

# **Western Ontario Swimming Association**

## ***2007 REGIONAL LC CHAMPIONSHIPS***

**Friday June 8<sup>th</sup> to Sunday June 10<sup>th</sup>, 2007**

**Hosted by:  
London Aquatic Club**

**At:  
Canada Games Aquatic Centre  
1045 Wonderland Road North  
London, Ontario N6G 2Y9**

**Sanctioned by:  
SWIM ONTARIO**

# WOSA Long Course Championships 2007

## Warm-up Procedure

### APPENDIX F

#### SWIMMING/NATATION 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

# WOSA Long Course Championships 2007

## **LOCATION:**

London, Ontario, Canada

## **FACILITIES:**

Canada Games Aquatic Centre  
1045 Wonderland Road North  
London, Ontario N6A 4H6

(at Gainsborough Road)

## **MEET OFFICIALS:**

Meet Manager: Iain Richardson  
[irichar915@aol.com](mailto:irichar915@aol.com) tel: (519) 850-7773 fax: (519) 850-9974

Meet Referee: Eunice Fowler  
[eunice.fowler@lhsc.on.ca](mailto:eunice.fowler@lhsc.on.ca) tel: (519) 764-2576

Meet Entries: Iain Richardson

**All Participating clubs are required to provide officials as per WOSA rules.**

## **MEET INFORMATION:**

A snack bar will be open throughout the meet.

Team Aquatic Supplies will have a booth at the pool for all your equipment needs.

Please note that anyone taking photographs or video footage within the Canada Games Aquatic Centre must have gained prior permission from the subject(s) being photographed, or from the parents of the subject(s) if a minor.

## **ELIGIBILITY:**

- All swimmers must be registered with a Western Ontario Swimming Association Club in good standing, and registration numbers must be included in the entry file.
- Qualifying times for SWAD entries are the 2007 Provincial qualifying times.

## **ENTRY LIMITATIONS:**

- **Any swimmer qualifying for Ontario Junior Provincials with SC or LC qualifying times** (Girls ages 14/under or Boys ages 15/under) **or Eastern Canadian Championships Open standard times** (Girls ages 15/over or Boys ages 16/over) **is ineligible to swim that event.** All swimmers are eligible to swim other events in this meet regardless of the number of ineligible swims. Refer to the WOSA LC Standards Report for times.
- **Any swimmer who swims faster than the allowable time range in an entered event after the deadline shall notify the host entry coordinator by the Monday prior to meet start by noon and scratch from that event. The swimmer may select an additional event if properly qualified or may receive a refund for that event with appropriate proof.**
- There are no dequalifying times for the 9/under Girls or 10/under Boys age groups.
- “Relay only” swimmers are allowed and must be included in the Club entry list.

# WOSA Long Course Championships 2007

## **AGE GROUPINGS:**

**BOYS: 10 and under, 11, 12, 13, 14, 15, 16 and over.**

**GIRLS: 9 and under, 10, 11, 12, 13, 14, 15 and over.**

The swimmer's age shall be calculated on the first day of the meet - **June 8<sup>th</sup>, 2007**. **A swimmer may swim in one age group higher but must be entered in that age group for all events including relays and must be aging up on or before the first day of Ontario LC Jr. Provincials - July 05<sup>th</sup>, 2007. Swimmers aged 12 and under will not compete in finals regardless of the entered age group.**

## **AWARDS:**

**AB Medals:** 1<sup>st</sup> to 3<sup>rd</sup> for individual events **by age group** and 1<sup>st</sup> only for relay events.

**AB Ribbons:** 4<sup>th</sup> to 8<sup>th</sup> for individual events **by age group** and 2<sup>nd</sup> and 3<sup>rd</sup> for relay events.

**SWAD:** SWAD medals to be awarded based upon the IPC point charts. Medals for 1<sup>st</sup> to 3<sup>rd</sup> in IPC recognized events only (see SWAD Entries). 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.

