



**11<sup>th</sup> ANNUAL LAC - LONG COURSE**

# **PENTATHLON**

**MEET PACKAGE**

**APPROVED**

*By Swim Ontario at 1:56 pm, Feb 25, 2023*

**April 16, 2023**  
**CANADA GAMES AQUATIC CENTRE – LONDON, ONTARIO**

# 11<sup>th</sup> Annual LAC - Long Course Pentathlon

<b>DATE:</b>	Sunday, April 16, 2023	
<b>HOSTED BY:</b>	London Aquatic Club	
<b>PURPOSE:</b>	Long Course Invitational	
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a>	
<b>SAFETY AT COMPETITION:</b>	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 <a href="#">Swim Ontario Concussion Management</a> & <a href="#">Swimming Canada Event Photography</a> procedures will be in effect. For complete details click <a href="#">HERE</a> .	
<b>LOCATION:</b>	Canada Games Aquatic Centre 1045 Wonderland Road North London, Ontario N6G 2Y9 (between Gainsborough and Lawson Road)	
<b>FACILITY:</b>	Eight-lane, 50-meter indoor tank, with bulkheads to create two 25-meter pools; with “Keifer” type lane markers; Daktronics 64101-H8 8 lane swimming scoreboard at both ends of pool with Swiss Timing Quantum Aquatic Timing System.	
<b>MEET MANAGER:</b>	Alex Isings – Level II	<a href="mailto:aisings@gmail.com">aisings@gmail.com</a>
<b>COMPETITION COORDINATOR:</b>	Mark Lukings – Level V	<a href="mailto:lac.coc@gmail.com">lac.coc@gmail.com</a>
<b>MINOR OFFICIALS:</b>	Rebecca Shearer Sonya Beckett Dana Kinchen	<a href="mailto:lacminorofficials@hotmail.com">lacminorofficials@hotmail.com</a>
<b>SAFETY COORDINATORS(S):</b>	Jan Burton Tamara Thompson Nicole Chambers	<a href="mailto:janburton@xtra.co.nz">janburton@xtra.co.nz</a> <a href="mailto:tamaraltee@gmail.com">tamaraltee@gmail.com</a> <a href="mailto:nschambers@quadro.net">nschambers@quadro.net</a>
<b>DESCRIPTION:</b>	This Long Course Invitational Meet will be 2 sessions limited to approx. 180 swimmers per session. <ul style="list-style-type: none"><li>• Morning: 13 &amp; Over</li><li>• Afternoon: 12 &amp; Under</li></ul> Should over-subscription occur, those clubs affected will be notified ASAP.	
<b>COMPETITION RULES:</b>	Sanctioned by Swim Ontario.  All current Swimming Canada rules will be followed.  All swimmers participating in provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click <a href="#">HERE</a> to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.  Please note that <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> will be in effect. Depending on swimmer count in the sessions, any warm-up may be split into two parts	

and teams may be assigned lanes. If lanes are assigned then coaches are expected to supervise their lanes.

**AGE-UP DATE:** Age determined as of the first day of the meet, **Sunday, April 16, 2023.**

**DIVE STARTS:** As per the Facility Rules for Dive Starts, this competition will be conducted as follows:

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and CSW 4.1.1 & 4.1.2

- from deep end only

**ELIGIBILITY:** All athletes must be registered as Competitive Swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registration status will be declined entry. This event is sanctioned as an Invitational and as such participation at this meet is at the full discretion of the host club. Foreign swimmer/teams entries will not be accepted.

**RECORDS:** Swim Ontario has a completed certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool and swim times achieved at this competition will be eligible for provincial or national records.

**QUALIFYING/  
DE-QUALIFYING TIMES:** There are no qualifying or de-qualifying times.

**ENTRY FEES:** \$12.00 per swimmer per individual event.  
(includes HST – London Aquatic Club GST # R103378279)

**PAYMENT:** Please submit one cheque for all club swimmers with your entries.  
Payable to: **London Aquatic Club**

**ENTRIES:** Entries will be at the discretion of Meet Management.

All entries must be in a Hy-tek accepted format and must be submitted through the Swimming Canada online entries system at: [www.swimming.ca](http://www.swimming.ca). Meet Management will not accept entries directly via any other means. Meet Management will not accept entries directly via email. Entries must include all attending coaches. Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.

