



Meet Information Package

33rd Annual
LAC - Nothers Fall Invitational - Short Course
November 21-23, 2025
London, Ontario

November 17, 2025
Session Times Adjusted



33rd Annual

LAC - Nothers Fall Invitational

DATE(S):	Friday, November 21 – Sunday, November 23, 2025
HOSTED BY:	London Aquatic Club
PURPOSE:	Short 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 and the Swimming Canada Registration and Event Management System (REMS).
SAFETY AT COMPETITION:	Swimming Canada and Swim Ontario believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination. Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition. All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the Swim Ontario Code of Conduct procedure For more information regarding the Swim Ontario Policies and Procedures or Safe Sport please visit the Swim Ontario website https://www.swimontario.com/sport-safety or www.swimming.ca/safesport Every club and its participants are responsible for ensuring all facility rules and requirements are followed. The Swim Ontario Concussion Management & Swim Ontario Photography, Videography, and Cellphone Procedure will be in effect. For complete details click HERE. Video & Photography Permissions Provided the facility permits, registered club coaches on the compliance list, approved sport science contractors, and support staff may record for coaching purposes without additional authorization. All other individuals — including club photographers, contracted photographers/videographers, and media — must apply for and receive authorization to access the competition deck before recording in any medium. All recordings must comply with Swim Ontario policies, including the Photography, Videography, and Cellphone Procedure and the Screening Requirements Procedures. Contact Meet Management for the application process. All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.
LOCATION:	Canada Games Aquatic Centre 1045 Wonderland Road North London, Ontario N6G 2Y9 (between Gainsborough and Lawson Road.)
FACILITY:	8-lane, 50-meter indoor tank, with bulkheads to create two (2) 25-meter pools; with “Keifer” type lane markers; Daktronics 64101-H8 8-lane swimming scoreboards at both ends of the pool with Swiss Timing Quantum Aquatic Timing System.

MEET MANAGER: Rezki Awulia - Level I Rezkiawulia@rogers.com

COMPETITION COORDINATOR: Mark Lukings – Level V lac.coc@gmail.com

MINOR OFFICIALS: Rebecca Shearer lacminorofficials@hotmail.com
 Sonya Beckett
 Dana Kinchen

DESCRIPTION: This meet is a short course invitational with 18 sessions in 2 pools.

12 and Under - events will be Timed Finals and will swim in the afternoon.
 13 and Over - preliminary events swim in the morning - top 8 in **each age group** going to finals.

- All Friday events are Timed Finals.
- All Saturday & Sunday events are preliminary and finals (top 8 each age category), except the 400 Free, which is a Timed Final on Sunday.

Racing 2 swimmers per lane is no longer permitted in Canada.

COMPETITION RULES: Sanctioned by Swim Ontario.

All current [Swimming Canada rules](#) will be followed. All registered para swimmers are subject to the rules defined by their current sport class and codes of exception. The stroke and turn rules apply as per Appendix B of the Swimming Canada rulebook. The Sport Class and Exception Codes should be displayed on heat sheets and must be made available to the Session Referee.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Combined (mixed) gender swimming is permitted for age group swimming competitions. Canadian Age Group records can not be set when heats involve individual mixed genders.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The “misconduct” shall include, but is not limited to:

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

The Referee may disqualify a swimmer for such misconduct.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and [Swim Ontario warm-up safety rules](#) will be in effect. Details [HERE](#)

It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

- Warm up Rules:
 - No loitering at the end of lane
 - Swimmers must be aware of their surroundings and move over to the lane rope when stopped at the end wall to allow other swimmers to turn

- Swimmers using sprint and pace lanes must be directly supervised by their coaches
- Deliberate kicking or striking of the starting platform, including the back plate during the sprint periods is not permitted

Swimmers must enter the pool FEET FIRST in a cautious and controlled manner entering from a start or turn end only and from a standing or sitting position.

Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.

Depending on swimmer count in the sessions, any warm-up may be split into two parts and teams may be assigned lanes. If lanes are assigned, then coaches are expected to supervise their lanes.

