

**2007
17th Annual Short Course
Nothers Fall Invitational**

November 23 - 25, 2007

**At the
Canada Games Aquatic Centre
London, Ontario**

Hosted by



London Aquatic Club

Sanctioned by



Event Sponsor



General Information

- Date:** Friday November 23rd through Sunday November 25th, 2007
- Hosted by:** London Aquatic Club
- Location:** Canada Games Aquatic Centre
1045 Wonderland Road North
London, Ontario N6A 4H6 (at Gainsborough Road)
- Facility:** Eight lane, 50 meter indoor tank, with bulkheads to create two 25 meter pools and with “Keifer” type lane markers; OMEGA electronic timing, 64101-H8 8 lane swimming scoreboard at both ends of pool with OMEGA OSM-6 and Ares 21 aquatic timing system;
Venue for the 2001 Canada Summer Games, 2003 Eastern Canadian Jr Nationals, 2006 S/C Jr Provincials, 2006 SWAD Can/Am Championships, and 2007 L/C Regionals.
- Meet Manager:** Iain Richardson irichar915@aol.com
Tel: (519) 850-7773
Fax: (519) 850-9974
- Meet Referee:** Dave Bloch-Hansen davebh@rogers.com
Tel: (519) 473-3444
- Qualifying:** De-qualifying times are Junior Provincial standards for 14/u age categories;
De-qualifying times are Eastern Canadian Champs Open times for 15/o age categories.
No Qualifying times.
- Finals:** 12/u events will be Timed Finals and will swim in the afternoon sessions;
13/o events will swim in the morning with top 8 in **each age group** going to finals.
- Entry Deadline:** **Tuesday November 13th, 2007**
All entries MUST have SNC-Swim Direct registration numbers to be eligible to swim.
- Entry Fees:** \$8.00 per swimmer per individual event
\$10.00 per team per relay event
(includes GST – London Aquatic Club GST # R103378279)
- Payment:** Please submit one cheque for all club swimmers with your entries
Payable to: **London Aquatic Club**
- Meet Results:** The meet will run on Hy-Tek Meet Manager for Windows. Results will be posted on the LAC website www.cscs.org/lac, and sent to Swim Direct at the conclusion of the meet.
- Sanctioned by:** Swim Ontario
- Minor Officials:** Mary Jane Kemp m.kemp@tvdsb.on.ca
Tel: (519) 666-0920
- Concession:** A snack bar will be open throughout the meet.
- Supplies:** Team Aquatic Supplies will have a booth at the pool for all your equipment needs.

Meet Rules

- Rules:** Current 2007 – 2008 SNC Rules and
1. Swimmers must be registered and carded as competitive swimmers with an Amateur Association as recognized by FINA and their SNC registration numbers **MUST** be on the entry file.
 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 – timed finals;
 - 11 – timed finals;
 - 12 – timed finals;
 - 13 – prelims and finals;
 - 14 – prelims and finals;
 - 15 – prelims and finals;
 - 16 and over – prelims and finals.
 4. Meet Management reserves the right to split preliminary session age categories to ensure proper session lengths.
 5. Age determined as of first day of meet, Friday November 23rd, 2007.
 6. Each swimmer must swim in the proper age group.
 7. Scratch Rule for FINALS for this meet is 30 minutes after the completion of the preliminaries for that session.
 8. Preliminary events with less than 9 swimmers will still be swum – will not go straight to finals.
 9. Swimming “up” is only permitted on relays.
 10. 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 400m event restrictions, to allow for entry into an alternate event;
 - Senior seeded (combined age and gender) but awarded and scored separately by age and gender;
 - Swum fastest to slowest;
 - Top 16 will swim one per lane, slower heats **MAY** be swum 2 per lane.
 11. 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, to allow for entry into an alternate event;
 - Senior seeded (combined age), but awarded and scored by age group;
 - 13/o - 400m events will be swum as time finals, swimming fastest to slowest, 16 fastest swimmers in each event (regardless of age group) will swim during the FINALS session.
 12. Timed Final events:
 - 12/u - all Timed Finals
 - 13/o - all relays, 50m breast, 50m back, 50m fly, 400/800/1500m – all Timed Finals
 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.
 14. No diving allowed during warm-ups. PLEASE enter the pool feet first.
 15. Sprint lanes for the last 20 minutes of warm-ups. Lanes 1 and 8 Sprint and are designated as diving lanes. After the dive the swimmer must leave the lane to return to the starting end.
 16. There will be a 15 minute WARM-UP prior to the start of the 800/1500m events in whichever tank finishes first.
 18. Meet Management reserves the right to limit the number of entries and the number of swimmers in any event.

