



**2009 EOSA SHORT COURSE  
REGIONAL CHAMPIONSHIP MEET  
January 30 – February 01  
Kingston Military Community Sports Centre  
Hosted by CFB Kingston Sharks Swim Club**



**Meet Managers:** Jen Miller 613 544-1441 [millerjen@sympatico.ca](mailto:millerjen@sympatico.ca)

Dave Miller

**Meet Referee:** Dave Roza 613-831-7492 [droza7492@rogers.com](mailto:droza7492@rogers.com)

**SANCTIONED BY:** Swim Ontario and EOSA

**Location:** Kingston Military Community Sports Centre

**Facility:** 8 lane, 25 m competition pool with Colorado System 5 double plunger electronic timing.

**Entry Deadline:** **Midnight – Monday January 19th, 2009.**

**Entry fees:** Individual events: **\$8.00**  
Relay events: **\$9.00**  
(Includes a \$0.50 per swim charge for the EOSA Touring Team Initiative)

Payment may be due upon arrival to the KSSC Meet Manager.  
Please make cheque payable to "**Base Fund**".

**Eligibility:**

- Entry is restricted to swimmers registered as competitive swimmers with Swim Natation Canada, who have registered with EOSA for the 2008-2009 Season and,
- who have qualified and not de-qualified according to the enclosed time standard times.
- 12 & Under Swimmers must qualify in both the 200IM and 200 FR. Once qualified in these two events swimmers are eligible to compete in up to 6 individual events but are **not** required to compete in the 200 IM and/or 200 FR.
- 13 & Over Swimmers must qualify in both the 200 IM and 400FR. Once qualified in these two events swimmers are eligible to compete in up to 6 individual events. Swim but they are **not** required to compete in the 200 IM and/or 400FR.

**Qualifying Times:**

- 2008-2009 EOSA Qualifying Standards (See attached)
- 2008-2009 SWAD Regional Standards (See attached)
- Long course entry times should be converted by subtracting 3%.
- 200 Fly, 400 IM and 800 Free are open to swimmers 10 and under who meet the 11 Year old Prerequisites

**Dequalifying Times**

- Ages 9 to 14 Provincial Standard for Age Group Above
- Senior Nationals for 15 and Over (Open)

**Entry Procedure:** Entries must be in Hy-Tek format and submitted through [www.swimming.ca](http://www.swimming.ca)  
No entries will be accepted directly by meet management.

Every swimmer **must** be entered in the following pre-requisite events to verify they have met the qualification standards. Swimmers do not need to race these events. These event numbers can be found on the Hy Tek Event File.

GIRLS	200 IM	200 FREE	400 FREE
10 & Under	400	401	
11 Year Old	402	403	
12 Year Old	404	405	
13 Year Old	406		407
14 Year Old	408		409
15 & Over	410		411

BOYS	200 IM	200 FREE	400 FREE
10 & Under	412	413	
11 Year Old	414	415	
12 Year Old	416	417	
13 Year Old	418		419
14 Year Old	420		421
15 & Over	422		423

PLEASE NOTE. THE ABOVE EVENT NUMBERS WILL NOT BE SWUM AND ARE STRICTLY FOR ENTERING QUALIFYING TIMES. IF YOU WANT YOUR SWIMMER TO SWIM THESE RACES ENSURE THEY ARE ENTERED IN THE CORRESPONDING EVENT AS PER THE ATTACHED EVENT SCHEDULE.

**Age Groups:** Swimmers age is as of January 30th, 2009.  
Single Age Groups, Male and Female as listed below:

10 & Under  
11 Year Old  
12 Year Old  
13 Year Old  
14 Year Old  
15 & Over

**Entry Limit:** Maximum of **six (6)** individual events per swimmer (3 per day) plus relays. Swimmers 12 and under may enter only 2 of (50, 100 or 200m) in back, breast or fly.

