

34th Anniversary

SWIM INTERNATIONAL 2009

NOVEMBER 13th, 14th, 15th, 2009

AT

THE WAYNE GRETZKY SPORTS CENTRE

NORTH PARK STREET

BRANTFORD, ONTARIO

Sanctioned by: SWIM ONTARIO

HOSTED BY:

THE BRANTFORD AQUATIC CLUB

Swim International 2009

****THE ONLY MEET PACKAGE WHICH WILL BE CONSIDERED AS VALID MUST BE THE MOST CURRENT VERSION FOUND ON WWW.SWIMMEET.CA ****

MEET MANAGEMENT:

Meet Manager: Suzanne Paulins – rpaulins040@rogers.com 519-751-2486

Meet Referee: Dave Shewfelt – daveandsueshewfelt@sympatico.ca 519-442-4560

FACILITIES:

Two 8 lane 25 meter pools. Four lane 18 meter warm-up/down pool.

Electronic timing, Omega system. Wireless internet available on deck.

Eight lane score board in both ends.

Health and Safety Regulations require no outdoor shoes be worn on deck.

MEET INFORMATION:

This invitational meet will be limited to 5000 swims. Invitations will be sent first to clubs that have attended the meet in the past. Invitations are at the discretion of meet management. This is an A/B time standard meet, and coaches are reminded the entry standards are in place to ensure the length of the sessions are not too long. Reservations will be accepted but entries will be made on a “first come” basis. A non-refundable deposit of 50% of entry fees must accompany all reservations prior to the deadline. **Entry deadline is 9:00 p.m. on Tuesday October 27, 2009**, at which time **all entries and fees** must be received. The **scratch deadline is Saturday November 7, 2009**. A \$25 NSF fee will be charged, for return items.

Make cheques payable to **BRANTFORD AQUATIC CLUB**.

Should over-subscription occur, those Clubs affected will be notified by Friday October 24, 2008 and a refund will be issued, or alternate events will be allowed. A concession will operate during all sessions for swim supplies.

ENTRY LIMITATIONS:

Swimmers will be limited to **3 individual events per session**. Each Club will be limited to **2 relay teams per age group**. Relay only swimmers are allowed and must be included in the entry lists. All events are pre-seeded. **Deck entries will be accepted only where space is available**, and swum as exhibition for times only and not exceeding 3 individual events per session. Deck entries will not swim in finals nor will they be scored. **All relays, 400 Free and 400IM all ages and all 10 & under and 11/12 events will be swum as time finals during preliminary sessions.**

Meet management reserves the right to limit the number of swimmers in any event.

400 Free events may be limited, if necessary to 6 heats for each age group and gender. Those qualifying will be determined by entry time. The fastest 48 will swim.

Meet Management reserves the right to combine 15/16 and 17&Over events.

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SNC LTAD:

- 1) 11-12 and 13-14 age groupings will be single age groups for awards and finals(13-14) and will have individual time standards however will be swum age combined during prelims/time finals
- 2) Pre-requisites exist for the 10&under, 11, 12, 13, and 14 swimmers. Coaches are to ensure their swimmers meet the following prerequisites to be entered into the meet

10&under	200 I.M. 3:40.28(Girls and Boys)	400 Free 7:17.80(Girls and Boys)
11	200 I.M. 3:26.00(G) 3:30.23(B)	400 Free 6:24.71(G) 6:29.72(B)
12	200 I.M. 3:13.57(G) 3:12.76(B)	400 Free 6:04.22(G) 6:00.47(B)
13	400 I.M. 6:20.44(G) 6:08.90(B)	400 Free 5:30.76(G) 5:27.91(B)
14	400 I.M. 6:11.85(G) 5:59.50(B)	400 Free 5:23.86(G) 5:14.84(B)
- 3) No session will be longer than 4.5 hours in length.

