

Western Region  
*Long Course Championships*  
June 3-5, 2016

Meet Information Package

Hosted By:



Location:

Windsor International Aquatic & Training Center

Sanctioned By:  
**SWIM ONTARIO**





## **RISK MANAGEMENT / WARM-UP PROCEDURES 2014**

### **SWIMMING CANADA**

#### **COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

#### **GENERAL WARM-UP:**

- Swimmers must enter the water **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes.
- Only one-way swimming from the start end of sprint lanes is permitted.
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

#### **EQUIPMENT:**

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

#### **VIOLATIONS:**

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

#### **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

#### **PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**"SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."**

## SWIM SUIT POLICY

**ALL** swimmers participating in a SNC designated meet or provincially sanctioned meets shall be required to comply with swimwear rule GR 5 as follows:

### **GR 5 – Swimwear**

**GR 5.1** *The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.*

**GR 5.2** *All swimsuits shall be non-transparent.*

**CGR 5.2.1.1** *A swimmer may wear only one swimsuit in competition, and shall observe all FINA regulations related to swimwear as stated in the FINA Bylaws and Rules*

**GR 5.3** *The referee of a competition has the authority to exclude any competitor whose swimsuit or body symbols do not comply with this Rule.*

**GR 5.4** *Before any swimwear of new design, construction or material is used in competition, the manufacturer of such swimwear must submit the swimwear to FINA and obtain approval of FINA.*

**FINA BL 8.3** *From January 1, 2010 swimwear for men shall not exceed above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.*

### **SNC has made the following interpretations for GR 5:**

- All swimwear used in competition in Canada must appear on the FINA approved list with the following exception;
- Where a swimwear manufacturer has not submitted swimwear to FINA for approval due to the swimwear no longer being in production, SNC reserves the right to allow such swimwear where it can be confirmed that the swimwear conforms to the shape, design and material conditions outline in FINA BL 8.3 (above).
- Under GR 5.3 wherein it is stated "*the competitor must wear a swimsuit in one or two pieces...*" SNC interprets this to mean a swimmer is limited to wearing a single suit only and where the suit is "two pieces" that the pieces do not overlap each other and are distinct units (ie/ bikini style).
- All Canadian Record applications will be reviewed to ensure compliance with GR 5. A Declaration of Swimwear must be submitted with the application to ensure compliance.
- All foreign swimmers competing in Canada will be required to comply with GR 5
- Any swimmer not complying with GR 5 shall be disqualified.

July 13, 2011

\*\*The only meet package which shall be considered as valid will be the most current version found at the Swimming Canada Meet List website [www.swimming.ca](http://www.swimming.ca).\*\*

**Date:** June 3-5, 2016

**Hosted by:** Windsor Aquatic Club

**Location:** Windsor International Aquatic & Training Center, 401 Pitt Street, Windsor Ontario, N8A 0B2

**Sanction:** Sanctioned by Swim Ontario

**Facility:** The pool is a 10 lane 72 meter indoor facility. Bulkhead divided will include a 50 meter competition pool and 6 lane 25 meter warm up pool. Omega Quantum Electronic Timing System and 10 lane display scoreboard with Hytek Meet Manager for scoring. Touchpad's will be at both the start and turn end of the 50 meter pool.

**Meet Manager:** Jennifer Potma - [jen.potma@gmail.com](mailto:jen.potma@gmail.com)

**Competition Coordinators & Senior Officials:** Carol McNiece & Ben Balkwill - [lofficials2016@gmail.com](mailto:lofficials2016@gmail.com)

**Minor Officials:** Lisa Mitchell - [will\\_insurance-lisa@hotmail.com](mailto:will_insurance-lisa@hotmail.com)

### **OFFICIALS**

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

### **Eligibility:**

- All swimmers must be registered with a Western Region club and in good standing.
- Swimmers must be registered and carded as competitive swimmers within the Western Region as recognized by FINA and their SNC registration numbers MUST be on the entry file.
- 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.
- There are no prerequisite standards for this meet.

