

# 2018 WESTERN REGION LC CHAMPS

- DATE(S): June 7-10, 2018 Region: Western
- HOSTED BY: Brantford Aquatic Club
- LOCATION: Wayne Gretzky Centre - 254 North Park Street, Brantford ON N3R 4L1
- FACILITY: Eight lane, 50-meter indoor tank, with bulkheads, Electronic timing – Omega system. 2 – Eight lane scoreboards.  
Health and Safety Regulations require no outdoor shoes be worn on deck.  
Only participating swimmers, officials, certified coaches and authorized people are allowed on the west side of the deck, the east side bleachers are reserved for spectators.  
Water will only be available for refillable water bottles, at water stations and water fountains for all volunteers, officials, coaches, swimmers and spectators.
- MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)
- COMPETITION COORDINATOR: Crosby Gibson, Level V, Email: [crosby.gibson@rogers.com](mailto:crosby.gibson@rogers.com)
- MEET MANAGER: Shannon Scheffel, Email: [bacshannon@gmail.com](mailto:bacshannon@gmail.com)  
Jocelyn Jay (Entries Coordinator) Email: [jocelyn.jay@gmail.com](mailto:jocelyn.jay@gmail.com)
- MINOR OFFICIALS: Michelle Cabral & Angela Casasanta, Email: [bacevents30@yahoo.com](mailto:bacevents30@yahoo.com)
- DESCRIPTION: 12&Under – events will be timed finals and will swim in the afternoon.  
13&Over – Preliminary events swim in the morning – top 8 in each age group going to finals.
- Thursday – 13&Over 800 and 1500 are timed finals
  - All Friday, Saturday & Sunday events are preliminary and finals except 400 events which are timed finals with fastest, senior seeded heat in Finals, and 12&Under 800 free.
  - All Relay events are timed finals. Dependent upon timing of events, meet management reserves the right to remove all relay events.
- POOL ASSIGNMENT: Meet Management will determine the distribution of swimmers into session ends  
Prelim and Timed final sessions will be run double-ended, chase format, except for distance on Thursday, June 7<sup>th</sup> which will be swum 2 per lane.  
All 50-meter events & Evening Finals will be held starting in the Deep 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. The full document can be viewed [HERE](#).
- For club and provincial meets, a swimsuit that covers more of the body such as modesty swimwear or religious cover-ups is permitted providing that the fabric is permeable open mesh textile material and does not give the swimmer an advantage. The full interpretation can be viewed [HERE](#).  
Advanced notification or for clarification of interpretation please see the Competition Coordinator.
- 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.

GLASS CONTAINERS are strictly prohibited on and around the deck area.

Sprint Lanes (lanes 1 and 8) will be available 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 Marshalls.

13&Over preliminaries will swim combined age groups and will be separated into designated age groups for finals.

There will be an "A" final only for male and female 13, 14, 15, 16 and 17&Over age categories.

All 12&Under events will be timed finals.

The 11-12 events will be swum together with the fastest heat of each swum together.

The 800 and 1500 Free will swim fastest to slowest. The 400/800/1500 Free and 400 IM will swim as timed finals, with the fastest, senior seeded heat of 400 free/400 IM swum in finals. Meet Management reserves the right to combine age groups if time requires.

Meet Management reserves the right to swim the distance freestyle events 2 per lane.

Meet Management reserves the right to split preliminary session age categories to ensure proper session lengths.

Meet Management reserves the right to advance the Sunday finals start time.

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

NO deck entries or exhibition swims will be permitted.

All relay events will be timed finals. Meet Management reserves the right to drop the relays should the session timing require it.

Coaches must have relay entry lists filled in and returned to Meet Office 30 minutes prior to the start of the relay events.

"I Made It!" t-shirts will be given out to all swimmers achieving a Festival/Provincial standard, regardless if the swimmer qualified previously.

This meet will be scored. (see SCORING)

ALL PARTICIPATING CLUBS ARE ENCOURAGED TO PROVIDE 2 OFFICIALS PER SESSION.