In the event that a session appears likely to go over on time, meet management in collaboration with the coaches, reserve the right to limit the session length by:

1. Having the 400 Free and/or the 400 IM run as class 2 time trials at the end of the session they are in;
2. Having the slower heats of the 400 Free swim 2 per lane;
3. If over subscribed, meet management may have events with less than eight swimmers go straight to finals.

Coaches will be notified at least one week in advance of any changes necessary.

## SWAD Bonus Swims:

- Swimmers qualifying in one event may enter three additional events.
- Swimmers qualifying in two events may enter two additional events.
- Swimmers qualifying in three or more events may enter one additional event, to a maximum of six individual events.

## Other Entry Information:

There will not be a designated lane for SWAD Swimmers during Warm-Up

**Distance Events:** Entry times must be submitted for the 800 and 1500 free events. Meet manager reserves the right to limit these events to a total of five heats of 800 and five heats of 1500. Swims will be accepted with priority given to the thirteen fastest entry times in each respective age group. While staying within these limits, **open** swimmers can also choose to swim in the opposite event (ie. men-800 free/women 1500 free).

The meet manager will inform all clubs should any entries not be accepted. Swimmers will then be allowed to enter an alternate event.

**PLEASE NOTE:** The 800/1500 free will be multi-age seeded fastest to slowest.

**Deck Entries:** **No deck entries or exhibition swims will be permitted.**

**SWAD:** Swimmers with a disability (SWAD) are eligible to compete in this meet, provided that they have met the Provincial Standard in each of their entered events, which are offered in their disability class at the Provincial Championships. Swimmers with a disability will be entered according to age and time. Please designate classification when entering.

**Proof of Times:** Meet manager will verify qualifying times with [www.swimming.ca](http://www.swimming.ca) prior to the meet.

Proof of time will be required for all entries that cannot be validated by [www.swimming.ca](http://www.swimming.ca)

**Relay Entries:** Each club may enter any number of relay teams per event; however, only two teams per club will score. When a club enters only one team in a relay, at least three members of the team must be properly entered in an individual event, and the fourth may be entered as "Relay Only". When a club enters more than one team in a relay event, every member of every relay team must be properly entered in the meet in at least one individual event. Each relay team may include up to two (2) swimmers from a younger age category. No swimmer may compete as a member of more than one relay team in any event.

**Scoring:** The top 16 swimmers in individual events and the top 8 relays will score team points.

Team points: individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Team points, relay events: 40-34-32-30-28-26-24-22

Individual points: 5-2-1 (relay points not applicable).

**Individual Awards:** Individual events: medals for 1st to 3<sup>rd</sup>, ribbons for 4th to 8<sup>th</sup>.  
Relay events: medals for 1<sup>st</sup>, ribbons for 2nd and 3<sup>rd</sup>.  
Individual high-point plaque to the top swimmers by age group and gender.

**Medals for 12 & under events (time finals) will be awarded on deck during each session.**

**Medals for 13 & over finals will be awarded on deck during finals, immediately following each event.**

**Team Awards:** Overall Team Trophy – the team with the highest number of team points.  
Top Small Team Award – the team with the highest number of points, and fewer than 35 registered competitive swimmers as of **January 19, 2009**.

**Meet Rules:** SNC Rules will apply. The FINA one-start rule will be in effect. SNC warm up procedures will be in effect at this meet.

**Individual Events – 13 & over:**

- All individual events for swimmers 13 & over (except 400 free, 400 IM, 800 free and 1500 free) will be swum as preliminaries and finals.
- Events with 8 or fewer entries will swim **both** prelims and finals.
- For prelims, age groups will be combined and circle seeded.
- For events/age groups with 20 or more swimmers, the fastest 16 swimmers will advance to finals in their age/gender category.
- For events/age groups with 19 or fewer swimmers, the fastest 8 swimmers will advance to finals.
- 400 Free and 400 IM will be swum as time finals, seeded slowest to fastest. The top-seeded 8 swimmers in each age group will swim during finals; all others will swim during prelims with age groups combined.
- 800 Free and 1500 Free will be swum as time finals.
- For 800 Free, the top-seeded 8 male and 8 female swimmers will swim during finals. All others will swim during prelims, seeded together (fastest to slowest).
- For 1500 Free, the top-seeded 8 swimmers (male **or** female) will swim during finals. All others will swim during prelims, seeded together (fastest to slowest).
- Any swimmer who swims in OPEN in one event must swim open the entire meet, and may not compete on any relays other than 15/Over(Open) relays.

