



12 & Under Celebration

The only Meet Package which will be considered as valid is the most current version found on www.swimmeet.ca.

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

General Information

- Date:** Saturday January 16th through Sunday January 17th, 2010.
- 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:** Saad Aldin saldin@rogers.com
Tel: (519) 641-1496
- Meet Referee:** Dave Bloch-Hansen davebh@rogers.com
Tel: (519) 473-3444
- Standards/Pre-requisites:** **No qualifying standards for this meet.** Pre-requisite times only for 400 Free = 10:00.00 and 200 IM = 6:00.00 for 12 and Under to be able to swim these events.
- Events:** Event numbers are listed on the attached schedule.
This invitational meet will be limited to 2200 swims, approx 350 swimmers.
- Entry Deadline:** **Tuesday, January 05, 2010**
- Entry Fees:** \$8.40 per swimmer per individual event
\$12.60 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 Version 3.0. Results will be uploaded to www.swimmeet.ca and posted to the LAC website www.cscs.org/lac following the meet.
- Sanctioned by:** Swimming Canada/Swim Ontario

Minor Officials: Stacey Richardson stacey_487@rogers.com
Tel: (519) 657-8752

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

Meet Rules

Rules: Current 2009 - 2010 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 16th, 2010**
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 run as per Event Listing and awards given as per Age Classifications for male and female.
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.
14. Swimmers can only swim the 400 Fr or the 400 IM but not both.
15. Scratch Rule – scratches can be made at any time, no penalty for scratches or no shows

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. Should over-subscription occur, those Clubs affected will be notified ASAP.

Entry Deadline: Tuesday January 05, 2010

Saad Aldin saldin@rogers.com
Tel: (519) 641-1496

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 Jan 16, 2010	2:00 pm	2:45 pm	6:45 pm	All Ages
Sunday Jan 17, 2010	7:30 am	8:15 am	12:00 noon	All Ages



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

Accommodations




RAMADA

Ramada London is a proud sponsor of the
12 and Under Celebration January 16-17, 2010
 Preferred Rate Offered - \$85.00 per night
 Please Quote "CELE" to receive rate




- ◆ 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
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RADISSON HOTEL & SUITES LONDON




Welcome to the 12 & Under Celebration Swim Meet!
 The Radisson Hotel and Suites London is proud to offer the following discounted rate to all individuals attending:
\$109.00 - for a Traditional Sleep Number bed room with two double beds
\$119.00 - 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
- Unstocked 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 Claphouse 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 3 Movie Theatre
- Many restaurants including: Moies, Kelseys, Lemongrass Thai, KFC, Arbys, Pizza Pizza, 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 12 and Under Celebration Swim Meet from January 16th - 17th, 2010.
 855 Wellington Road South London, Ontario N6E 3N5 www.radisson.com/londonca

FOUR POINTS

BY SHERATON

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

Welcomes
12 & Under Celebration - January 16-17, 2010




\$105.00/room/night
 (traditional room, main building - 2 double beds)
\$115.00/room/night
 (King Executive Suite - main building - 1 king bed - pullout queen sofa in separate living room area, 2 TV's, 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 guest rooms
- Free bottled water in guest rooms
- Heated indoor pool, saunas, exercise area *in-room coffee maker, hairdryer
- On site laundromat, iron/ ironing board, *in-room movies and Nintendo
- Tuscany's Ristorante opens at 6:30am *relax in Bentley's Lounge
- Starbucks outlet on site
- Free parking *located across from White Oaks Mall

Please book by December 12th, 2009 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

Single Use Disposable Water Bottles

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.

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



Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

MATERIAL – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of "textile" currently is: "Material consisting of, natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding."

SHAPE – MEN: swimwear shall not extend above the navel or below the knee. WOMEN: swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

USE – Swimmers shall wear only one swimsuit, taping is not permitted.

CONSISTENCY – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.

12 & Under Celebration

Saturday January 16th – Sunday January 17th, 2010

No Qualifying Times

Pre-requisite times only for 400 Free = 10:00.00 and 200 IM = 6:00.00
for 12 and under to be able to swim these events

Session I & II – Timed Finals				
Saturday Afternoon January 16th, 2010				
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 17th, 2010				
Warm-up > 7:30 a.m. Start > 8:15 a.m. Finish > 12:00 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
* Age 11-12 swimmers may swim either 400 IM or 400 Free but not both.				
*65	400IM	11-12	Timed Final	*66