

WAC Time Trials

Date: Saturday, December 22nd, 2007

Venue: Adie Knox Herman Pool - 25M swimming pool

Warm-up: 7:00 – 7:45 AM

Time Trials Start Time: 8:00 AM

Number of lanes used for the Time Trials: 6 Lanes

Time Trials rules:

1. Swimmer will choose 1st choice event and 2nd choice event. The 2nd choice event will be held if time permits. The 1st and 2nd choice event can be the same event or different events. (Optional 3rd swim at Coach's option only, with no added charge)
2. All events will be mixed seeding boys and girls and different events may be combined.
3. Time Trials Manager will have authority to accept additional deck entries during Time Trials depending on time and space availability.

Sanctioned Time Trials entry fees: \$1 per event payable to Windsor Aquatic Club (To pay for Sanction Fee.)

Order of Events:

Sanctioned Time Trials: Open to Swim Ontario registered competitive WAC members

1st choice events

1. 50 Freestyle
2. 100 Freestyle
3. 100 Backstroke
4. 100 Breaststroke
5. 100 Butterfly
6. 200 Freestyle
7. 200 Backstroke
8. 200 Breaststroke
9. 200 Butterfly
10. 200 Individual Medley
11. 400 Freestyle
12. 400 Individual Medley
13. 800 Freestyle

2nd choice events

14. 200 Freestyle
15. 200 Backstroke
16. 200 Breaststroke
17. 200 Butterfly
18. 200 Individual Medley

19. 100 Freestyle
20. 100 Backstroke
21. 100 Breaststroke
22. 100 Butterfly
23. 100 Individual Medley
24. 50 Freestyle
25. 50 Backstroke
26. 50 Breaststroke
27. 50 Butterfly

Time Trial Managers: Rene Coppens and Angelique Rimington

Entry method for Sanctioned Time Trials: Please discuss your choice with your coach who will email your 1st and 2nd choice event selections and a name of family member who will be helping at the Time Trials to rcoppens@sympatico.ca on or before Thursday December 20, 2007. Rene will send entry acknowledgement within 48 hours of receiving entries. Entry will not be accepted without a name of family member who will be helping at the Time Trials. Coaches - No Late Registrations will be accepted after December 20, 2007. Max \$2.00 entry fees for the time trial will be debited from club earned funds (Shop and Support) or by cash or cheque paid to coach by Friday Dec. 21, 2007.

All Sanctioned Time Trial participating swimmers are required to have one family member to help at the Time Trials as timer or stroke and turn judge. We will need total of 24 helpers to run this Time Trials. All helpers; please arrive on pool deck by 7:15 am on Time Trials day.

It is a Sanctioned Time Trial and all times achieved in the Time Trials will be recognized for Qualification toward Provincial and National Championships and Swimmeet.ca Rankings. (This replaces Swim Direct)

On Saturday Dec 22nd, 2007, there will be no regular practice for all swimmers. For participant swimmers the Time Trial will end by 10 AM.