**Individual Events – 12 & under**

All individual events for swimmers 12 & under are time finals. Age groups and genders will swim separately.

**Relays**

All relay events are time finals. All 13 & over relays will be swum at the end of finals on Friday and Saturday.

Age groups for relay events only will be:

- 10 and Under
- 11-12
- 13-14
- 15 & Over

Coaches must have relay cards filled in and returned to the Meet Manager 30 minutes prior to the start of the session. Teams that do not return relay cards by this time will be scratched.

**Facility Rules:**

No food or drinks (except water) are allowed on the pool deck. Please leave backpacks and swim bags in the change rooms. Do not block the fire exits. Athletes are only permitted in the pool area and are not allowed to use other equipment in the athletic complex such as the slide, hot tub, or cardio/weight room. All swimmers must be properly attired with shirt, shorts/pants and footwear if they proceed to the lobby or field house.

**EOSA Regional Scratch Rules:****Prelims and Timed Finals**

- Please report all scratches for Time Finals and Preliminaries to the Clerk of Course 30 minutes prior to the start of each session. There will be no penalty for swimmers who do not show up for these heats.
- Positive check-in is required for all 400, 800 and 1500 events at least 30 minutes before the start of the preliminary session for the event. This is to ensure that the fastest heats (swum in finals) are full. There will be no penalty for swimmers who do not show up for 400, 800 and 1500 heats held during prelims.
- Positive check-in is required for any other Time Finals. There will be no penalty for swimmers who do not show up for time final events.

**Finals**

- All scratches for Finals must be made within 30 minutes after conclusion of the preliminary session to allow proper seeding and notification of alternates. This is the Initial Scratch Deadline. There will be no reseeding for scratches received after the Initial Scratch Deadline.
- The Final Scratch Deadline will be 30 minutes before the start of the final session. Scratching from Finals after the Final Scratch Deadline, or failure to participate in a final event without meet management's knowledge and consent, will result in a **\$100.00 fine** for each offence, payable to CFB Kingston Sharks Swim Club.
- Failure to pay before the swimmer's next event will exclude the swimmer from further participation in the meet.

# REGIONAL TIME STANDARDS UPDATED FOR THE 2008 -2009 SEASON

SHORT COURSE				
Age Group	200 IM Pre req Standard (using D time levels except for 10 & under)		200 Free Pre req Standard (using D time levels except for 10 & under)	400 Free Pre req Standard (using D time levels)
Girls				
10& under	3:49.46		3:25.21	
11 Girls	3:26.00		3:02.56	
12 Girls	3:13.57		2:51.00	
13 Girls	3:07.66			5:45.14
14 Girls	3:01.88			5:37.94
15 & over	2:58.15			5:31.15
Boys				
10 & under	3:55.79		3:27.09	
11 Boys	3:30.23		3:03.23	
12 Boys	3:12.76		2:50.32	
13 Boys	3:02.59			5:42.17
14 Boys	2:55.26			5:28.52
15 & over	2:52.09			5:23.36

LONG COURSE				
Age Group	200 IM Pre req Standard (using D time levels except for 10 & under)		200 Free Pre req Standard (using D time levels except for 10 & under)	400 Free Pre req Standard (using D time levels)
Girls				
10& under	3:55.20		3:30.34	
11 Girls	3:31.15		3:07.12	
12 Girls	3:18.41		2:55.27	
13 Girls	3:12.35			5:53.77
14 Girls	3:06.43			5:46.39
15 & over	3:02.60			5:39.43
Boys				
10 & under	4:02.90		3:32.26	
11 Boys	3:35.48		3:07.81	
12 Boys	3:17.57		2:54.57	
13 Boys	3:07.16			5:50.72
14 Boys	2:59.64			5:36.74
15 & over	2:56.39			5:31.45