**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.

All swimmers must be registered with a Western Region club and in good standing.

QUALIFYING  
INFORMATION

Valid Long Course and Short Course times will be accepted and not converted.

Any 12&Under swimmers qualifying for Ontario Festivals are de-qualified from that event.

Any swimmer qualifying for Ontario Spring Provincial Champs in 13, 14, 15, 16 and 17&Over, using the Ontario Provincial Standards, is not eligible to participate in that event.

A coach, who has a swimmer qualify for a Festival/Provincial event after the entry deadline has passed, must email Meet Management to withdraw the swimmer(s) from that event. The swimmer may be placed in an alternate event of which the swimmer is not de-qualified in with NO PENALTY, provided there is an open lane. If no open lane exists, the swimmer will be refunded for the event. A new heat will not be created. It is incumbent on the coaches to make sure over-qualified swimmers are not entered in events, whether the qualification was in LC or SC.

Stroke 50's (50 fly, 50 back & 50 breast) have no de-qualifying standards.

Entry priority order for seeding will be LCM, then SCM, then bonus swims.

For all PARA events, PARA Provincial "B" standards (10% slower than PARA Provincial times).

ENTRY FEE:

Individual Events - \$9.00 per swim

Relay Events - \$10.00 per team

Swimmer Surcharge - \$10.00 per swimmer, including relay only swimmers. Heat sheets will be posted at [www.brantfordaquaticclub.ca](http://www.brantfordaquaticclub.ca) > Club Hosted Meets and on Meet Mobile, at no charge.

Heat sheets will NOT be sold during the meet.

Entry fees are due upon arrival to club's first session

PAYMENT:

Please submit one cheque for all club swimmers, payable to: Brantford Aquatic Club

ENTRIES:

Entries will be at the discretion of the Meet Manager. Only appropriate and complete event files with appropriate times will be accepted.

All entries must be in a Hy-tek accepted format and must be submitted through the SNC online entries system at: [www.swimming.ca](http://www.swimming.ca)

Coaches will be sent an entry list after receipt of club entries; please contact Meet Management immediately if there is a discrepancy or issue of any kind.

"Relay-Only" swimmers are permitted. The remaining three members of the relay team must be properly qualified for the meet in an individual event. The relay only swimmer's name must appear in the team entry file (roster) with no individual entries.

No limitation on number of events entered, providing qualifying criteria have been met.

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 SNC rules. A maximum of 2 swimmers may swim up for a relay team. An exception to this can be located under, "Age Up Date."

BONUS SWIMS:

Any swimmer qualifying with only one (1) qualifying standard may have three (3) additional bonus swims. If they qualify in two (2), they receive two (2) additional bonus swims and if they qualify in three (3), they receive one (1) bonus swim.

The 400/800/1500 free and 400 IM may not be used as bonus swims.

All bonus swims must be entered with a 'B' indicator following the seedtime. To facilitate the most efficient swim sessions, coaches are requested to enter actual times for bonus swims and NOT enter them at NT.

PARA: PARA swimmers will be officiated under WPS Swimming Rules.

PARA ENTRIES: PARA events as follows:

50 Free S1-S14, 100 Free S1-S14, 200 Free S1-S14, 400 Free S6-S13  
100 Back S1-S14  
100 Breast S1-S14  
50 Fly S1-S7, 100 Fly S8-S14  
150 IM SM1-SM4, 200 IM SM5-SM14

PARA swimmers 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 100.

In PARA swimming events with five or more entries, Para-swimmers will compete in able-bodied heats during preliminaries, seeded by time, then compete in a PARA swimming final during the finals session.

In PARA swimming events with fewer than five entries, the event(s) will be Para-swimmer only timed finals during the preliminary session.

PARA that have the Able-bodied standard in any event may enter that event as Able-bodied. A PARA athlete may swim as either Able-bodied or PARA in any event they qualify for, but not both.

PARA only events will be in the series 400+, see event file.

