

DATE: Wednesday, December 6, 2017

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Region: Huronia

HOSTED BY: Lindsay Lightning Bolts Swim Club

LOCATION: Lindsay Rec Complex

FACILITY: 25 meter pool, manual timing

PURPOSE: Obtain qualifying times for upcoming competitions.

MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on 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](#) will be in effect.
2017 SNC Swimwear interpretation in effect. Details [HERE](#).
Events are Timed Finals.

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

AGE UP DATE: Ages submitted are to be as December 6, 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. There are no entry fees or awards allowed.

COMPETITION

COORDINATOR: Mark Cossarin, Level 3
If Level 3 is serving as referee, please indicate that ROR approval has been granted

MEET MANAGER: Robert Wintels , robertwintels@gmail.com

SESSION: Warm Up: 4:00 pm Start: 4:30 pm Finish: 6:00 pm

SCHEDULE OF EVENTS¹:

Event #	Open Event (maximum distance to swim)	Stroke	Gender ²
TBD	<input checked="" type="checkbox"/> 50m <input type="checkbox"/> 100m <input type="checkbox"/> 200m <input type="checkbox"/> 400m <input checked="" type="checkbox"/> 800m <input type="checkbox"/> 1500m	Free	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
TBD	<input type="checkbox"/> 50m <input type="checkbox"/> 100m <input type="checkbox"/> 200m	Back	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input type="checkbox"/> Mixed Gender
TBD	<input type="checkbox"/> 50m <input type="checkbox"/> 100m <input type="checkbox"/> 200m	Breast	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input type="checkbox"/> Mixed Gender
TBD	<input type="checkbox"/> 50m <input type="checkbox"/> 100m <input type="checkbox"/> 200m	Fly	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input type="checkbox"/> Mixed Gender
TBD	<input checked="" type="checkbox"/> 100m <input checked="" type="checkbox"/> 200m <input type="checkbox"/> 400m	IM	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input checked="" type="checkbox"/> Mixed Gender
TBD	<input type="checkbox"/> 200m <input type="checkbox"/> 400m <input type="checkbox"/> 800m	Free Relay	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input type="checkbox"/> Mixed Gender
TBD	<input type="checkbox"/> 200m <input type="checkbox"/> 400m <input type="checkbox"/> 800m	Medley Relay	<input type="checkbox"/> M/b <input type="checkbox"/> W/g <input type="checkbox"/> 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.

² Mixed gender swimming is permitted for time trials, pursuant to the SO statement on compliance with the SNC rule on mixed gender swimming.