**Regional Awards:** In-meet Qualifiers for LC Jr. Provincial and Eastern Canadians.

## **SWAD ENTRIES:**

Paralympic events as follows:

50 Free S1-S14, 100 Free S1-S14, 200 Free S1-S5, 400 Free S6-S14

50 Back S1-S5, 100 Back S6-S14

50 Breast S1-S3, 100 Breast SB4-SB9 and SB11-SB14

50 Fly S1-S7, 100 Fly S8-S14

150 IM SM1-SM4, 200 IM SM5-SM14

- SWAD may enter other events in which they meet the Ontario time standard, but there will not be separate SWAD awards for these events.
- All SWAD events are Timed Finals, combined with able-bodied events during the preliminary sessions.
- SWAD that have the AB standard in any event may enter that event as AB. A SWAD athlete may swim as either AB or SWAD in any event they qualify for, but not both.
- Coaches must indicate each SWAD classification with their entries.

## **BONUS SWIMS:**

Any swimmer qualifying for Western Ontario LC Regional Championships will receive up to a maximum of 2 bonus swims guaranteeing them 3 swims. If the swimmer qualifies in 1 event he/she will receive 2 bonus swims. Qualifying in 2 events will earn 1 bonus swim. **There will be NO bonus swims for qualifying in 3 or more events.**

All bonus swims must be entered with a **B** indicator following the seedtime. A **NT** in the entry file is also acceptable. All bonus swims with the **B** indicator must be LC times and will be seeded by time following the qualifying swims. All **NT** bonus entries will be seeded randomly following the **B** indicated times.

# WOSA Long Course Championships 2007

## **MEET RULES:**

- SNC Rules will govern the meet. The FINA “ONE START” rule will be in effect.
- SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET. Coaches are responsible for the supervision of their swimmers during warm up. **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 negative behaviour if necessary. Meet Officials will provide a safe environment and an organized competition. Meet Officials are not responsible for the supervision of the athletes during the competition and, especially, during session breaks.
- Preliminaries for 13/over non-Timed Final events will be senior-seeded. In the 15/over Girls events, a B Final will be scheduled for all events with 30 or more preliminary entrants. Meet Management reserves the right to cancel the B Final.
- The 800/1500 Free events will swim fastest to slowest, combined age groups and alternating heats of female and male. The 1500 Free, 800 Free, and 400 IM will swim as Timed Finals. Meet Management reserves the right to combine age groups in the 400IMs and seed the 400/800/1500 Free events with two swimmers per lane.
- All 12/under events will be Timed Finals
- All Relay events will be Timed Finals. Boys and Girls relays will be grouped 10/under, 11/12, 13/14 and 15/over. Clubs may enter any number of relay teams per event. Younger swimmers can only move up to fill a relay in their designated age group session. Younger swimmers can only move up to fill a relay in their designated age group session i.e. no 12 and Under session swimmers are permitted in the 13 and Over session relays.
- When a Club enters a **relay only swimmer**, at least three members of the team must be properly entered in an individual event and the relay only swimmer’s name must appear in the team entry file with no individual entries. Clubs may enter any number of relay teams per event but **only the relay marked “A” will score.** Coaches must have relay cards filled in and returned to the Clerk of Course or Computer Room 30 minutes prior to the start of the relay session.

## **SCRATCH RULE:**

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 no later than 30 minutes prior to the start of the finals session. Any scratches or no shows after this time will be considered a “Late Scratch” and the offending Club will be fined a late scratch fee of **\$100.00** payable to “**Western Ontario Swimming Association**” and given 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 or until the fine is paid in full to the Meet Manager.

## **ENTRY FEES:**

- Individual events           \$6.50 (including Regional Levy of \$0.25 and SwimON Gold Bonus of \$0.50)
- Relay events                 \$10.00 (including Regional Fee of \$0.50)
- Swimmer Surcharge       \$5.00 per swimmer - including Relay Only Swimmers
- Entry fees are to accompany the team 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 June 8<sup>th</sup>, 2007.

**Make all cheques payable to “London Aquatic Club”.**

## **ENTRIES:**

Team Manager meet events import file will be posted to the London Aquatic Club website: [www.cscs.org/lac](http://www.cscs.org/lac).

