

**2009
18th Annual Long Course
Hollandia Spring Invitational**

May 8th – 10th, 2009

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

Hosted by



London Aquatic Club

Sanctioned by



Event Sponsor





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

General Information

- Date:** Friday May 08th through Sunday May 10th, 2009
- Hosted by:** London Aquatic Club
- 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:** Margaret Marshall (entries) marg.marshall@sympatico.ca
Tel: (519) 439-6086
- Alison Nell alison.nell@sympatico.ca
Tel: (519) 657-1262
- Meet Referee:** Denise McDonald bob.mcdonald2@sympatico.ca
Tel: (519) 657-1333
- Qualifying/ Pre-requisites:** Pre-requisites for 14 & Under: 400 Free 8:00.00 and 200 IM 5:00.00;
No qualifying times for 50’s;
Standards - SWAD events are Provincial standards for the applicable classification code;
Standards - remaining events are as stated in the attached schedule.
- Finals:** A + B Finals for 15 and over in 50m free, all 100m, and 200m events
- events with fewer than 20 entries shall have an “A” final only;
A Finals only for 13/14 50m free, all 100m, and 200m events;
A Finals in Paralympic events
- events with fewer than 4 entries shall run as timed finals in the preliminary session;
12 and under events are all Timed Finals.
- Entry Deadline:** **Friday April 24th, 2009**
- Entry Fees:** **Maximum 550 swimmers**
\$8.40 per swimmer per individual event;
\$10.50 per swimmer per 800/1500m freestyle individual events;
\$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 at the end of the meet and posted on the LAC website
www.csc.org/lac (after each day of the meet)
- Sanctioned by:** Swim Ontario

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

Concession: A snack bar will be open throughout the meet

Swim Supplies: Team Aquatic Supplies will have a booth at the pool throughout the weekend for all your equipment needs

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. SNC registration numbers must be on the entry file which must be uploaded through www.swimmeet.ca.
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;
 - 11/12;
 - 13/14;
 - 15 and over.
4. Age determined as of first day of meet, Friday May 08th, 2009.
5. Each swimmer must swim in the proper age group.
6. 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 no later than 30 minutes prior to the start of the finals session.
7. SWAD events will be officiated under **IPC Swimming rules for Canadian records only**. All SWAD regardless of age will compete in the SWAD category, with preliminaries in the morning, and an “A” final at night (4 or more entries - Paralympic events only)
Paralympic events are:

• 50 Fr	S1-14	• 50 Bk	S1-5	• 50 Fl	S1-7
• 100 Fr	S1-14	• 100 Bk	S6-14	• 100 Fl	S8-14
• 200 Fr	S1-5	• 50 Br	SB1-4	• 150 IM	SM1-3
• 400 Fr	S6-14	• 100 Br	SB5-14	• 200 IM	SM4-14

SWAD events with no entrants shall be deleted from the program.
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 800/1500m event restrictions;
 - **Senior seeded** - combined age/ gender – awarded/scored by age and gender;
 - Swum fastest to slowest, alternating 800/1500;
 - Top 16 will swim one lane, slower heats **MAY** be swum 2 per lane.
 - Swim either the 800 or 1500 event but not both.

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;
 - 13 and over 400m free will be swum as timed finals, swimming fastest to slowest, with the 8 fastest seeded swimmers swimming during the FINALS session;
 - **POSTIVE CHECK-IN** by 8:30am SATURDAY for 400m free
 - 13 and over 400m IM will be swum as timed finals, swimming slowest to fastest in the morning only on Sunday
12. Time Final events:
 - 12 and under - all Timed Finals
 - 13 and over - all relays, all stroke 50's except 50 free, 400/800/1500m
13. Meet Management reserves the right to limit the number of entries in any event.
14. 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.
The fee for a deck entry is \$10.00 G.S.T. included payable at time of request.
15. Maximum 3 events per session except 50's (4).
16. No diving allowed during warm-ups. PLEASE enter the pool feet first.
17. Sprint lanes for the last 20 minutes of warm-ups. Lanes 1 and 8 Sprint.
18. Meet Management reserves the right to **double end** sessions.