Please include appropriate Long Course (in meters) entry times (**estimate if necessary – “NT” entries WILL NOT be accepted**).

**ENTRY DEADLINE:** **April 7, 2023**

**DECK ENTRIES:** Deck Entries are Exhibition Only. They are not eligible for scoring or awards. Deck entries will be accepted for empty lanes only (no new heats will be created). Swimmers entered on deck must have valid proof of Swimming Canada registration as an active, registered, competitive swimmer.

**DECK ENTRY FEES:** \$14.00 per swimmer per individual event.  
Payable at the time of the request.  
(includes HST – London Aquatic Club GST # R103378279)

**SCRATCH RULES:** Coaches please bring in your scratches 30 minutes prior to the start of each session. There will be no penalties (or refunds) for scratches or no shows.

**CONVERSION:** Any Short Course times submitted will be converted into Long Course times using MM8 default conversion factor.

**AGE CLASSIFICATIONS:** Male and female:

Individual: 8 & Under; 9; 10; 11; 12; 13; 14; 15; 16; 17 & Over.

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

**MANAGEMENT ITEMS:** Warm-up and start times may be changed due to time restraints. Notification will be made 4 days prior to the meet.

Meet Management reserves the right to limit the number of entries and the number of swimmers in any event.

Timed Final Events:

- Seeding for all swims will be slowest to fastest by submitted entry times.
- This meet will be senior seeded by gender.
- All events are Timed Finals.

Depending on the swimmer count in the sessions, any warm-up may be split into two parts and teams may be assigned lanes. If lanes are assigned then coaches are expected to supervise their lanes.

Teams will be assigned to warm-up lanes and all lanes will become sprint lanes 20 minutes before the end of the warm-up. While sprint lanes are open, after each dive, the swimmer must swim to the opposite end and exit the pool. Coaches will be expected to supervise their assigned lanes.

Meet officials will provide a safe environment and an organized competition. We are not responsible for the supervision of the athletes during the competition or during session breaks.

Backstroke ledges will be available and their use is optional. Swimmers and coaches are expected to know, understand and follow rule SW6.1 regarding the backstroke start. Warnings will NOT be given.

**CANCELLATIONS:** In the event of unforeseen circumstances beyond the control of the City of London or London 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 Meet Management.

**COACH'S REGISTRATION:** Meet Management will cross-reference the list of coaches in attendance 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 to Swim Ontario a list of coaches who they have found to be in non-compliance.

**OFFICIAL TIME SPLITS:** The procedure for obtaining an 'Official Split' now requires that coaches make the request to the Session Referee or Meet Management on a time card (provided by the Meet Office) 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.

Official Splits:

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 at least 30 minutes prior to the commencement of the session in which the event will take place. **Please note that the coach must provide 3 timers to complete this official split.**

**SCORING:** The meet will be scored as follows:  
Individual events will be scored from 1<sup>st</sup> to 8<sup>th</sup> place on a scale of 8-7-6-5-4-3-2-1.

**AWARDS:** By age classification.

Individual:

- 13 & Over - ribbons for 1<sup>st</sup> through 8<sup>th</sup>
- 12 & Under - ribbons for 1<sup>st</sup> through 8<sup>th</sup>

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High Point Awards:

- Scores will be accumulated, and prizes will be awarded for male and female swimmers with the highest scores in each of the age classifications.
- To be eligible a swimmer must swim all five events in the Pentathlon without any disqualifications.
- In the event of a tie, the winner of the 200 IM will be declared the overall winner.

**MEET RESULTS:** The meet will run on Hy-Tek Meet Manager. Official results will be posted on the LAC website [www.londonaquaticclub.ca](http://www.londonaquaticclub.ca) as quickly as possible and 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.

**MIXED GENDER:** An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a Referee agrees to have the swimmer swim with a heat of an opposite gender event.

In spite of these exceptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national, etc. whether age group or open) will not be recognized for that record unless the coach has advised the Referee prior to the start of the session that there is a possibility of the record being broken, and the Referee ensures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted, the results must still be posted separately by the gender of swimmers.