DIVE STARTS:

As per Swimming Canada Part II C4.1.2 and C4.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available. As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:

1. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from
 - a. from deep end AND
 - b. from bulkhead positioned at the mid-point in the pool into the shallow end
 and/or
2. from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1
 - a. from deep end AND
 - b. from bulkhead positioned at the mid-point in the pool into the shallow end
 and/or
3. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1
 - a. from deep end AND
 - b. from bulkhead positioned at the mid-point in the pool into the shallow end

BACKSTROKE LEDGES:

Backstroke ledges will be available for all ages and sessions, and their use is optional. Swimmers and coaches are expected to know, understand, and follow rule World Aquatics II.6.1 regarding the backstroke start. Warnings will **NOT** be given.

d/DEAF & HARD OF HEARING ACCOMMODATION:

This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:

- non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.
- Visual Start hand signals given by the Starter/ Referee.
- Visual Start Strobe Light options
 2. **Personal Strobe Light:** a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit.

Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.

Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

AGE-UP DATE:

The competitor's age is determined as of first day of the competition, **Friday, November 21, 2025.**

ELIGIBILITY:	All athletes must be registered as <u>Competitive</u> or <u>Varsity</u> swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the age group club or varsity team they are registered with. Registered Para Swimmers are welcome and their current Sport Class must be included in the entries. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS. This event is sanctioned as an <u>Age Group Swimming Invitational</u> including foreign competitors/teams subject to the provisions below. This event is sanctioned as an Invitational and participation in this meet is at the full discretion of the host club. Foreign Teams and their competitors are welcome, subject to the following provisions. ○ Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate. ○ All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. ○ All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing. ○ All competitors and coaches must be in good standing with their respective governing swim body. ○ All foreign competitors 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 <u>Proof of Residence and Registration Status form</u> to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate. ○ Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.
RECORDS:	Swim times achieved at this competition will be eligible for Provincial and National Records. Coaches are advised to inform Meet Management prior to the start of the session where mixed gender individual events are taking place that there is a possibility of a Canadian Age Group record being broken. The Referee can ensure that the swimmer competes with competitors of the same gender for his/her heat. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
QUALIFYING TIMES:	There are no qualifying or de-qualifying times.
ENTRY FEES:	\$16.00 per swimmer per individual event for all events except 800/1500. \$20.00 per swimmer 800/1500 individual events. \$20.00 per relay team entry. (Includes HST – London Aquatic Club GST # R103378279)
PAYMENT:	Please submit one cheque for all club swimmers with your entries. Payable to: London Aquatic Club Payment may also be made by e-transfer to: <u>lacmembership01@gmail.com</u>.

ENTRIES:

Due to limitations of the facility and adherence to Swim Ontario session length restrictions, team entries will be considered as follows:

1. Preference is given to regularly attending teams with possible adjustments to team size.
2. First come, first served.

Entries will be at the discretion of the Meet Manager.

All entries must be in a Hy-Tek accepted format and entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.

Meet Management will:

- Not accept entries directly via email or any other means.
- Notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries.
- Notify Swim Ontario and approved attending clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition

Failure to inform Meet Management of a no show/ scratch prior to the deadline for changes to entries will result in loss of entry fees. The deadline for entry changes is at noon on Monday, November 10, 2025.

Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.

Please include appropriate Short Course (in meters) entry times (**estimate if necessary – “NT” entries WILL NOT be accepted**).

Except for relays, each swimmer must swim in the proper age group, no swimming up is permitted. Swimming “up” is only permitted on relays as per Swimming Canada rules. Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.

- Please provide relay names ASAP and at least 30 minutes prior to each session so the Recorder can enter the information prior to the final printing of paperwork for that session.

Maximum number of INDIVIDUAL events:

- 800m **OR** 1500m but not both events.
- 13 and Over – Session 5/6, 9/10, 14/15, - 3 events per session.
- 12 and Under – Sessions 7/8, 11/12 16/17 – 3 events per session.

Coaches are asked to consider entering Athletes who will not be available for Sunday evening finals as exhibition in the Sunday morning preliminary events.

