

Western Ontario Swimming Association's

***WESTERN ONTARIO REGIONAL SC
CHAMPIONSHIPS
2009-2010***

**Friday February 5th
to
Sunday February 7th, 2010**

Hosted by:
London Aquatic Club

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

Sanctioned by:
Swim Ontario

**Western Ontario Regional SC Championships
2009-2010**



RISK MANAGEMENT / WARM-UP PROCEDURES 2009

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

**Western Ontario Regional SC Championships
2009-2010**

****THE ONLY MEET PACKAGE WHICH WILL BE CONSIDERED AS VALID MUST BE
THE MOST CURRENT VERSION FOUND ON WWW.SWIMMEET.CA ****

LOCATION:

Canada Games Aquatic Centre
1045 Wonderland Road North (at Gainsborough Road)
London, Ontario N6G 2Y9
(519) 661-4455

FACILITIES:

Eight lane, 50 meter indoor tank with bulkheads to create two 25 meter pools
Electronic primary and secondary timing – Omega/ARES systems. Eight lane score boards, deep and shallow end

MEET OFFICIALS:

| | | | |
|------------------|----------------------|--|----------------|
| Meet Manager: | Saad Aldin (entries) | saldin@rogers.com | (519) 641-1496 |
| | Margaret Marshall | marg.marshall@sympatico.ca | (519) 439-6086 |
| Meet Referee: | Margaret Galbraith | galbrth@execulink.com | (519) 537-5065 |
| Minor Officials: | Stacey Richardson | stacey_487@rogers.com | (519) 657-8752 |

MEET INFORMATION:

Concession – A snack bar will be open throughout the meet.
Swim Apparel – Team Aquatics will have their clothing/ equipment apparel at the pool for the weekend.
Photography - 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.
City of London Water Bottle By-Law – See attached flyer for single use standard water bottles

ELIGIBILITY:

- All swimmers must be registered with a Western Ontario Swimming Association Club 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
- [Qualifying times for swimmers are as posted in the WOSA SC Standards Report.](#)
- PARA Regional qualifying times for all classes are 10% slower than the PARA Provincial qualifying times.

AGE GROUPINGS:

- BOYS/ MEN: 10 and under, 11, 12, 13, 14, 15, 16 and over.
GIRLS/ WOMEN: 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, **February 5th, 2010.**
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 SC Jr. Provincials – February 25th, 2010.
[PROOF OF AGE](#) (a photocopy of his/her birth certificate) must accompany any [AGE UP](#) entries and **MUST be received by meet management before the entry deadline.**
Swimmers aged 12 and under will not compete in finals regardless of the entered age group.

AWARDS:

AB Medals: 1st to 3rd for individual events **by age group** and 1st only for relay events.
AB Ribbons: 4th to 8th for individual events **by age group** and 2nd and 3rd for relay events.
PARA: Medals will be awarded in IPC-eligible events only using the SNC Performance Calculator, and shall be awarded on a "mixed gender" basis to the top 3 swimmers in each event. 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 SC Jr. Provincial and Eastern Canadians.

Western Ontario Regional SC Championships 2009-2010

ENTRY LIMITATIONS:

- Any swimmer qualifying for Ontario Junior Provincials with SC or LC qualifying times (Women/Girls ages 14 and under or Men/Boys ages 15 and under) or Eastern Canadian Championships Open standard times (Women ages 15 and over or Men ages 16 and 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 SC 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.
- Please be reminded that there are **no dequalifying times** for the **10 and under Boys** and **9 and under Girls** age groups.
- "Relay only" swimmers are allowed and must be included in the Club entry list.

PARA 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

- PARA may enter other events in which they meet the **Regional** time standard, but there will not be separate PARA awards for these events. **There will be no bonus swims for PARA for distances greater than 100m.**
- All PARA events are Timed Finals, combined with able-bodied events during the preliminary sessions.
- PARA that have the AB standard in any event may enter that event as AB. A PARA athlete may swim as either AB or PARA in any event they qualify for, but not both. Coaches must indicate each PARA classification with their entries.
- PARA will be swum under IPC Swimming Rules for Canadian records only.

BONUS SWIMS:

Any swimmer qualifying for Western Ontario Regional Championships will receive up to a maximum of 3 bonus swims guaranteeing them 4 swims. If the swimmer qualifies in one event he/she will receive 3 bonus swims, 2 qualifying times will earn 2 bonus swims and 3 will earn 1. There will be no bonus swims for qualifying with 4 or more swims.

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 **SC times** and will be seeded by time following the qualifying swims. All **NT** bonus entries will be seeded randomly following the **B** indicated times.

PRE-REQUISITES:

Regional qualifying time + both pre-requisite times allows entrance into this meet.