SWIMMERS WITH A DISABILITY  
REGIONAL CHAMPIONSHIP TIME STANDARDS (25m) - WOMEN  
(-2% conversion from LC is allowed)

SC-F Class	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 FR	5:19.38	2:55.68	2:05.43	1:42.15	1:16.64	1:15.78	1:04.03	1:00.28	52.69	48.65	1:02.84	54.49	46.83	55.88
100FR	10:58.99	6:15.87	4:22.58	3:35.22	2:49.24	2:37.65	2:21.76	2:12.46	1:55.01	1:47.41	2:15.75	1:59.69	1:42.50	2:01.77
200 FR	22:38.41	13:35.20	9:14.38	6:38.31	3:68.32									
400 FR						11:53.49	10:37.95	9:42.82	8:22.77	8:01.80	10:28.55	9:29.97	7:52.44	9:28.51
50 BK	5:25.16	2:58.32	3:15.87	1:42.02	1:32.79									
100 BK						3:01.54	2:40.63	2:30.14	2:11.88	2:06.92	2:36.31	2:17.48	3:39.13	2:26.59
SB Class														
50 BR	4:16.27	2:49.75	1:52.54											
100 BR				3:53.87	3:50.57	3:21.12	3:14.37	2:54.25	2:16.29		2:54.95	2:44.75	2:17.31	2:43.16
50 FL	4:11.54	3:29.07	2:26.46	2:05.69	1:30.79	1:19.74	1:10.57							
100 FL								2:37.53	2:05.42	1:58.39	2:37.09	2:16.77	1:51.65	2:21.05
SM Class														
150 IM	14:56.04	9:29.80	7:47.18	5:59.93										
200IM					7:18.22	6:33.48	6:01.82	5:40.02	4:41.08	4:26.93	5:37.34	5:01.69	4:14.89	4:59.78

SWIMMERS WITH A DISABILITY  
REGIONAL CHAMPIONSHIP TIME STANDARDS (25m) - MEN  
(-2% conversion from LC is allowed)

SC-F Class	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 FR	3:07.87	2:29.79	1:43.40	1:21.12	1:13.57	57.11	53.55	51.22	45.78	42.66	52.44	50.19	42.73	49.56
100FR	6:54.68	5:21.83	3:48.55	3:00.10	2:36.76	2:06.03	2:00.01	1:53.42	1:40.35	1:31.90	1:52.26	1:47.89	1:33.32	1:47.67
200 FR	14:07.84	11:18.91	6:53.23	6:22.78	5:34.83									
400 FR						10:19.45	8:59.77	8:56.21	7:31.28	7:00.24	8:51.47	8:36.63	7:20.37	8:35.26
50 BK	3:11.83	2:27.18	1:40.53	1:36.65	1:16.03									
100 BK						2:25.60	2:18.34	2:03.67	1:52.18	1:46.97	2:11.64	2:09.54	1:47.71	2:04.50
SB Class														
50 BR	3:29.25	3:16.04	1:41.80											
100 BR				2:43.34	2:56.44	2:47.50	2:33.52	2:23.61	2:02.41		2:24.42	2:17.64	1:55.79	2:14.18
50 FL	3:16.93	2:50.74	2:19.57	1:36.22	1:16.44	1:02.98	58.58							
100 FL								2:03.27	1:47.08	1:41.85	2:04.82	2:01.93	1:42.12	2:07.21
SM Class														
150 IM	8:20.39	8:42.49	6:58.96	5:23.18										
200IM					6:08.72	5:28.81	5:01.00	4:48.82	4:27.34	3:48.16	4:40.13	4:29.62	3:51.32	4:29.28



