



Meet Information Package

26th Annual
LAC – Hollandia Spring Invitational - Long Course
May 12th – 14th, 2017
London, Ontario



26th Annual LAC – Hollandia Spring Invitational

- DATE(S):** Friday, May 12th through Sunday, May 14th, 2017
- HOSTED BY:** London Aquatic Club
- LOCATION:** Canada Games Aquatic Centre
1045 Wonderland Road North
London, Ontario N6G 2Y9
(Between Gainsborough and Lawson Road. Map/Parking will be posted on the LAC Website.)
- FACILITY:** Eight lane, 50 meter indoor tank with “Keifer” type lane markers; Daktronics 64101-H8 8 lane swimming scoreboard at both ends of pool with Swiss Timing Quantum Aquatic Timing System.
- PURPOSE:** Long Course Invitational
- MEET PACKAGE:** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
- MEET MANAGER:** Ed MacNeil edward.macneil@alumuni.utoronto.ca
- COMPETITION COORDINATOR:** Greg Lewis, Level 5 britshay@sympatico.ca
- MINOR OFFICIALS:** Mike Joudrey mikejoudrey@lrah.ca
- DESCRIPTION:** 12 and Under:
 - All events will be Timed Finals and will swim in the afternoons plus Friday evening.13 and Over:
 - Preliminary events swim in the mornings – the top 8 in **each age group** going to finals.
 - 50’s (except Freestyle) are Timed Finals, as are 400 m, 800 m, and 1500 m events.
 - All Preliminary and Timed Final events on Saturday and Sunday will be senior seeded and will run double-ended chase format. If the number and mix of swimmers warrants, adjustments may be made to balance the number of heats at each end.
- COMPETITION RULES:** Sanctioned by Swim Ontario
All current Swimming/Natation Canada (SNC) rules will be followed.
- Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred. The full details can be viewed [HERE](#).
- Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed [HERE](#).
- AGE UP DATE:** Age determined as of first day of meet, **Friday, May 12th, 2017**.
- ELIGIBILITY:** All athletes must be registered as Competitive Swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.
- QUALIFYING/ DE-QUALIFYING TIMES:** There are no qualifying times for events less than 200 m.
Standards for remaining events are as stated in the attached schedule.

- ENTRY FEES:** \$10.00 per swimmer per individual event for all events except 800 m and 1500 m.
\$15.00 per swimmer 800 m and 1500 m individual events.
(includes HST – London Aquatic Club GST # R103378279)
- PAYMENT:** Please submit one cheque for all club swimmers with your entries.
Payable to: **London Aquatic Club**
- ENTRIES:** Entries will be at the discretion of the Meet Manager.
All entries must be in Hy-tek format and be submitted through the SNC online entries system at:
www.swimming.ca.
Meet Management will not accept entries directly via any other means.
Please include appropriate Long Course (in meters) entry times. “NT” entries WILL NOT be accepted.
- Each swimmer must swim in the proper age group, no swimming up is permitted.
- Maximum number of individual events:
- 800 m (11 & Over) OR 1500 m (13 & Over) but not both events;
 - 4 events during 50’s;
 - 13 and Over – 3 events Saturday and Sunday mornings.
 - 12 and Under – 3 events Saturday and Sunday afternoons.
- New this year: Coaches are asked to consider entering Athletes who will NOT be available for evening finals as exhibition in the morning preliminary events.
- ENTRY DEADLINE:** Entry Deadline: **Friday, April 28th, 2017**
- You will be sent confirmation of receipt of your entries.**
Please ensure that you check these entries and immediately contact the Meet Manager with any problems.
- DECK ENTRIES:** Deck entries may be accepted (as Exhibition Swims) to fill empty lanes or scratched lanes, but will not be eligible for awards or prizes in those events. Swimmers removed from 400 m / 800 m / 1500 m events due to entry restrictions may be entered non-exhibition provided they remain within the published event limit (3 per session).
- DECK ENTRY FEES:** \$12.00 per swimmer per individual event for all events except for 800 m and 1500 m.
\$17.00 per swimmer for 800 m and 1500 m individual events.
Payable at the time of the request.
(includes HST – London Aquatic Club GST # R103378279)
- SCRATCH RULES:** The scratch deadline for Finals sessions will be **30 minutes** after the conclusion of the preliminary session. If a swimmer is a late scratch or is a no show or steps down for a Final swim that swimmer will not be allowed to swim any of their other events during that Final session. While there is no monetary penalty for Final scratches, to be fair to alternates, please inform us of all scratches. There will be a positive check-in for Finals and distance events.
- CONVERSION:** Any Short Course times submitted will be converted into Long Course times using MM6 default conversion factor.
- AGE CLASSIFICATIONS:** Male and female:
Individual: 10 and Under; 11; 12; 13; 14; 15; 16 and Over.
- PARA:** PARA swimmers will be officiated under IPC Swimming Rules.