14 & Under

400 Free - 10:00.00

200 IM - 6:00.00

Western Ontario Regional SC Championships 2009-2010

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 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 the athletes during the competition and, especially, during session breaks.
- **GLASS CONTAINERS** are strictly prohibited from the deck area.
- Sprint Lanes will be available for the last 20 minutes of warm-ups.
- 13 and over preliminaries will swim combined age groups – 13/14 and 15 and over – and will be separated into designated age groups for finals. In the 15 and over Women 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.
- Management reserves the right to swim the distance freestyle events 2 per lane.
- The 1500 Free and 800 Free will swim fastest to slowest. The 1500 Free, 800 Free, and 400 IM will swim as timed finals. Management reserves the right to limit these to fastest 2 or 3 heats in each event and/or combine age groups if time requires. All 12 and under events will be time finals.
- **ALL PARTICIPATING CLUBS ARE REQUIRED TO PROVIDE 2 OFFICIALS PER SESSION.**
- Boys/Men and Girls/Women relays will be grouped 10 and under, 11/12, 13/14 and 15 and over.
- All Relay events will be time finals.
- 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.
- 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.
- 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 Clerk of Course.

ENTRY FEES:

| | |
|-------------------|--|
| Individual events | \$7.00 including Regional Levy - \$0.25 and SwimON Gold Bonus - \$0.50 |
| Relay events | \$10.00 including Regional Fee - \$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 **February 5th, 2010**.
Make all cheques payable to "**London Aquatic Club**"

ENTRY DEADLINE:

Tuesday January 26th, 2010

All entries must be in Hy-tek format and submitted via www.swimmeet.ca No entries will be accepted directly by meet management.

**Western Ontario Regional SC Championships
2009-2010**

RESULTS:

Real Time results will be posted on the London Aquatic Club website: www.casca.org/lac
Final results will be posted at www.swimmeet.ca

POOL ASSIGNMENT:

Meet Management will determine the distribution of swimmers into session ends.
All Evening Finals will be held in the Deep End.

WARM-UPS:

| | | | |
|--------------------------|-----------------------|------------------------------|-------------------------------|
| Friday Afternoon | 2:30 pm - 3:10 pm | <u>START:</u> 3:20 pm | <u>FINISH:</u> 5:20 pm |
| Friday Evening | 5:40 pm - 6:20 pm | 6:30 pm | 9:30 pm |
| Sat./Sun. Mornings | 7:30 am - 8:20 am | 8:30 am | 12:00 noon |
| Sat./Sun. Afternoons | 12:00 noon - 12:50 pm | 1:00 pm | 5:00 pm |
| Sat./Sun. Evening Finals | 5:00 pm - 5:50 pm | 6:00 pm | 8:30 pm |

EVENT LIST

Friday, February 5th, 2010:

Friday Afternoon: Warm-ups: 2:30 – 3:10pm Start: 3:20pm Finish: 5:20pm

| # | WOMEN | EVENT | | MEN | # |
|--------------|-----------|-----------|-------------|-----------|----|
| 1 | 15 & Over | 800 Free | Timed Final | 16 & Over | 2 |
| 3 | 13/14 | 800 Free | Timed Final | 14/15 | 4 |
| 5 | 11/12 | 800 Free | Timed Final | 12/13 | 6 |
| BREAK | | | | | |
| 11 | 15 & Over | 1500 Free | Timed Final | 16 & Over | 12 |
| 13 | 13/14 | 1500 Free | Timed Final | 14/15 | 14 |

Friday Evening: Warm-ups: 5:40 - 6:20pm Start: 6:30pm Finish: 9:30pm

| # | WOMEN | EVENT | | MEN | # |
|----|-----------|--------|-------------|-----------|----|
| 15 | 15 & Over | 400 IM | Timed Final | 16 & Over | 16 |
| 17 | 14 | 400 IM | Timed Final | 15 | 18 |
| 19 | 13 | 400 IM | Timed Final | 14 | 20 |
| 21 | 12 | 400 IM | Timed Final | 13 | 22 |
| 23 | 11 | 400 IM | Timed Final | 12 | 24 |

**Western Ontario Regional SC Championships
2009-2010**

Saturday February 6th, 2010:

Saturday Morning: Warm-ups: 7:30 – 8:20 am Start: 8:30 am Finish: 12:00 noon

| # | WOMEN | EVENT | | MEN | # |
|-----|-----------|-------------|-------------|---------------|-----|
| 25 | 15 & Over | 200 Free | Prelims | 15, 16 & Over | 26 |
| 27 | 13/14 | 200 Free | Prelims | 13/14 | 28 |
| 29 | 15 & Over | 100 Breast | Prelims | 15, 16 & Over | 30 |
| 31 | 13/14 | 100 Breast | Prelims | 13/14 | 32 |
| 33 | 15 & Over | 50 Free | Prelims | 15, 16 & Over | 34 |
| 35 | 13/14 | 50 Free | Prelims | 13/14 | 36 |
| 37 | 15 & Over | 200 Back | Prelims | 15, 16 & Over | 38 |
| 39 | 13/14 | 200 Back | Prelims | 13/14 | 40 |
| 41 | 15 & Over | 100 Fly | Prelims | 15, 16 & Over | 42 |
| 43 | 13/14 | 100 Fly | Prelims | 13/14 | 44 |
| 45 | 15 & Over | 200 IM | Prelims | 15, 16 & Over | 46 |
| 47 | 13/14 | 200 IM | Prelims | 13/14 | 48 |
| 201 | 15 & Over | 200 Med Rly | Timed Final | 15 & Over | 202 |
| 203 | 13/14 | 200 Med Rly | Timed Final | 13/14 | 204 |

