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| **2010**  **19th Annual Long Course**  **Hollandia Spring Invitational** | |
| **May 7th – 9th, 2010** | |
| **At the**  **Canada Games Aquatic Centre**  **London, Ontario** | |
| **Hosted by**  **London Aquatic Club** | |
| **Sanctioned by** | **Event Sponsor** |



**RISK MANAGEMENT / WARM-UP PROCEDURES 2009/10**

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 & PARA swimmers 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

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| **General Information** | | | | | | |
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| **Date:** | Friday May 07th through Sunday May 9th, 2010 | | | | | |
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| **Hosted by:** | London Aquatic Club | | | | | |
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| **Location:** | Canada Games Aquatic Centre  1045 Wonderland Road North  London, Ontario N6G 2Y9 (at Gainsborough Road) | | | | | |
|  |  |  | | |  | |
| **Facility:** | Eight lane, 50 meter indoor tank, with “Keifer” type lane markers;  64101-H8 8 lane swimming scoreboard at both ends of pool with Ares 21 timing system. | | | | | |
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| **Meet Manager:** | Margaret Marshall | | | [marg.marshall@sympatico.ca](mailto:marg.marshall@sympatico.ca)  Tel: (519) 439-6086 | | |
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| **Meet Referee:** | Glenn Greig | | | [glgreig@gmail.com](mailto:glgreig@gmail.com)  Tel: (519)438-2073 | | |
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| **Qualifying/ Pre-requisites:** | Pre-requisites for 14 & Under: 400 Free 8:00.00 and 200 IM 5:00.00;  No qualifying times for 50’s;  Standards – Para standards are Provincial standards for the applicable classification code;  Standards - remaining events are as stated in the attached schedule. | | | | | |
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| **Finals:** | A + B Finals for 15 and over in 50m free, all 100m, and 200m events  - events with fewer than 20 entrants shall have an “A” final only;  A Finals only for 13/14 50m free, all 100m, and 200m events;  PARA swimmers will swim with able-bodied prelims but will be Timed Finals  12 and under events are all Timed Finals. | | | | | |
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| **Entry Deadline:** | **Tuesday April 27th, 2010** | | | | | |
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| **Entry Fees:** | **Maximum 550 swimmers**  $8.40 per swimmer per individual event, except 800/1500;  $10.50 per swimmer per 800/1500m freestyle individual events;  (includes GST – London Aquatic Club GST # R103378279). | | | | | |
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| **Payment:** | Please submit one cheque for all swimmers with your entries  Payable to: **London Aquatic Club** | | | | | |
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| **Meet Results:** | The meet will run on Hy-Tek Meet Manager for Windows. Results will be uploaded to <https://www.swimming.ca/meetlist.aspx> at the end of the meet and posted on the LAC website [www.londonaquaticclub.ca](http://www.londonaquaticclub.ca) (after each day of the meet) | | | | | |
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| **Sanctioned by:** | Swim Ontario | | |  | |  |
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| **Minor Officials:** | Stacey Richardson | [Stacey\_487@rogers.com](mailto:Stacey_487@rogers.com)  (519)657-8752 |  |

