

Western Ontario Swimming Association

*2014 Regional Long Course Championships
Ages 12 and Under*

June 14-15, 2014

Meet Information Package

Hosted By:



London Aquatic Club

Location:

Western University Student Recreation Centre



Western
UNIVERSITY · CANADA

London, Ontario

Sanctioned By:

SWIM ONTARIO



2014 WOSA LC Championships (12&U)



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 & PARA 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 02, 2005
Revised January 10, 2009

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General Information:

The only meet package which shall be considered as valid will be the most current version found on the Swimming Canada website at <https://www.swimming.ca/meetlist.aspx>.

Date:

Saturday, June 14th, 2014 – Sunday, June 15th, 2014

Hosted by:

London Aquatic Club

Location:

Western University Student Recreation Centre, 1151 Richmond St., London, Ontario

Sanction:

Sanctioned by Swim Ontario

Facility:

Eight lane, 50 meter indoor tank with “Keifer” type lane markers; OMEGA electronic timing and QUANTUM aquatic timing system.

Meet Officials:

<i>Meet Manager:</i>	Sheri Cappa	swim4life@isp.ca
<i>Entry Co-Ordinator:</i>	Greg Lewis	britshay@sympatico.ca
<i>Meet Referee:</i>	Saad Aldin	saldin@rogers.com
<i>Minor Officials:</i>	Mary Allen	marydan@bigbill.ca

Eligibility:

- All swimmers must be registered with a WOSA club and in good standing.
- Swimmer registration numbers and D.O.B.'s must be included in the entry file. Meet Management reserves the right to delete a swimmer from an entry or result file for incorrect or absent 9-digit ID numbers and/or incorrect date of birth. Only swimmers with valid Swimming Canada identification numbers will be considered for acceptance into the meet.
- There are no prerequisite standards for this meet.

Qualifying / De-Qualifying Information:

- WOSA 2013-2014 LC qualifying standards (see attached report)
- Valid WOSA 2013-2014 SC entry times will be accepted. (see attached report)
- NO DE-QUALIFYING STANDARDS

Entry Information & Limitations:

- Entries will only be accepted through <https://www.swimming.ca/meetlist.aspx> in Hy-Tek format.
- 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.
- Entry times will not be converted; seeding will be done by LC entries, then SC, then bonus swims.
- No limitation on number of events entered, providing qualifying criteria have been met.

Results:

- Real-time results will be uploaded and posted on the LAC website www.londonaquaticclub.ca.
- Final meet results will be posted on the Swimming Canada website at the conclusion of the meet.

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Bonus Swims:

- Any swimmer with one (1) qualifying standard is entitled to two (2) bonus swims. If qualifying with two (2) standards, they may have one (1) bonus swim.
- The 400 Free, 400 IM, and 800 Free may **not** be used as bonus swims.
- All bonus swims must be entered with a '**B**' indicator following the seed time. To facilitate the most efficient swim sessions, coaches are requested to enter actual times for bonus swims and NOT 'NT'. Meet Management will follow up to ensure an actual time is submitted for every entry.

Age Groups:

- **Individual Events: (for BOTH Male & Female)**
 - 10 & Under
 - 11 Years Old
 - 12 Years Old
- **Relay Events: (for BOTH Male & Female)**
 - 10 & Under
 - 11-12 Years
- The swimmer's age shall be calculated on the first day of the meet, June 14th, 2014.

Relays:

- "Relay-Only" swimmers are permitted. The remaining three members of the relay team must be properly qualified for the meet in at least one (1) individual event. The relay-only swimmer's name must appear in the team entry file (roster) with no individual entries.
- A maximum of two (2) 10 & Under swimmers may move up to swim on 11 - 12 relays.
- Coaches must have relay cards filled in and returned to Meet Management / Meet Office no later than 30 minutes prior to the start of the session in which the relay will be swum.

Awards:

- **Individual Events: (for BOTH Male & Female)**
 - Medals for 1st, 2nd and 3rd.
 - Ribbons for 4th, 5th, 6th, 7th and 8th.
- **Relay Events: (for BOTH Male & Female)**
 - Medal for 1st
 - Ribbons for 2nd and 3rd

Entry Fees:

- Individual events - \$9.00/swim (HST included), including OSOA officials levy.
- Relay events - \$12.00 (HST included).
- Swimmer surcharge \$5.00/swimmer (HST included), including relay-only swimmers.
- Each team will receive a copy of their entry fees along with a copy of their team's entry report.
- **Please submit one cheque for all club entry fees.**
- Cheques must be handed in before warm up on **Saturday, June 14th, 2014.**
- Make all cheques payable to "London Aquatic Club" (HST # R103378279)

Entry Deadline: **TUESDAY, JUNE 3rd, 2014**

- **NOTE:** 'Last-chance' entries will be accepted on **Monday, June 9th by 12:00 noon** for NEW qualifiers only; no new event or bonus adjustments will be accepted for swimmers already entered in the meet. The swimmer information (including entry times and bonus swims) for new qualifiers must be E-MAILED to the Entry Co-Ordinator who will manually enter the swimmer into the meet.