Entries

Entries: The event file for HYTEK Team Manager entries is available upon request; Entries will be accepted on a first come, first served basis; Please include SNC-Swim Direct amateur registration numbers, with appropriate Short Course (in meters) entry times (estimate if necessary – please DO NOT submit “NT” entries).

Courier/ Iain Richardson irichar915@aol.com
Priority Post 56 Midale Crescent Tel: (519) 850-7773
Entries: London, Ontario N5X 3C3 Fax: (519) 850-9974

Entry Deadline: Tuesday November 13th, 2007

Awards

Awards: Individual events: age categories 10 and under; 11; 12; 13; 14; 15; 16 and over

- 12 and under – medals for 1st, 2nd, and 3rd; ribbons for 4th -8th
- 13 and over – medals for 1st, 2nd, and 3rd

Relays: age categories 10 and under; 11 - 12; 13 - 14; 15 and over

- Medals for 1st; ribbons for 2nd and 3rd

Starting Times

	Warm-up	Start	Events
Fri Nov 23 rd	11:00am	12:00noon	800/1500 all ages
	2:30pm	3:15pm	12 and under 50's
	5:15pm	6:00pm	13 and over 50's
Sat Nov 24 th and Sun Nov 25 th	7:30am	8:30am	13 and over
	12:00pm	1:00pm	12 and under
	5:30pm	6:30pm	Ages 13 and over FINALS

* Events 19 – 22 (50m free age 13/o) prelims Friday and Finals Sunday evening.

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.

"SNC WARM UP PROCEDURES ARE 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

London Aquatic Club
17th Annual Nothers Fall Invitational
November 23 – 25, 2007

Event Listing

General Information:

1. There are NO qualifying times.
2. De-qualifying times are Junior Provincial standards for 14 and under age categories.
3. De-qualifying times are Easter Championship OPEN times for 15 and over age categories.
4. All events are recorded by age categories: 10 and under; 11; 12; 13; 14; 15; 16 and over.
5. 13 and over age categories swim Prelims and 1 heat of Finals for EACH age group.
6. 12 and under are Timed Finals.

Session 1 & 2
Friday Morning November 23rd, 2007 Timed Finals
Warm-up ⇒ 11.00 a.m. Start ⇒ 12:00 noon

		<u>Event</u>		
1	800 free	OPEN	Timed final	Mixed
2	1500 free	OPEN	Timed final	Mixed

Session 3 & 4
Friday Afternoon November 23rd, 2007 Timed Finals
Warm-up ⇒ 2.30 p.m. Start ⇒ 3:15 p.m.

<u>Girls</u>		<u>Event</u>		<u>Boys</u>
3	50m free	11-12	Timed final	4
5	50m free	10 and under	Timed final	6
7	50m breast	11-12	Timed final	8
9	50m breast	10 and under	Timed final	10
11	50m back	11-12	Timed final	12
13	50m back	10 and under	Timed final	14
15	50m fly	11-12	Timed final	16
17	50m fly	10 and under	Timed final	18

Session 5 & 6
Friday Evening November 23rd, 2007 Prelims/ Timed Finals
Warm-up ⇒ 5.15 p.m. Start ⇒ 6:00 p.m.

<u>Women</u>		<u>Event</u>		<u>Men</u>
19	50m free	15 and over	Prelims	20
21	50m free	13-14	Prelims	22
23	50m breast	15 and over	Timed final	24
25	50m breast	13-14	Timed final	26
27	50m back	15 and over	Timed final	28
29	50m back	13-14	Timed final	30
31	50m fly	15 and over	Timed final	32
33	50m fly	13-14	Timed final	34

Session 7 & 8
Saturday Morning November 24th, 2007 Prelims/ Timed Finals
Warm Up ⇒ 7:30 a.m. Start ⇒ 8:30 a.m.

