

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

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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.

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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

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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.

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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

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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

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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

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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

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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



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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 lanes 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 hairbrush
- Tuscan's Ristorante 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

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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
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**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

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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

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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

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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		