



Dr. Paul Hauch Invitational

The only Meet Package which will be considered as valid is the most current version found on www.swimmeet.ca.

Our 34th Annual Dr. Paul Hauch Invitational

There are no qualifying time standards to swim in this competition. All events are Timed Finals.

General Information

- Date:** Friday, July 8th through Sunday, July 10th, 2011
- Hosted by:** London Aquatic Club
In co-operation with London Parks and Recreation Department
- Location:** Thames Pool – corner of Ridout and Horton Streets
- Facility:** Eight lane, 50 meter outdoor tank, with “Keifer” type lane markers;
Dolphin Timing System
- Meet Manager:** Sheri Cappa swim4life@isp.ca 519-471-4846
- Meet Referee:** Alex Vanderkam vanderkam6404@rogers.com 519-473-6404
- Meet Size:** **Maximum 350 swimmers** - All clubs that attended the Hauch Invitational in 2010 have a space reserved for their team in the 2011 meet until June 6; after this date, entries will be accepted on a “first-come” basis.
- Entry Deadline:** Monday, June 20, 2011
- Entry Fees:** There is a **Flat Fee** of \$75.00 for a maximum of 8 individual swims and relays (includes GST – London Aquatic Club GST # R103378279).
- Payment:** Please submit one cheque for all swimmers with your entries.
Payable to: London Aquatic Club
- Sanctioned by:** Swim Ontario
- Meet Results:** The meet will run on Hy-Tek Meet Manager for Windows. Results will be uploaded to LAC website www.londonaquaticclub.ca and www.swimmeet.ca following the swim meet.
- Minor Officials:** Tracy Hoffman lacofficials@yahoo.ca 519-262-2968
- Pre-requisites:** Male and female: 200 IM – 8:00:00; 400 Free – 16:00:00

Meet Rules

- Rules:** Current 2011 – 2012 SNC Rules and
1. Eligible swimmers are those registered with Swim Ontario, Swimming Canada, and/or FINA-recognized organizations. All entries must include valid SNC or international registration numbers.
 2. SNC warm-up procedures will be in effect at this meet. The “FINA” One Start will be in effect.
 3. Age Classification for individual awards - male and female:
 - 10 and under
 - 11
 - 12
 - 13
 - 14
 - 15 and over.
 4. Age determined as of first day of meet, Friday July 8th, 2011.
 5. A maximum of 2 swimmers may swim “up” an age category in relay events.
 6. All events are timed finals.
 7. Swimmers are limited to a **maximum of 8** individual events as follows: Friday PM – maximum of 2 individual events; Saturday and Sunday AM/PM – maximum 3 individual events per day.
 8. All events will be swum slowest to fastest by submitted entry times. Meet will be senior seeded by gender and awards given by age classification.
 9. The meet will be limited to **350** swimmers. Meet management reserves the right to limit entries in any event and/or double end as necessary. Teams that attended the 2010 Hauch Meet will have their spot reserved until June 1, 2011, after which entries will be accepted on a “first-come” basis.
 10. Deck entries may be accepted to fill empty lanes or scratched lanes, but will not be eligible for awards, or prizes in those events, except at the discretion of the meet manager and meet referee. Deck entries must be within the maximum swims for the meet otherwise a payment of \$10.00 GST included is due upon request.
 11. No diving allowed during warm-ups except during designated times for sprint lanes. Any swimmer diving during WARM-UP will be removed from warm-ups. **PLEASE** enter the pool feet first.
 12. Sprint lanes for the last 15 minutes of warm-ups. Lanes 1 and 8 will be for sprinting. Diving in sprint lanes from deep to shallow only.
 13. 4X50 Free relay:
 - All teams must have 2 males + 2 females;
 - Age classifications – 10 and under; 11/12; 13/14; 15 and over.
 14. 4X50 Medley relay:
 - All teams must have 2 males + 2 females;
 - All teams must have one swimmer from each of the following age categories – 10 and under; 11/12; 13/14; 15 and over.

Entries

Entries: Submit entries electronically on Hy-Tek's Team Manager to www.swimmeet.ca, with appropriate Long Course (in meters) entry times (estimate if necessary - please do NOT submit "NT" entries).

Meet Manager: Sheri Cappa (entries) swim4life@isp.ca 519-471-4846

Entry Deadline: Monday, June 20, 2011

Maximum: 350 Swimmers

Awards

Individual: 12 and under: "dog tags" for 1st, 2nd, and 3rd; ribbons for 4th through 8th;
13 and over: "dog tags" 1st, 2nd and 3rd; ribbons for 4th through 8th.

Relays: "dog tags" for 1st; ribbons for 2nd through 3rd.