### **Qualifying Information:**

- Western Region LC qualifying standards
- Valid SC entry times (per Western Region Standards Report) will be accepted, and not converted.
- Any swimmer with an Ontario Open and/or Age Group qualifying times in an event is not eligible to swim that event, using the Ontario Spring Provincial Standards
- Stroke 50's have no de-qualifying standards.
- No Senior National, Canadian Swimming Championship or Olympic Trials qualifiers are eligible to participate in this championship.
- 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 Information & Limitations:**

- Entries will only be accepted through [www.swimming.ca](http://www.swimming.ca); all entries must be in Hy-Tek format.
- 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.

### **Entry Fees:**

- Individual events - \$9.00/swim                      Relay events - \$12.00/team
- Swimmer surcharge - \$5.00/swimmer, including relay only swimmers
- Cheques must be completed and handed in before the start of the meet, payable to "Windsor Aquatic Club"

### **Preliminary Entry Deadline – Tuesday, May 24, 2016**

All Participating Clubs must submit an entry file by the Preliminary Date

### **FINAL ENTRY DEADLINE - MONDAY, MAY 30, 2016**

### **Warm-Up Times:**

		Warm - Up	Start Time
Friday June 3rd	Session 1	7:00 - 7:50 am	8:00 am
	Session 2	12:30 - 1:20 pm	1:30 pm
	Session 3	5: 30 - 6:20 pm	6:30 pm
Saturday June 4th	Session 4	7:00 - 7:50 am	8:00 am
	Session 5	12:00 - 12:50 pm	1:00 pm
	Session 6	5:00 - 5:50 pm	6:00 pm
Sunday June 5th	Session 7	7:00 - 7:50 am	8:00 am
	Session 8	12:00 - 12:50 pm	1:00 pm
	Session 9	5:00 - 5:50 pm	6:00 pm

### **Pool Assignment:**

- Meet Management will determine the distribution of swimmers into session ends.
- 13 & Over Prelim and 12 & Under sessions may be double ended long course

### **Age Groupings:**

- **Individual Events:** BOYS/MEN: 10 & Under, 11, 12, 13, 14, 15, 16 & Over  
GIRLS/WOMEN: 10 & Under, 11, 12, 13, 14, 15, 16 & Over
- **Relay Events:** BOYS/MEN: 10 & Under, 11-12, 13-14, 15 & Over  
GIRLS/WOMEN: 10 & Under, 11-12, 13-14, 15 & Over
- The swimmer's age shall be calculated on the first day of the meet, June 3, 2016.

## Awards:

- **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 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.

## 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).

## PARA Entries:

- **Paralympic** 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 100m.
- 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. Coaches must indicate each PARA classification with their entries.
- PARA will be swum under IPC Swimming Rules.
- PARA only events will be in the series 400+.

## Bonus Swims:

- Any swimmer qualifying with only one (1) qualifying standard may have two (2) additional bonus swims.
- Any swimmer qualifying with two (2) qualifying standards may have (2) additional bonus swims.
- Any swimmer qualifying with three (3) qualifying standards may have (1) additional bonus swim.
- Any swimmer qualifying with four (4) or more qualifying standards will not be eligible for a bonus swim.
- The 400 Free, 400 IM, and 800/1500 free 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.

## General Meet Rules:

- SNC Rules will govern the meet.
- 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.
- 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.
- **GLASS CONTAINERS** are strictly prohibited in and around the deck area.

## Specific Meet Rules:

- Sprint Lanes (lanes 0 & 1, 8 & 9) will be available for the last 20 minutes of warm-ups.
- Lane 9 will be designated a PARA only lane, during the PARA events sessions only, until the sprint lanes open
- 13 & Over preliminaries will swim combined age groups and will be separated into designated age groups for finals.
- There will be an "A" final for male and female 13, 14 and 15 years. There will be an "A" and "B" final for 16 & Over male and female, in events with 30 or more starts.
- The 800 Free will swim fast to slow, as timed finals; with the fastest heat in Finals for 13 & Over.
- The 1500 Free will swim slow to fast as a timed final event. The 1500 male and female events will be combined if there are 10 or fewer entries.
- The 400 IM will swim slow to fast as timed finals; with the fastest heat in Finals for 13 & Over.
- The 400 Free will swim slow to fast as timed finals; with the fastest heat in Finals for 13 & Over.
- Meet Management reserves the right to combine age groups if time requires.
- All 12 & Under events will be timed finals.
- 10 & Under ,11 & 12 Timed Finals for 400 Free; and the 11 & 12 Timed Finals for 400 IM and 800 Free; will swim combined age groups and will be separated into designated age groups for awards.
- 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. The meet will run in a chase format.
- All relay events will be timed finals
- **NO deck entries or exhibition swims will be permitted.**
- Coaches must have Relay cards/papers completed and returned to the Clerk of Course or Meet Office **60 minutes** prior to the start of the relay events.