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Meet Rules:

- SNC 2013-2014 rules will govern the meet. The FINA “ONE START” rule will be in effect.
- SNC swimsuit rules are in effect.
- SNC warm-up procedures are in effect. Coaches are responsible for the supervision of their swimmers during warm up as well as their 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.
- Meet Officials will provide a safe environment and an organized competition. Meet Officials are not responsible for the supervision of athletes during the competition and during session breaks.
- All events are Long Course, Timed Finals.
- Meet Management reserves the right to schedule heats from both ends of the pool if necessary.
- Meet Management reserves the right to swim 2 per lane in the 400 and 800 Free events if time requires.
- All events will be seeded in separate age categories as described in the age/gender classifications above. Meet Management reserves the right to merge age categories if necessary to comply with Swim Ontario and/or SNC session time limits.
- Sprint Lanes (lanes 1 and 8) will be available for the last 20 minutes of warm-ups.
- All events will be swum slowest to fastest, with the exception of the 800 Free, which shall be swum fastest to slowest.
- No exhibition swims or deck entries are permitted.
- No flash photography is permitted in the facility. Photography is prohibited on deck without prior permission.

Scoring:

- Only times meeting the WOSA 2013-2014 LC qualifying standard times are eligible to score points.
- Individual and Relay events will be scored from 1st to 8th place, using a scale of 9-7-6-5-4-3-2-1.

Scratch Rules:

- The final scratch deadline is 30 minutes prior to the start of each session. Coaches are required to complete the Scratch Form supplied by Meet Management and submit to the Meet Office.
- Any scratches or no shows after this time for the FINAL & FASTEST heat will be considered a “Late Scratch” and the offending club will be fined a late scratch fee of \$50.00 payable to “Western Ontario Swimming Association”, which must be paid to the Clerk of Course immediately to avoid further discipline. In the event that the fine is not paid, no entrant from the offending club will be permitted to swim for the balance of the meet until the fine is paid in full to the Clerk of Course.
- Any swimmer requesting a scratch for medical reasons between the entry deadline and the start of the meet must submit documentation from their Medical Doctor validating their circumstances to the Meet Manager before June 13th in order for their fees to be waived.

Split Times:

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.

Officials:

All WOSA clubs are strongly encouraged to supply 2 officials per session. Hospitality will be provided. Please have all club officials sign up online at www.osoa.ca.

Accommodations:

- For full hotel advertisements and discount offers see London Aquatic Club website: www.londonaquaticclub.ca
- UWO residence accommodations are also available – please follow ‘Hotels’ link on LAC website.

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ORDER OF EVENTS

Session 1: SATURDAY MORNING June 14			
Warm Up: 8:00 AM – 8:55 AM Start: 9:00 AM			
	<u>Event Number</u>		
<u>Event</u>	<u>Female 12</u>	<u>Female 11</u>	<u>Male 10&U</u>
200 Back	101	102	103
100 Free	104	105	106
200 Breast	107	108	109
50 Back	110	111	112
400 Free (11&12)	113	114	See Sunday
100 Fly	115	116	117
50 Breast	118	119	120
400 IM	121	122	-
200 IM (10&U)	See Sunday	See Sunday	123
4 X 50 Free Relay	124 (11&12 combined)		125

Session 2: SATURDAY AFTERNOON June 14			
Warm Up: 1:30 PM – 2:25 PM Start: 2:30 PM			
	<u>Event Number</u>		
<u>Event</u>	<u>Male 12</u>	<u>Male 11</u>	<u>Female 10&U</u>
200 Back	201	202	203
100 Free	204	205	206
200 Breast	207	208	209
50 Back	210	211	212
400 Free (11&12)	213	214	See Sunday
100 Fly	215	216	217
50 Breast	218	219	220
400 IM	221	-	-
200 IM (10&U)	See Sunday	See Sunday	222
4 X 50 Free Relay	223 (11&12 combined)		224

