1:28.96	1:39.36	1:52.08
	3:41.84	3:23.35	3:02.95	3:02.56	3:01.15	2:54.55	**200 fly**	2:40.38	2:50.95	2:55.70	2:58.86	3:26.82	4:08.41	
3:41.70	3:22.93	3:11.20	3:01.04	2:56.03	2:54.21	2:50.81	**200 IM**	2:37.46	2:43.67	2:46.61	2:54.23	3:11.20	3:25.28	3:45.22
	7:07.50	6:42.34	6:22.55	6:19.29	6:08.74	6:05.63	**400 IM**	5:46.89	5:55.40	6:01.08	6:10.88	6:50.55	7:36.39	

Appendix C

OFFICIALS LIST

CLUB: _____

Please list people who will be at the meet and would be willing to offer their services in officiating. Each session requires two officials to be available, if required.

Please submit with meet entries or if possible e-mail to Meet Officials:

(Minor Officials) Mike Joudrey, **Email:** mikejoudrey@hivaidsconnection.ca

(Senior Officials) Mark Lukings, **Email**: mark.lukings@gmail.com

NAME and Level	SESSION	POSITION

APPENDIX D

CLUB INFORMATION SHEET

COACHES: Please fill out this form and return with entries or payment.

Club: _____

Club Mailing Address: _____

_____

_____

Club Phone #: _____

Club Contact Person: _____

Phone #: _____

Assistant Coach: _____

Phone #: _____

Chaperone(s): _____

_____

_____

_____

Hotel: _____

_____

Phone #: _____

Appendix E

Canada Games Aquatic Centre

Event Procedure Policy For:

Meet Managers, Officials, Coaches, Athletes & Spectators

1. The City Of London Aquatic Staff (and specifically the CGAC Deck Supervisor) will remain in control of the facility at all times during the event. Their decisions and instructions are to be complied with without argument by all participants, coaches and officials. In the event of an emergency, City staff will only transfer care of an individual to EMS personnel.

2. No coach or official may permit a swimmer to enter the pool prior to the lifeguards being in place. No swimmer is to enter the pool without lifeguards in place.

3. All participants must obey all pool rules as posted.

4. No outside footwear may be worn on the pool deck by any participant, coach, official or any other person.

5. No food of any kind is permitted on the pool deck, except for refreshments provided directly to officials.

6. Coaches are responsible for the conduct of their team at all times in all areas of the facility.

7. Participants / coaches are responsible for picking up their garbage and depositing it in waste containers; excessive garbage left on the pool deck will be billed as an additional staffing charge.

8. Participants must be dry and wearing footwear on the upper level.

9. Participants / coaches / officials must not leave belongings in front of access points, including but not limited to emergency exits, staff offices, first aid rooms, change rooms, etc.

10. Parking is permitted in designated areas only; parking is not permitted on curbs or on grass areas surrounding the building. Signs will be posted indicating parking locations.

RZONE

Rzone is a program requiring all persons wishing to visit or use any City of London recreation facility, park, or program, to respect others and take responsibility in helping the City maintain a positive environment. The "R" in Rzone stands for Respect and Responsibility. Respect for yourself, Respect for others, and Responsibility for your actions. The Rzone program applies to all community organizations and individuals using City of London recreational facilities, parks, and programs.

Please review the information online at http://london.ca/rzone before attending this event.