**MANAGEMENT
ITEMS:**

Meet Management reserves the right to split preliminary session age categories to ensure proper session lengths. Meet Management reserves the right to limit the number of entries and the number of swimmers in any event. Meet Management reserves the right to advance the Sunday finals start time.

Preliminary events with less than 9 swimmers will still swim – will not go straight to finals.

800 m and 1500 m Freestyle Events:

- Entries MAY be limited, at the Meet Manager’s discretion.
- Meet Management will notify clubs in the event of entry restrictions,
- Senior seeded. 13 & Over are also mixed gender.
- Will swim **fastest to slowest.**
- The Top 16 will swim one per lane, slower heats **MAY** swim 2 per lane. If swimming two per lane is required then the event will run double ended to allow for block starts and the same timing system for all.

400 m Free and 400 IM Events:

- Entries MAY be limited, at Meet Manager’s discretion,
- Meet Management will notify clubs in the event of entry restrictions,
- Will swim **slowest to fastest.**

50m Events:

- Will start in the DEEP end.
- Preliminaries and Timed Finals are senior seeded.

Sprint lanes for the last 20 minutes of warm-ups. Lanes 1 and 8 will be used for Sprinting and are designated as diving lanes with one way traffic only. PARA and Backstroke start lanes may also be designated, will be announced, and then will be controlled by the Safety Marshalls.

Meet officials will provide a safe environment and an organized competition. We are not responsible for the supervision of the athletes during the competition or during session breaks.

CANCELLATIONS:

In the event of unforeseen circumstances beyond the control of the City of London or London Aquatic Club, (for example but not limited to; weather interruptions or facility malfunctions) that force the cancellation of all or part of the meet, a partial refund **may** be granted at the discretion of the Meet Manager.

**COACH'S
REGISTRATION:**

Meet Management will cross-reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, Meet Management is obligated to enforce the SNC policy and not permit that coach on the deck. Meet management will forward to Swim Ontario a list of coaches who been found to be in non-compliance.

- TIME SPLITS:** The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session Referee or Meet Management on a time card (provided by the Meet Office) prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.
- Official Splits:** Meet Management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question. **Please note that the coach must provide 3 timers to complete this official split.**
- AWARDS:** Individual events: age categories 10 and Under; 11; 12; 13; 14; 15; 16 and Over:
- 12 and Under – medals for 1st, 2nd, and 3rd; ribbons for 4th -8th;
 - 13 and Over – medals for 1st, 2nd, and 3rd.
 - Awards for all events will be distributed by age and gender within the classifications listed above, even though some events may have had multiple ages and/or genders swimming together.
- MEET RESULTS:** The meet will run on Hy-Tek Meet Manager. Results will be posted on the LAC website www.londonaquaticclub.ca as quickly as possible and uploaded to www.swimming.ca within 48 hours of the completion of the meet. **Unofficial results** will also be posted to Meet Mobile following each event.
- RECORDING OF THE MEET:** Only individuals who have made application and received authorization, in advance, to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Meet Manager for application and authorization. Photographers must obtain authorization from Meet Management before the start of the meet to obtain access to the deck.
- SAFETY AND LIABILITY:** Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- FOREIGN COMPETITORS:** All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.
- All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

**MIXED GENDER
SWIMMING:**

Notwithstanding Rule SW 10.1 adopted by the Technical Swimming Committee of Swimming/Natation Canada, Swim Ontario will consider requests for sanction for meets that provide for mixed gender swimming in the following circumstances:

The host seeks an exemption from the requirement to swim events in gender separated events, on the following basis:

- Due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

Mixed gender swims may also be permitted when, due to a missed swim, it is necessary for a referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.

