



Distance Meet & Pre-Requisite Qualifier

The goal of this meet is to provide all swimmers with the best possible opportunity to achieve 2008-2009 pre-requisite standards, in support of the Swim Ontario and SNC LTADS.

All races will be swum 1 swimmer/ lane. Coaches/ teams are encouraged to “pre-register” an estimated number of swimmers with meet management, maximum 120 swimmers.

General Information

Date: Saturday November 08th through Sunday November 09th, 2008.

Hosted by: London Aquatic Club

Location: Canada Games Aquatic Centre
1045 Wonderland Road,
London, Ontario, N6G 2Y9 (at Gainsborough Rd.)

Facility: One eight lane 25 meter competition pool and one eight lane 25 meter warm up/ cool down pool (S/C), with “Keifer” type lane markers; Electronic timing; 8 lane scoreboard; Aries Aquatic timing system.

Meet Manager: Denise McDonald bob.mcdonald2@sympatico.ca
Tel: (519) 657-1333

Meet Referee: Alex Vanderkam vanderkam6404@rogers.com
Tel: (519) 473-6404

Pre-Requisites:	Events Numbers	Event Name	Pre-Requisite
	# 1 Mixed	1500 Free	27:30.00
	# 2 Mixed	800 Free	15:00.00
	# 3 Girls/ # 4 Boys	400 Free	7:30.00
	# 5 Girls/ # 6 Boys	400 IM	8:00.00
	# 7 Girls/ # 8 Boys	200 IM	4:00.00

Events: Saturday November 08th, 2008 - 1500 (1) and 800 (2) Free
Sunday November 09th, 2008 - 400 Free (3&4), 400 IM (5&6), and 200 IM (7&8)

Entry Deadline: **Tuesday November 04th, 2008.** Seeding done at beginning of warm ups. Heat sheets posted on walls deck level and main floor level.

Entry Fees: Flat Fee - \$30.00 per swimmer;
Limited to a maximum of 3 events – 1 event on Saturday and 2 events on Sunday;
Maximum 120 swimmers
(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 to the LAC website www.cscs.org/lac following the meet.
- Sanctioned by:** Swimming Canada/ Swim Ontario
- Minor Officials:** Mary Jane Kemp m.kemp@tvdsb.on.ca
Tel: (519) 666-0920
- Concession:** No selling snack bar available at this meet.
- Awards:** No awards for this 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. All entries are handled through www.swimmeet.ca.
 2. SNC warm-up procedures will be in effect. The “FINA” One Start will be in effect.
 3. All events are timed finals, seeded fastest to slowest.
 4. All heats will swim one swimmer/ lane.
 5. On Saturday, all 1500’s and 800’s will be senior seeded, mixed (boys & girls), and swum fastest to slowest. Maximum of 120 swimmers in this session.
The fastest heat of the 1500’s will be swum first, followed by the fastest heat of the 800’s, alternating from then on.
 6. On Sunday, all 400’s and 200’s will be senior seeded by gender and swum fastest to slowest.
 7. Swimmers are limited to a maximum of three (3) individual events - one (1) on Saturday and two (2) on Sunday.
 8. Final scratches are due at the beginning of warm-ups. Final seeding will be done at that time to minimize empty lanes.
 9. Meet management reserves the right to limit the number of entries.
 10. Meet management reserves the right to use warm-up cool-down pool for competition if registered numbers of swimmers requires this change. If this is required, after every 3 heats of 1500 or 5 heats of 800 there will be a warm-up break of 30 minutes.

Entries

- Entries:** Submit entries electronically on Hy-Tek’s Team Manager to www.swimmeet.ca, with appropriate Short Course (meters) entry times (do NOT submit “N.T.” entries).
Entries accepted at the discretion of Meet Management.

Entry Deadline: Tuesday October 31st, 2008

Starting Times

	Warm-up	Start	Finish	Events
Saturday	3:00pm	4:00pm	8:00pm	800’s 1500’s
Sunday	7:30am	8:30am	12:30pm	400 Free 400 IM 200 IM



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

Accommodation



The Ramada London is please to offer the attendees of
The Distance Meet and Pre-Requisite Qualifier
November 8-9, 2008

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 our swim meet.

We will continue with our Maximize Waste Diversion. 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.

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November 08-09, 2008

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

