



12 & Under Celebration

This is a short course meet for swimmers 12 & under. All events are timed finals.

General Information

- Date:** Saturday January 17th through Sunday January 18th, 2009.
- Hosted by:** London Aquatic Club
- Location:** Canada Games Aquatic Centre
1045 Wonderland Road North,
London, Ontario, N6G 2Y9 (at Gainsborough Rd.)
- Facility:** Eight lane 50 meter indoor tank, with “Keifer” type lane markers, OMEGA Electronic timing; 8 lane scoreboard, electronic relay takeover monitoring. OMEGA OSM-6 and Ares Aquatic timing system
- Meet Manager:** Margaret Marshall marg.marshall@sympatico.ca
Tel: (519) 439-6086
- Meet Referee:** Alex Vanderkam vanderkam6404@rogers.com
Tel: (519) 473-6404
- Standards/Pre-requisites:** No qualifying standards for this meet.
Pre-requisite times only for 400 Free = 9:00.00 and 200IM = 5:00.00 for 12 and under.
- Events:** Event numbers are listed on the attached schedule.
Maximum 325 swimmers.
- Entry Deadline:** **Wednesday, January 07, 2009**
- Entry Fees:** \$8.40 per swimmer per individual event;
\$10.50 per team per relay event;
(includes GST – London Aquatic Club GST # R103378279).
- Payment:** Please submit one cheque for all 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 uploaded to www.swimmeet.ca and also posted to the LAC website www.casca.org/lac following the meet.
- Sanctioned by:** Swimming Canada/Swim Ontario

Minor Officials: Erin Hartley ehartley@rogers.com
Tel: (519) 641-5791

Concession: A snack bar will be open throughout the meet.

Meet Rules

Rules: Current 2008 - 2009 SNC Rules and

1. Swimmers must be registered and carded as competitive swimmers with an Amateur Association as recognized by FINA. Nine digit registration numbers must be on entries.
2. SNC warm-up procedures will be in effect at this meet. The "FINA" One Start will be in effect.
3. Age Classification - male and female:
 - 8 and under
 - 9
 - 10
 - 11
 - 12
4. Age determined as of first day of meet, **Saturday January 17th, 2009**
5. Each swimmer must swim in the proper age group.
6. Swimming "up" is only permitted on relays.
7. All events are timed finals.
8. Swimmers are limited to a maximum of four (4) individual events only per session, relays do not count as an individual event.
9. All events will be swum slowest to fastest by submitted entry times. Meet will be senior seeded and awards by age category.
10. 400M Free – the top 16 will swim one per lane, slower heats **MAY** be swum 2 per lane.
11. Meet management reserves the right to limit the number of entries.
12. Deck entries may be accepted to fill empty lanes or scratched lanes, but will not be eligible for points, awards, or prizes in those events, except at the discretion of the meet manager and meet referee.
13. Sprint lanes in Lane 1 and Lane 8 for last 20 minutes of warm-ups.

Entries

Entries: All entries will be submitted via www.swimmeet.ca website with appropriate Short Course (in metres) entry times (estimate if necessary – please do NOT submit "N.T." entries).
Entries accepted on first-come, first-served basis.
Entries will be accepted at the discretion of Meet Management.
Maximum 325 swimmers.

Courier/ Priority Post Entries: Margaret Marshall marg.marshall@sympatico.ca
43 Windsor Ave. Tel: (519) 439-6086
London, Ontario N6C 1Z6

Entry Deadline: Wednesday January 07th, 2009

Awards

- All Swimmers will receive an award plaque.
- Team Awards for Large and Small (15 swimmers or less).
- Scored on basis of 9 for 1st, then 7,6,5,4,3,2,1 for 2nd through 8th, and double points for relays.
- Age Classification Individual Events: Male & Female: 8 & under; 9; 10; 11; 12.
For Relays: Male & Female: 8 & under; 9-10; 11-12
- Individual awards: 1st through 8th by age classification
Relays awards: 1st through 8th by age classification

Starting Times/Events

Start Times:

	Warm-up	Start	Finish	Events
Saturday	2:00pm	2:45pm	6:45pm	All Ages
Sunday	8:00am	9:00am	12:30pm	All Ages



RISK MANAGEMENT / WARM-UP PROCEDURES 2008

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.**

Accommodation



The Ramada London is please to offer the attendees of

The 13th Annual 12 & Under Celebration

A special rate of \$85.00 per night



A rate of \$85.00 per night for a room with either Two Double Beds or

Two Queen Beds is offered to all Swim Clubs and Families.