Saturday Afternoon: Warm-ups: 12:00 – 12:50 pm Start: 1:00 pm Finish: 5:00pm

| # | GIRLS | EVENT | | BOYS | # |
|-----|-----------|-------------|-------------|------------|-----|
| 49 | 12 | 200 Free | Timed Final | | |
| 50 | 11 | 200 Free | Timed Final | 12 | 51 |
| 52 | 10 | 200 Free | Timed Final | 11 | 53 |
| 54 | 9 & Under | 200 Free | Timed Final | 10 & Under | 55 |
| 56 | 12 | 100 Breast | Timed Final | | |
| 57 | 11 | 100 Breast | Timed Final | 12 | 58 |
| 59 | 10 | 100 Breast | Timed Final | 11 | 60 |
| 61 | 9 & Under | 100 Breast | Timed Final | 10 & Under | 62 |
| 63 | 12 | 50 Free | Timed Final | | |
| 64 | 11 | 50 Free | Timed Final | 12 | 65 |
| 66 | 10 | 50 Free | Timed Final | 11 | 67 |
| 68 | 9 & Under | 50 Free | Timed Final | 10 & Under | 69 |
| 70 | 12 | 200 Back | Timed Final | | |
| 71 | 11 | 200 Back | Timed Final | 12 | 72 |
| 73 | 10 | 200 Back | Timed Final | 11 | 74 |
| 75 | 9 & Under | 50 Back | Timed Final | 10 & Under | 76 |
| 77 | 12 | 100 Fly | Timed Final | | |
| 78 | 11 | 100 Fly | Timed Final | 12 | 79 |
| 80 | 10 | 100 Fly | Timed Final | 11 | 81 |
| 82 | 9 & Under | 100 Fly | Timed Final | 10 & Under | 83 |
| 84 | 12 | 200 IM | Timed Final | | |
| 85 | 11 | 200 IM | Timed Final | 12 | 86 |
| 87 | 10 | 200 IM | Timed Final | 11 | 88 |
| 89 | 9 & Under | 100 IM | Timed Final | 10 & Under | 90 |
| 205 | 11/12 | 200 Med Rly | Timed Final | 11/12 | 206 |
| 207 | 10&Under | 200 Med Rly | Timed Final | 10& Under | 208 |

**Western Ontario Regional SC Championships
2009-2010**

Saturday February 6th, 2010 continued:

Saturday Evening FINALS

Saturday Evening: Warm-ups: 5:00 – 5:50 pm Start: 6:00 pm Finish: 8:30pm

| # | WOMEN | EVENT | MEN | # |
|----|---------------|------------|---------------|----|
| 25 | 15 & Over A/B | 200 Free | 15, 16 & Over | 26 |
| 27 | 13, 14 | 200 Free | 13, 14 | 28 |
| 29 | 15 & Over A/B | 100 Breast | 15, 16 & Over | 30 |
| 31 | 13, 14 | 100 Breast | 13, 14 | 32 |
| 33 | 15 & Over A/B | 50 Free | 15, 16 & Over | 34 |
| 35 | 13, 14 | 50 Free | 13, 14 | 36 |
| 37 | 15 & Over A/B | 200 Back | 15, 16 & Over | 38 |
| 39 | 13, 14 | 200 Back | 13, 14 | 40 |
| 41 | 15 & Over A/B | 100 Fly | 15, 16 & Over | 42 |
| 43 | 13, 14 | 100 Fly | 13, 14 | 44 |
| 45 | 15 & Over A/B | 200 IM | 15, 16 & Over | 46 |
| 47 | 13, 14 | 200 IM | 13, 14 | 48 |

Sunday February 7th, 2010:

Sunday Morning: Warm-ups: 7:30 – 8:20 am Start: 8:30 am Finish: 12:00 noon

| # | WOMEN | EVENT | | MEN | # |
|-----|-----------|----------------|-------------|---------------|-----|
| 91 | 15 & Over | 100 Free | Prelims | 15, 16 & Over | 92 |
| 93 | 13/14 | 100 Free | Prelims | 13/14 | 94 |
| 95 | 15 & Over | 200 Fly | Prelims | 15, 16 & Over | 96 |
| 97 | 13/14 | 200 Fly | Prelims | 13/14 | 98 |
| 99 | 15 & Over | 100 Back | Prelims | 15, 16 & Over | 100 |
| 101 | 13/14 | 100 Back | Prelims | 13/14 | 102 |
| 103 | 15 & Over | 200 Breast | Prelims | 15, 16 & Over | 104 |
| 105 | 13/14 | 200 Breast | Prelims | 13/14 | 106 |
| 107 | 15 & Over | 400 Free | Prelims | 15, 16 & Over | 108 |
| 109 | 13/14 | 400 Free | Prelims | 13/14 | 110 |
| 209 | 15 & Over | 200 Free Relay | Timed Final | 15 & Over | 210 |
| 211 | 13/14 | 200 Free Relay | Timed Final | 13/14 | 212 |

