



# Dr. Paul Hauch Invitational

The only Meet Package which will be considered as valid is the most current version found on [www.swimmeet.ca](http://www.swimmeet.ca).

Our 32nd Annual Dr. Paul Hauch Invitational  
There are no qualifying time standards to swim in this competition. All events are Timed Finals.

## General Information

- Date:** Saturday July 11<sup>th</sup> through Sunday July 12<sup>th</sup>, 2009
- Hosted by:** London Aquatic Club  
in co-operation with London's Parks and Recreation Department
- 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.
- Meet Manager:** Paul Cappa [swim4life@isp.ca](mailto:swim4life@isp.ca)  
Tel: (519) 471-4846
- Meet Referee:** Dave Bloch-Hansen [davebh@rogers.com](mailto:davebh@rogers.com)  
Tel: (519) 473-3444
- Meet Size:** **Maximum 375 swimmers**  
All clubs attending the Dr Paul Hauch Invitational in 2009 will have a space reserved for their team in the Dr Paul Hauch Invitational 2010 at the new outdoor Thames Pool.
- Entry Deadline:** **Friday June 26<sup>th</sup>, 2009**
- Entry Fees:** There is a **Flat Fee** of \$75.00 for a maximum of 7 individual swims and relays (includes GST – London Aquatic Club GST # R103378279).
- Payment:** Please submit one cheque for all swimmers with your entries.  
Payable to: **London Aquatic Club**
- Sanctioned by:** Swim Ontario

- Meet Results:** The meet will run on Hy-Tek Meet Manager for Windows. Results will be uploaded to LAC website [www.casca.org/lac](http://www.casca.org/lac) and [www.swimmeet.ca](http://www.swimmeet.ca) following the swim meet.
- Minor Officials:** Erin Hartley [ehartley@rogers.com](mailto:ehartley@rogers.com)  
Tel: (519) 641-5791
- Concession:** A snack bar will be open throughout the meet.
- Pre-requisites:** Male and female:  
200 IM – 6:00.00; 400 Free – 9:00.00

## Meet Rules

**Rules:** Current 2008 – 2009 SNC Rules and

1. Eligible swimmers are those registered with Swim Ontario, Swimming Canada, and/or FINA-recognized organizations. All entries must include valid SNC or international registration numbers.
2. SNC warm-up procedures will be in effect at this meet. The “FINA” One Start will be in effect.
3. Age Classification for individual awards - male and female:
  - 10 and under
  - 11
  - 12
  - 13
  - 14
  - 15 and over.
4. Age determined as of first day of meet, **Saturday July 11<sup>th</sup>, 2009**
5. All ages swim in all sessions.
6. A maximum of 2 swimmers may swim “up” an age category in relay events.
7. All events are timed finals.
8. Swimmers are limited to a **maximum of 7** individual events as follows:  
Saturday AM – maximum 3 individual events;  
Saturday PM – maximum 2 individual events;  
Sunday AM – maximum 2 individual events.
9. All events will be swum slowest to fastest by submitted entry times.  
Meet will be senior seeded by gender and awards given by age classification.
10. The meet will be limited to 375 swimmers. Meet management reserves the right to limit entries in any event and/ or double end as necessary.
11. Deck entries may be accepted to fill empty lanes or scratched lanes, but will not be eligible for awards, or prizes in those events, except at the discretion of the meet manager and meet referee. Deck entries must be within the maximum swims for the meet otherwise a payment of \$10.00 GST included is due upon request.
12. No diving allowed during warm-ups except during designated times for sprint lanes. Any swimmer diving during WARM UP will be removed from warm ups. PLEASE enter the pool feet first.
13. Sprint lanes for the last 20 minutes of warm-ups. Lanes 1 and 8 for sprinting. Diving in sprint lanes from deep to shallow only.
14. 4X50 Free relay and 4X50 Medley relay:
  - All teams must have 2 males + 2 females;
  - Age classifications – 10 and under; 11/12; 13/14; 15 and over.

## Entries

**Entries:** Submit entries electronically on Hy-Tek's Team Manager to [www.swimmeet.ca](http://www.swimmeet.ca), with appropriate Long Course (in meters) entry times (estimate if necessary - please do NOT submit "NT" entries).  
The event file for HYTEK Team Manager entries is available on [www.swimmeet.ca](http://www.swimmeet.ca) website.  
Entries accepted at Meet Management discretion.