ENTRY DEADLINE:

Tuesday, November 4, 2025

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 are permitted provided proof of active registered status with valid Swimming Canada ID is provided to Meet Management. Deck Entries are Exhibition Only. They are not eligible for scoring or awards. Deck entries will be accepted for empty lanes only (no new heats will be created). Swimmers entered on deck must have valid proof of Swimming Canada registration as an active, registered, competitive swimmer. Swimmers removed from 400/800/1500 events due to entry restrictions may be entered non-exhibition in replacement events provided they remain within the published event limit.
DECK ENTRY FEES:	\$18.00 per swimmer per individual event for all events except 800/1500. \$22.00 per swimmer 800/1500 individual events. \$22.00 per relay team entry. Payable at the time of the request. (Includes HST – London Aquatic Club GST # R103378279)
MARSHALLING:	Deep end preliminary and timed final sessions will be self-marshalled. All shallow end heats will be marshalled on the shallow end deck. Heats will move from the shallow end to the bulkhead dividing the two pools along the scoreboard side of the pool. Swimmers are not allowed to go directly to their lane from the audience's side. Finals will also be marshalled on the shallow end deck. The timely arrival of the 8 swimmers AND the 2 alternates for marshalling is important. Heats will move from the shallow end to the deep end along the scoreboard side of the pool. For finals, failure to arrive for marshalling before a swimmer's heat is sent past bulkhead dividing the two pools will count as a no show and the alternate will swim. Please see scratch rules below.
SCRATCH RULES:	The scratch deadline for all preliminary and timed final sessions will be 30 minutes prior to the start of the session. Coaches, we would appreciate you reporting any deck entries or scratches prior to this deadline so that the session heat sheets can be as accurate as possible for key officials. There are no penalties for scratches or no shows in the preliminary and timed final sessions. 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, that swimmer will not be allowed to swim any of their other events during that Finals session. While there is no monetary penalty for Final scratches, to be fair to alternates, please inform us of all scratches.
CONVERSION:	Any Long Course times submitted will be converted into Short Course times using MM8 default conversion factor.
AGE CLASSIFICATIONS:	Male and female: Individuals: 10 and Under; 11; 12; 13; 14; 15; 16 and Over. Relays: 10 and Under; 11 - 12; 13 - 14; 15 and Over.
PARA:	PARA swimmers will be officiated under WPS Swimming Rules.

MANAGEMENT ITEMS:

Meet Management reserves the right to, and teams will be informed if we:

- Make day-off decisions to combine heats of the same stroke and distance.
- Split preliminary/timed final session age categories to ensure proper session lengths.
- Further limit the number of entries/swimmers in any event or session.
- Adjust warm-up and session start times.
- Split warm-ups into 2 parts
- Move events or heats within or between sessions.
- Split sessions to respect the 4.5-hour session length limitation.
- Add short break(s) as required.
- Eliminate the relays.

Session Formats:

- This meet will be senior seeded by gender.
- The top 8 swimmers in each age group for 13 and Over preliminary events will move on to finals in the evening.
- Preliminary events with less than 9 swimmers will still swim – will not go straight to finals.
- Warm-ups end 5 minutes before the start of racing.

Timed Final Events:

- 12 and Under – All Timed Finals.
- 13 and Over – relay, 50m breast, 50m back, 50m fly, 400 I.M., 400/800/1500m free – Timed Finals.

800/1500 Free Events:

- Maybe 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 separately by age and gender.

400 Free and 400 IM Events:

- Maybe limited to 48 swimmers, maximum of 6 heats regardless of event/age/gender at Meet Manager's discretion.
- Meet Management will notify clubs in the event of 400m event restrictions.

Seeding:

- Sessions 1, 2, 3, 4: Will swim fastest to slowest.
- 12 and Under Events: Will swim slowest to fastest.
- 13 and Over Preliminary Events: seeding will be slowest to fastest with the 3 fastest heats circle seeded as per World Aquatics II.3.1.
- Evening Final Events: Will swim 1 heat per age group per gender.