Entries should be e-mailed in Hy-Tek format to Entries Manager:

Iain Richardson - [irichar915@aol.com](mailto:irichar915@aol.com) by **Tuesday, May 29<sup>th</sup>, 2007 @ 6:00 p.m.**

**No changes/refunds after this date.**

# WOSA Long Course Championships 2007

## **RESULTS:**

Real Time results will be posted on the London Aquatic Club website. Final results will be available from SWIM Direct and Hy-Tek result files the London Aquatic Club website: [www.csa.org/lac](http://www.csa.org/lac)

## **SESSION TIMES:**

	<b>Warm-Up</b>		<b>Start</b>
Friday Morning	7:00 a.m.	- 7:50 a.m.	8:00 a.m.
Friday Afternoon	11:00 a.m.	- 11:50 a.m.	12:00 noon
Sat./Sun. Mornings	7:00 a.m.	- 7:50 a.m.	8:00 a.m.
Sat./Sun. Afternoons	12:15 p.m.	- 12:50 p.m.	1:00 p.m.
Sun. Late Afternoon – 1500's	3:30 p.m.	- 4:10 p.m.	4:15 p.m.
Sat./Sun. Evening Finals	5:00 p.m.	- 5:50 p.m.	6:00 p.m.

## **EVENT LISTING:**

### **\*Session I\* Friday, June 8<sup>th</sup>, 2007**

Warm-up 7:00 AM/Start 8:00 AM

<b>Event</b>	<b>Female Age Group</b>	<b>Event</b>	<b>Male Age Group</b>	<b>Event</b>
1	12	400 IM (TF)	12	2
3	11	400 IM (TF)		
4	12	100 Back (TF)	12	5
6	11	100 Back (TF)	11	7
8	10	400 Free (TF)		
9	9 and Under	400 Free (TF)	10 and Under	10
11	12	50 Free (TF)	12	12
13	11	50 Free (TF)	11	14
15	10	200 IM (TF)		
16	9 and Under	200 IM (TF)	10 and Under	17
18	11 and Over	800 Free (TF)	12 and Over	19

### **\*Session II\* Friday, June 8<sup>th</sup>, 2007**

Warm-up 11:00 AM/Start 12:00 NOON

<b>Event</b>	<b>Female Age Group</b>	<b>Event</b>	<b>Male Age Group</b>	<b>Event</b>
20	13	400 IM (TF)	13	21
22	14	400 IM (TF)	14	23
24	15 and Over	400 IM (TF)	15	25
		400 IM (TF)	16 and Over	26
27	13 and Over	100 Back	13 and Over	28
29	13 and Over	50 Free	13 and Over	30
31	13 and Over	800 Free	13 and Over	32

# WOSA Long Course Championships 2007

**\*Session III\* Saturday, June 9<sup>th</sup>, 2007**

Warm-up 7:00 AM/Start 8:00 AM

Event	Female Age Group	Event	Male Age Group	Event
33	13 and Over	200 Free	13 and Over	34
35	13 and Over	100 Breast	13 and Over	36
37	13 and Over	200 Back	13 and Over	38
39	13 and Over	100 Fly	13 and Over	40
41	13 and Over	200 IM	13 and Over	42
201	13/14	200 Medley Relay	13/14	202
203	15 and Over	200 Medley Relay	15 and Over	204

**\*Session IV\* Saturday, June 9<sup>th</sup>, 2007**

Warm-up 12:15 PM/Start 1:00 PM

Event	Female Age Group	Event	Male Age Group	Event
43	12	200 Free (TF)	12	44
45	11	200 Free (TF)	11	46
47	10	200 Free (TF)		
48	9 and Under	200 Free (TF)	10 and Under	49
50	12	100 Breast (TF)	12	51
52	11	100 Breast (TF)	11	53
54	10	100 Breast (TF)		
55	9 and Under	100 Breast (TF)	10 and Under	56
57	12	200 Back (TF)	12	58
59	11	200 Back (TF)	11	60
61	10	200 Back (TF)		
62	9 and Under	50 Back (TF)	10 and Under	63
64	12	100 Fly (TF)	12	65
66	11	100 Fly (TF)	11	67
68	10	100 Fly (TF)		
69	9 and Under	100 Fly (TF)	10 and Under	70
71	12	200 IM (TF)	12	72
73	11	200 IM (TF)	11	74
75	10	50 Free (TF)		
76	9 and Under	50 Free (TF)	10 and Under	77
205	11/12	200 Medley Relay (TF)	11/12	206
207	10 and Under	200 Medley Relay (TF)	10 and Under	208