In spite of this rule, any swimmer who achieves a record time at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted pursuant to this policy, the results must still be posted separately by the gender of swimmers.

DURING THE MEET: Parking & Accommodations:

- Parking and accommodation options will be posted on the LAC website – LAC Hosted Meets – LAC Hollandia Spring Invitational (<http://www.londonaquaticclub.ca>)

Swim Supplies:

- Team Aquatic Supplies will have a booth at the pool for all your equipment needs.

Concession:

- A snack bar will be open throughout the meet.

SCHEDULE OF SESSIONS:

Session #	Date	Prelim/Final	Warm Up	Start	Finish	Estimated Duration
1/2	May 12th	Timed Final 13O - 800/1500	7:00 am	8:00 am	11:00 am	3 hrs.
3	May 12th	Timed Final 10U - 400 FR/ 11/12- 800 FR	11:15 am	12:00 noon	2:00 pm	2 hrs.
4	May 12th	Prelim/ Timed Final 13O - 50's	2:15pm	3:00 pm	5:00 pm	2 hrs.
	10 min break no warm-up	Final 13;14;15;16 & O 50 FR	5:00 pm	5:00 pm	5:15 pm	0:15 hrs.
5	May 12th	Timed Final 12U - 50's	5:30 pm	6:15 pm	8:00 pm	1:45 hrs.
6	May 13th	Prelim/ Timed Final 13O	7:00 am	8:00 am	12:00 noon	4 hrs.
7	May 13th	Prelim/ Timed Final 13O	7:00 am	8:00 am	12:00 noon	4 hrs.
8	May 13th	Timed Final 10U; 11/12	12:00 noon	1:00 pm	5:00 pm	4 hrs.
9	May 13th	Timed Final 10U; 11/12	12:00 noon	1:00 pm	5:00 pm	4 hrs.
10	May 13th	Final/ Timed Final DEEP - 13O 400 FR (F -2W + 2M)	5:30 pm	6:30 pm	8:30 pm	2 hrs.
11	May 14th	Prelim/ Timed Final 13O	7:00 am	8:00 am	12:00 noon	4 hrs.
12	May 14th	Prelim/ Timed Final 13O	7:00 am	8:00 am	12:00 noon	4 hrs.
13	May 14th	Final 10U; 11/12	12:00 noon	1:00 pm	5:00 pm	4 hrs.
14	May 14th	Final 10U; 11/12	12:00 noon	1:00 pm	5:00 pm	4 hrs.
15	May 14th	Final DEEP - 13O	5:30 pm	6:30 pm	8:00 pm	2 hrs.

*** The above schedule is tentative. No session will be longer than 4.5 hours in length

SCHEDULE OF EVENTS:

See Event List - Appendix C on Page 10.

Appendix A

Canada Games Aquatic Centre

Event Procedure Policy For: Meet Managers, Officials, Coaches, Athletes & Spectators

1. The City Of London Aquatic Staff (and specifically the CGAC Deck Supervisor) will remain in control of the facility at all times during the event. Their decisions and instructions are to be complied with without argument by all participants, coaches and officials. In the event of an emergency, City staff will only transfer care of an individual to EMS personnel.
2. No coach or official may permit a swimmer to enter the pool prior to the lifeguards being in place. No swimmer is to enter the pool without lifeguards in place.
3. All participants must obey all pool rules as posted.
4. No outside footwear may be worn on the pool deck by any participant, coach, official or any other person.
5. No food of any kind is permitted on the pool deck, except for refreshments provided directly to officials.
6. Coaches are responsible for the conduct of their team at all times in all areas of the facility.
7. Participants / coaches are responsible for picking up their garbage and depositing it in waste containers; excessive garbage left on the pool deck will be billed as an additional staffing charge.
8. Participants must be dry and wearing footwear on the upper level.
9. Participants / coaches / officials must not leave belongings in front of access points, including but not limited to emergency exits, staff offices, first aid rooms, change rooms, etc.
10. Parking is permitted in designated areas only; parking is not permitted on curbs or on grass areas surrounding the building. Signs will be posted indicating parking locations.