Coaches must indicate each PARA classification with their entries: Able Bodied swims entered into the Able-bodied events; PARA swims entered into the 400+ series events.

Para Swimmers 12&Under – PARA qualified events only: PARA will swim in the 12&Under session with their peers in the “able bodied” events. These results will be moved to the 400+ series PARA events for scoring.

ENTRY DEADLINE: Entry Deadline: Tuesday, May 29, 2018.

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.

SCRATCH RULES: Swimmers will not be penalized for scratching from preliminary/timed finals heats.

Finals “No Show” Fee - A \$10 penalty will be charged per “no show,” per event. The swimmer will NOT be permitted to swim in any further events until the penalty is paid. The penalty will be payable to the host club. Coaches are to ensure all of their swimmers know they are in finals. The scratch deadline will be one (1) hour after the final preliminary event per session. Coaches should check scratch sheets and/or posted results to ensure that their swimmer is crossed out. Once heat sheets are posted for finals, the fee will only apply to the top 8 swimmers in each final, and 2 alternates. There will be NO POSITIVE CHECK IN prior to finals beginning.

AGE

CLASSIFICATIONS:

Male and female:

Individual: 10&Under; 11; 12; 13; 14; 15; 16; 17&Over

Relays: 10&Under; 11 - 12; 13 - 14; 15&Over

AGE UP DATE: The swimmer's age shall be calculated as of the first day of the meet, Thursday, June 7, 2018.

Birthdays which fall between the Western Region LC Champs & Ontario Provincials - if a coach wants to have a swimmer compete in a de-qualified event for the purpose of achieving a Festival/Provincial time in the next age group, they must email Meet Management to find out if there is room available to have the swimmer placed as exhibition for this swim in their current age group.

CANCELLATIONS: In the event of unforeseen circumstances beyond the control of the City of Brantford or Brantford 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.

VENDORS: It is anticipated that Team Aquatic Supplies and SchoolTee Inc. will be attending.

SCHEDULE OF SESSIONS:

<u>Session #</u>	<u>Date</u>	<u>Prelim/Finals</u>	<u>Warm Up</u>	<u>Start</u>	<u>Finish</u>	<u>Estimated Duration</u>
1	June 7	Timed Finals	1:30-2:20	2:30	5:30	3hrs
2	June 8	Prelims	7:00-7:50	8:00	12:00	4hrs
3	June 8	Timed Finals	12:00-12:50	1:00	5:30	4.5hrs
4	June 8	Finals	5:30-6:20	6:30	8:30	2hrs
5	June 9	Prelims	7:00-7:50	8:00	12:00	4hrs
6	June 9	Timed Finals	12:00-12:50	1:00	5:00	4.5hrs
7	June 9	Finals	5:30-6:20	6:30	8:30	2.5hrs
8	June 10	Prelims	7:00-7:50	8:00	12:00	4hrs
9	June 10	Timed Finals	12:00-12:50	1:00	5:00	4.5hrs
10	June 10	Finals	5:30-6:20	6:30	8:00	1.5hrs

SCHEDULE OF EVENTS: See event list – Appendix A

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 to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

TIME SPLITS: The procedure for obtaining an "Official Split" requires that coaches make the request to the session Referee or Meet Management on the "Official Split Request" form 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.

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.

Finals sessions (session 4, 7 and 10) are not eligible for officials splits.

SCORING: The meet will be scored as follows:  
Individual and Relay events will be scored from 1st - 8th place, on a scale of 9-7-6-5-4-3-2-1.

PARA scoring will be based on number of entrants. If there are 8 or more entrants in an event, it will be scored the same as Able Bodied swimmers. If there are fewer than 8 entrants, the event will be "reverse-scored". (For example, if there are three entrants, the event will be scored 3-2-1.