Appendix F

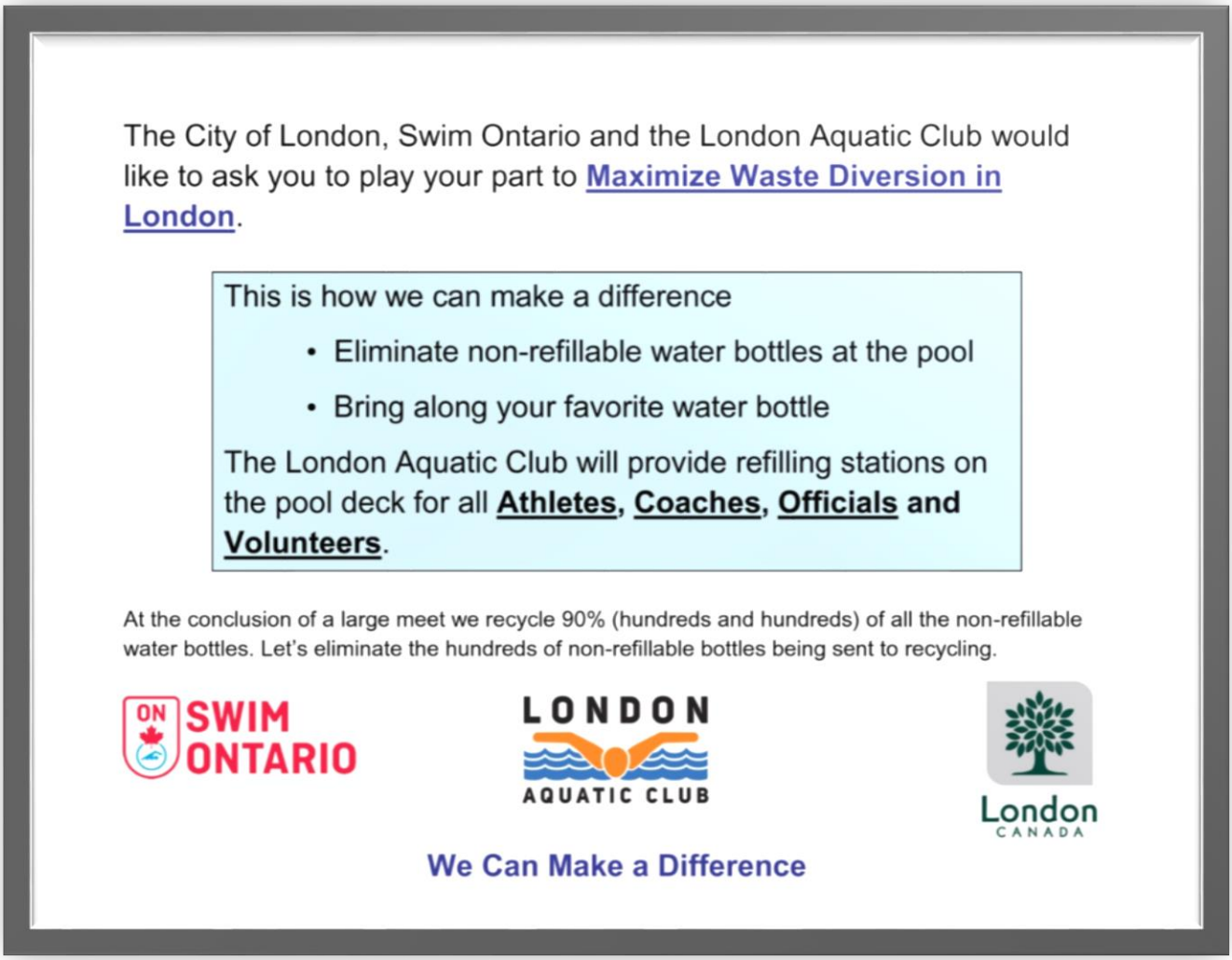
City Of London By-Law

Single Use Disposable Water Bottles

According to the City of London by-laws, single use disposable standard water bottles can no longer be sold at events hosted at city-owned facilities.

We will continue with our Maximize Waste Diversion. Water coolers / city water taps will be available for water needs for our Athletes, Coaches, Officials, and Volunteers.

Please make sure that you bring a refillable water bottle with you to our meet.



Appendix G

Parking Options

Parking is available at:

1. Canada Games Aquatic Centre (CGAC)
2. Banting Lots 1, 2 and 3
3. On neighbourhood streets: EAST and WEST off Lawson Rd.
   (City of London parking bylaws in effect)

NO PARKING in neighbouring business lots (which includes Mall, Bank, Arena and others). Vehicles may be towed.