Starting Times/Events

Start Times:

Session	Warm-up	Start	Estimated Finish	Events
I-Fri., July 8	1:00 p.m.	2:00 p.m.	5:30 p.m.	All ages- Maximum 2 individual events
II-Sat., July 9	8:00 a.m.	8:30 a.m.	11:30 a.m.	12&U – Maximum 3 individual events
III-Sat., July 9	11:30 p.m.	12:15 p.m.	4:00 p.m.	13&O – Maximum 3 individual events
IV-Sun., July 10	8:00 a.m.	8:45 a.m.	12:45 p.m.	All ages–Maximum 3 individual events

RAMADA
WORLDWIDE



**Ramada London is please to offer
a preferred rate for the
Paul Hauch Invitational
July 8-10, 2011**

Ramada London is please to offer a rate of \$85.00 per night
Includes Free Parking and Free High-Speed Internet
Please quote code "**HAUCH**" to receive rate

◆ *Features Include-*

- ◆ Indoor Swimming Pool
- ◆ In-room coffee makers, iron & ironing boards,
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- ◆ Large Work Desk, with Ergonomic Chairs
- ◆ Located at Wellington exit & Hwy #401
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RAMADA LONDON

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Phone: 519-681-4900 Toll-Free 1-800-303-3733
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Accommodations (continued)



1150 Wellington Road South London, ON N6E 1M3 519-681-0600

Welcomes

Paul Hauch Invitational Participants & Families



July 8th - July 10th 2011

\$99.00/room/night

(traditional room, main building – 2 double beds)

\$109.00/room/night

(King Executive Suite – main building – 1 king bed – pullout queen sofa
in separate living room area, 2 TVs, 2 phones)

(RATE IS BASED ON 1 – 4 PEOPLE PER ROOM)

ALL ROOMS ARE NON SMOKING



For your added enjoyment...

- **"Four Points for Comfort"** pillow-top bed
- **Free high-speed internet** in all guestrooms
- Heated indoor pool, saunas, exercise area * in-room coffee maker, hairdryer
- on-site coin Laundromat, iron/ironing board * in-room movies
- Tuscany's Ristorante opens at 6:30am * relax in Bentley's Lounge * Starbuck's outlet on site * **Free bottled water** in guestrooms
- **Free parking** * located across from White Oaks Mall

Please book by June 20th 2011 to receive this special rate for ***"Paul Hauch Invitational"***

***For Reservations please call 519-681-0600 ext 8297 ~ or fax (519)681-8837 ~ or email:
janicegriffith@fourpointslondon.com***



RISK MANAGEMENT / WARM-UP PROCEDURES 2011

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- **Swimmers shall enter the water FEET FIRST in a cautious manner.**
- **No Running on the pool deck or Diving from the side of the pool.**
- **Meet Management shall provide signage to indicate designated lane use during warm-up.**
- **Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.**
- **Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.**
- **Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.**
- **Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.**
- **Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.**

SPECIFIC/SPRINT WARM-UP PERIOD:

- **Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.**
- **Outside Lanes should be designated as Sprint Lanes.**
- **Only 'one-way' swimming shall be permitted in Sprint Lanes.**
- **Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.**

The following statement shall appear in the meet information and in posted notices:
"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

- **FLUTTER BOARDS and PULLBUOYS are allowed.**
- **HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.**

SNC Board Approved

34th Annual
Dr. Paul Hauch Invitational
Friday, July 8th – Sunday July 10th, 2011

No Qualifying Times
Pre-requisites: Male and female – 200 IM – 8:00:00; 400 Free – 16:00:00
All Events are Senior Seeded.

Session I – all ages				
Maximum 2 individual events				
Fri July 8, 2011				
Warm-up ⇒ 1:00pm Start ⇒ 2:00pm Estimated Finish ⇒ 5:30 pm				
<u>Women</u>		<u>Event</u>		<u>Men</u>
All events are Timed Finals				
1		50 Butterfly		2
3		100 Back		4
5		200 Breast		6
7		50 Free		8

Session II – 12&U				
Maximum 3 individual events				
Sat July 9, 2011				
Warm-up ⇒ 8:00am Start ⇒ 8:30am Estimated Finish ⇒ 11:30am				
<u>Women</u>		<u>Event</u>		<u>Men</u>
All events are Timed Finals				
9		200 Free		10
11		50 Back		12
13		200 Butterfly		14
15		100 Breast		16
17		200 IM		18
201		4 X 50 Free Relay *		202
* 4 X 50 Free Relay – Mixed 2 males + 2 females – 10/U; 11/12				

Session III – 13&O				
Maximum 3 individual events				
Sat July 9, 2011				
Warm-up ⇒ 11:30am Start ⇒ 12:15pm Estimated Finish ⇒ 4:00pm				
<u>Women</u>		<u>Event</u>		<u>Men</u>
All events are Timed Finals				
19		200 Free		20
21		50 Back		22
23		200 Butterfly		24
25		100 Breast		26
27		200 IM		28
301		4 X 50 Free Relay *		302
* 4 X 50 Free Relay – Mixed 2 males + 2 females – 13/14; 15/O				

Session IV – all ages				
Maximum 3 individual events				
Sun July 10, 2011				
Warm-up ⇒ 8:00am Start ⇒ 8:45am Estimated Finish ⇒ 12:45pm				
<u>Women</u>		<u>Event</u>		<u>Men</u>
All events are Timed Finals				
29		100 Butterfly		30
31		50 Breast		32
33		200 Back		34
35		100 Free		36
401		4 X 50 Medley Relay *		
*4 X 50 Medley Relay – Mixed 2 males + 2 females – one swimmer per age group: 10/U; 11/12; 13/14; 15 & Over				

Single Use Disposable Water Bottles

City of London By-Law:

According to the City of London by-laws, single use disposable standard water bottles can no longer be sold during swim meets.