**DURING THE MEET:** **Parking & Accommodations:**  
Parking options will be posted on the LAC website – LAC Hosted Meets – LAC Pentathlon.  
( <http://www.londonaquaticclub.ca> )

**SCHEDULE OF EVENTS:****Session 1****Sunday Morning, April 16, 2023 - Timed Finals****Warm-up ⇒ 8:00 a.m. Start ⇒ 9:00 a.m. Finish ⇒ 12:00 p.m.**

<u>Gender</u>	<u>Event</u>		<u>Timed Final</u>	<u>Gender</u>
<u>Women</u>				<u>Men</u>
101	100 Fly	13 & Over	Timed Final	102
103	100 Back	13 & Over	Timed Final	104
105	100 Breast	13 & Over	Timed Final	106
107	100 Free	13 & Over	Timed Final	108
109	200 IM	13 & Over	Timed Final	110

**Session 2****Sunday Afternoon, April 16, 2023 - Timed Finals****Warm-up ⇒ 12:30 p.m. Start ⇒ 1:30 p.m. Finish ⇒ 4:30 p.m.**

<u>Gender</u>	<u>Event</u>		<u>Timed Final</u>	<u>Gender</u>
<u>Girls</u>				<u>Boys</u>
201	100 Fly	12 & Under	Timed Final	202
203	100 Back	12 & Under	Timed Final	204
205	100 Breast	12 & Under	Timed Final	206
207	100 Free	12 & Under	Timed Final	208
209	200 IM	12 & Under	Timed Final	210

**\*\*\* The above schedule is tentative. No session will be longer than 4.5 hours in length.**

## **Appendix A**

### **Canada Games Aquatic Centre**

#### **Event Procedure Policy For: Meet Managers, Officials, Coaches, Athletes & Spectators**

1. The City of London Aquatic Staff (and specifically the CGAC Deck Supervisor) will remain in control of the facility at all times during the event. Their decisions and instructions are to be complied with without argument by all participants, coaches and officials. In the event of an emergency, City staff will only transfer care of an individual to EMS personnel.
2. No coach or official may permit a swimmer to enter the pool prior to the lifeguards being in place. No swimmer is to enter the pool without lifeguards in place.
3. All participants must obey all pool rules as posted.
4. No outside footwear may be worn on the pool deck by any participant, coach, official or any other person.
5. No food of any kind is permitted on the pool deck, except for refreshments provided directly to officials.
6. Coaches are responsible for the conduct of their team at all times in all areas of the facility.
7. Participants / coaches are responsible for picking up their garbage and depositing it in waste containers; excessive garbage left on the pool deck will be billed as an additional staffing charge.
8. Participants must be dry and wearing footwear on the upper level.
9. Participants / coaches / officials must not leave belongings in front of access points, including but not limited to emergency exits, staff offices, first aid rooms, change rooms, etc.
10. Parking is permitted in designated areas only; parking is not permitted on curbs or on grass areas surrounding the building. Signs will be posted indicating parking locations.

#### **RZONE**

Rzone is a program requiring all persons wishing to visit or use any City of London recreation facility, park, or program, to respect others and take responsibility in helping the City maintain a positive environment. The "R" in Rzone stands for Respect and Responsibility. Respect for yourself, Respect for others, and Responsibility for your actions. The Rzone program applies to all community organizations and individuals using City of London recreational facilities, parks, and programs.

Please review the information online at <http://london.ca/rzone> before attending this event.



## Appendix B

### City Of London By-Law

#### Single Use Disposable Water Bottles

According to the City of London by-laws, single use disposable standard water bottles can no longer be sold at events hosted at city-owned facilities.

We will continue with our Maximize Waste Diversion. Water coolers / city water taps will be available for water needs for our Athletes, Coaches, Officials, and Volunteers.

Please make sure that you bring a refillable water bottle with you to our meet.

The City of London, Swim Ontario and the London Aquatic Club would like to ask you to play your part to [Maximize Waste Diversion in London.](#)

This is how we can make a difference

- Eliminate non-refillable water bottles at the pool
- Bring along your favorite water bottle

The London Aquatic Club will provide refilling stations on the pool deck for all **Athletes, Coaches, Officials and Volunteers.**

At the conclusion of a large meet we recycle 90% (hundreds and hundreds) of all the non-refillable water bottles. Let's eliminate the hundreds of non-refillable bottles being sent to recycling.



**We Can Make a Difference**