AWARDS:

The following will be awarded:

- ✓ Able Bodied Medals: 1<sup>st</sup> to 3<sup>rd</sup> for individual events by age group and 1<sup>st</sup> only for relay events.
- ✓ Able Bodied Ribbons: 4<sup>th</sup> to 8<sup>th</sup> for individual events by age group and 2<sup>nd</sup> and 3<sup>rd</sup> for relay events.
- ✓ PARA: Medals will be awarded in IPC eligible events only using the PARA British Points System, 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.

MEET RESULTS:

The meet will run on Hy-Tek Meet Manager.

Results will be posted on the BAC website [www.brantfordaquaticclub.ca](http://www.brantfordaquaticclub.ca) under CLUB HOSTED MEETS.

Final results will be uploaded to [www.swimming.ca](http://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 EVENT:

Only individuals that have made application and received authorization 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 Management for application and authorization.

Photographers must obtain authorization from Meet Management before the start of the meet to obtain access to the deck.

SAFETY &  
LIABILITY:

Only participating swimmers, officials, certified coaches and authorized people are allowed on the west side of the deck, the east side bleachers are reserved for spectators.

## Appendix A - Event List

### SESSION # 1

Thursday, June 7, 2018

Warm up – 1:30-2:20pm, Start – 2:30pm

	Girls	Event	Boys	
1	13 & Over	800 Free	13 & Over	2
3	13 & Over	1500 Free	13 & Over	4

### SESSION # 2

Friday, June 8, 2018

Warm up – 7:00-7:50am, Start – 8:00am

	Girls	Event	Boys	
5	13 & Over	400 IM	13 & Over	6
7	13 & Over	100 Free	13 & Over	8
9	13 & Over	200 Breast	13 & Over	10
11	13 & Over	50 Fly	13 & Over	12
13	13 & Over	200 Back	13 & Over	14

### SESSION # 3

Friday, June 8, 2018

Warm up – 12:00-12:50pm, Start – 1:00pm

	Girls	Event	Boys	
15	11-12	400 IM	11-12	16
17	10 & Under	100 Free	10 & Under	18
19	11-12	100 Free	11-12	20
21	10 & Under	200 Back	10 & Under	22
23	11-12	200 Back	11-12	24
25	10 & Under	100 Fly	10 & Under	26
27	11-12	100 Fly	11-12	28
29	10 & Under	50 Back	10 & Under	30
31	11-12	50 Back	11-12	32
33	11-12	200 Breast	11-12	34
201	12 & Under	200 Free Relay	12 & Under	202

### SESSION # 4

Friday, June 8, 2018

Warm up – 5:30-6:20pm, Start – 6:30pm

	Girls	Event	Boys	
5	Fastest Heat	400 IM	Fastest Heat	6
7	13, 14, 15, 16, 17&O	100 Free	13, 14, 15, 16, 17&O	8
9	13, 14, 15, 16, 17&O	200 Breast	13, 14, 15, 16, 17&O	10
11	13, 14, 15, 16, 17&O	50 Fly	13, 14, 15, 16, 17&O	12
13	13, 14, 15, 16, 17&O	200 Back	13, 14, 15, 16, 17&O	14

## SESSION # 5

Saturday, June 9, 2018

Warm up – 7:00-7:50am, Start – 8:00am

	Girls	Event	Boys	
35	13 & Over	100 Fly	13 & Over	36
37	13 & Over	50 Breast	13 & Over	38
39	13 & Over	200 Free	13 & Over	40
41	13 & Over	100 Back	13 & Over	42
43	13 & Over	200 IM	13 & Over	44
203	13 & Over	200 Free Relay	13 & Over	204

## SESSION # 6

Saturday, June 9, 2018

Warm up – 12:00-12:50pm, Start – 1:00pm

	Girls	Event	Boys	
45	11-12	100 Breast	11-12	46
47	10 & Under	100 Breast	10 & Under	48
49	11-12	200 Fly	11-12	50
51	10 & Under	50 Free	10 & Under	52
53	11-12	50 Free	11-12	54
55	10 & Under	100 Back	10 & Under	56
57	11-12	100 Back	11-12	58
59	10 & Under	400 Free	10 & Under	60
61	11-12	400 Free	11-12	62
205	12 & Under	200 Medley Relay	12 & Under	206

