



PICKERING SPRINT

Saturday October 24 & Sunday October 25, 2009

The **Pickering Swim Club** is pleased to host our *Pickering Sprint* Swim Meet.

- DATE:** Saturday October 24 & Sunday October 25, 2009.
- HOSTED BY:** **Pickering Swim Club**
- LOCATION:** Pickering Recreation Complex
1867 Valley Farm Road
Pickering, ON L1V 3Y7
Located close to the 401, just east of Toronto
- FACILITY:** Pool: - 25 metre, 8 lane pool
-Electronic timing and scoreboard
-Warm up pool available
Concession: -Concession will operate during all sessions for food and swim supplies
- COMPETITION:** Sanctioned by Swim Ontario.
All current Swim/Natation Canada (SNC) rules will be followed and the one-start ("no false start") rule will apply.
All events are Timed Finals
- ELIGIBILITY:** Swimmers registered as "competitive registered swimmers" with Swim Ontario, SNC, USS or FINA
Ages submitted are to be as of start of the meet - October 24, 2009.
- ENTRY RESTRICTIONS:** This is an invitational meet. Participation of this meet is at the full discretion of the Pickering Swim Club.
No qualifying times.
- SNC LTAD:** Pre-requisites for swimmers 14 & under now exist. Coaches are to ensure that all 14 and under swimmers meet the following time pre-requisites in order to be entered in the meet:
200 IM NT
400 Free NT
- Age groups 11, 12, 13 and 14 will now be treated individually as ages for awards and time standards, but may swim in age combined events.
- No session will be longer than 4.5 hours in length.
- AWARDS:** There will be periodic prizes for special BELL HEATS.
Ribbons from 1st to 8th for age groups 8&U, 9-10,11,12,13,14, and 15&O.
Relays: Ribbons for 1st to 3rd place teams.
Heat winner ribbons.
- AGE GROUPS:** 8 & Under, 9-10, 11-12, 13-14, 15 & Over
- ENTRY FEES:**
- **Individual entries are \$8.00 and relays are \$10.00** (both including GST)
 - Cheques are payable to: **PICKERING SWIM CLUB INC.**



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- DECK ENTRIES: **Considered exhibition swims only and are \$10. per swim**
- Swimmer substitutions will not be allowed. Swimmers must be scratched and then the appropriate swimmers must be deck entered paying the deck entry fee.
 - Deck entries will be considered in empty lanes or lanes available due to scratches at the discretion of the Clerk of Course.
 - No additional heats will be added.
 - Fees must accompany deck entry form.

- ENTRY DEADLINE: **RECEIVED BY Friday October 9, 2009. NO LATE ENTRIES ACCEPTED.**
- Entries will be accepted in order received.
 - Please use www.swimmeet.ca to submit entries.
 - Entries are only considered confirmed once you have received a confirmation from the Meet Manager.
Fran Koerth
email: meetmanager@pickswimclub.com
 - Entries are considered complete with payment and will have priority.
 - Entries must be submitted in Hy-tek format only.
 - Changes to entries will not be accepted after **Friday October 16 , 2009** as the meet will be seeded.

- RULES/SAFETY: S.N.C. warm up procedures will be in effect.
Please read and adhere to the safety procedures attached.
Coaches are responsible for the behaviour of their swimmers.
Swimming in an orderly manner is required.
Horseplay is strictly prohibited.

- OFFICIALS: We extend an invitation to participating clubs to assist in the officiating of the meet.
Please send email to: officials@pickswimclub.com and advise if an evaluation is requested and/or if a particular position is preferred.

SCHEDULE OF EVENTS:		<u>Warm Ups</u>	<u>Start</u>
	Saturday am	7:30 am	8:30 am
	Saturday pm	1:00 pm	2:00 pm
	Sunday am	7:30 am	8:30 am
	Sunday pm	1:00 pm	2:00 pm

- MEET RESULTS: The meet program will be run on Hy-Tek Meet Manager .
Results will be posted as quickly as possible at the meet.
Meet results will be posted to www.swimming.ca as soon as possible.

Please visit our website at www.pickswimclub.com to obtain a Meet Package for our upcoming meets:

- PICK Lisa Flood Christmas Classic meet -December 11-13th, 2009.
- PICK Winter Swim Fest meet - January 16-17, 2010.
- PICK Rainbow Classic meet - April 9-11th, 2010
- PICK Nifty-Fifty LC at Brock - May 15-16th, 2010.
- PICK Last Gasp meet - Sunday June 6th, 2010.



SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2005

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 & SWAD 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
July 6, 2005



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SCHEDULE OF EVENTS

SATURDAY, OCTOBER 24, 2009.

Session 1					Session 2				
Warm-up: 7:30 – 8:25 am. Start: 8:30 am. Estimated Session Length = 4.0 hours					Warm-up: 1:00 – 1:55 pm. Start 2:00 pm. Estimated Session Length = 4.0 hours				
EVENT	GIRLS	EVENT	BOYS	EVENT	EVENT	GIRLS	EVENT	BOYS	EVENT
1	13-14	100 Free	13-14	2	41	11-12	100 Free	11-12	42
3	9-10	100 Free	9-10	4	43	15 & over	100 Free	15 & over	44
5	8 & under	50 Free	8 & under	6	45	11-12	50 Breast	11-12	46
7	13-14	50 Breast	13-14	8	47	15 & over	50 Breast	15 & over	48
9	9-10	50 Breast	9-10	10	49	11-12	200 Back	11-12	50
11	8 & under	50 Breast	8 & under	12	51	15 & over	200 Back	15 & over	52
13	13-14	200 Back	13-14	14	53	11-12	100 Fly	11-12	54
15	9-10	200 Back	9-10	16	55	15 & over	100 Fly	15 & over	56
17	8 & under	50 Fly	8 & under	18	57	11-12	50 Back	11-12	58
19	13-14	100 Fly	13-14	20	59	15 & over	50 Back	15 & over	60
21	9-10	100 Fly	9-10	22	61	11-12	200 Breast	11-12	62
23	8 & under	50 Back	8 & under	24	63	15 & over	200 Breast	15 & over	64
25	13-14	50 Back	13-14	26	65	11-12	200 IM	11-12	66
27	9-10	50 Back	9-10	28	67	15 & over	200 IM	15 & over	68
29	13-14	200 Breast	13-14	30	69	11-12	200 Free Relay	11-12	70
31	8 & under	100 IM	8 & under	32	71	15 & over	200 Free Relay	15 & over	72
33	9-10	100 IM	9-10	34					
35	13-14	200 IM	13-14	36					
37	10 & under	200 Free Relay	10 & under	38					
39	13-14	200 Free Relay	13-14	40					

Coaches: Relay teams may be mixed ages. Relays will be assigned to the age group of the oldest swimmer.



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SCHEDULE OF EVENTS

SUNDAY, OCTOBER 25, 2009.

Session 3					Session 4				
Warm-up: 7:30 – 8:25 am. Start: 8:30 am. Estimated Session Length = 4.0 hours					Warm-up: 1:00 – 1:55 pm. Start 2:00 pm. Estimated Session Length = 4.0 hours				
EVENT	GIRLS	EVENT	BOYS	EVENT	EVENT	GIRLS	EVENT	BOYS	EVENT
73	13-14	100 Breast	13-14	74	111	11-12	100 Breast	11-12	112
75	9-10	100 Breast	9-10	76	113	15 & over	100 Breast	15 & over	114
77	8 & under	25 Breast	8 & under	78	115	11-12	50 Free	11-12	116
79	13-14	50 Free	13-14	80	117	15 & over	50 Free	15 & over	118
81	9-10	50 Free	9-10	82	119	11-12	200 Fly	11-12	120
83	8 & under	25 Free	8 & under	84	121	15 & over	200 Fly	15 & over	122
85	13-14	200 Fly	13-14	86	123	11-12	100 Back	11-12	124
87	9-10	100 Back	9-10	88	125	15 & over	100 Back	15 & over	126
89	13-14	100 Back	13-14	90	127	11-12	200 Free	11-12	128
91	8 & under	25 Back	8 & under	92	129	15 & over	200 Free	15 & over	130
93	9-10	200 Free	9-10	94	131	11-12	50 Fly	11-12	132
95	13-14	200 Free	13-14	96	133	15 & over	50 Fly	15 & over	134
97	9-10	50 Fly	9-10	98	135	11-12	400 IM	11-12	136
99	13-14	50 Fly	13-14	100	137	15 & over	400 IM	15 & over	138
101	8 & under	25 Fly	8 & under	102	139	11-12	200 Medley Relay	11-12	140
103	9-10	200 IM	9-10	104	141	15 & over	200 Medley Relay	15 & over	142
105	13-14	400 IM	13-14	106					
107	10 & under	200 Medley Relay	10 & under	108					
109	13-14	200 Medley Relay	13-14	110					

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