## SESSION TIMES

Day	Session	Age Group	Type	Warm-up	Start
Friday	1	13 & over	Prelims	9:00 AM	10:00 AM
Friday	2	12 & under	Time finals	1:15 PM	2:00 PM
Friday	3	13 & over	Finals	5:30 PM	6:30 PM
Saturday	4	13 & over	Prelims	8:00 AM	9:00 AM
Saturday	5	12 & under	Time finals	12:30 PM	1:15 PM
Saturday	6	13 & over	Finals	5:00 PM	6:00 PM
Sunday	7	13 & over	Prelims	8:00 AM	9:00 AM
Sunday	8	12 & under	Time finals	12:30 PM	1:15 PM
Sunday	9	13 & over	Finals	5:00 PM	6:00 PM

***Note: Session times are subject to change, depending on number of entries. Meet Management reserves the right to run split warm-ups (two 30 minute warm-ups divided by teams.) depending on registration.***

**Coach Certification:** Only certified, registered coaches are permitted on deck. Coaches must show a valid deck pass to receive heat sheets and other materials.

**Coaches' meeting:** The coaches' meeting will be held on Friday at 9:15, during the warm up for session 1. Please meet in the officials area of the Field House

**Officials:** In consideration of the large number of volunteers that are required to run a swim meet it is requested that participating clubs provide officials to ensure the success of the meet.

**IF YOU ARE ABLE TO SUPPLY OFFICIALS PLEASE FILL IN THE ATTACHED OFFICIALS FORM ON PAGE 10 AND EMAIL IT TO SARA MAYLIN:**

[smaylin@sympatico.ca](mailto:smaylin@sympatico.ca)

## 2009 EOSA Short Course Regional Championships

### Event Schedule – 12 & under

Session 2 Friday Timed Finals		Warm up: Start:	1:15 PM 2:00 PM
Girls	Event	Boys	
13	200 IM	14	
15	200 IM	16	
17	50 Breast	18	
19	50 Breast	20	
21	100 Back	22	
23	100 Back	24	
25	50 Fly	26	
27	50 Fly	28	
29	400 Free	30	
31	400 Free	32	

Session 5 Saturday Timed Finals		Warm up: Start:	12:30 PM 1:15 PM
Girls	Event	Boys	
47, 48	200 Medley Relay	49, 50	
51, 52	200 Free		
	100 Fly	53, 54	
55, 56	50 Back		
	100 Breast	57, 58	
59, 60	200 Breast		
	200 Back	61, 62	
63,64	50 Free		
	100 Free	65, 66	
67	200 Fly		
	400 IM	68	
69	800 Free		

Session 8 Sunday Timed Finals		Warm up: Start:	12:30 PM 1:15 PM
Girls	Event	Boys	
84, 85	200 Free Relay	82, 83	
	200 Free	86, 87	
88, 89	100 Fly		
	50 Back	90, 91	
92, 93	100 Breast		
	200 Breast	94, 95	
96, 97	200 Back		
	50 Free	98, 99	
100, 101	100 Free		
	200 Fly	102	
103	400 IM		
	800 Free	104	

## 2009 EOSA Short Course Regional Championships

### Event Schedule – 13 & over

Session 1 Friday Prelims		Warm up: Start:	9:00am 10:00am
Girls	Event	Boys	
1	200 IM	2	
3	50 Breast	4	
5	100 Back	6	
7	50 Fly	8	
9	400 Free Top 8 in each age group swim during finals	10	

Session 3 Friday Finals		Warm up: Start:	5:30pm 6:30pm
Girls	Event	Boys	
1	200 IM	2	
3	50 Breast	4	
5	100 Back	6	
7	50 Fly	8	
9	400 Free	10	
11	200 Medley Relay	12	

Session 4 Saturday Prelims		Warm up: Start:	8:00am 9:00am
Girls	Event	Boys	
33	400 IM Top 8 in each age group swim during finals		
	200 Free	34	
35	100 Fly		
	50 Back	36	
37	100 Breast		
	200 Breast	38	
39	200 Back		
	50 Free	40	
41	100 Free		
	200 Fly	42	
43	800 Free Top 8 male, top 8 female swim during finals	43	