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| **Concession:** | | A snack bar will be open throughout the meet | | |
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| **Swim Supplies:** | | Team Aquatic Supplies will have a booth at the pool throughout the weekend for all your equipment needs | | |
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| **Meet Rules** | | | | |
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| **Rules:** | Current 2009 – 2010 SNC Rules and | | | |
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|  | 1. | Swimmers must be registered and carded as competitive swimmers with an Amateur Association as recognized by FINA. SNC registration numbers must be on the entry file which must be uploaded through [www.swimming.ca](http://www.swimming.ca) | | |
|  | 2. | SNC warm-up procedures will be in effect at this meet. The “FINA” One Start will be used. | | |
|  | 3. | Age Classification - male and female:   * 10 and under; * 11/12; * 13/14; * 15 and over. | | |
|  | 4. | Age determined as of first day of meet, Friday May 07th, 2010. | | |
|  | 5. | Each swimmer must swim in the proper age group. | | |
|  | 6. | 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 no later than **30 minutes prior** to the start of the finals session. **Coaches will check with alternate coach for replacement swimmer.** \*\*If a swimmer does not show up for a final swim that swimmer will not be allowed to swim any of their other events during that final session.\*\* | | |
|  | 7. | PARA events will be officiated under **IPC Swimming rules for Canadian records only**. All PARA events are timed finals combined with able-bodied events during the preliminary sessions. | | |
|  |  | Paralympic events are: |  |  |
|  |  | * 50 Fr S1-14 | * 50 Bk S1-5 | * 50 Fl S1-7 |
|  |  | * 100 Fr S1-14 | * 100 Bk S6-14 | * 100 Fl S8-14 |
|  |  | * 200 Fr S1-5 | * 50 Br SB1-4 | * 150 IM SM1-3 |
|  |  | * 400 Fr S6-14 | * 100 Br SB5-14 | * 200 IM SM4-14 |
|  |  | 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. Please notify meet management if a swimmer chooses to swim an event able-bodied. | | |
|  | 8. | Preliminary events with less than 9 swimmers will still be swum – will not go straight to finals. | | |
|  | 9. | 800/1500 Free:   * MAY be limited to the first 48 entries, a maximum of 6 heats per event; * Meet management will notify clubs in the event of 800/1500m event restrictions; * Combined age/ gender – awarded/scored by age classification and gender; * Swum fastest to slowest, alternating 800/1500; * Top 16 will swim one lane, slower heats **MAY** be swum 2 per lane. * Swim either the 800 or 1500 event but not both. | | |

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|  | 10. | 400 Free and 400 IM Events:   * MAY be limited to 48 swimmers, a maximum of 6 heats per event; * Meet management will notify clubs in the event of 400m event restrictions; * 13 and over 400m free will be swum as timed finals, swimming fastest to slowest, with the 8 fastest seeded swimmers in each event swimming during the FINALS session on Saturday * **POSTIVE CHECK-IN** by 8:30am SATURDAY am for 400m free * 13 and over 400m IM will be swum as timed finals, swimming slowest to fastest in the morning only on Sunday * **POSITIVE CHECK-IN** by 8:30am SUNDAY am for 400IM | |
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|  | 11. | Time Final events:   * 12 and under - all Timed Finals * 13 and over - all stroke 50’s except 50 free, 400/800/1500m | |
|  | 12. | Meet Management reserves the right to limit the number of entries in any event. | |
|  | 13. | Deck entries may be accepted (as Exhibition Swims) to fill empty lanes or scratched lanes, but will not be eligible for points, awards, or prizes in those events.  The fee for a deck entry is $10.00 G.S.T. included payable at time of request. | |
|  | 14. | Maximum 3 events per session except 50’s (4). | |
|  | 15. | No diving allowed during warm-ups. PLEASE enter the pool feet first. | |
|  | 16. | Sprint lanes for the last 20 minutes of warm-ups. Lanes 1 and 8 Sprint. | |
|  | 17. | Preliminary sessions and timed finals on Saturday and Sunday will be run double-ended. | |
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| **Entries** | |  | |
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| **Entries:** | | A swimmer qualifying in 1 event is permitted 3 bonus events (excluding 50’s); | |
|  | | A swimmer qualifying in 2 events is permitted 2 bonus events (excluding 50’s);  A swimmer qualifying in 3 events is permitted 1 bonus event (excluding 50’s);  A swimmer qualifying in 4 events or more does not receive any bonus events. | |
|  | | The 400/800/1500 Free and 400 IM **CANNOT** be entered as **bonus** events; | |
|  | | Please submit entry times for bonus events using the bonus box on Team Manager – no NT entries; | |
|  | | Please indicate classification codes for PARA entries (S1-14);  **Maximum 550 swimmers** | |
|  | | Entries accepted at Meet Management’s discretion.  All entries must be submitted through SNC Meet List at <https://www.swimming.ca/meetlist.aspx> | |
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| **Entries:** | | Margaret Marshall | [marg.marshall@sympatico.ca](mailto:marg.marshall@sympatico.ca)  Tel: (519) 439-6086 |
|  | | **Entry Deadline: Tuesday April 27th, 2010** | |