POOL ASSIGNMENT:

Session:	Shallow End	Deep End
Friday afternoon	M17&over,M15/16,W15/16	W17&over,W13/14,M13/14
Saturday morning	W17&over,W13/14,M13/14	M17&over,M15/16,W15/16
Saturday afternoon	M11/12, W10&U	W11/12, M10&U
Sunday morning	M17&over,M15/16,W15/16	W17&over,W13/14,M13/14
Sunday afternoon	W11/12, M10&U	M11/12, W10&U
All Finals/Relays	Deep End	

AWARDS:

- Medals - 1st to 3rd, for individual events and relays
Ribbons - 4th to 8th, for individual events and relays

Overall Team
Small Team (10 swimmers or less)

Top Team Male & Female overall points in the
200 and 400 I.M and 400 free

SCORING:

- Individual events - 9, 7, 6, 5, 4, 3, 2, 1
Relays - 18, 14, 12, 10, 8, 6, 4, 2

WARM-UPS:

Friday Afternoon	3:30PM	to	4:50PM
Weekend Mornings	7:00 AM	to	7:50 AM
Weekend Afternoons	12:30PM	to	1:20PM
Evening Finals	5:00PM	to	5:50PM

Due to anticipated registration:

Management would like teams to warm-up in two groups,
for 40 minutes each during the Friday sessions.

Group 1 - 3.30 to 4:10 (Clubs A-H)

Group 2 - 4:10 to 4:50 (Clubs I-Z).

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RULES:

SNC Rules will govern the meet. Swimmers will not be penalized for scratching from preliminary heats or timed finals. Scratches for evening finals shall be due 30 minutes following the completion of the session. One Start rule is in effect. Swim Ontario Warm-up Procedures applies. FINA swim suit rules will be enforced. Coaches are responsible to inform their swimmers before arrival of the Safety Rules as contained in this package and to ensure their adherence and the athletes disciplined behavior. **Meet Officials will provide a safe environment and an organized competition. We are not responsible for the supervision of the athletes during the competition and especially, during session breaks.**

OUT OF PROVINCE CLUBS:

All Clubs from outside of Ontario must provide a "Certificate of Insurance" naming the "City of Brantford" and the "Brantford Aquatic Club" as insured parties. This must be received prior to meet. No Clubs will swim without proof of insurance. All Clubs must be FINA affiliated and provide swimmer registration numbers with entries. All Swim Ontario procedures with regards to out of province/country clubs will be followed.

ELIGIBILITY:

The swimmer's age shall be that on the first day of the meet. Swimmers must be registered with an Amateur Aquatic Association recognized by FINA and their registration number included on any entry grids or entry file.

SWAD Swimmer entry standards: To be eligible SWAD swimmers must meet the **national standard for their disability for all entered swims.**

ENTRY FEES:

Individual events	\$8.00 CAD	\$8.00 USD
Relay events	\$10.00CAD	\$10.00USD
Deck Entries (Exhibition only)	\$10.00CAD	\$10.00USD

Make cheque payable to "BRANTFORD AQUATIC CLUB"!

Please, send your cheques prior to the meet to confirm your entry and avoid disappointment!

ENTRY DEADLINE: Tuesday, October 27, 2009@ 9:00 p.m.

All entries must be in Hy-tek format and submitted via www.swimmeet.ca No entries will be accepted directly by meet management.

Email: rpaulins040@rogers.com

RESULTS: WEBSITE: www.brantfordaquaticclub.ca

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EVENT LIST and ENTRY TIMES: (Short course meters)

Friday Evening November 13, 2009 Warm-ups 3:30 - 4:50P.M. Start 5:00P.M.

EVENT #	WOMEN	TIME	EVENT	TIME	MEN	EVENT #
1	17 & Over	2:22.80	200 Free	2:09.90	17 & Over	2
3	15-16	2:23.54	200 Free	2:14.80	15-16	4
5	13-14	2:27.73/ 2:24.40	200 Free	2:23.50/ 2:18.03	13-14	6
7	17 & Over	5:44.70	400 I.M.*	5:19.30	17 & Over	8
9	15-16	5:45.80	400 I.M.*	5:27.20	15-16	10
11	13-14	5:56.70/ 5:47.52	400 I.M.*	5:44.84/ 5:36.54	13-14	12

***400 IM events are swum as Timed Finals *200 Free Finals will be swum Sat. Evening**

Saturday Morning, Nov. 14, 2009 Warm-ups 7:00 – 7:50am. Start 8:00A.M.