- ◆ Ample **FREE** Oversized Parking
- ◆ Only 20 minutes from the London Aquatic Club
- ◆ 124 renovated rooms
- ◆ Indoor Swimming Pool
- ◆ In-room coffee makers, iron & ironing boards, mini fridge & microwaves
- ◆ 2 Food & Beverage facilities
- ◆ Minutes from White Oaks Mall, Crossroads Shopping Centre & New Wellington Outlet Mall
- ◆ Located at #401 & Wellington exit

In order to receive this special rate **please contact the hotel directly**, quote code **#AQUA**. To make reservations please contact the hotel directly at either 519-681-4900 or Toll-Free 1-800-303-3733



Single Use Disposable Water Bottles

According to the City of London by-laws, single use disposable standard water bottles can no longer be sold at Canada Games Aquatic Centre during swim meets.

We will continue with our Maximize Waste Diversion program. Water coolers/city water taps will be available for water needs for our Athletes, Coaches, Officials, and Volunteers.

Make sure that you bring a refillable water bottle with you to our meet.

13th Annual 12 & Under Celebration January 17-18, 2009

The City of London, Swim Ontario and the London Aquatic Club would like to ask you to play your part to [Maximize Waste Diversion in London](#)

This is how we can make a difference

- Eliminate non-refillable water bottles at the pool
- Bring along your favorite water bottle

The London Aquatic Club will provide refilling stations on the pool deck for all **Athletes, Coaches, Officials and Volunteers**

At the conclusion of a large meet we recycle 90% (hundreds and hundreds) of all the non-refillable water bottles. Lets eliminate the hundreds of non-refillable bottles being sent to recycling.



We Can Make a Difference



12 & Under Celebration

Saturday January 17th – Sunday January 18th, 2009

No Qualifying Times

Session I & II – Timed Finals				
Saturday Afternoon January 17th, 2009				
Warm-up > 2:00 p.m. Start > 2:45 p.m. Finish > 6:45 p.m.				
<u>Girls</u>		<u>Event</u>		<u>Boys</u>
1	4 X 50 Free Relay	11-12	Timed Final	2
3	4 X 50 Free Relay	9-10	Timed Final	4
5	4 X 50 Free Relay	8 & under	Timed Final	6
7	200 IM	11-12	Timed Final	8
9	200 IM	10 & under	Timed Final	10
11	50 Back	11-12	Timed Final	12
13	50 Back	10 & under	Timed Final	14
15	200 Free	11-12	Timed Final	16
17	200 Free	10 & under	Timed Final	18
19	100 Breast	11-12	Timed Final	20
21	100 Breast	10 & under	Timed Final	22
23	50 Free	11-12	Timed Final	24
25	50 Free	10 & under	Timed Final	26
27	200 Back	11-12	Timed Final	28
29	200 Back	10 & under	Timed Final	30
31	100 Fly	11-12	Timed Final	32
33	100 Fly	10 & under	Timed Final	34

Session III & IV – Timed Finals				
Sunday Morning January 18th, 2009				
Warm-up > 8:00 a.m. Start > 9:00 a.m. Finish > 12:30 p.m.				
<u>Girls</u>		<u>Event</u>		<u>Boys</u>
35	4 X 50 Med Relay	11-12	Timed Final	36
37	4 X 50 Med Relay	9-10	Timed Final	38
39	4 X 50 Med Relay	8 & under	Timed Final	40
41	100 Free	11-12	Timed Final	42
43	100 Free	10 & under	Timed Final	44
45	50 Breast	11-12	Timed Final	46
47	50 Breast	10 & under	Timed Final	48
49	100 Back	11-12	Timed Final	50
51	100 Back	10 & under	Timed Final	52
53	50 Fly	11-12	Timed Final	54
55	50 Fly	10 & under	Timed Final	56
57	200 Breast	11-12	Timed Final	58
59	200 Breast	10 & under	Timed Final	60
61	400 Free	11-12	Timed Final	62
63	400 Free	10 & under	Timed Final	64