**Western Ontario Regional SC Championships
2009-2010**

Sunday February 7th, 2010 continued:

Sunday Afternoon: Warm-ups: 12:00 – 12:50 pm Start: 1:00 pm Finish: 5:00pm

| # | GIRLS | EVENT | | BOYS | # |
|-----|-----------|----------------|-------------|------------|-----|
| 111 | 12 | 100 Free | Timed Final | | |
| 112 | 11 | 100 Free | Timed Final | 12 | 113 |
| 114 | 10 | 100 Free | Timed Final | 11 | 115 |
| 116 | 9 & Under | 100 Free | Timed Final | 10 & Under | 117 |
| 118 | 12 | 200 Fly | Timed Final | | |
| 119 | 11 | 200 Fly | Timed Final | 12 | 120 |
| 121 | 10 | 200 Fly | Timed Final | 11 | 122 |
| 123 | 9 & Under | 50 Fly | Timed Final | 10 & Under | 124 |
| 125 | 12 | 100 Back | Timed Final | | |
| 126 | 11 | 100 Back | Timed Final | 12 | 127 |
| 128 | 10 | 100 Back | Timed Final | 11 | 129 |
| 130 | 9 & Under | 100 Back | Timed Final | 10 & Under | 131 |
| 132 | 12 | 200 Breast | Timed Final | | |
| 133 | 11 | 200 Breast | Timed Final | 12 | 134 |
| 135 | 10 | 200 Breast | Timed Final | 11 | 136 |
| 137 | 9 & Under | 50 Breast | Timed Final | 10 & Under | 138 |
| 139 | 12 | 400 Free | Timed Final | | |
| 140 | 11 | 400 Free | Timed Final | 12 | 141 |
| 142 | 10 | 400 Free | Timed Final | 11 | 143 |
| 144 | 9 & Under | 400 Free | Timed Final | 10 & Under | 145 |
| 213 | 11/12 | 200 Free Relay | Timed Final | 11/12 | 214 |
| 215 | 10&Under | 200 Free Relay | Timed Final | 10& Under | 216 |

Sunday Evening FINALS

Sunday Evening: Warm-ups: 5:00 – 5:50 pm Start 6:00 pm Finish: 8:30pm

| # | WOMEN | EVENT | MEN | # |
|-----|---------------|------------|---------------|-----|
| 91 | 15 & Over A/B | 100 Free | 15, 16 & Over | 92 |
| 93 | 13, 14 | 100 Free | 13, 14 | 94 |
| 95 | 15 & Over A/B | 200 Fly | 15, 16 & Over | 96 |
| 97 | 13, 14 | 200 Fly | 13, 14 | 98 |
| 99 | 15 & Over A/B | 100 Back | 15, 16 & Over | 100 |
| 101 | 13, 14 | 100 Back | 13, 14 | 102 |
| 103 | 15 & Over A/B | 200 Breast | 15, 16 & Over | 104 |
| 105 | 13, 14 | 200 Breast | 13, 14 | 106 |
| 107 | 15 & Over A/B | 400 Free | 15, 16 & Over | 108 |
| 109 | 13, 14 | 400 Free | 13, 14 | 110 |

Western Ontario Regional SC Championships
2009-2010

City of London By-Law:

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.

WESTERN ONTARIO REGIONAL SC CHAMPIONSHIPS

Feb 05 - 07, 2010

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



Western Ontario Regional SC Championships 2009-2010

ACCOMODATIONS:




Welcome to the WOSA SC Regional's Champz Swim Meet

The Radisson Hotel and Suites London is proud to offer the following discounted rate to all individuals attending:

\$115.00 - for a Traditional Sleep Number bed room with two double beds

\$125.00 - for a King French Door Suite with a king size sleep number bed and a queen pull-out sofa

Please contact Sarah Williams to make your reservations at 519-668-7900 Ext. 2108 or sarah.williams@radisson.com

In addition to a preferred team rate, your travelers will receive the following amenities when they stay with us:

- 15 Minute drive to London Aquatic Club
- Indoor Swimming Pool with lap lane and Hot Tub with adjoining patio
- Free Parking, Free local telephone calls
- In-room refrigerator in all guestrooms
- Complimentary High Speed Internet Access
- Complimentary use of our Fitness Facilities available 24 hours
- Complimentary Business Center with internet and printer available 24 hours
- Timbers Chophouse restaurant on-site, available for breakfast, lunch, and dinner
- Hospitality rooms available for extra charge
- Located minutes from the highway, and ten minute drive to downtown


Amenities within Walking Distance:

- Wellington Empire 8 Movie Theatre
- Many restaurants including: Moxies, Kellogg, Lesongues Thai, KFC, Ateyo, Pizze Pizze, Williams Coffee Pub, Starbucks Coffee
- White Oaks Mall, one of the largest in the city




The Radisson Hotel and Suites London is pleased to extend the above rates for the WOSA SC Regional's Champz Swim Meet, February 4th through February 7th, 2010.