Entries

Entries:

A swimmer qualifying in 1 event is permitted 3 bonus events (excluding 50's);
 A swimmer qualifying in 2 events is permitted 2 bonus events (excluding 50's);
 A swimmer qualifying in 3 events is permitted 1 bonus event (excluding 50's);
 A swimmer qualifying in 4 events or more does not receive any bonus events.
 The 400/800/1500 Free and 400 IM **CANNOT** be entered as **bonus** events;
 Please submit entry times for bonus events using the bonus box on Team Manager – no NT entries;
 Please indicate classification codes for SWAD entries (S1-14);
Maximum 550 swimmers
 Entries accepted at Meet Management's discretion.

Entries:

Margaret Marshall marg.marshall@sympatico.ca
 Tel: (519) 439-6086

Entry Deadline: Friday April 24th, 2009

Awards

Awards:

Individual events:

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

Relays:

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

High Point Trophies:

- For males and females in each of the age groups, points awarded 5-2-1 for 1st – 3rd
- Eligibility – may not swim more than 3 events per session except Friday 50's (4)

SWAD:

- There will be SWAD awards in Paralympic events (medals for 1st-3rd)
- To award the gold medal there must be 2 SWAD competitors, to award the gold + silver medals there must be 3 SWAD competitors, SWAD awards will be determined using the 2008-9 SNC Point Charts

Cash Awards:

Able-bodied:

- The TOP 2 swimmers of the meet (1 male, 1 female) will be awarded \$200.00, Based on the best combined point score from prelims and finals OR best combined score for any 2 of 400FR/800FR/1500FR/400IM (using the FINA Point charts)

SWAD:

- The TOP 2 swims of the meet (1 male, 1 female) will be awarded \$100.00 (using SNC SWAD Point Charts) Only swims scoring 600 points or more will be eligible for the top swim cash award.

Starting Times/ Qualifying Times

Start Times:

	Warm-up	Start	Events
Fri May 08	12:00 noon	1:00 pm	800/1500
	4:00 pm	4:30 pm	12 and under - 50's
	6:00 pm	6:45 pm	SWAD; 13 and over - 50's FINALS: 50m Free 13 and over
Sat May 09 and Sun May 10	7:30 am	8:30 am	SWAD; 13 and over Prelims
	12:30 pm	1:30 pm	11/12; 10 and under (Timed Finals)
	5:30 pm	6:30 pm	13 and over Finals

Accommodation:



The Ramada London is please to offer the attendees of
The Hollandia Swim Meet
May 8-10, 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 **#HOLL**. To make reservations please contact the hotel directly at either 519-681-4900 or Toll-Free 1-800-303-3733



18th Annual Hollandia Spring Invitational

Qualifying Times

SWAD events: Provincial standard - Finals only for 4 or more entries in paralympic events
50m events: no standards, pre-requisites for 14 and under
Remaining events: as stated below

Session I and II Alternating 800/1500 Friday Afternoon May 08, 2009 Timed Finals

<u>Qualifying Time</u>	800 free	<u>Event</u>	1500 free	<u>Qualifying Time</u>
10:46.14	1	800/1500 free	15 & O	2
11:41.79		800/1500 free	13 & 14	20:15.31
13:36.25		800/1500 free	11 & 12	21:30.83
			timed final	23:45.00
			timed final	
			timed final	

Session III– Single ended shallow to deep Friday Afternoon May 08, 2009 Prelims & Finals

<u>Girls</u>		<u>Event</u>	<u>Boys</u>
3	50 free	11 & 12	4
5	50 free	10 & U	6
7	50 breast	11 & 12	8
9	50 breast	10 & U	10
11	50 back	11 & 12	12
13	50 back	10 & U	14
15	50 fly	11 & 12	16
17	50 fly	10 & U	18