<u>Women</u>		<u>Event</u>		<u>Men</u>
35	4x50 free relay	15 and over	Timed final	36
37	4x50 free relay	13 - 14	Timed final	38
39	200 I.M.	15 and over	Prelim	40
41	200 I.M.	13 - 14	Prelim	42
43	100 free	15 and over	Prelim	44
45	100 free	13 - 14	Prelim	46
47	200 back	15 and over	Prelim	48
49	200 back	13 - 14	Prelim	50
51	200 fly	15 and over	Prelim	52
53	200 fly	13 - 14	Prelim	54
55	100 breast	15 and over	Prelim	56
57	100 breast	13 - 14	Prelim	58
59	400 free	13 and over	Timed final	60

Session 9 & 10
Saturday Afternoon November 24th, 2007 Timed Finals
Warm up ⇒ 12:00 noon Start ⇒ 1:00 p.m.

<u>Girls</u>		<u>Event</u>		<u>Boys</u>
61	4x50 free relay	11 - 12	Timed final	62
63	4x50 free relay	10 and under	Timed final	64
65	200 I.M.	11 - 12	Timed final	66
67	200 I.M.	10 and under	Timed final	68
69	100 free	11 - 12	Timed final	70
71	100 free	10 and under	Timed final	72
73	200 back	11 - 12	Timed final	74
75	200 back	10 and under	Timed final	76
77	200 fly	11 - 12	Timed final	78
79	100 breast	11 - 12	Timed final	80
81	100 breast	10 and under	Timed final	82
83	400 free	11 - 12	Timed final	84
85	400 free	10 and under	Timed final	86

Session 11
Saturday Evening November 24th, 2007 Finals
Top 8 each age group
Warm up ⇒ 5:30 p.m. Start ⇒ 6:30 p.m.

<u>Women</u>		<u>Event</u>		<u>Men</u>
39	200 I.M.	15; 16 and over	Final	40
41	200 I.M.	13; 14	Final	42
43	100 free	15; 16 and over	Final	44
45	100 free	13; 14	Final	46
47	200 back	15; 16 and over	Final	48
49	200 back	13; 14	Final	50
51	200 fly	15; 16 and over	Final	52
53	200 fly	13; 14	Final	54
55	100 breast	15; 16 and over	Final	56
57	100 breast	13; 14	Final	58
59	400 free	13 and over Top 16	Timed final	60

Session 12 & 13
Sunday Morning November 25th, 2007 Prelims/ Timed Finals
Warm Up ⇒ 7:30 a.m. Start ⇒ 8:30 a.m.

<u>Women</u>		<u>Event</u>		<u>Men</u>
87	4x50 med relay	15 and over	Timed final	88
89	4x50 med relay	13 - 14	Timed final	90
91	100 back	15 and over	Prelim	92
93	100 back	13 - 14	Prelim	94
95	200 breast	15 and over	Prelim	96
97	200 breast	13 - 14	Prelim	98
99	100 fly	15 and over	Prelim	100
101	100 fly	13 - 14	Prelim	102
103	200 free	15 and over	Prelim	104
105	200 free	13 - 14	Prelim	106
107	400 I.M.	13 and over	Timed final	108

Session 14 & 15
Sunday Afternoon November 25th, 2007 Timed Finals
Warm up ⇒ 12:00 noon Start ⇒ 1:00 p.m.

<u>Girls</u>		<u>Event</u>		<u>Boys</u>
109	4x50 med rely	11 - 12	Timed final	110
111	4x50 med relay	10 and under	Timed final	112
113	100 back	11 - 12	Timed final	114
115	100 back	10 and under	Timed final	116
117	200 breast	11 - 12	Timed final	118
119	200 breast	10 and under	Timed final	120
121	100 fly	11 -12	Timed final	122
123	100 fly	10 and under	Timed final	124
125	200 free	11 - 12	Timed final	126
127	200 free	10 and under	Timed final	128
129	400 I.M.	11 - 12	Timed final	
	400 I.M.	12	Timed final	130

Session 16
Sunday Evening November 25th, 2007 Finals
Top 8 each age group
Warm up ⇒ 5:30 p.m. Start ⇒ 6:30 p.m.

<u>Women</u>		<u>Event</u>		<u>Men</u>
19	50 free	15; 16 and over	Final	20
21	50 free	13; 14	Final	22
91	100 back	15; 16 and over	Final	92
93	100 back	13; 14	Final	94
95	200 breast	15; 16 and over	Final	96
97	200 breast	13; 14	Final	98
99	100 fly	15; 16 and over	Final	100
101	100 fly	13; 14	Final	102
103	200 free	15; 16 and over	Final	104
105	200 free	13; 14	Final	106
107	400 I.M.	13 and over Top 16	Timed Final	108