888 Wellington Road South, London, Ontario N6E 3N6 www.radisson.com/londonca





Ramada London is pleased to offer a preferred rate for
Western Ontario S-C Regionals
February 5-7, 2010
Preferred Rate Offered - \$85.00 per night

- Only 20 minutes to the Canadian Games Aquatic Centre
- Indoor Swimming Pool
- In-room coffee makers, iron & ironing boards, mini fridge & microwaves
- Large Work Desk, with Ergonomic Chairs
- Free High Speed Internet
- Minutes from White Oaks Mall, Crossroads Shopping Centre & New Wellington Outlet Mall
- Located at Wellington exit & Hwy401
- Free Parking
- On-Site Restaurant and Lounge
- Please quote code "WOSA" to guarantee rate

RAMADA LONDON 817 EXETER ROAD LONDON ONTARIO N6E 1W1
PHONE: 519-681-4900 FAX: 519-681-5065
www.ramadainnlondon.com

FOUR POINTS
BY SHERATON

1120 Wellington Road South London, ON N6E 3M7 519-681-0800

Welcomes
LONDON AQUATIC CLUB
WOSA MEET




(NOTE: ONLY SATURDAY, FEB. 6TH IS AVAILABLE)

\$95.00/room/night
(traditional room, main building - 2 double beds)

\$105.00/room/night
(King Executive Suite - main building - 1 king bed - pull-out 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 hairdresser
- Tuscan's Restaurant opens at 6:30am * relax in Bentley's Lounge * Starbucks outlet on site * Free bottled water in guestrooms
- Free parking * located across from White Oaks Mall

Please book by January 16th 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

Western Ontario Regional SC Championships
2009-2010

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 #: _____

Western Ontario Regional SC Championships

2009-2010

Entry Event Report

2009 Regional Standards

| Event # | Event | | | SCM | | |
|------------------|--------|--------|--------|--------|----------|----------|
| | | QUAL | DEQUAL | | | |
| Friday Afternoon | | | | | | |
| 1 | Female | 15 & O | 800 | Free | 10:59.03 | 9:22.59 |
| 2 | Male | 16 & O | 800 | Free | 10:26.69 | 8:55.62 |
| 3A | Female | 13-13 | 800 | Free | 11:54.44 | 9:55.37 |
| 3B | Female | 14-14 | 800 | Free | 11:39.54 | 9:42.95 |
| 4A | Male | 14-14 | 800 | Free | 11:20.04 | 9:26.70 |
| 4B | Male | 15-15 | 800 | Free | 11:09.36 | 9:17.80 |
| 5A | Female | 11-11 | 800 | Free | 13:16.34 | 11:03.62 |
| 5B | Female | 12-12 | 800 | Free | 12:33.95 | 10:28.29 |
| 6A | Male | 12-12 | 800 | Free | 12:26.17 | 10:21.81 |
| 6B | Male | 13-13 | 800 | Free | 11:48.29 | 9:50.24 |
| 11 | Female | 15 & O | 1500 | Free | 21:20.09 | 18:29.68 |
| 12 | Male | 16 & O | 1500 | Free | 20:11.00 | 16:42.60 |
| 13A | Female | 13-13 | 1500 | Free | 22:03.05 | 19:10.48 |
| 13B | Female | 14-14 | 1500 | Free | 21:35.45 | 18:46.48 |
| 14A | Male | 14-14 | 1500 | Free | 20:59.34 | 18:15.08 |
| 14B | Male | 15-15 | 1500 | Free | 20:39.56 | 17:57.88 |
| 15 | Female | 15 & O | 400 | IM | 6:03.04 | 5:13.66 |
| 16 | Male | 16 & O | 400 | IM | 5:31.03 | 4:47.19 |
| 17 | Female | 14-14 | 400 | IM | 6:28.02 | 5:23.35 |
| 18 | Male | 15-15 | 400 | IM | 6:05.05 | 5:04.21 |
| 19 | Female | 13-13 | 400 | IM | 6:36.98 | 5:30.82 |
| 20 | Male | 14-14 | 400 | IM | 6:15.13 | 5:12.61 |
| 21 | Female | 12-12 | 400 | IM | 6:58.46 | 5:44.58 |
| 22 | Male | 13-13 | 400 | IM | 6:24.94 | 5:20.78 |
| 23 | Female | 11-11 | 400 | IM | 7:10.10 | 6:12.09 |
| 24 | Male | 12-12 | 400 | IM | 6:40.48 | 5:48.24 |
| Saturday Morning | | | | | | |
| 25 | Female | 15 & O | 200 | Free | 2:30.06 | 2:09.87 |
| 26A | Male | 15-15 | 200 | Free | 2:24.14 | 2:05.34 |
| 26B | Male | 16 & O | 200 | Free | 2:21.53 | 1:58.77 |
| 27A | Female | 13-13 | 200 | Free | 2:37.96 | 2:17.36 |
| 27B | Female | 14-14 | 200 | Free | 2:34.41 | 2:14.27 |
| 28A | Male | 13-13 | 200 | Free | 2:34.10 | 2:14.00 |
| 28B | Male | 14-14 | 200 | Free | 2:27.89 | 2:08.60 |
| 29 | Female | 15 & O | 100 | Breast | 1:29.40 | 1:17.69 |
| 30A | Male | 15-15 | 100 | Breast | 1:26.84 | 1:15.51 |
| 30B | Male | 16 & O | 100 | Breast | 1:24.63 | 1:08.76 |
| 31A | Female | 13-13 | 100 | Breast | 1:34.79 | 1:22.43 |
| 31B | Female | 14-14 | 100 | Breast | 1:30.88 | 1:19.03 |
| 32A | Male | 13-13 | 100 | Breast | 1:32.51 | 1:20.44 |
| 32B | Male | 14-14 | 100 | Breast | 1:27.68 | 1:16.24 |
| 33 | Female | 15 & O | 50 | Free | 32.42 | 27.98 |
| 34A | Male | 15-15 | 50 | Free | 30.33 | 26.37 |
| 34B | Male | 16 & O | 50 | Free | 29.38 | 24.82 |
| 35A | Female | 13-13 | 50 | Free | 33.76 | 29.36 |
| 35B | Female | 14-14 | 50 | Free | 33.05 | 28.74 |