Session IV – Single ended shallow to deep Friday Afternoon May 08, 2009 Prelims & Finals

<u>Women</u>		<u>Event</u>	<u>Men</u>
21		Open 50 free SWAD	22
23	50 free	15 & O	24
25	50 free	13 & 14	26
27		Open 50 breast SWAD	28
29	50 breast	15 & O	30
31	50 breast	13 & 14	32
33		Open 50 back SWAD	34
35	50 back	15 & O	36
37	50 back	13 & 14	38
39		Open 50 fly SWAD	40
41	50 fly	15 & O	42
43	50 fly	13 & 14	44
BREAK – 10 minutes			
21	50 free	SWAD	22
23	50 free	15 & O	24
25	50 free	13 & 14	26

Session V/VI

Saturday Morning May 09, 2009 Prelims & Finals

Warm up ⇒ 7:30 a.m. Start ⇒ 8:30 a.m. Finish ⇒ 12:30 p.m.

<u>Women</u>	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Men</u>
45	NT	T.F. 15 & O; 4x50 F Rly	NT	46
47	NT	T.F. 13 & 14; 4x50 F Rly	NT	48
49		Open 200 I.M. SWAD		50
51	2:47.70	Prelim 15 & O; 200 IM	2:41.69	52
53	3:04.33	Prelim 13 & 14; 200 IM	2:59.36	54
55		Open 100 free SWAD		56
57	1:07.74	Prelim 15 & O; 100 free	1:05.49	58
59	1:15.49	Prelim 13 & 14; 100 free	1:13.09	60
61	2:45.43	Prelim 15 & O; 200 back	2:40.38	62
63	3:00.40	Prelim 13 & 14; 200 back	2:58.39	64
65		Open 100 fly SWAD		66
67	1:16.58	Prelim 15 & O; 100 fly	1:13.95	68
69	1:24.54	Prelim 13 & 14; 100 fly	1:22.94	70
71	3:08.47	Prelim 15 & O; 200 breast	3:05.98	72
73	3:26.75	Prelim 13 & 14; 200 breast	3:22.57	74
75		Open 400 free SWAD		76
77	5:11.15	T.F. 15 & O; 400 free	5:03.83	78
79	5:39.03	T.F. 13 & 14; 400 free	5:36.11	80

Session VII/VIII

Saturday Afternoon May 10, 2008 Timed Finals

Warm up ⇒ 12:30 p.m. Start ⇒ 1:30 p.m. Finish ⇒ 5:30 p.m.

<u>Girls</u>	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Boys</u>
83	NT	T.F. 11 & 12; 4x50 F Rly	NT	84
85	NT	T.F. 10 & U; 4x50 F Rly	NT	86
87	3:31.15	T.F. 11 & 12; 200 IM	3:35.48	88
89	3:55.20	T.F. 10 & U; 200 IM	3:55.20	90
91	1:25.20	T.F. 11 & 12; 100 free	1:26.92	92
93	1:36.03	T.F. 10 & U; 100 free	1:36.03	94
95	3:28.74	T.F. 11 & 12; 200 back	3:30.59	96
97	3:58.21	T.F. 10 & U; 200 back	3:58.21	98
99	1:40.47	T.F. 11 & 12; 100 fly	1:44.91	100
101	4:38.00	T.F. 10 & U; 200 breast	4:38.00	102
103	3:57.94	T.F. 11 & 12; 200 breast	3:57.94	104
105	7:47.44	T.F. 10 & U; 400 free	7:47.44	106
107	6:34.33	T.F. 11 & 12; 400 free	6:39.47	108

Session IX
Saturday Evening May 09, 2009 Finals
Warm up ⇒ 5:30 p.m. Start ⇒ 6:30 p.m. Finish ⇒ 8:30 p.m.