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| **Awards** |  |
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| **Awards:** | Individual events:   * 12 and under – medals for 1st, 2nd, and 3rd; ribbons for 4th -8th * 13 and over – medals for 1st, 2nd, and 3rd   High Point Trophies:   * For males and females in each of the age groups, points awarded 5-2-1 for 1st – 3rd * Eligibility – may not swim more than 3 events per session except Friday 50’s (4)   PARA:   * There will be PARA awards in Paralympic events (medals for 1st-3rd) * To award the gold medal there must be 2 PARA competitors, to award the gold and silver medals there must be 3 PARA competitors, to award gold, silver and bronze there must be 4 PARA competitors. PARA awards will be determined using the 2009-10 SNC Point Charts |

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| **Cash Awards:** | | Able-bodied:   * The TOP 2 swimmers of the meet (1 male, 1 female) will be awarded $200.00,   Based on the best combined point score from prelims and finals OR best combined score for any 2 of 400FR/800FR/1500FR/400IM (using the FINA Point charts)  PARA:   * The TOP 2 swims of the meet (1 male, 1 female) will be awarded $100.00 (using SNC PARA Point Charts) Only swims scoring 600 points or more will be eligible for the top swim cash award. | | | | |
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| **Starting Times/ Qualifying Times** | | | | | | |
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| **Start Times:** | | |  | | | |
|  | **Warm-up** | | | **Start** | **Events** |
| Fri May 07 | 12:00 noon  4:00 pm  6:00 pm | | | 1:00 pm  4:30 pm  6:45 pm | 800/1500  12 and under - 50’s  13 and over - 50’s  FINALS: 50m Free 13 and over (deep end) |
| Sat May 08 and  Sun May 09 | 7:30 am | | | 8:30 am | 13 and over Prelims |
| 12:30 pm | | | 1:30 pm | 11/12; 10 and under Timed Finals |
| 5:30 pm | | | 6:30 pm | 13 and over Finals |

**Note: All sessions will run under the maximum 4.5 hours.**

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19th Annual Hollandia

**Spring Invitational**

**Qualifying Times**

PARA events: Provincial standard

50m events: no standards, pre-requisites for 14 and under

Remaining events: as stated below

**Short Course to Long Course conversion – LC=SC + 2.5%**

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| **Session I and II Alternating 800/1500** | | | | | | |
| **Friday Afternoon May 07, 2010 Timed Finals** | | | | | | |
| **Warm-up ⇒ 12.00 noon Start ⇒ 1:00 p.m. Finish ⇒ 04:00 p.m.** | | | | | | |
|  | 800 free |  | Event |  | 1500 free |  |
| Qualifying Time |  |  |  |  |  | Qualifying Time |
| 10:46.14 | 1 | 800/1500 free | 15 & O | timed final | 2 | 20:15.31 |
| 11:41.79 |  | 800/1500 free | 13 & 14 | timed final |  | 21:30.83 |
| 13:36.25 |  | 800/1500 free | 11 & 12 | timed final |  | 23:45.00 |

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| **Session III– Single ended shallow to deep** | | | | |
| **Friday Afternoon May 07, 2010 Prelims & Finals** | | | | |
| **Warm Up ⇒ 04:00 p.m. Start ⇒ 04:30 p.m. Finish ⇒ 6:00 p.m.** | | | | |
| Girls |  | Event |  | Boys |
| 3 | 50 free | 11 & 12 | timed final | 4 |
| 5 | 50 free | 10 & U | timed final | 6 |
| 7 | 50 breast | 11 & 12 | timed final | 8 |
| 9 | 50 breast | 10 & U | timed final | 10 |
| 11 | 50 back | 11 & 12 | timed final | 12 |
| 13 | 50 back | 10 & U | timed final | 14 |
| 15 | 50 fly | 11 & 12 | timed final | 16 |
| 17 | 50 fly | 10 & U | timed final | 18 |