## Scratch Rules:

- Swimmers will not be penalized for scratching from preliminary heats or timed finals.
- 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 or Meet Office no later than 30 minutes prior to the start of the finals session.
- Failure to participate in an Individual Final without Meet Management's knowledge or consent will result in a \$50.00 fine for each offence payable to "Windsor Aquatic Club". Failure to pay prior to the swimmers next event will exclude the swimmer from any further participation in the meet.

### **Swim Ontario Rule Change - Split Times:**

- 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.
- Official Split Request Forms are available in the Meet Office.

### **Results:**

- This meet will run on Hy-Tek Meet Manager.
- Real-time results will be posted on the website: [www.windsoraquatic.com](http://www.windsoraquatic.com) as official results are obtained.
- Final results from the meet will be posted on the Swimming Canada website at the conclusion of the meet.

### **Other General Meet Information:**

- Photography – Please note that anyone taking photographs or video footage within the facility must have gained prior permission from Meet Management, the subject(s) being photographed, or from the parents of the subject(s) if a minor.



# Friday, June 3, 2016

## SESSION 1 - Warm-ups: 7:00 – 7:50 am    Start: 8:00 am

#	WOMEN	EVENT		MEN	#
1	13 & Over	200 IM	Prelims	13 & Over	2
401		150 IM	PARA		401
402		200 IM	PARA		402
3	13 & Over	100 Free	Prelims	13 & Over	4
403		100 Free	PARA		403
5	13 & Over	200 Breast	Prelims	13 & Over	6
7	13 & Over	800 Free	Timed Finals	13 & Over	8

## SESSION 2 - Warm-ups: 12:30 – 1:20 pm    Start: 1:30 pm

#	GIRLS	EVENT		BOYS	#
101	11 & 12	400 IM		11 & 12	102
103	10 & Under	200 Back		10 & Under	104
105	11	200 Back		11	106
107	12	200 Back		12	108
109	10 & Under	100 Fly		10 & Under	110
111	11	100 Fly		11	112
113	12	100 Fly		12	114
115	11	200 Breast		11	116
117	12	200 Breast		12	118
119	11 & 12	800 Free		11 & 12	120

## SESSION 3 - Warm-ups: 5:30 – 6:20 pm    Start: 6:30 pm

#	WOMEN	EVENT		MEN	#
1	13,14,15,16+	200 IM	Finals	13,14,15,16+	2
3	13,14,15,16+	100 Free	Finals	13,14,15,16+	4
5	13,14,15,16+	200 Breast	Finals	13,14,15,16+	6
7	13 & Over	800 Free Fastest Heat	Timed Finals	13 & Over	8

# Saturday, June 4, 2016

## SESSION 4 - Warm-ups: 7:00 – 7:50 am Start: 8:00 am

#	WOMEN	EVENT		MEN	#
9	13 & Over	1500 Free	Timed Final	13 & Over	10
11	13 & Over	50 Back	Prelims	13 & Over	12
13	13 & Over	200 Free	Prelims	13 & Over	14
404	200 Free		PARA		404
15	13 & Over	100 Fly	Prelims	13 & Over	16
405	100 Fly		PARA		405
17	13 & Over	400 IM	Timed Final	13 & Over	18
19	13 & Over	50 Breast	Prelims	13 & Over	20
21	13 & Over	200 Back	Timed Final	13 & Over	22
201	13 - 14	200 Free Relay	Timed Final	13 - 14	202
203	15 & Over	200 Free Relay	Timed Final	15 & Over	204

## SESSION 5 - Warm-ups: 12:00 – 12:50 pm Start: 1:00 pm

#	GIRLS	EVENT	BOYS	#
121	11	200 Fly	11	122
123	12	200 Fly	12	124
125	10 & Under	100 Free	10 & Under	126
127	11	100 Free	11	128
129	12	100 Free	12	130
131	10 & Under	50 Breast	10 & Under	132
133	11	50 Breast	11	134
135	12	50 Breast	12	136
137	10 & Under	100 Back	10 & Under	138
139	11	100 Back	11	140
141	12	100 Back	12	142
143	10 & Under	50 Fly	10 & Under	144
145	11	50 Fly	11	146
147	12	50 Fly	12	148
149	10 & Under 11 & 12	400 Free	10 & Under 11 & 12	150
205	10 & Under	200 Free Relay	10 & Under	206
207	11 - 12	200 Free Relay	11 - 12	208