RZONE

Rzone is a program requiring all persons wishing to visit or use any City of London recreation facility, park, or program, to respect others and take responsibility in helping the City maintain a positive environment. The "R" in Rzone stands for Respect and Responsibility. Respect for yourself, Respect for others, and Responsibility for your actions. The Rzone program applies to all community organizations and individuals using City of London recreational facilities, parks, and programs.

Please review the information online at <http://london.ca/rzone> before attending this event.

Appendix B

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 events hosted at city-owned facilities.

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.

Please 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. Let's eliminate the hundreds of non-refillable bottles being sent to recycling.



We Can Make a Difference

Appendix C

Event List

Session 1 & 2, Alternating 800/1500

Friday Morning, May 12th, 2017

Timed Final

Warm-up ⇒ 7:00 a.m. Start ⇒ 8:00 a.m. Finish ⇒ 11:00 a.m.

Qualifying Time	800 Event #	Event Mixed Gender Senior Seeded 13 & Over		Prelim / Final	1500 Event #	Qualifying Time
10:46.14	1	800/1500 Free	15 & Over	Timed Final	2	20:15.31
11:41.79		800/1500 Free	13 & 14	Timed Final		21:30.83

Session 3 – 10U 400 FR; 11/12 800 FR

Friday Morning, May 12th, 2017

Timed Final

Warm-up ⇒ 11:15 a.m. Start ⇒ 12:00 noon Finish ⇒ 2:00 p.m.

Qualifying Time	Girls Event #	Event		Prelim / Final	Boys Event #	Qualifying Time
7:47.44	3	400 Free	10 & Under	Timed Final	4	7:47.44
13:36.25	5	800 Free	11 & 12	Timed Final	6	13:36.25

Session 4, Single Ended, Deep to Shallow

Friday Afternoon, May 12th, 2017

Prelim / Timed Final

Warm-up ⇒ 2:15 p.m. Start ⇒ 3:00 p.m. Finish ⇒ 5:00 p.m.

Event #	Event Senior Seeded 13 & Over		Prelim / Final	Event #
Women				Men
7	50 Free	13 & Over	Prelim	8
9	50 Breast	13 & Over	Timed Final	10
11	50 Back	13 & Over	Timed Final	12
13	50 Fly	13 & Over	Timed Final	14
Break - 10 minutes (no warm-up)				
7	50 Free	13; 14; 15; 16 & Over	Final	8

Session 5, Single Ended, Deep to Shallow

Friday Evening, May 12th, 2017

Timed Final

Warm-up ⇒ 5.30 p.m. Start ⇒ 6:15 p.m. Finish 8:00 p.m.

Event #	Event Senior Seeded 12 & Under		Prelim / Final	Event #
Girls				Boys
15	50 Free	12 & Under	Timed Final	16
17	50 Breast	12 & Under	Timed Final	18
19	50 Back	12 & Under	Timed Final	20
21	50 Fly	12 & Under	Timed Final	22

**Session 6 & 7
Saturday Morning, May 13th, 2017
Prelim / Timed Final**

Warm Up ⇒ 7:00 a.m. Start ⇒ 8:00 a.m. Finish ⇒ 12:00 noon

Event #	Qualifying Time	Event Senior Seeded - 13 & O	Qualifying Time	Event #
Women				Men
23	2:47.70	Prelim - 15 & O - 200 I.M.	2:41.69	24
	3:04.33	Prelim - 13 & 14 - 200 I.M.	2:59.36	
25		Prelim - 13 & O - 100 Free		26
27	2:45.43	Prelim - 15 & O - 200 Back	2:40.38	28
	3:00.40	Prelim - 13 & 14 - 200 Back	2:58.39	
29		Prelim - 13 & Over - 100 Fly		30
31	3:08.47	Prelim - 15 & O - 200 Breast	3:05.98	32
	3:26.75	Prelim - 13 & 14 - 200 Breast	3:22.57	
33	5:11.15	Timed Final - 15 & O - 400 Free	5:03.83	34
	5:39.03	Timed Final - 13 & 14 - 400 Free	5:36.11	
* Fastest two heats of 13 & O Women & Men's 400 Free swim during Saturday Finals session *				

**Session 8 & 9
Saturday Afternoon, May 13th, 2017
Timed Final**

Warm Up ⇒ 12:00 noon Start ⇒ 1:00 p.m. Finish ⇒ 5:00 p.m.