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ORDER OF EVENTS (cont)

Session 3: SUNDAY MORNING June 15			
Warm Up: 8:00 AM – 8:55 AM Start: 9:00 AM			
	<u>Event Number</u>		
<u>Event</u>	<u>Female 12</u>	<u>Female 11</u>	<u>Male 10&U</u>
4 X 50 Medley Relay	301 (11&12 combined)		302
100 Back	303	304	305
200 Free	306	307	308
100 Breast	309	310	311
50 Fly	312	313	314
200 IM (11&12)	315	316	See Saturday
50 Free	317	318	319
200 Fly	320	321	-
400 Free (10&U)	See Saturday	See Saturday	322
800 Free	323	324	-

Session 4: SUNDAY AFTERNOON June 15			
Warm Up: 1:30 PM – 2:25 PM Start: 2:30 PM			
	<u>Event Number</u>		
<u>Event</u>	<u>Male 12</u>	<u>Male 11</u>	<u>Female 10&U</u>
4 X 50 Medley Relay	401 (11&12 combined)		402
100 Back	403	404	405
200 Free	406	407	408
100 Breast	409	410	411
50 Fly	412	413	414
200 IM (11&12)	415	416	See Saturday
50 Free	417	418	419
200 Fly	420	421	-
400 Free (10&U)	See Saturday	See Saturday	422
800 Free	423	-	-

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Western Ontario Swimming Association 2013-2014 Time Standards

LONG Course (50M)

	GIRLS			BOYS		
	10/U	11	12	10/U	11	12
50 FR	38.44	36.20	33.69	40.06	38.58	36.81
100 FR	1:25.66	1:20.98	1:14.79	1:30.39	1:26.73	1:20.78
200 FR	3:11.76	2:59.17	2:44.55	3:26.15	3:18.31	2:56.73
400 FR	6:58.73	6:31.83	5:51.02	6:45.23	6:26.06	6:08.91
800 FR		12:30.44	11:58.66			11:56.41
50 BK	46.27	43.86	41.95	48.82	48.39	46.33
100 BK	1:37.27	1:32.62	1:28.57	1:44.09	1:42.87	1:34.52
200 BK	3:34.44	3:23.36	3:11.40	3:50.69	3:45.16	3:29.33
50 BR	53.95	50.53	48.14	56.99	55.04	53.53
100 BR	1:53.35	1:47.10	1:41.67	2:06.82	2:03.44	1:49.27
200 BR	4:06.31	3:50.66	3:37.27	4:24.77	4:03.67	3:43.55
50 FL	48.41	43.51	41.64	54.22	49.21	45.92
100 FL	1:52.99	1:43.12	1:34.37	2:08.72	1:54.90	1:45.35
200 FL		4:02.14	3:32.60		3:50.27	3:22.37
200 IM	3:39.77	3:22.26	3:09.15	3:51.70	3:41.49	3:21.01
400 IM		7:09.19	6:44.08			6:33.38

SHORT Course (25M)

	GIRLS			BOYS		
	10/U	11	12	10/U	11	12
50 FR	38.83	35.00	33.02	39.76	37.06	33.80
100 FR	1:27.24	1:18.62	1:11.61	1:30.79	1:23.25	1:15.26
200 FR	3:18.74	2:55.03	2:40.40	3:26.78	3:09.90	2:48.01
400 FR	6:37.64	6:25.56	5:44.65	6:46.07	6:15.82	5:58.57
800 FR		12:14.44	11:50.48			11:16.24
50 BK	45.06	42.95	40.67	46.98	45.00	43.29
100 BK	1:41.80	1:31.62	1:24.28	1:45.65	1:41.42	1:30.83
200 BK	3:46.05	3:28.16	3:07.15	3:58.03	3:37.43	3:25.34
50 BR	52.10	48.89	45.44	55.50	52.34	48.33
100 BR	1:56.03	1:44.88	1:39.17	2:06.77	2:00.06	1:41.96
200 BR	4:02.49	3:52.38	3:32.40	4:14.16	3:53.91	3:34.00
50 FL	45.44	42.89	39.88	48.73	45.70	42.30
100 FL	1:53.03	1:47.11	1:31.93	2:05.83	1:49.67	1:34.58
200 FL		3:59.01	3:30.90		3:42.10	3:31.78
200 IM	3:36.37	3:15.42	3:02.96	3:49.39	3:36.99	3:11.09
400 IM		6:56.43	6:32.57			6:30.48