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. After the dive the swimmer must leave the lane and return to the starting end. PARA and Backstroke start lanes may also be designated, will be announced, and then will be controlled by the Safety Marshals.

Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules. Before arrival, coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence to these rules and to discipline the athletes' behavior if necessary.

Meet officials will provide a safe environment and 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; whether 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 & SUPPORT
STAFF REGISTRATION:**

Meet Management will cross reference the **list of coaches submitted with entries** at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, Meet Management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet Management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

Swimmers must have a coach or designated coach (coach representative) in attendance during the meet, including warm-up sessions.

Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

OFFICIAL TIME 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 Meet Management Office at least 30 minutes prior to the commencement of the session in which the event will take place. Requests for official splits in gendered and mixed relays are not required, however in mixed relays the official times will not be recognized for Canadian Age Group records.

Please note that the coach must provide 3 timers to complete this official split if it will NOT occur at the same end as the finish of the race. Meet Management reserves the right to limit the number of official split requests in a specific event/ heat. First come, first served.

Event finals (sessions 13 and 18) are NOT eligible for official splits.

**DISQUALIFICATION &
PROTEST PROCEDURE:**

- Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems.
- A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.
- If not resolved after this discussion, a written protest may be presented to the Session Referee from the club representative.
 - A written protest must be presented within 30 minutes after the conclusion of the event in question.
 - Protest forms are available at the Meet Management office.
- If not resolved after the decision of the written protest from the Session Referee the matter may be assigned to a Jury of Appeal.
- The decision to go to Jury must be taken within an hour from the moment the decision of the written protest is communicated to the club representative.

AWARDS:

Individual events: age categories 10 and Under; 11; 12; 13; 14; 15; 16 and Over:
12 and Under & 13 and Over – medals for 1st, 2nd, and 3rd; ribbons for 4th - 8th.
Relays: age categories 10 and Under; 11 - 12; 13 - 14; 15 and Over:
Medals for 1st; ribbons for 2nd and 3rd.

MEET RESULTS:

The meet will run on Hy-Tek Meet Manager. Official results will be posted on the LAC website www.londonaquaticclub.ca as quickly as possible and official results will be posted within 48 hours of completion of the meet to www.swimming.ca.

As a temporary measure, to alleviate REMS issues, official results may be provided by another means, within 48 hours of completion of the meet, as defined and approved by Swim Ontario. Once the REMS issues are resolved, the results will be uploaded normally.

Unofficial results will also be posted to Meet Mobile following each event.

SWIM-OFF'S:**This competition offers preliminary events.**

- All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.
- Coaches are to report to the Meet Management Office when a swim-off is announced.

DURING THE MEET:**Parking:**

- Parking options will be posted on the LAC website – LAC Hosted Meets – LAC – Nothers Fall Invitational. (<http://www.londonaquaticclub.ca>)
- Parking is allowed, except in spots with signage or pylons, in the pool lots south of the arena and on Saturday and Sunday at Sir Frederick Banting High School immediately to the west.
- Parking on the grass is prohibited.

Supplies:

- Equipment Vendors will have booths at the pool for all your equipment needs.

Concession:

- A snack bar will be open throughout the meet.