EVENT #	WOMEN	TIME	EVENT	TIME	MEN	EVENT #
13	13-14	3:08.40/ 3:03.50	200 Breast	3:09.04/ 3:02.41	13-14	14
15	15-16	3:02.88	200 Breast	2:52.20	15-16	16
17	17 & Over	3:01.90	200 Breast	2:47.90	17 & Over	18
19	13-14	32.00/ 31.40	50 Free	30.00/ 29.00	13-14	20
21	15-16	31.20	50 Free	28.30	15-16	22
23	17 & Over	31.00	50 Free	27.40	17 & Over	24
25	13-14	2:44.08/ 2:41.32	200 Back	2:42.50/ 2:34.44	13-14	26
27	15-16	2:38.23	200 Back	2:30.90	15-16	28
29	17 & Over	2:36.67	200 Back	2:21.89	17 & Over	30
31	13-14	1:17.20/ 1:16.03	100 Fly	1:15.23/ 1:10.90	13-14	32
33	15-16	1:15.20	100 Fly	1:09.80	15-16	34
35	17 & Over	1:14.50	100 Fly	1:07.00	17 & Over	36
37	13-14	5:02.00/ 4:55.70	400 Free*	4:59.40/ 4:47.46	13-14	38
39	15-16	4:53.85	400 Free*	4:34.10	15-16	40
41	17 & Over	5:05.39	400 Free*	4:37.63	17 & Over	42

*** 400 Free is swum as TIME FINALS**

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Saturday Afternoon Nov. 14, 2009

Warm-ups 12:30 - 1:20P.M. Start 1:30P.M.

EVENT #	WOMEN	TIME	EVENT	TIME	MEN	EVENT #
207	11-12	NT	200 Free Relay*	NT	11-12	208
209	10 & U	NT	200 Free Relay*	NT	10 & U	210
43	11-12	3:42.47/ 3:27.67	200 Breast*	3:37.00/ 3:27.76	11-12	44
45	10 & U	4:07.59	200 Breast*	4:18.43	10 & U	46
47	11-12	36.55/ 34.58	50 Free*	36.82/ 34.06	11-12	48
49	10 & U	43.5	50 Free*	43.5	10 & U	50
51	11-12	3:15.17/ 3:02.87	200 Back*	3:16.89/ 3:03.07	11-12	52
53	10 & U	3:43.50	200 Back*	3:46.66	10 & U	54
55	11-12	1:33.93/ 1:28.26	100 Fly*	1:38.08/ 1:27.35	11-12	56
57	10 & U	2:00.0	100 Fly*	2:05.00	10 & U	58
59	11-12	2:50.00/ 2:43.87	200 Free*	2:50.00/ 2:43.22	11-12	60
61	10 & U	3:25.0	200 Free *	3:30.0	10 & U	62
63	11-12	1:35.0	100 I.M.*	1:35.0	11-12	64
65	10 & U	1:50.0	100 I.M.*	1:53.0	10 & U	66

***ALL EVENTS ARE TIME FINALS**

FINALS Saturday Evening Nov. 14, 2009

Warm-ups 5:00 - 5:50P.M. Start 6:00P.M.

EVENT #	WOMEN	EVENT	MEN	EVENT #
205	17&over	200 Free Relay*	17&over	206
203	15-16	200 Free Relay*	15-16	204
201	13-14	200 Free Relay*	13-14	202
17,15,13	17+, 15-16, 13-14	200 Breast	17+, 15-16, 13-14	18,16,14
23,21,19	17+, 15-16, 13-14	50 Free	17+, 15-16, 13-14	24,22,20
29,27,25	17+, 15-16, 13-14	200 Back	17+, 15-16, 13-14	30,28,26
35,33,31	17+, 15-16, 13,14	100 Fly	17+, 15-16, 13-14	36,34,32
1, 3, 5	17+, 15-16, 13-14	200 Free	17+, 15-16, 13-14	2, 4, 6

Sunday Morning Nov. 15, 2009.

Warm-ups 7:00am-7:50a.m. Start 8:00A.M.

EVENT #	WOMEN	TIME	EVENT	TIME	MEN	EVENT #
211	13-14	NT	200 Medley Relay*	NT	13-14	212
213	15-16	NT	200 Medley Relay*	NT	15-16	214
215	17 & Over	NT	200 Medley Relay*	NT	17 & Over	216
67	13-14	1:28.43/ 1:24.93	100 Breast	1:26.47/ 1:22.05	13-14	68
69	15-16	1:24.00	100 Breast	1:19.40	15-16	70
71	17 & Over	1:23.87	100 Breast	1:15.12	17 & Over	72
73	13-14	2:53.40/ 2:50.56	200 Fly	2:50.60/ 2:44.42	13-14	74
75	15-16	2:44.20	200 Fly	2:39.40	15-16	76

