

## VAC Future Stars In House Competition

DATE: 2018-01-27 Region: Central

HOSTED BY: Vaughan Aquatic Club

LOCATION: Woodbridge Pool & Memorial Arena – 5020 Hwy 7, Woodbridge, ON L4L 1T1

FACILITY: 25 Meter, 5-Lanes, No Timing System. Diving end 3.89 meters, Shallow end 1.11 meters, Upper level spectator viewing.

PURPOSE: For swimmers to become more well-rounded and develop future speed and skills through a variety of events.

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](#) 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 January 27, 2018

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: Lynn Lubrick, Level 5  
 If Level 3 is serving as referee, please indicate that ROR approval has been granted

MEET MANAGER: Joe Ussia , [joe@ussia.com](mailto:joe@ussia.com)

SESSION: Warm Up: 4:00pm Start: 4:30pm Finish: 7:30pm

### SCHEDULE OF EVENTS<sup>1</sup>:

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

<sup>1</sup> 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.

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