**Meet Manager:** Paul Cappa (entries) [swim4life@isp.ca](mailto:swim4life@isp.ca)  
Tel: (519) 471-4846

**Entry Deadline: Friday June 26<sup>th</sup>, 2009**

**Maximum 375 swimmers**

## Awards

Individual events:

12 and Under "dog tags" for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>; ribbons for 4<sup>th</sup> through 8<sup>th</sup>;  
13 and Over "dog tags" 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>;

Relays: "dog tags" for 1<sup>st</sup>; ribbons for 2<sup>nd</sup> through 3<sup>rd</sup>

## Starting Times/Events

**Start Times:**

	<b>Warm-up</b>	<b>Start</b>	<b>Estimated Finish</b>	<b>Events</b>
I Sat Jul 11 <sup>th</sup>	8:00am	9:00am	1:00 pm	All Ages – max 3 individual events
II Sat Jul 11 <sup>th</sup>	1:00pm	2:00 pm	5:30 pm	All Ages – max 2 individual events
III Sun Jul 12 <sup>th</sup>	8:00am	9:00am	12:15 pm	All Ages – max 2 individual events

## Accommodations



The Ramada London is please to offer the attendees of

*The Dr Paul Hauch Invitational Swim Meet  
July 11-12, 2009*

**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 **#PAUL**. To make reservations please contact the hotel directly at either 519-681-4900 or Toll-Free 1-800-303-3733



## Accomodations (continued)



1150 Wellington Road South London, ON N6E 1M3 519-681-0600

### **Welcomes LONDON AQUATIC CLUB SWIM MEETS**



**\$95.00/room/night**

(traditional room, main building – 2 double beds)

**\$105.00/room/night**

(King Executive Suite – main building – 1 king bed – pullout queen sofa  
in separate living room area, 2 TVs, 2 phones)

(RATE IS BASED ON 1 – 4 PEOPLE PER ROOM)

**ALL ROOMS ARE NON SMOKING**



#### ***For your added enjoyment...***

- Try our new “**Four Points for Comfort**” pillow-top bed
- Free high-speed internet** in all guestrooms
- Heated indoor pool, saunas, exercise area \* in-room coffee maker, hairdryer
- on-site coin Laundromat, iron/ironing board \* in-room movies and Nintendo
- Tuscany’s Ristorante opens at 6:30am \* relax in Bentley’s Lounge \*  
Starbuck’s  
outlet on site \* **Free bottled water** in guestrooms
- **Free parking** \* located across from White Oaks Mall

Please book early to receive this special rate for “**LONDON AQUATIC CLUB**”  
**For Reservations please call 519-681-0680 ext 8203 ~ or fax (519)681-8222**  
**~ or email: [janicegriffith@fourpointslondon.com](mailto:janicegriffith@fourpointslondon.com)**



## **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.

SNC Board Approved

**32<sup>nd</sup> Annual  
Dr. Paul Hauch Invitational  
Saturday July 11<sup>th</sup> – Sunday July 12<sup>th</sup>, 2009**

**No Qualifying Times  
Pre-requisites: Male and female – 200 IM 6:00.00 and 400 Free 9:00.00  
All Events are Senior Seeded.**

<b>Session I</b>				
<b>Maximum 3 individual events</b>				
<b>Saturday Morning July 11<sup>th</sup>, 2009</b>				
<b>Warm-up ⇒ 8:00 a.m. Start ⇒ 9:00 a.m. Estimated Finish ⇒ 1:00 p.m.</b>				
<u>Women</u>		<u>Event</u>		<u>Men</u>
<b>All events are Timed Finals</b>				
1		50 Fly		2
3		100 Back		4
5		200 Breast		6
7		50 Free		8
9		200 IM		10

<b>Session II</b>				
<b>Maximum 2 individual events</b>				
<b>Saturday Afternoon July 11<sup>th</sup>, 2009</b>				
<b>Warm-up ⇒ 1:00 p.m. Start ⇒ 2:00 p.m. Estimated Finish ⇒ 5:30 p.m.</b>				
<u>Women</u>		<u>Event</u>		<u>Men</u>
<b>All events are Timed Finals</b>				
11		200 Free		12
13		50 Breast		14
15		100 Fly		16
17		200 Back		18
		4 X 50 Free Relay *		
* Events 19-22 - 4 X 50 Free Relay – Mixed 2 males + 2 females – 10/U; 11/12; 13/14; 15/O				

<b>Session III</b>				
<b>Maximum 2 individual events</b>				
<b>Sunday Morning July 12<sup>th</sup>, 2009</b>				
<b>Warm-up ⇒ 8:00 a.m. Start ⇒ 9:00 a.m. Estimated Finish ⇒ 12:15 p.m.</b>				
<u>Women</u>		<u>Event</u>		<u>Men</u>
<b>All events are Timed Finals</b>				
23		100 Breast		24
25		50 Back		26
27		200 Fly		28
29		100 Free		30
		4 X 50 Medley Relay *		
* Events 31-34 - 4 X 50 Medley Relay – Mixed 2 males + 2 females - 10/U; 11/12; 13/14; 15/O				