**Western Ontario Regional SC Championships
2009-2010**

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|---------------------------|--------|--------|-----|--------|---------|---------|
| 36A | Male | 13-13 | 50 | Free | 32.46 | 28.23 |
| 36B | Male | 14-14 | 50 | Free | 30.76 | 26.75 |
| 37 | Female | 15 & O | 200 | Back | 2:48.73 | 2:27.61 |
| 38A | Male | 15-15 | 200 | Back | 2:43.58 | 2:22.24 |
| 38B | Male | 16 & O | 200 | Back | 2:39.65 | 2:13.47 |
| 39A | Female | 13-13 | 200 | Back | 2:56.00 | 2:33.04 |
| 39B | Female | 14-14 | 200 | Back | 2:52.94 | 2:30.38 |
| 40A | Male | 13-13 | 200 | Back | 2:54.04 | 2:31.34 |
| 40B | Male | 14-14 | 200 | Back | 2:44.60 | 2:23.13 |
| 41 | Female | 15 & O | 100 | Fly | 1:18.11 | 1:06.97 |
| 42A | Male | 15-15 | 100 | Fly | 1:15.43 | 1:05.14 |
| 42B | Male | 16 & O | 100 | Fly | 1:11.77 | 59.17 |
| 43A | Female | 13-13 | 100 | Fly | 1:22.48 | 1:11.72 |
| 43B | Female | 14-14 | 100 | Fly | 1:21.57 | 1:10.93 |
| 44A | Male | 13-13 | 100 | Fly | 1:20.91 | 1:10.36 |
| 44B | Male | 14-14 | 100 | Fly | 1:15.90 | 1:06.00 |
| 45 | Female | 15 & O | 200 | IM | 2:51.04 | 2:27.45 |
| 46A | Male | 15-15 | 200 | IM | 2:44.92 | 2:23.41 |
| 46B | Male | 16 & O | 200 | IM | 2:39.18 | 2:14.00 |
| 47A | Female | 13-13 | 200 | IM | 2:59.84 | 2:36.38 |
| 47B | Female | 14-14 | 200 | IM | 2:54.31 | 2:31.57 |
| 48A | Male | 13-13 | 200 | IM | 2:54.98 | 2:32.16 |
| 48B | Male | 14-14 | 200 | IM | 2:47.96 | 2:26.05 |
| Saturday Afternoon | | | | | | |
| 49 | Female | 12-12 | 200 | Free | 2:43.87 | 2:22.50 |
| 50 | Female | 11-11 | 200 | Free | 2:54.95 | 2:32.13 |
| 51 | Male | 12-12 | 200 | Free | 2:43.22 | 2:21.93 |
| 52 | Female | 10-10 | 200 | Free | 3:08.80 | 2:44.17 |
| 53 | Male | 11-11 | 200 | Free | 3:01.97 | 2:32.69 |
| 54 | Female | 9 & U | 200 | Free | 3:29.45 | |
| 55 | Male | 10 & U | 200 | Free | 3:26.40 | |
| 56 | Female | 12-12 | 100 | Breast | 1:36.93 | 1:24.29 |
| 57 | Female | 11-11 | 100 | Breast | 1:44.36 | 1:30.75 |
| 58 | Male | 12-12 | 100 | Breast | 1:36.83 | 1:24.20 |
| 59 | Female | 10-10 | 100 | Breast | 1:51.21 | 1:36.02 |
| 60 | Male | 11-11 | 100 | Breast | 1:53.72 | 1:34.35 |
| 61 | Female | 9 & U | 100 | Breast | 2:07.93 | |
| 62 | Male | 10 & U | 100 | Breast | 2:01.18 | |
| 63 | Female | 12-12 | 50 | Free | 34.58 | 30.07 |
| 64 | Female | 11-11 | 50 | Free | 36.55 | 31.78 |
| 65 | Male | 12-12 | 50 | Free | 34.06 | 29.62 |
| 66 | Female | 10-10 | 50 | Free | 38.83 | 33.52 |
| 67 | Male | 11-11 | 50 | Free | 37.65 | 32.02 |
| 68 | Female | 9 & U | 50 | Free | 44.04 | |
| 69 | Male | 10 & U | 50 | Free | 39.15 | |
| 70 | Female | 12-12 | 200 | Back | 3:02.87 | 2:39.02 |
| 71 | Female | 11-11 | 200 | Back | 3:15.17 | 2:49.71 |
| 72 | Male | 12-12 | 200 | Back | 3:03.07 | 2:39.19 |
| 73 | Female | 10-10 | 200 | Back | 3:41.73 | 3:05.92 |
| 74 | Male | 11-11 | 200 | Back | 3:29.80 | 2:51.21 |
| 75 | Female | 9 & U | 50 | Fly | 52.63 | |
| 76 | Male | 10 & U | 50 | Fly | 47.91 | |
| 77 | Female | 12-12 | 100 | Fly | 1:28.25 | 1:16.74 |