## SESSION 6 - Warm-ups: 5:00 – 5:50 pm Start: 6:00 pm

#	WOMEN	EVENT		MEN	#
11	13,14,15,16+	50 Back	Finals	13,14,15,16+	12
13	13,14,15,16+	200 Free	Finals	13,14,15,16+	14
15	13,14,15,16+	100 Fly	Finals	13,14,15,16+	16
17	13 & Over	400 IM Fastest Heat	Timed Final	13 & Over	18
19	13,14,15,16+	50 Breast	Finals	13,14,15,16+	20
21	13,14,15,16+	200 Back	Finals	13,14,15,16+	22

# Sunday, June 5, 2016

## SESSION 7 - Warm-ups: 7:00 – 7:50 am

**Start: 8:00 am**

#	WOMEN	EVENT		MEN	#
23	13 & Over	200 Fly	Prelims	13 & Over	24
25	13 & Over	50 Free	Prelims	13 & Over	26
406		50 Free		PARA	406
27	13 & Over	100 Breast	Prelims	13 & Over	28
407		100 Breast		PARA	407
29	13 & Over	50 Fly	Prelims	13 & Over	30
408		50 Fly		PARA	408
31	13 & Over	100 Back	Prelims	13 & Over	32
409		100 Back		PARA	409
33	13 & over	400 Free	Timed Final	13 & Over	34
410		400 Free		PARA	410
209	13 - 14	200 Medley Relay	Timed Final	13 - 14	210
211	15 & Over	200 Medley Relay	Timed Final	15 & Over	212

## SESSION 8 - Warm-ups: 12:00 – 12:50 pm

**Start: 1:00 pm**

#	GIRLS	EVENT		BOYS	#
151	10 & Under	200 Free		10 & Under	152
153	11	200 Free		11	154
155	12	200 Free		12	156
157	10 & Under	50 Back		10 & Under	158
159	11	50 Back		11	160
161	12	50 Back		12	162
163	10 & Under	200 IM		10 & Under	164
165	11	200 IM		11	166
167	12	200 IM		12	168
169	10 & Under	50 Free		10 & Under	170
171	11	50 Free		11	172
173	12	50 Free		12	174
175	10 & Under	100 Breast		10 & Under	176
177	11	100 Breast		11	178
179	12	100 Breast		12	180
213	10 & Under	200 Medley Relay		10 & Under	214
215	11 - 12	200 Medley Relay		11 - 12	216

## SESSION 9 - Warm-ups: 5:00 – 5:50 pm

**Start: 6:00 pm**

#	WOMEN	EVENT		MEN	#
23	13,14,15,16+	200 Fly	Prelims	13,14,15,16+	24
25	13,14,15,16+	50 Free	Prelims	13,14,15,16+	26
27	13,14,15,16+	100 Breast	Prelims	13,14,15,16+	28
29	13,14,15,16+	50 Fly	Prelims	13,14,15,16+	30
31	13,14,15,16+	100 Back	Prelims	13,14,15,16+	32
33	13 & Over	400 Free Fastest Heat	Timed Final	13 & Over	34