**\*Session V\* Saturday, June 9<sup>th</sup>, 2007**

Warm-up 5:00 PM/Start 6:00 PM

**FINALS**

Girls 13, Girls 14, Girls 15/O	200 Free	Boys 13, Boys 14, Boys 15, Boys 16/O
Girls 13, Girls 14, Girls 15/O	100 Breast	Boys 13, Boys 14, Boys 15, Boys 16/O
Girls 13, Girls 14, Girls 15/O	200 Back	Boys 13, Boys 14, Boys 15, Boys 16/O
Girls 13, Girls 14, Girls 15/O	100 Fly	Boys 13, Boys 14, Boys 15, Boys 16/O
Girls 13, Girls 14, Girls 15/O	200 IM	Boys 13, Boys 14, Boys 15, Boys 16/O
Girls 13, Girls 14, Girls 15/O	50 Free	Boys 13, Boys 14, Boys 15, Boys 16/O

# WOSA Long Course Championships 2007

**\*Session VI\* Sunday, June 10<sup>th</sup>, 2007**

Warm-up 7:00 AM/Start 8:00 AM

Event	Female Age Group	Event	Male Age Group	Event
78	13 and Over	100 Free	13 and Over	79
80	13 and Over	200 Fly	13 and Over	81
82	13 and Over	200 Breast	13 and Over	83
84	13 and Over	400 Free	13 and Over	85
209	13/14	200 Free Relay (TF)	13/14	210
211	15 and Over	200 Free Relay (TF)	15 and Over	212

**\*Session VII\* Sunday, June 10<sup>th</sup>, 2007**

Warm-up 12:15 PM/Start 1:00 PM

Event	Female Age Group	Event	Male Age Group	Event
86	12	100 Free (TF)	12	87
88	11	100 Free (TF)	11	89
90	10	100 Free (TF)		
91	9 and Under	100 Free (TF)	10 and Under	92
93	12	200 Fly (TF)	12	94
95	11	200 Fly (TF)	11	96
97	10	200 Fly (TF)		
98	9 and Under	50 Fly (TF)	10 and Under	99
100	12	200 Breast (TF)	12	101
102	11	200 Breast (TF)	11	103
104	10	200 Breast (TF)		
105	9 and Under	50 Breast (TF)	10 and Under	106
107	12	400 Free (TF)	12	108
109	11	400 Free (TF)	11	110
111	10	100 Back (TF)		
112	9 and Under	100 Back (TF)	10 and Under	113
213	11/12	200 Free Relay (TF)	11/12	214
215	10 and Under	200 Free Relay (TF)	10 and Under	216

**\*Session VIII\* Sunday, June 10<sup>th</sup>, 2007**

Warm-up 3:30 PM/Start 4:15 PM

Event	Female Age Group	Event	Male Age Group	Event
114	13 and Over	1500 Free (TF)	14 and Over	115

**\*Session IX\* Sunday, June 10<sup>th</sup>, 2007**

Warm-up 5:00 PM/Start 6:00 PM

**FINALS**

Girls 13, Girls 14, Girls 15/O  
 Girls 13, Girls 14, Girls 15/O  
 Girls 13, Girls 14, Girls 15/O  
 Girls 13, Girls 14, Girls 15/O  
 Girls 13, Girls 14, Girls 15/O

100 Free  
 200 Fly  
 200 Breast  
 100 Back  
 400 Free

Boys 13, Boys 14, Boys 15, Boys 16/O  
 Boys 13, Boys 14, Boys 15, Boys 16/O  
 Boys 13, Boys 14, Boys 15, Boys 16/O  
 Boys 13, Boys 14, Boys 15, Boys 16/O  
 Boys 13, Boys 14, Boys 15, Boys 16/O

# WOSA Long Course Championships 2007

## 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 #: \_\_\_\_\_

HEAD COACH: \_\_\_\_\_

PHONE #: \_\_\_\_\_

ASSISTANT COACH: \_\_\_\_\_

PHONE #: \_\_\_\_\_

CHAPERONE(S): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

HOTEL: \_\_\_\_\_

\_\_\_\_\_

PHONE #: \_\_\_\_\_