**Western Ontario Regional SC Championships
2009-2010**

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|-------------------------|--------|--------|-----|--------|---------|---------|
| 78 | Female | 11-11 | 100 | Fly | 1:33.93 | 1:21.68 |
| 79 | Male | 12-12 | 100 | Fly | 1:27.35 | 1:15.96 |
| 80 | Female | 10-10 | 100 | Fly | 1:50.13 | 1:34.20 |
| 81 | Male | 11-11 | 100 | Fly | 1:40.45 | 1:25.29 |
| 82 | Female | 9 & U | 100 | Fly | 2:08.87 | |
| 83 | Male | 10 & U | 100 | Fly | 2:05.02 | |
| 84 | Female | 12-12 | 200 | IM | 3:05.51 | 2:41.31 |
| 85 | Female | 11-11 | 200 | IM | 3:26.00 | 2:51.67 |
| 86 | Male | 12-12 | 200 | IM | 3:12.76 | 2:40.63 |
| 87 | Female | 10-10 | 200 | IM | 3:40.28 | 3:03.57 |
| 88 | Male | 11-11 | 200 | IM | 3:30.23 | 2:55.19 |
| 89 | Female | 9 & U | 100 | IM | 1:51.84 | |
| 90 | Male | 10 & U | 100 | IM | 1:44.96 | |
| Sunday Morning | | | | | | |
| 91 | Female | 15 & O | 100 | Free | 1:09.85 | 1:00.39 |
| 92A | Male | 15-15 | 100 | Free | 1:06.79 | 57.71 |
| 92B | Male | 16 & O | 100 | Free | 1:04.16 | 53.95 |
| 93A | Female | 13-13 | 100 | Free | 1:13.65 | 1:04.04 |
| 93B | Female | 14-14 | 100 | Free | 1:11.24 | 1:01.95 |
| 94A | Male | 13-13 | 100 | Free | 1:11.31 | 1:02.01 |
| 94B | Male | 14-14 | 100 | Free | 1:07.57 | 58.76 |
| 95 | Female | 15 & O | 200 | Fly | 2:54.43 | 2:27.75 |
| 96A | Male | 15-15 | 200 | Fly | 2:48.82 | 2:26.80 |
| 96B | Male | 16 & O | 200 | Fly | 2:44.29 | 2:12.96 |
| 97A | Female | 13-13 | 200 | Fly | 3:04.18 | 2:40.16 |
| 97B | Female | 14-14 | 200 | Fly | 3:02.49 | 2:38.69 |
| 98A | Male | 13-13 | 200 | Fly | 3:02.29 | 2:38.51 |
| 98B | Male | 14-14 | 200 | Fly | 2:55.03 | 2:32.20 |
| 99 | Female | 15 & O | 100 | Back | 1:18.59 | 1:08.58 |
| 100A | Male | 15-15 | 100 | Back | 1:16.01 | 1:06.10 |
| 100B | Male | 16 & O | 100 | Back | 1:13.65 | 1:01.85 |
| 101A | Female | 13-13 | 100 | Back | 1:22.09 | 1:11.38 |
| 101B | Female | 14-14 | 100 | Back | 1:20.79 | 1:10.25 |
| 102A | Male | 13-13 | 100 | Back | 1:21.39 | 1:10.77 |
| 102B | Male | 14-14 | 100 | Back | 1:16.81 | 1:06.79 |
| 103 | Female | 15 & O | 200 | Breast | 3:12.23 | 2:47.83 |
| 104A | Male | 15-15 | 200 | Breast | 3:09.69 | 2:44.05 |
| 104B | Male | 16 & O | 200 | Breast | 3:07.60 | 2:31.02 |
| 105A | Female | 13-13 | 200 | Breast | 3:21.71 | 2:55.40 |
| 105B | Female | 14-14 | 200 | Breast | 3:16.29 | 2:50.69 |
| 106A | Male | 13-13 | 200 | Breast | 3:17.63 | 2:51.85 |
| 106B | Male | 14-14 | 200 | Breast | 3:10.70 | 2:45.83 |
| 107 | Female | 15 & O | 400 | Free | 5:17.35 | 4:35.32 |
| 108A | Male | 15-15 | 400 | Free | 5:09.89 | 4:29.47 |
| 108B | Male | 16 & O | 400 | Free | 5:02.75 | 4:14.35 |
| 109A | Female | 13-13 | 400 | Free | 5:30.76 | 4:47.62 |
| 109B | Female | 14-14 | 400 | Free | 5:23.86 | 4:41.62 |
| 110A | Male | 13-13 | 400 | Free | 5:27.91 | 4:45.14 |
| 110B | Male | 14-14 | 400 | Free | 5:14.84 | 4:33.77 |
| Sunday Afternoon | | | | | | |
| 111 | Female | 12-12 | 100 | Free | 1:15.93 | 1:06.03 |
| 112 | Female | 11-11 | 100 | Free | 1:19.66 | 1:09.27 |
| 113 | Male | 12-12 | 100 | Free | 1:14.86 | 1:05.10 |