## WOSA: "Western Ontario" Swimming — Regional Championship Standards 2016

10 & U	11	12	13	14	15	16 & O	SCM	16 & O	15	14	13	12	11	10 & U
39.94	37.04	35.31	33.63	33.04	32.36	32.00	50 free	29.04	30.24	30.95	31.88	34.50	37.33	40.52
1:28.56	1:21.03	1:16.40	1:12.83	1:11.27	1:10.12	1:09.19	100 free	1:03.13	1:05.52	1:07.20	1:09.52	1:15.82	1:22.19	1:30.29
3:12.17	2:57.12	2:46.70	2:37.73	2:34.73	2:32.56	2:29.21	200 free	2:18.36	2:22.61	2:27.46	2:32.95	2:45.54	3:00.59	3:17.95
6:48.64	6:15.07	5:50.76	5:32.04	5:27.56	5:24.09	5:19.06	400 free	4:58.48	5:06.41	5:13.72	5:22.32	5:51.92	6:22.02	6:59.06
	13:00.24	12:03.52	11:24.59	11:14.53	11:06.87	10:54.29	800 free	10:19.09	10:36.30	10:55.59	11:17.45	12:12.78	13:36.13	
			21:52.09	21:32.79	21:18.18	20:54.02	1500 free	19:46.86	20:19.88	20:56.87	21:38.80			
45.06	42.95	40.67	38.06	38.94	37.93	37.93	50 back	36.58	36.58	39.96	41.67	43.29	45.00	46.98
1:41.29	1:33.19	1:27.40	1:22.18	1:20.79	1:18.60	1:17.54	100 back	1:11.73	1:15.05	1:17.45	1:19.62	1:28.56	1:34.35	1:44.19
3:38.79	3:19.11	3:07.54	2:56.26	2:52.80	2:50.12	2:46.28	200 back	2:36.04	2:43.07	2:47.79	2:50.65	3:08.11	3:23.74	3:49.21
52.10	48.89	45.44	44.47	44.27	42.21	42.21	50 breast	41.28	41.28	43.97	46.23	48.33	52.34	55.50
1:54.60	1:47.66	1:41.29	1:34.17	1:33.05	1:31.87	1:31.37	100 breast	1:22.82	1:26.66	1:28.08	1:31.43	1:40.71	1:49.97	1:59.24
	3:50.37	3:36.48	3:20.85	3:20.35	3:19.75	3:18.21	200 breast	3:00.44	3:08.38	3:12.06	3:15.93	3:36.48	4:00.79	
45.44	42.89	39.88	36.62	35.86	33.91	33.91	50 fly	33.09	33.09	36.82	39.84	42.30	45.70	48.73
1:47.08	1:36.66	1:29.72	1:21.97	1:20.71	1:19.07	1:18.04	100 fly	1:11.08	1:13.54	1:16.29	1:19.60	1:29.14	1:39.56	1:52.29
	3:42.26	3:23.74	3:03.30	3:02.92	3:00.58	2:53.99	200 fly	2:39.88	2:50.41	2:56.04	2:59.20	3:27.21	4:08.89	
3:38.79	3:20.27	3:08.69	2:58.67	2:56.36	2:53.67	2:50.28	200 IM	2:36.96	2:43.16	2:46.94	2:51.94	3:08.69	3:22.58	3:42.26
	6:58.32	6:37.07	6:14.54	6:14.32	6:03.90	6:00.84	400 IM	5:42.34	5:50.74	5:56.34	6:06.02	6:45.17	7:37.26	