## SESSION # 7

Saturday, June 9, 2018

Warm up – 5:30-6:20pm, Start – 6:30pm

	Girls	Event	Boys	
35	13, 14, 15, 16, 17&O	100 Fly	13, 14, 15, 16, 17&O	36
37	13, 14, 15, 16, 17&O	50 Breast	13, 14, 15, 16, 17&O	38
39	13, 14, 15, 16, 17&O	200 Free	13, 14, 15, 16, 17&O	40
41	13, 14, 15, 16, 17&O	100 Back	13, 14, 15, 16, 17&O	42
43	13, 14, 15, 16, 17&O	200 IM	13, 14, 15, 16, 17&O	44

## SESSION # 8

Sunday, June 10, 2018

Warm up – 7:00-7:50am, Start – 8:00am

	Girls	Event	Boys	
63	13 & Over	200 Fly	13 & Over	64
65	13 & Over	50 Free	13 & Over	66
67	13 & Over	100 Breast	13 & Over	68
69	13 & Over	50 Back	13 & Over	70
71	13 & Over	400 Free	13 & Over	72
207	13 & Over	200 Medley Relay	13 & Over	208



## SESSION # 9

Sunday, June 10, 2018

Warm up – 12:00-12:50pm, Start – 1:00pm

	Girls	Event	Boys	
73	11-12	200 Free	11-12	74
75	10 & Under	200 Free	10 & Under	76
77	11-12	50 Breast	11-12	78
79	10 & Under	50 Breast	10 & Under	80
81	11-12	200 IM	11-12	82
83	10 & Under	200 IM	10 & Under	84
85	11-12	50 Fly	11-12	86
87	10 & Under	50 Fly	10 & Under	88
89	11-12	800 Free	11-12	90

## SESSION # 10

Sunday, June 10, 2018

Warm up – 5:30-6:20pm, Start – 6:30pm

	Girls	Event	Boys	
63	13, 14, 15, 16, 17&O	200 Fly	13, 14, 15, 16, 17&O	64
65	13, 14, 15, 16, 17&O	50 Free	13, 14, 15, 16, 17&O	66
67	13, 14, 15, 16, 17&O	100 Breast	13, 14, 15, 16, 17&O	68
69	13, 14, 15, 16, 17&O	50 Back	13, 14, 15, 16, 17&O	70
71	Fastest Heat	400 Free	Fastest Heat	72