**Western Ontario Regional SC Championships
2009-2010**

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|-----|--------|--------|-----|--------|---------|---------|
| 114 | Female | 10-10 | 100 | Free | 1:27.88 | 1:14.95 |
| 115 | Male | 11-11 | 100 | Free | 1:20.38 | 1:10.67 |
| 116 | Female | 9 & U | 100 | Free | 1:38.48 | |
| 117 | Male | 10 & U | 100 | Free | 1:29.98 | |
| 118 | Female | 12-12 | 200 | Fly | 3:24.85 | 2:54.66 |
| 119 | Female | 11-11 | 200 | Fly | 3:52.10 | 3:08.79 |
| 120 | Male | 12-12 | 200 | Fly | 3:21.46 | 2:55.18 |
| 121 | Female | 10-10 | 200 | Fly | 3:40.00 | |
| 122 | Male | 11-11 | 200 | Fly | 3:38.00 | |
| 123 | Female | 9 & U | 50 | Back | 54.06 | |
| 124 | Male | 10 & U | 50 | Back | 47.80 | |
| 125 | Female | 12-12 | 100 | Back | 1:25.48 | 1:14.33 |
| 126 | Female | 11-11 | 100 | Back | 1:30.88 | 1:19.03 |
| 127 | Male | 12-12 | 100 | Back | 1:25.96 | 1:14.75 |
| 128 | Female | 10-10 | 100 | Back | 1:40.72 | 1:26.12 |
| 129 | Male | 11-11 | 100 | Back | 1:37.97 | 1:20.80 |
| 130 | Female | 9 & U | 100 | Back | 1:48.68 | |
| 131 | Male | 10 & U | 100 | Back | 1:44.20 | |
| 132 | Female | 12-12 | 200 | Breast | 3:27.67 | 3:00.58 |
| 133 | Female | 11-11 | 200 | Breast | 3:42.47 | 3:13.45 |
| 134 | Male | 12-12 | 200 | Breast | 3:27.76 | 3:00.66 |
| 135 | Female | 10-10 | 200 | Breast | 3:59.95 | |
| 136 | Male | 11-11 | 200 | Breast | 4:01.11 | |
| 137 | Female | 9 & U | 50 | Breast | 59.02 | |
| 138 | Male | 10 & U | 50 | Breast | 55.89 | |
| 139 | Female | 12-12 | 400 | Free | 5:49.05 | 5:00.92 |
| 140 | Female | 11-11 | 400 | Free | 6:08.68 | 5:29.59 |
| 141 | Male | 12-12 | 400 | Free | 5:54.45 | 5:00.39 |
| 142 | Female | 10-10 | 400 | Free | 7:17.80 | 5:45.77 |
| 143 | Male | 11-11 | 400 | Free | 6:29.72 | 5:24.77 |
| 144 | Female | 9 & U | 400 | Free | 7:58.00 | |
| 145 | Male | 10 & U | 400 | Free | 7:06.83 | |

Relays

| | | | | |
|-----|--------|--------|-----|--------------|
| 201 | Female | 15 & O | 200 | Medley Relay |
| 202 | Male | 15 & O | 200 | Medley Relay |
| 203 | Female | 13-14 | 200 | Medley Relay |
| 204 | Male | 13-14 | 200 | Medley Relay |
| 205 | Female | 11-12 | 200 | Medley Relay |
| 206 | Male | 11-12 | 200 | Medley Relay |
| 207 | Female | 10 & U | 200 | Medley Relay |
| 208 | Male | 10 & U | 200 | Medley Relay |
| 209 | Female | 15 & O | 200 | Free Relay |
| 210 | Male | 15 & O | 200 | Free Relay |
| 211 | Female | 13-14 | 200 | Free Relay |
| 212 | Male | 13-14 | 200 | Free Relay |
| 213 | Female | 11-12 | 200 | Free Relay |
| 214 | Male | 11-12 | 200 | Free Relay |
| 215 | Female | 10 & U | 200 | Free Relay |
| 216 | Male | 10 & U | 200 | Free Relay |