10 & U	11	12	13	14	15	16 & O	LCM	16 & O	15	14	13	12	11	10 & U
40.74	37.78	36.02	34.30	33.70	33.01	32.64	50 free	29.62	30.84	31.57	32.52	35.19	38.08	41.33
1:30.33	1:22.65	1:17.93	1:14.29	1:12.70	1:11.52	1:10.57	100 free	1:04.39	1:06.83	1:08.54	1:10.91	1:17.34	1:23.83	1:32.10
3:16.01	3:00.66	2:50.03	2:40.88	2:37.82	2:35.61	2:32.19	200 free	2:21.13	2:25.46	2:30.41	2:36.01	2:48.85	3:04.20	3:21.91
6:56.81	6:22.57	5:57.78	5:38.68	5:34.11	5:30.57	5:25.44	400 free	5:04.45	5:12.54	5:19.99	5:28.77	5:58.96	6:29.66	7:07.44
	13:15.84	12:17.99	11:38.28	11:28.02	11:20.21	11:07.38	800 free	10:31.47	10:49.03	11:08.70	11:31.00	12:27.43	13:52.45	
			22:18.33	21:58.65	21:43.74	21:19.10	1500 free	20:10.60	20:44.28	21:22.01	22:04.78			
46.27	43.86	41.95	39.71	38.98	37.82	37.82	50 back	37.77	37.77	41.95	43.26	46.33	48.39	48.82
1:43.32	1:35.05	1:29.15	1:23.82	1:22.41	1:20.17	1:19.09	100 back	1:13.16	1:16.55	1:19.00	1:21.21	1:30.33	1:36.23	1:46.27
3:43.17	3:23.09	3:11.29	2:59.79	2:56.26	2:53.52	2:49.61	200 back	2:39.16	2:46.33	2:51.15	2:54.06	3:11.88	3:27.82	3:53.79
53.95	50.53	48.14	48.12	45.40	43.65	43.65	50 breast	43.20	43.20	46.73	46.99	53.53	55.04	56.99
1:56.89	1:49.81	1:43.32	1:36.05	1:34.91	1:33.71	1:33.20	100 breast	1:24.48	1:28.39	1:29.84	1:33.26	1:42.73	1:52.17	2:01.62
	3:54.98	3:40.81	3:24.87	3:24.36	3:23.75	3:22.17	200 breast	3:04.05	3:12.15	3:15.90	3:19.85	3:40.81	4:05.60	
48.41	43.51	41.64	39.39	36.84	35.01	35.01	50 fly	34.95	34.95	37.60	41.89	45.92	49.21	54.22
1:49.22	1:38.59	1:31.51	1:23.61	1:22.32	1:20.65	1:19.60	100 fly	1:12.50	1:15.01	1:17.82	1:21.19	1:30.92	1:41.55	1:54.54
	3:46.71	3:27.81	3:06.97	3:06.58	3:04.19	2:57.47	200 fly	2:43.08	2:53.82	2:59.56	3:02.78	3:31.36	4:13.87	
3:43.17	3:24.28	3:12.47	3:02.24	2:59.89	2:57.14	2:53.69	200 IM	2:40.10	2:46.42	2:50.28	2:55.38	3:12.47	3:26.63	3:46.71
	7:06.69	6:45.01	6:25.09	6:21.81	6:11.18	6:08.06	400 IM	5:49.19	5:57.75	6:03.47	6:13.34	6:53.27	7:46.41	

WINDSOR AQUATIC CLUB presents  
**WESTERN REGIONAL LC CHAMPIONSHIPS 2016**

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**02 JUNE 2016 / 04 JUNE 2016**

**ACCOMMODATIONS**

IN ORDER TO FACILITATE YOUR STAY FOR YOUR SWIM TEAM EVENT, BLOCKS OF ROOMS HAVE BEEN SECURED AT THE FOLLOWING LOCAL AREA HOTELS AT A SPECIAL GROUP RATE. PLEASE INDICATE THAT YOU ARE ATTENDING LC REGIONALS UPON BOOKING.

PLEASE NOTE THAT OFSAA TRACK & FIELD AND OTHER EVENTS HAVE LIMITED HOTEL AVAILABILITY FOR THIS WEEKEND. IN SOME CASES, HOTELS HAVE SPACE AVAILABLE FOR SATURDAY NIGHT ONLY. IT IS STRONGLY ENCOURAGED THAT YOU BOOK YOUR HOTEL AS SOON AS POSSIBLE, IF YOU HAVE NOT DONE SO ALREADY.



**Hampton Inn & Suites 1840 Huron Church Rd**

[www.windsorsuites.hamptoninn.com](http://www.windsorsuites.hamptoninn.com)

\*complimentary breakfast included Rate: \$129 double -  
Saturday Night only

To make reservations please contact: Raquel Rankin 519-972-0770

Deadline for block reservations: May 8, 2016



**Holiday Inn & Suites - Ambassador Bridge 1855 Huron Church Rd**

[www.his-windsor.com](http://www.his-windsor.com)

\*restaurant on site  
Rate: \$ 119 - Saturday Night only

To make reservations please contact Kim McDonald 519-966-3274 [kim.mcdonald@whg.com](mailto:kim.mcdonald@whg.com)

Deadline for block reservations: May 12, 2016



**Holiday Inn - Downtown 460 Ouellette Ave**

<http://www.his-windsor.com>

\*restaurant on site  
Rate: \$124 (Friday & Saturday available)

To make reservations please contact: Stacey Hickson-McLean 519-256-4656

Deadline for block reservations: May 2, 2016



**St Clair College Residence & Conference Centre -  
Windsor 3995 Geraedts Dr**

[www.stayrcc.com/windsor](http://www.stayrcc.com/windsor)

\*continental breakfast included

Rate: \$85 (Friday & Saturday Available)

To make reservations, please contact: Ryan Peebles 519-966-1601

Deadline for block reservations: May 17, 2016