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| **Session IV – Single ended shallow to deep** | | | | |
| **Friday Afternoon May 07, 2010 Prelims & Finals** | | | | |
| **Warm Up ⇒ 06:00 p.m. Start ⇒ 06:45 p.m. Finish ⇒ 8:15 p.m.** | | | | |
| Women |  |  |  | Men |
| 23 | 50 free | 15 & O | prelim | 24 |
| 25 | 50 free | 13 & 14 | prelim | 26 |
| 29 | 50 breast | 15 & O | timed final | 30 |
| 31 | 50 breast | 13 & 14 | timed final | 32 |
| 35 | 50 back | 15 & O | timed final | 36 |
| 37 | 50 back | 13 & 14 | timed final | 38 |
| 41 | 50 fly | 15 & O | timed final | 42 |
| 43 | 50 fly | 13 & 14 | timed final | 44 |
|  |  | **BREAK – 10 minutes** (no warm-up) |  |  |
| 23 | 50 free | 15 & O | final | 24 |
| 25 | 50 free | 13 & 14 | final | 26 |
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| **Session V/VI**  **Session IV** | | | | |
| **Saturday Morning May 08, 2010 Prelims & Finals** | | | | |
| **Warm up ⇒ 7:30 a.m. Start ⇒ 8:30 a.m. Finish ⇒ 12:30 p.m.** | | | | |
|  |  |  |  |  |
| Women | Qualifying Time | Event | Qualifying Time | Men |
| 51 | 2:47.70 | Prelim 15 &O; 200 IM | 2:41.69 | 52 |
| 53 | 3:04.33 | Prelim 13 & 14; 200 IM | 2:59.36 | 54 |
| 57 | 1:07.74 | Prelim 15 & O; 100 free | 1:05.49 | 58 |
| 59 | 1:15.49 | Prelim 13 & 14; 100 free | 1:13.09 | 60 |
| 61 | 2:45.43 | Prelim 15 & O; 200 back | 2:40.38 | 62 |
| 63 | 3:00.40 | Prelim 13 & 14; 200 back | 2:58.39 | 64 |
| 67 | 1:16.58 | Prelim 15 & O; 100 fly | 1:13.95 | 68 |
| 69 | 1:24.54 | Prelim 13 & 14; 100 fly | 1:22.94 | 70 |
| 71 | 3:08.47 | Prelim 15 & O; 200 breast | 3:05.98 | 72 |
| 73 | 3:26.75 | Prelim 13 & 14; 200 breast | 3:22.57 | 74 |
| 77 | 5:11.15 | T.F. 15 & O; 400 free | 5:03.83 | 78 |
| 79 | 5:39.03 | T.F. 13 & 14; 400 free | 5:36.11 | 80 |
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| **Session VII/VIII** | | | | |
| **Saturday Afternoon May 08, 2010 Timed Finals** | | | | |
| **Warm up ⇒ 12:30 p.m. Start ⇒ 1:30 p.m. Finish ⇒ 5:30 p,m.** | | | | |
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| Girls | Qualifying Time | Event | Qualifying Time | Boys |
| 87 | 3:31.15 | T.F. 11 & 12; 200 IM | 3:35.48 | 88 |
| 89 | 3:55.20 | T.F. 10 & U; 200 IM | 3:55.20 | 90 |
| 91 | 1:25.20 | T.F 11 & 12; 100 free | 1:26.92 | 92 |
| 93 | 1:36.03 | T.F. 10 & U; 100 free | 1:36.03 | 94 |
| 95 | 3:28.74 | T.F. 11 & 12; 200 back | 3:30.59 | 96 |
| 97 | 3:58.21 | T.F. 10 & U; 200 back | 3:58.21 | 98 |
| 99 | 1:40.47 | T.F. 11 & 12; 100 fly | 1:44.91 | 100 |
| 101 | 4:38.00 | T.F. 10 & U; 200 breast | 4:38.00 | 102 |
| 103 | 3:57.94 | T.F. 11 & 12; 200 breast | 3:57.94 | 104 |
| 105 | 7:47.44 | T.F. 10 & U; 400 free | 7:47.44 | 106 |
| 107 | 6:34.33 | T.F. 11 & 12; 400 free | 6:39.47 | 108 |
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| **Session IX** | | |
| **Saturday Evening May 08, 2010 Finals** | | |
| **Warm up ⇒ 5:30 p.m. Start ⇒ 6:30 p.m. Finish ⇒ 8:30 p.m.** | | |