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77	17 & Over	2:42.52	200 Fly	2:28.31	17 & Over	78
79	13-14	1:16.50/ 1:15.50	100 Back	1:15.80/ 1:12.00	13-14	80
81	15-16	1:13.17	100 Back	1:10.20	15-16	82
83	17 & Over	1:12.88	100 Back	1:06.98	17 & Over	84
85	13-14	2:48.00/ 2:43.37	200 I/M	2:44.38/ 2:37.35	13-14	86
87	15-16	2:41.27	200 I/M	2:31.50	15-16	88
89	17 & Over	2:40.20	200 I/M	2:27.50	17 & Over	90
91	13-14	1:07.24/ 1:05.05	100 Free	1:05.11/ 1:01.70	13-14	92
93	15-16	1:04.75	100 Free	1:00.98	15-16	94
95	17 & Over	1:03.50	100 Free	58.55	17 & Over	96

*Relays are swum as time finals.

Sunday Afternoon Nov. 15, 2009

Warm-ups 12:30 - 1:20P.M. Start 1:30P.M.

EVENT #	WOMEN	TIME	EVENT	TIME	MEN	EVENT #
217	11-12	NT	200 Medley Relay*	NT	11-12	218
219	10 & U	NT	200 Medley Relay*	NT	10 & U	220
97	11-12	1:44.36/ 1:36.93	100 Breast*	1:43.78/ 1:36.83	11-12	98
99	10 & U	2:00.00	100 Breast*	2:05.00	10 & U	100
101	11-12	3:26.81/ 3:22.81	200 Fly*	3:26.34/ 3:21.46	11-12	102
103	10 & U	53.00	50 Fly*	57.00	10 & U	104
105	11-12	1:30.88/ 1:25.48	100 Back*	1:32.92/ 1:25.96	11-12	106
107	10 & U	1:50.00	100 Back*	1:53.00	10 & U	108
109	11-12	3:08.84/ 2:57.44	200 I/M*	3:12.71/ 2:56.69	11-12	110
111	10 & U	3:42.30	200 I/M*	3:47.82	10 & U	112
113	11-12	1:19.66/ 1:15.93	100 Free*	1:21.27/ 1:14.86	11-12	114
115	10 & U	1:35.00	100 Free*	1:37.00	10 & U	116

*ALL EVENTS ARE SWUM AS TIME FINALS

FINALS Sunday Evening Nov. 15, 2009

Warm-ups 5:00 - 5:00P.M. Start 6:00P.M.

EVENT #	WOMEN	EVENT	MEN	EVENT #
71,69,67	17+,15-16,13-14	100 Breast	17+, 15-16, 13-14	72,70,68
77,75,73	17+,15-16,13-14	200 Fly	17+, 15-16, 13-14	78,76,74
83,81,79	17+,15-16,13-14	100 Back	17+, 15-16, 13-14	84,82,80
89,87,85	17+,15-16,13-14	200 I/M	17+, 15-16, 13-14	90,88,86
95,93,91	17+,15-16,13-14	100 Free	17+, 15-16,13-14	96,94,92

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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 #: _____

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<u>HOTEL/MOTEL</u>	<u>ADDRESS</u>	<u>PHONE:</u>
*Best Western Brant Park Inn (519)753-8651	19 Holiday Dr.	
*Hampton Inn 0084	20 Fen Ridge Dr	(519)720-
*Comfort Inn 3100	58 King George Rd.	(519)753-
*Days Inn 2700	460 Fairview Dr.	(519)759-
Holiday Inn 9999	664 Colborne St.	(519)758-
Bodega Inn 0327	75 Dalhousie St	(519)753-
Sherwood Inn Motel	797 Colborne St.	(519)756-526
Mohawk Motel 8621	769 Colborne St.	(519)753-
Bell City Motel 5236	901 Colborne St.	(519)756-
Grand Motel 8451	780 Colborne St.	(519)753-
4 Star Motel 8424	568 Colborne St.	(519)753-
Arlington Hotel 1019	106 Grand River St. N, Paris	(519)442-
Quality Inn Room = 4 People Max.	Hwys. 401&59, Woodstock	800-228-5151

RESTAURANTS:

FAST FOOD

<u>NAME</u>	<u>ADDRESS</u>
Arby's	129 King George Rd.
Burger King	605 West St.
Tim Horton	226 or 615 West St.
	20,236,or265 KingGeorgeRd.
	648 Colborne St.
	Lynden Park Mall
	155 Lynden Rd.
McDonald's	73 King George Rd.