Event #	Qualifying Time	Event	Qualifying Time	Event #
Girls				Boys
35	3:31.15	Timed Final - 11 & 12 - 200 I.M.	3:35.48	36
37	3:55.20	Timed Final - 10 & U - 200 I.M.	3:55.20	38
39		Timed Final - 11 & 12 - 100 Free		40
41		Timed Final - 10 & U - 100 Free		42
43	3:28.74	Timed Final - 11 & 12 - 200 Back	3:30.59	44
45	3:58.21	Timed Final - 10 & U - 200 Back	3:58.21	46
47		Timed Final - 11 & 12 - 100 Fly		48
49	4:38.00	Timed Final - 10 & U - 200 Breast	4:38.00	50
51	3:57.94	Timed Final - 11 & 12 - 200 Breast	3:57.94	52
53	6:34.33	Timed Final - 11 & 12 - 400 Free	6:39.47	54

Session 10
Saturday Evening, May 13th, 2017

Finals

Warm up ⇒ 5:30 p.m. Start ⇒ 6:30 p.m. Finish ⇒ 8:30 p.m.

Event #	Event			Event #
Women		Top 8 each age group		Men
23	200 I.M.	13; 14; 15; 16 & O	Final	24
25	100 Free	13; 14; 15; 16 & O	Final	26
27	200 Back	13; 14; 15; 16 & O	Final	28
29	100 Fly	13; 14; 15; 16 & O	Final	30
31	200 Breast	13; 14; 15; 16 & O	Final	32
33	13 & O - 400 Free Fastest 2 heats 2W + 2M		Timed Final	34

Session 11 & 12
Sunday Morning, May 14th, 2017
Prelim / Timed Final

Warm Up ⇒ 7:00 a.m. Start ⇒ 8:00 a.m. Finish ⇒ 12:00 noon

Event #	Qualifying Time	Event	Qualifying Time	Event #
		Senior Seeded - 13 & O		
Women				Men
55	2:51.02	Prelim - 15 & O - 200 Fly	2:45.52	56
	3:08.79	Prelim - 13 & 14 - 200 Fly	3:06.84	
57		Prelim - 13 & O - 100 Breast		58
59	2:27.13	Prelim - 15 & O - 200 Free	2:21.32	60
	2:41.91	Prelim - 13 & 14 - 200 Free	2:37.95	
61		Prelim - 13 & Over - 100 Back		62
63	5:55.94	Timed Final - 15 & O - 400 I.M.	5:43.00	64
	6:29.95	Timed Final - 13 & 14 - 400 I.M.	6:18.12	
* All heats of 400 I.M. swim in the morning session *				

Session 13 & 14
Sunday Afternoon, May 14th, 2017
Timed Final

Warm Up ⇒ 12:00 noon Start ⇒ 1:00 p.m. Finish ⇒ 5:00 p.m.

Event #	Qualifying Time	Event	Qualifying Time	Event #
Girls				Boys
65		Timed Final - 11 & 12 - 100 Breast		66
67		Timed Final - 10 & U - 100 Breast		68
69	3:07.12	Timed Final - 11 & 12 - 200 Free	3:07.81	70
71	3:30.34	Timed Final - 10 & U - 200 Free	3:30.34	72
73		Timed Final - 11 & 12 - 100 Back		74
75		Timed Final - 10 & U - 100 Back		76
77	4:08.25	Timed Final - 11 & 12 - 200 Fly	4:08.25	78
79		Timed Final - 10 & U - 100 Fly		80
81	7:40.02	Timed Final - 11 & 12 - 400 I.M.	7:40.02	82

Session 15
Sunday Evening, May 14th, 2017
Final

Warm up ⇒ 5:30 p.m. Start ⇒ 6:30 p.m. Finish ⇒ 8:00 p.m.

Event #	Event			Event #
Women		Top 8 each age group		Men
55	200 Fly	13; 14; 15; 16 & O	Final	56
57	100 Breast	13; 14; 15; 16 & O	Final	58
59	200 Free	13; 14; 15; 16 & O	Final	60
61	100 Back	13; 14; 15; 16 & O	Final	62