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

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. Lets eliminate the hundreds of non-refillable bottles being sent to recycling.



We Can Make a Difference



Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines as listed below.

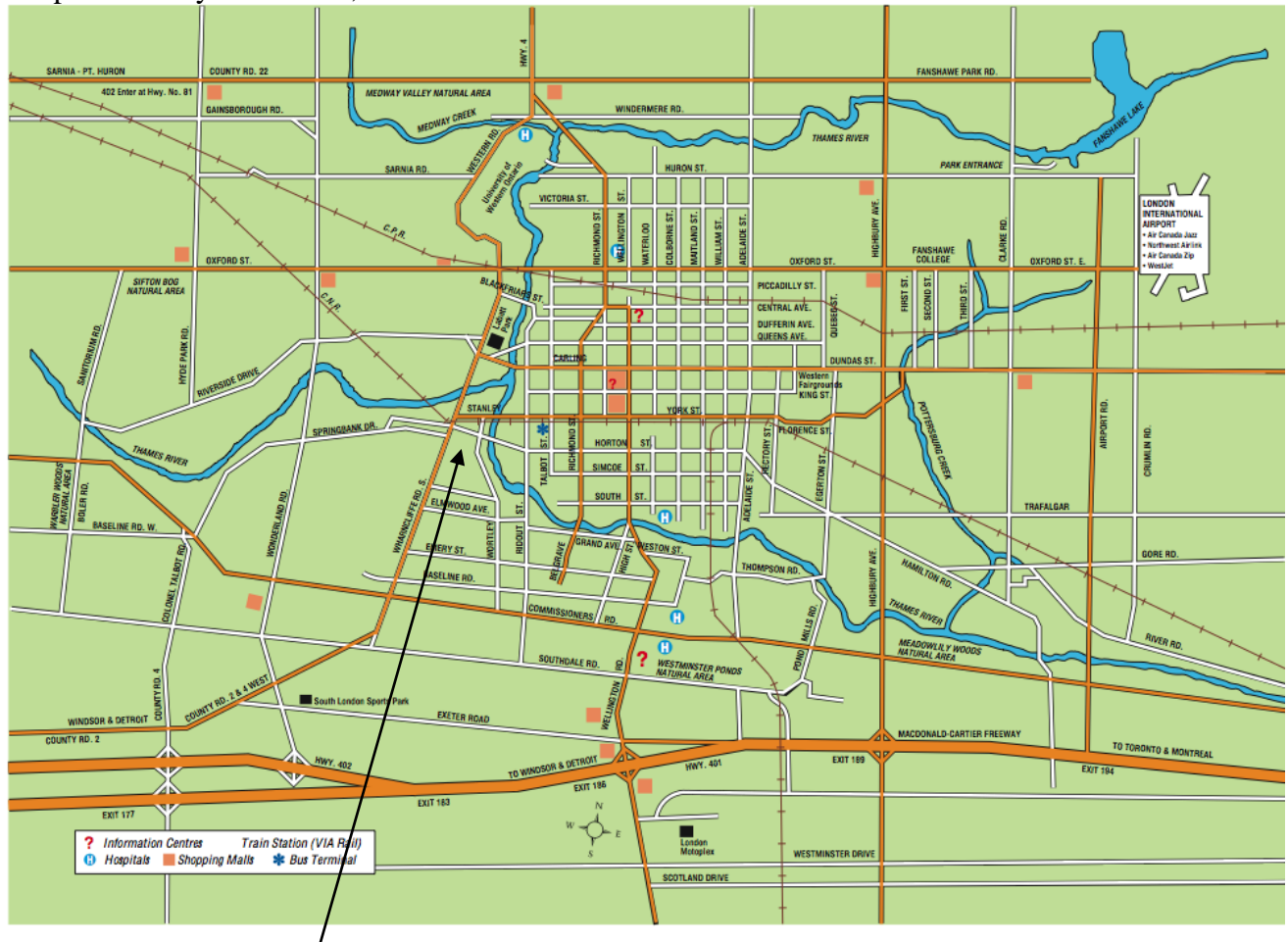
MATERIAL - The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of "textile" currently is: "Material consisting of, natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding."

SHAPE - MEN: swimwear shall not extend above the navel or below the knee. WOMEN: swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

USE - Swimmers shall wear only one swimsuit, taping is not permitted.

CONSISTENCY - Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.

Map of the City of London, Ontario



Thames Pool – entrance is just south of the intersection of Ridout and Horton Streets

Limited parking is available on the lawn surrounding the pool. Please be considerate of others and provide ample ingress and egress.

There are no lockers at Thames Pool. There is a children's splash pool area that will be open for the use of family members.