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Wendy's

299 Wayne Gretzky Parkway
27 Stanley St.
68 King George Rd.
620 West St. Plaza

TAKE OUT

Mr. Sub
The Pita Pit
Subway

410 Fairview Dr./West St.
185 King George Rd.
206 King George Rd.
640 Clborne St. East
168 Charing Cross Rd.
225 Fairview Dr.

Domino's Pizza
Pizza Pizza

DINING ROOMS

Angel's Diner
Casey's
Montana's
Moose Winooskees
Pizza Hut
Swiss Chalet
Callahan's
West Garden Buffet- Chinese
King's Buffet – Chinese
Golden Griddle
Kelsey's
Red Lobster
East Side Mario's
The White Horse
Tratoria Giuliana
Boston Pizza
The Keg

125 King George Rd.
185 King George Rd.
84 Lynden Rd.
45 King George Rd.
205 King George Rd.
Lynden Park Mall
10 King George Rd.
560 West St.
Lynden Road
58 King George Rd.
Wayne Gretzky Parkway, at the Lynden Pk Mall
65 King George Rd.
300 King George Rd. at the Brantford Mall
115 Dundas East, Paris
33 St. George St.
299 Wayne Gretzky Parkway
Lynden Road across from the Lynden Park Mall

FINER DINING

Al Dente Fresh Pasta
Devlin's Bistro
The Olde School House
The John Peel

250 King George Rd.
704 Mount Pleasant Rd., Mt. Pleasant
Hwy #2 & Powerline Rd., Paris
48 Dalhousie

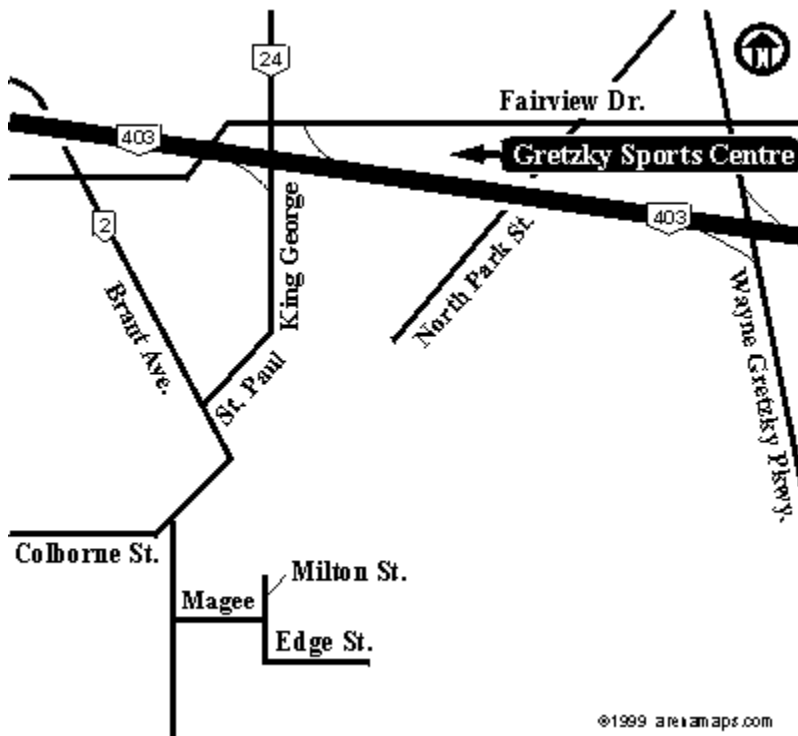
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The Arlington Hotel
Roberts

Grand River Street North, Paris
Grand River Street North, Paris

Wayne Gretzky Sports Centre

Gretzky Sport Centre
254 North Park St.
Brantford, Ontario N3R 4L1
(519) 756-9900



Driving Instructions:

From Hwy-403 Westbound to Brantford: West on Hwy-403 to Wayne Gretzky Parkway exit. Turn right (north) at the end of the exit ramp onto the Parkway then turn left onto Fairview Dr. West on Fairview to North Park St.

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Turn left (south) to entrance road to Wayne Gretzky Sports Centre. **Exit** WGSC by continuing onto Fairview Drive.

From Hwy-403 Eastbound to Brantford: East on Hwy-403 to King George Rd./Hwy-24 exit. North on King George to Fairview Dr. East (right) on Fairview to entrance road to Wayne Gretzky Sports Centre. **Exit** WGSC by continuing onto North Park St. Turn left (north) and continue to Fairview Dr.