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| Women | Event | Men |
| 51 | 15 & O; 200 IM | 52 |
| 53 | 13 & 14; 200 IM | 54 |
| 57 | 15 & O; 100 free | 58 |
| 59 | 13 & 14; 100 free | 60 |
| 61 | 15 & O; 200 back | 62 |
| 63 | 13 & 14; 200 back | 64 |
| 67 | 15 & O; 100 fly | 68 |
| 69 | 13 & 14; 100 fly | 70 |
| 71 | 15 & O; 200 breast | 72 |
| 73 | 13 & 14; 200 breast | 74 |
| 77 | 15 & O; 400 Free Top 8 | 78 |
| 79 | 13 & 14; 400 Free Top 8 | 80 |
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| **Session X/XI** | | | | | |
| **Sunday Morning May 09, 2010 Prelims & Finals** | | | | | |
| **Warm up ⇒ 7:30 a.m. Start ⇒ 8:30 a.m. Finish ⇒ 12:30 p.m.** | | | | | |
|  | |  |  |  |  |
| Women | | Qualifying Time | Event | Qualifying Time | Men |
| 113 | | 2:51.02 | Prelim 15 & O; 200 fly | 2:45.52 | 114 |
| 115 | | 3:08.79 | Prelim 13 & 14; 200 fly | 3:06.84 | 116 |
| 119 | | 1:27.65 | Prelim 15 & O; 100 breast | 1:25.14 | 120 |
| 121 | | 1:37.16 | Prelim 13 & 14; 100 breast | 1:34.82 | 122 |
| 125 | | 2:27.13 | Prelim 15 & O; 200 free | 2:21.32 | 126 |
| 127 | | 2:41.91 | Prelim 13 & 14; 200 free | 2:37.95 | 128 |
| 131 | | 1:17.06 | Prelim 15 & O; 100 back | 1:14.53 | 132 |
| 133 | | 1:24.14 | Prelim 13 & 14; 100 back | 1:23.42 | 134 |
| 135 | | 5:55.94 | T.F. 15 & O; 400 IM | 5:43.00 | 136 |
| 137 | | 6:29.95 | T.F. 13 & 14; 400 IM | 6:18.12 | 138 |
|  | | \*all heats of 400IM swim in morning session |  |  |  |
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| **Session XII/XIII** | | | | |
| **Sunday Afternoon May 09, 2010 Timed Finals** | | | | |
| **Warm up ⇒ 12:30 p.m. Start ⇒ 1:30 p.m. Finish ⇒ 5:30 p.m.** | | | | |
|  |  |  |  |  |
| Girls | Qualifying Time | Event | Qualifying Time | Boys |
| 145 | 1:51.62 | T.F. 11 & 12 ; 100 breast | 1:56.05 | 146 |
| 147 | 2:03.03 | T.F. 10 & U; 100 breast | 2:03.03 | 148 |
| 149 | 3:07.12 | T.F. 11 & 12; 200 free | 3:07.81 | 150 |
| 151 | 3:30.34 | T.F. 10 & U; 200 free | 3:30.34 | 152 |
| 153 | 1:37.21 | T.F. 11 & 12; 100 back | 1:39.38 | 154 |
| 155 | 1:50.34 | T.F. 10 & U; 100 back | 1:50.34 | 156 |
| 157 | 4:08.25 | T.F. 11 & 12; 200 fly | 4:08.25 | 158 |
| 159 | 2:00.69 | T.F. 10 & U; 100 fly | 2:00.69 | 160 |
| 161 | 7:40.02 | T.F. 11 & 12; 400 IM | 7:40.02 | 162 |

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| **Session XIV** | | |
| **Sunday Evening May 09, 2010 Finals** | | |
| **Warm up ⇒ 5:30 p.m. Start ⇒ 6:30 p.m. Finish 8:30 p.m.** | | |
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| Women | Event | Men |
| 113 | 15 & O; 200 fly | 114 |
| 115 | 13 & 14; 200 fly | 116 |
| 119 | 15 & O; 100 breast | 120 |
| 121 | 13 & 14; 100 breast | 122 |
| 125 | 15 & O; 200 free | 126 |
| 127 | 13 & 14; 200 free | 128 |
| 131 | 15 & O; 100 back | 132 |
| 133 | 13 & 14; 100 back | 134 |
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