**SCHEDULE OF
SESSIONS:**

Session #	Date	Prelim/Finals	Warm Up	Start	Finish	Estimated Duration
1	Nov. 21	Timed Final	9:00 am	10:00 am	1:00 pm	3:00 hrs.
2	Nov. 21	Timed Final	9:00 am	10:00 am	1:00 pm	3:00 hrs.
3	Nov. 21	Timed Final	1:00 pm	1:45 pm	3:15 pm	1:30 hrs.
4	Nov. 21	Timed Final	1:00 pm	1:45 pm	3:15 pm	1:30 hrs.
5	Nov. 21	Timed Final	3:15 pm	4:00 pm	6:00 pm	2:00 hrs.
6	Nov. 21	Timed Final	3:15 pm	4:00 pm	6:00 pm	2:00 hrs.
7	Nov. 21	Timed Final	6:00 pm	6:45 pm	8:00 pm	1:15 hrs.
8	Nov. 21	Timed Final	6:00 pm	6:45 pm	8:00 pm	1:15 hrs.
9	Nov. 22	Preliminary	6:50 am	8:00 am	11:20 am	3:30 hrs.
10	Nov. 22	Preliminary	6:50 am	8:00 am	11:20 am	3:30 hrs.
11	Nov. 22	Timed Final	11:35 am	12:45 pm	5:00 pm	4:15 hrs.
12	Nov. 22	Timed Final	11:35 am	12:45 pm	5:00 pm	4:15 hrs.
13	Nov. 22	Final	5:00 pm	6:00 pm	8:00 pm	2:00 hrs.
14	Nov. 23	Preliminary	6:50 am	8:00 am	11:45 am	3:45 hrs.
15	Nov. 23	Preliminary	6:50 am	8:00 am	11:45 am	3:45 hrs.
16	Nov. 23	Timed Final	11:50 am	1:00 pm	5:30 pm	4:30 hrs.
17	Nov. 23	Timed Final	11:50 am	1:00 pm	5:30 pm	4:30 hrs.
18	Nov. 23	Final	5:30 pm	6:30 pm	8:00 pm	1:30 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 14.

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

Friday Morning, November 21, 2025

Timed Finals

Warm-up ⇒ 9.00 a.m. Start ⇒ 10:00 a.m. Finish ⇒ 1:00 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
1	1500 free	13 and Over	Timed final	Mixed
2	800 free	13 and Over	Timed final	Mixed

Session 3 & 4

Friday Afternoon, November 21, 2025

Timed Finals

Warm-up ⇒ 1:00 p.m. Start ⇒ 1:45 p.m. Finish ⇒ 3:15 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
3	800 free	11 - 12	Timed final	Mixed
<u>Girls</u>				<u>Boys</u>
4	400 free	10 and Under	Timed final	5

Session 5 & 6

Friday Afternoon, November 21, 2025

Timed Finals

Warm-up ⇒ 3:15 p.m. Start ⇒ 4:00 p.m. Finish ⇒ 6:00 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Women</u>				<u>Men</u>
6	50 fly	15 and Over	Timed final	7
8	50 fly	13 - 14	Timed final	9
10	50 back	15 and Over	Timed final	11
12	50 back	13 - 14	Timed final	13
14	50 breast	15 and Over	Timed final	15
16	50 breast	13 - 14	Timed final	17
18	400 I.M.	15 and Over	Timed final	19
20	400 I.M.	13 - 14	Timed final	21

Session 7 & 8
Friday Evening, November 21, 2025
Timed Finals

Warm-up ⇒ 6:00 p.m. Start ⇒ 6:45 p.m. Finish 8:00 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Girls</u>				<u>Boys</u>
22	50 fly	11 - 12	Timed final	23
24	50 fly	10 and Under	Timed final	25
26	50 back	11 - 12	Timed final	27
28	50 back	10 and Under	Timed final	29
30	50 breast	11 - 12	Timed final	31
32	50 breast	10 and Under	Timed final	33
34	400 I.M.	11 - 12	Timed final	35

Session 9 & 10
Saturday Morning, November 22, 2025
Prelims/ Timed Finals

Warm Up ⇒ 6:50 a.m. Start ⇒ 8:00 a.m. Finish ⇒ 11:20 a.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Women</u>				<u>Men</u>
200	4X50 Medley Relay	15 and Over	Timed final	201
202	4X50 Medley Relay	13 - 14	Timed final	203
36	200 I.M.	15 and Over	Prelim	37
38	200 I.M.	13 - 14	Prelim	39
40	50 free	15 and Over	Prelim	41
42	50 free	13 - 14	Prelim	43
44	100 back	15 and Over	Prelim	45
46	100 back	13 - 14	Prelim	47
48	100 fly	15 and Over	Prelim	49
50	100 fly	13 - 14	Prelim	51
52	200 breast	15 and Over	Prelim	53
54	200 breast	13 - 14	Prelim	55
56	200 free	15 and Over	Prelim	57
58	200 free	13 - 14	Prelim	59

