* LAC – November Time Trial - Part 1* In-House Competition

DATE: Saturday Nov 4, 2017 Region: Western

HOSTED BY: London Aquatic Club

LOCATION: London, ON

FACILITY: Canada Games Aquatic Centre

PURPOSE: To allow swimmers an opportunity to improve their 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](http://www.swimming.ca)

COMPETITION: **Sanctioned as an In House competition** by Swim Ontario.  
All current Swimming/Natation Canada (SNC) rules will be followed.

Seeding for all swims will be optimized by distance and stroke, but otherwise random.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](https://www.swimming.ca/en/resources/officiating/event-resources/competition-warm-up-safety-procedures/) will be in effect. 2017 SNC Swimwear interpretation in effect. Details [HERE](http://www.swimontario.com/uploads/Officials/Resources/SNC_Swimwear_Interpretation_2017.pdf).

Events are Timed Finals.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC.

AGE UP DATE: Ages submitted are to be as Nov 4, 2017

ENTRY: There are no entry restrictions. A 3 hour time limit on session length will be adhered to. All entries must be submitted via [www.swimming.ca](http://www.swimming.ca). There are no entry fees or awards allowed.

COMPETITION

COORDINATOR: Mark Lukings, Level 5

MEET MANAGER: Priya Garg, priyagarg11@gmail.com

SESSION: Warm Up: 5:00pm Start: 6:00pm Finish: 8:00pm

SCHEDULE OF EVENTS[[1]](#footnote-1):

|  |  |  |  |
| --- | --- | --- | --- |
| *Event #* | *Open Event (maximum distance to swim)* | *Stroke* | *Gender[[2]](#footnote-2)* |
| **TBD** | **50m**  **100m**  **200m**  **400m**  **800m** **1500m** | Free | M/b  W/g  Mixed Gender |
| **TBD** | **50m  100m  200m** | Free | M/b  W/g  Mixed Gender |
| **TBD** | **50m  100m  200m** | Fly | M/b  W/g  Mixed Gender |
| **TBD** | **50m  100m  200m** | Back | M/b  W/g  Mixed Gender |
| **TBD** | **50m  100m  200m** | Breast | M/b  W/g  Mixed Gender |
| **TBD** | **100m  200m  400m** | IM | M/b  W/g  Mixed Gender |
| **TBD** | **100m  200m  400m  800m** | IM | M/b  W/g  Mixed Gender |
| **TBD** | **200m  400m  800m** | Free | M/b  W/g  Mixed Gender |

1. 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. [↑](#footnote-ref-1)
2. Mixed gender swimming is permitted for time trials, pursuant to the SO statement on compliance with the SNC rule on mixed gender swimming. [↑](#footnote-ref-2)