Session 6 Saturday Finals		Warm up: Start:	5:00pm 6:00pm
Girls	Event	Boys	
33	400 IM		
	200 Free	34	
35	100 Fly		
	50 Back	36	
37	100 Breast		
	200 Breast	38	
39	200 Back		
	50 Free	40	
41	100 Free		
	200 Fly	42	
43	800 Free	43	
45	200 Free Relay	46	

Session 7 Sunday Prelims		Warm up: Start:	8:00am 9:00am
Girls	Event	Boys	
	400 IM Top 8 in each age group swim during finals	70	
71	200 Free		
	100 Fly	72	
73	50 Back		
	100 Breast	74	
75	200 Breast		
	200 Back	76	
77	50 Free		
	100 Free	78	
79	200 Fly		
80	1500 Free Top 8 combined swim during finals	80	

Session 9 Sunday Finals		Warm up: Start:	5:00pm 6:00pm
Girls	Event	Boys	
	400 IM	70	
71	200 Free		
	100 Fly	72	
73	50 Back		
	100 Breast	74	
75	200 Breast		
	200 Back	76	
77	50 Free		
	100 Free	78	
79	200 Fly		
80	1500 Free	80	

## **SWIMMING CANADA RULEBOOK APPENDIX F**

### **Swimming Canada Risk Management/Warm-up procedures 2005**

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 July 6, 2005***

### Directions to the Kingston Military Community Sports Centre Pool

From Highway 401, take exit 623 and follow Highway 15 south. After approximately 6 km Hwy 15 will end. Turn west onto Highway 2 (right) and travel 0.6 km. At the stoplight turn right (north). The Kingston Military Community Sports Centre is on the left. Parking is available in front of the main entrance. Consult the map for further details.



### Local hotels in the Kingston Area

<b>Ambassador Conference Resort</b> 1550 Princess Street Kingston, ON K7M 9E3 (613) 548-3605 (800) 267-7880	<b>Holiday Inn Kingston Waterfront Hotel</b> 2 Princess Street Kingston, Ontario. (613) 549-8400
<b>Days Inn &amp; Conference Centre Kingston</b> (401 & Division) 33 Benson Street, Kingston, ON (613) 546-3661	<b>Four Points Sheraton Hotel</b> 285 King St E Kingston, Ontario (613) 544-4434
<b>Hotel Belvedere</b> 141 King St E Kingston, Ontario (613) 548-1565	<b>Confederation Place Hotel</b> 237 Ontario St Kingston, Ontario (613) 549-6300
<b>Radisson Hotel Kingston Harbourfront</b> 1 Johnson St Kingston, Ontario (613) 549-8100	<b>Best Western Fireside Inn</b> 1217 Princess St Kingston, ON K7M 3E1 (613) 549-2211

**2009 EOSA Short Course Championships**  
**Officials Form** (Please email to Sara Maylin at [smaylin@sympatico.ca](mailto:smaylin@sympatico.ca) )

<b>Club:</b>		<b>Contact:</b>			<b>Phone:</b>			<b>Email:</b>	
	<b>Session 1 (Fri AM)</b>	<b>Session 2 (Fri PM)</b>	<b>Session 3 (Fri - Finals)</b>	<b>Session 4 (Sat AM)</b>	<b>Session 5 (Sat PM)</b>	<b>Session 6 (Sat - Finals)</b>	<b>Session 7 (Sun AM)</b>	<b>Session 8 (Sun PM)</b>	<b>Session 9 (Sun - Finals)</b>
<b>Marshall</b>									
<b>Chief Timer</b>									
<b>Assistant CT</b>									
<b>Timer</b>									
<b>Timer</b>									
<b>Timer</b>									
<b>Timer</b>									
<b>Timer</b>									
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<b>S/T</b>									
<b>S/T</b>									
<b>S/T</b>									
<b>Runner</b>									
<b>Awards &amp; Results</b>									
<b>Awards &amp; Results</b>									

**For senior positions, please contact Dave Roza (Meet Referee), at 613-831-7492**