## Appendix B – Qualifying Standards

REGIONAL STANDARDS - SC																
FEMALE									MALE							
10 & U	11	12	13	14	15	16	17 & O	18 & O	10 & U	11	12	13	14	15	16	17 & O
40.78	37.82	36.05	33.97	32.33	31.86	31.65	31.26	50 FR	41.38	38.12	35.22	32.28	30.29	29.74	28.64	28.28
1:30.42	1:22.74	1:18.01	1:13.91	1:09.75	1:08.98	1:08.56	1:07.54	100 FR	1:32.20	1:23.93	1:17.42	1:10.79	1:05.99	1:04.43	1:02.39	1:01.46
3:19.20	3:00.85	2:50.21	2:40.29	2:31.41	2:30.04	2:28.09	2:26.19	200 FR	3:25.20	3:04.39	2:49.03	2:35.76	2:25.12	2:20.40	2:16.36	2:14.70
6:57.25	6:28.80	6:03.60	5:45.00	5:20.53	5:18.73	5:14.49	5:10.85	400 FR	7:07.88	6:36.00	6:04.80	5:39.25	5:10.33	5:01.84	4:54.72	4:50.58
	13:16.67	12:18.76	11:42.31	11:10.08	11:02.48	10:49.98	10:43.48	800 FR		13:53.32	12:28.21	11:34.37	10:51.27	10:32.11	10:15.01	10:08.86
			21:43.44	21:24.27	21:09.76	20:45.76	20:33.31	1500 FR				21:30.24	20:48.59	20:11.85	19:39.07	19:27.28
44.38	42.31	40.06	39.00	36.00	35.50	35.00	35.00	50 BK	46.28	44.33	42.64	38.50	36.50	36.00	34.50	34.50
1:43.43	1:35.15	1:29.24	1:24.39	1:19.05	1:17.91	1:16.74	1:15.49	100 BK	1:46.38	1:36.34	1:30.42	1:21.56	1:15.79	1:13.81	1:10.62	1:09.83
3:43.39	3:23.30	3:11.48	3:02.38	2:49.19	2:47.31	2:45.91	2:43.08	200 BK	3:54.04	3:28.03	3:12.07	2:57.85	2:44.19	2:40.38	2:33.55	2:31.90
51.32	48.16	44.76	43.00	42.61	41.79	40.00	39.50	50 BR	54.67	51.55	47.61	43.80	41.57	39.00	37.50	35.00
1:57.02	1:49.93	1:43.43	1:36.29	1:31.05	1:30.36	1:29.86	1:28.95	100 BR	2:01.75	1:52.30	1:42.84	1:34.59	1:26.19	1:25.23	1:21.44	1:20.63
	3:55.22	3:41.03	3:28.43	3:16.04	3:15.45	3:13.95	3:12.97	200 BR		4:05.86	3:41.03	3:23.00	3:07.93	3:05.26	2:57.46	2:55.66
44.76	42.25	39.28	35.00	34.00	33.00	32.90	32.90	50 FLY	48.00	45.01	41.67	37.95	35.00	32.50	31.00	30.80
1:49.33	1:38.70	1:31.61	1:25.53	1:18.97	1:17.16	1:16.75	1:15.97	100 FLY	1:54.66	1:41.65	1:31.02	1:22.12	1:14.65	1:12.32	1:09.91	1:09.20
	3:46.94	3:28.03	3:20.00	2:58.99	2:57.59	2:51.95	2:49.38	200 FLY		4:14.14	3:31.58	3:12.57	2:52.26	2:47.60	2:37.24	2:35.65
1:47.57								100 IM	1:49.93							
3:46.80	3:27.60	3:15.60	3:04.00	2:52.57	2:50.80	2:48.28	2:46.72	200 IM	3:50.40	3:30.00	3:15.60	2:58.82	2:44.65	2:40.46	2:35.60	2:32.81
	7:17.34	6:51.60	6:32.15	6:11.85	6:01.50	5:59.18	5:54.88	400 IM		7:46.90	7:00.00	6:24.10	5:53.99	5:48.43	5:40.09	5:36.69