Session 11 & 12
Saturday Afternoon, November 22, 2025
Timed Finals

Warm up ⇒ 11:35 a.m. Start ⇒ 12:45 p.m. Finish ⇒ 5:00 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Girls</u>				<u>Boys</u>
204	4X50 Medley Relay	11 -12	Timed final	205
206	4X50 Medley Relay	10 and Under	Timed final	207
60	50 free	11 - 12	Timed final	61
62	50 free	10 and Under	Timed final	63
64	200 breast	11 - 12	Timed final	65
66	200 breast	10 and Under	Timed final	67
68	100 back	11 - 12	Timed final	69
70	100 back	10 and Under	Timed final	71
72	100 fly	11 - 12	Timed final	73
74	100 fly	10 and Under	Timed final	75
76	200 free	11 - 12	Timed final	77
78	200 free	10 and Under	Timed final	79

Session 13
Saturday Evening, November 22, 2025
Finals

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

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Women</u>				<u>Men</u>
		Top 8 each age group		
36	200 I.M.	15; 16 and Over	Final	37
38	200 I.M.	13; 14	Final	39
40	50 free	15; 16 and Over	Final	41
42	50 free	13; 14	Final	43
44	100 back	15; 16 and Over	Final	45
46	100 back	13; 14	Final	47
48	100 fly	15; 16 and Over	Final	49
50	100 fly	13; 14	Final	51
52	200 breast	15; 16 and Over	Final	53
54	200 breast	13; 14	Final	55
56	200 free	15; 16 and Over	Final	57
58	200 free	13; 14	Final	59

Session 14 & 15
Sunday Morning, November 23, 2025
Prelims/ Timed Finals

Warm Up ⇒ 6:50 a.m. Start ⇒ 8:00 a.m. Finish ⇒ 11:45 a.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Women</u>				<u>Men</u>
208	4X50 Free Relay	15 and Over	Timed final	209
210	4X50 Free Relay	13 - 14	Timed final	211
80	100 free	15 and Over	Prelim	81
82	100 free	13 - 14	Prelim	83
84	200 back	15 and Over	Prelim	85
86	200 back	13 - 14	Prelim	87
88	200 fly	15 and Over	Prelim	89
90	200 fly	13 - 14	Prelim	91
92	100 breast	15 and Over	Prelim	93
94	100 breast	13 - 14	Prelim	95
96	400 free	15 and Over	Timed final	97
98	400 free	13 - 14	Timed final	99

Session 16 & 17
Sunday Afternoon, November 23, 2025
Timed Finals

Warm up ⇒ 11:50 a.m. Start ⇒ 1:00 p.m. Finish ⇒ 5:30 p.m.

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Girls</u>				<u>Boys</u>
212	4X50 Free Relay	11 - 12	Timed final	213
214	4X50 Free Relay	10 and Under	Timed final	215
100	200 I.M.	11 - 12	Timed final	101
102	200 I.M.	10 and Under	Timed final	103
104	100 free	11 - 12	Timed final	105
106	100 free	10 and Under	Timed final	107
108	200 back	11 - 12	Timed final	109
110	200 back	10 and Under	Timed final	111
112	100 breast	11 - 12	Timed final	113
114	100 breast	10 and Under	Timed final	115
116	200 Fly	11-12	Timed Final	117
118	100 I.M.	10 and Under	Timed Final	119
120	400 free	11 - 12	Timed final	121

Session 18
Sunday Evening, November 23, 2025
Finals

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

<u>Session/ Gender</u>	Event		Prelim. / Final	Gender
<u>Women</u>				<u>Men</u>
		Top 8 each age group		
80	100 free	15; 16 and Over	Final	81
82	100 free	13; 14	Final	83
84	200 back	15; 16 and Over	Final	85
86	200 back	13; 14	Final	87
88	200 fly	15; 16 and Over	Final	89
90	200 fly	13; 14	Final	91
92	100 breast	15; 16 and Over	Final	93
94	100 breast	13; 14	Final	95