

DATE:	11/01/2025	REGION:	Western
HOSTED BY:	London Aquatic Club		
LOCATION:	Canada Games Aquatic Centre, 1045 Wonderland Rd N, London, ON		
FACILITY:	8 lane, 25m pool, Quantum timing system, Daktronic scoreboards		
PURPOSE:	To allow swimmers to achieve entry times for the short course season		
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).		
COMPETITION COORDINATOR:	Mark Lukings	lac.coc@gmail.com	Level: 5
	If Level 3 Referee is serving as CC, please indicate that Swim Ontario approval has been granted		
MEET MANAGER:	Karen Weilgosh	Email:	kweilgosh@yahoo.co.uk
SAFETY AT COMPETITION:	Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The Swim Ontario Concussion Management procedure and the Swim Ontario Photography, Videography, and Cellphone procedure will be in effect. For complete details click HERE .		
COMPETITION:	Sanctioned as	In-House Competition	by Swim Ontario.
	All current Swimming Canada (SC) rules will be followed. Seeding for all swims will be optimized by distance and stroke, seeded either slowest to fastest or fastest to slowest as communicated by Meet Management. Please note that Swimming Canada Competition Warm-Up Safety Procedures and the Swim Ontario warm-up safety rules will be in effect. Events are Timed Finals. There will be no entry fee, scoring or awards permitted.		
	Starts will be conducted from Starting Platforms (blocks), the deck or bulkhead or in-water Clubs are to contact Meet Management by the Entry Deadline of the need for accommodation for d/Deaf and Hard of Hearing swimmers.		
ELIGIBILITY:	This event includes participants from the following clubs:	London Aquatic Club	
	All athletes must be registered as Competitive swimmers with Swimming Canada. The participant is responsible to ensure all facility and club requirements have been met. If permitted to attend, pre-competitive swimmers will compete as Exhibition.		
AGE UP DATE:	Ages submitted are to be as	11/01/2025	
ENTRY LIMITS:	The maximum number of participants per session is		300
	Each club is limited to	300	swimmers
	A maximum of	3	entries per swimmer
ENTRY SUBMISSIONS:	Entries must be submitted through the REMS. Meet Management will not accept entries via email.		
	Entries must include all attending coaches and support staff.		
ENTRY DEADLINE:	10-28-2025		

COACH'S 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.
SESSION:	This event is limited to 1 session with session length not exceeding 3 hours.

<u>Warm-up period</u>	<u>Start</u>	<u>Finish</u>
4:00 pm- 4:55 pm	5:00 pm	8:00 pm

SCHEDULE OF EVENTS:

100 Free - Mixed	
200 Back- Mixed	
100 Breast-Mixed	
200 Butterfly- Mixed	
200 IM- Mixed	
100 Back- Mixed	
200 Free- Mixed	
200 Breast- Mixed	
100 Fly - Mixed	

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 Admin Desk prior to the commencement of the session in question.

Mixed gender swimming is permitted.

Swim times achieved at this competition will NOT be used for applications of provincial and national records.

Official Results will be posted within 2 days of completion of the meet to www.swimming.ca