<u>Women</u>	<u>Event</u>	<u>Men</u>
49	Open 200 I.M SWAD	50
51	15 & O; 200 IM	52
53	13 & 14; 200 IM	54
55	Open 100 free SWAD	56
57	15 & O; 100 free	58
59	13 & 14; 100 free	60
61	15 & O; 200 back	62
63	13 & 14; 200 back	64
65	Open 100 fly SWAD	66
67	15 & O; 100 fly	68
69	13 & 14; 100 fly	70
71	15 & O; 200 breast	72
73	13 & 14; 200 breast	74
75	Open 400 free SWAD	76
77	15 & O; 400 Free Top 8	78
79	13 & 14; 400 Free Top 8	80

Session X/XI
Sunday Morning May 10, 2009 Prelims & Finals
Warm up ⇒ 7:30 a.m. Start ⇒ 8:30 a.m. Finish ⇒ 12:30 p.m.

<u>Women</u>	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Men</u>
109	NT	T.F. 15 & O; 4x50 M Rly	NT	110
111	NT	T.F. 13 & 14; 4x50 M Rly	NT	112
113	2:51.02	Prelim 15 & O; 200 fly	2:45.52	114
115	3:08.79	Prelim 13 & 14; 200 fly	3:06.84	116
117		Open 100 breast SWAD		118
119	1:27.65	Prelim 15 & O; 100 breast	1:25.14	120
121	1:37.16	Prelim 13 & 14; 100 breast	1:34.82	122
123		Open 200 free SWAD		124
125	2:27.13	Prelim 15 & O; 200 free	2:21.32	126
127	2:41.91	Prelim 13 & 14; 200 free	2:37.95	128
129		Open 100 back SWAD		130
131	1:17.06	Prelim 15 & O; 100 back	1:14.53	132
133	1:24.14	Prelim 13 & 14; 100 back	1:23.42	134
135	5:55.94	T.F. 15 & O; 400 IM	5:43.00	136
137	6:29.95	T.F. 13 & 14; 400 IM	6:18.12	138

*all heats of 400IM swim in morning session

Session XII/XIII
Sunday Afternoon May 10, 2009 Timed Finals
Warm up ⇒ 12:30 p.m. Start ⇒ 1:30 p.m. Finish ⇒ 5:30 p.m.

<u>Girls</u>	<u>Qualifying Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Boys</u>
141	NT	T.F. 11 & 12; 4x50 M Rly	NT	142
143	NT	T.F. 10 & U; 4x50 M Rly	NT	144
145	1:51.62	T.F. 11 & 12 ; 100 breast	1:56.05	146
147	2:03.03	T.F. 10 & U; 100 breast	2:03.03	148
149	3:07.12	T.F. 11 & 12; 200 free	3:07.81	150
151	3:30.34	T.F. 10 & U; 200 free	3:30.34	152
153	1:37.21	T.F. 11 & 12; 100 back	1:39.38	154
155	1:50.34	T.F. 10 & U; 100 back	1:50.34	156
157	4:08.25	T.F. 11 & 12; 200 fly	4:08.25	158
159	2:00.69	T.F. 10 & U; 100 fly	2:00.69	160
161	7:40.02	T.F. 11 & 12; 400 IM	7:40.02	162

Session XIV
Sunday Evening May 10, 2009 Finals
Warm up ⇒ 5:30 p.m. Start ⇒ 6:30 p.m. Finish 8:30 p.m.

<u>Women</u>	<u>Event</u>	<u>Men</u>
113	15 & O; 200 fly	114
115	13 & 14; 200 fly	116
117	Open 100 breast SWAD	118
119	15 & O; 100 breast	120
121	13 & 14; 100 breast	122
123	Open 200 free SWAD	124
125	15 & O; 200 free	126
127	13 & 14; 200 free	128
129	Open 100 back SWAD	130
131	15 & O; 100 back	132
133	13 & 14; 100 back	134