REGIONAL STANDARDS - LC																
FEMALE									MALE							
10 & U	11	12	13	14	15	16	17 & O		10 & U	11	12	13	14	15	16	17 & O
41.59	38.58	36.77	34.65	32.97	32.49	32.28	31.88	50 FR	42.19	38.89	35.93	32.92	30.90	30.34	29.21	28.84
1:32.23	1:24.40	1:19.57	1:15.39	1:11.14	1:10.36	1:09.93	1:08.88	100 FR	1:34.04	1:25.60	1:18.97	1:12.21	1:07.65	1:05.72	1:03.64	1:02.69
3:20.14	3:04.46	2:53.62	2:43.50	2:34.43	2:33.99	2:31.05	2:29.11	200 FR	3:26.16	3:08.08	2:52.40	2:38.87	2:28.02	2:23.21	2:19.08	2:17.39
7:05.59	6:36.58	6:10.87	5:51.90	5:26.93	5:25.11	5:20.78	5:17.07	400 FR	7:16.44	6:43.92	6:12.10	5:46.04	5:16.54	5:07.88	5:00.62	4:56.40
	13:32.60	12:33.53	11:56.35	11:23.48	11:16.89	11:02.97	10:56.35	800 FR		14:09.97	12:43.18	11:48.26	11:04.30	10:44.75	10:27.31	10:21.05
			22:09.51	21:49.96	21:35.15	21:10.68	20:57.97	1500 FR				21:56.05	21:13.56	20:36.09	20:02.66	19:50.63
45.58	43.2	41.32	39.11	38.40	37.55	37.00	36.50	50 BK	48.09	47.66	45.64	42.61	40.00	37.39	36.50	36.00
1:45.49	1:37.06	1:31.02	1:26.08	1:20.64	1:19.48	1:18.27	1:16.99	100 BK	1:48.50	1:38.25	1:32.23	1:23.19	1:17.30	1:15.29	1:12.04	1:11.23
3:47.87	3:27.37	3:15.31	3:06.02	2:52.57	2:50.66	2:49.23	2:46.35	200 BK	3:58.72	3:32.20	3:15.91	3:01.40	2:47.47	2:43.59	2:36.62	2:34.95
53.14	49.77	47.42	45.40	43.72	43.00	42.50	42.00	50 BR	56.14	54.21	52.73	46.29	44.55	42.77	41.95	41.00
1:59.36	1:52.13	1:45.49	1:38.21	1:32.87	1:32.16	1:31.66	1:30.74	100 BR	2:04.18	1:54.54	1:44.89	1:36.47	1:27.92	1:26.94	1:26.94	1:22.24
	3:59.93	3:45.46	3:32.59	3:19.96	3:19.36	3:17.82	3:16.83	200 BR		4:10.78	3:45.46	3:27.98	3:11.69	3:08.97	3:01.01	2:59.18
47.68	42.86	41.02	38.80	36.29	34.48	34.00	33.50	50 FLY	53.41	48.47	45.23	40.00	37.04	35.50	34.60	34.60
1:51.52	1:40.67	1:33.43	1:27.23	1:20.55	1:19.32	1:18.28	1:17.49	100 FLY	1:56.95	1:43.68	1:32.83	1:23.77	1:16.14	1:13.77	1:11.31	1:10.59
	3:51.48	3:32.20	3:18.73	3:02.56	3:01.15	2:55.39	2:52.78	200 FLY		4:19.21	3:35.81	3:16.42	2:55.71	2:50.95	2:40.38	2:38.77
3:51.34	3:31.75	3:19.51	3:07.68	2:56.03	2:54.21	2:51.65	2:50.05	200 IM	3:55.01	3:34.20	3:19.51	3:02.40	2:47.93	2:43.67	2:38.71	2:35.87
	7:26.09	6:59.83	6:39.99	6:19.29	6:08.74	6:06.37	6:01.97	400 IM		7:56.23	7:08.40	6:31.78	6:01.08	5:55.40	5:46.89	5:42.42

## Appendix C

# WGSC Facility Policy

- Swimmers may not use the change rooms until after 1:00pm on Thursday. Meet participants are to use the three (3) 65 m change rooms throughout the meet, leaving the three (3) 25 m (smaller) change rooms for the WGSC participants.
  - Outdoor shoes must not be worn on the pool deck and on bulkheads. Indoor footwear, booties or bare feet only.
  - All clubs attending the meet must be affiliated with Swim Ontario and insured through the same organization or provide insurance.
  - Certified coaches, athletes registered in the competition and meet officials only are allowed in the water. General public or relatives of meet participants and officials will not be allowed in the pool.
  - Meet participants and/or spectators may make use of the regular facility services if they pay the regular admission at the cash desk. Regular Fitness class schedule (excluding Aquafit) will also be running.
  - There is to be no swimming under the bulkheads.
  - All patrons must shower before entering the pool.
  - Food and beverages are permitted in the lobby only.
  - Glass objects are not to be taken into shower or change areas or onto the deck.
  - The Wayne Gretzky Centre is not responsible for lost, stolen or damaged articles.
  - Staff are instructed not to check any valuable personal items. It is recommended that patrons lock valuables in lockers.
  - Use of these facilities is at the users own risk.
  - Deck changing is not permitted.
- Bus Drop offs should be at the front loop of the new facility entrance.