



PICK LAST GASP Sunday June 6, 2010

- DATE:** Sunday June 6, 2010.
- HOSTED BY:** Pickering Swim Club
- LOCATION:** Pickering Recreation Complex (see www.pickswimclub.com for directions and map)
1867 Valley Farm Road
Pickering, ON L1V 3Y7
Located close to the 401, just east of Toronto
- FACILITY:** Pool
 - 25 meter pool, 8 lane pool
 - Electronic timing and scoreboard
 - Warm up pool available
- COMPETITION:** Sanctioned by Swim Ontario.
All current Swim/Natation Canada rules will be followed; as well as the one-start ("no false-start") rule will apply.
All events are Timed Finals.
- ELIGIBILITY:** Ages submitted are to be as of June 6, 2010.
- ENTRY RESTRICTIONS:** This is an invitational meet. Participation of this meet is at the full discretion of the Pickering Swim Club.
Please limit entries to a maximum of 4 individual swims per session. Meet Management reserves the right to further limit individual swims to 3 per session if necessary.
- 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.
- AGE GROUPS:** Events are seeded according to time only (males, females will swim together).
11 & under, 12 & over

SCHEDULE OF EVENTS:	<u>Warm Up</u>	<u>Start</u>
Sunday AM.	7:30 am	8:30 am
Sunday PM.	1:00 pm	2:00 pm



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- ENTRY FEES:**
- Individual entries are \$8.00 per swim
 - Relays are \$10.00 per relay
 - Cheques are payable to: **PICKERING SWIM CLUB INC.**
- 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 May 21, 2010. 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
 - An entry is considered complete with payment and will have priority over incomplete entries.
 - All entries must be submitted in Hy-tek format.
 - Changes to entries will not be accepted after **Friday May 28th, 2010** as meet will be seeded.
- RULES/SAFETY:**
- The one-start rule will apply.
S.N.C. warm up procedures will be in effect.
Please read and adhere to the safety procedures attached. Swimming in an orderly manner is required. Horseplay is strictly prohibited. Coaches are responsible for the conduct of their swimmers.
- 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.
Meet Referee is Paul Corkum, a level 5 Official.
- AWARDS:**
- Medals** will be awarded for 1st, 2nd and 3rd place in age groups 9&U, 10, 11, 12, 13, 14 and 15&O and 1st place in relays.
Ribbons will be awarded for 4th to 8th place in age groups 9&U, 10, 11, 12, 13, 14 and 15&O and for 2nd and 3rd place in relays.
Heat Winner ribbons will be awarded.
Bell prizes will be awarded throughout the meet.
- MEET RESULTS:**
- The meet program will be run on Hy-Tek Meet Manager.
Results will be posted to as soon as possible at the meet.
Meet results will be posted to www.swimming.ca as soon as possible.



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SCHEDULE OF EVENTS

Morning – 11 yrs. & Under	
Warm up: 7:30 am. Session Start: 8:30 am. Estimated Session Length = 3.0 hours	
EVENT #	EVENT
1	100 Free
2	50 Breast
3	100 Back
4	50 Fly
5	200 IM
6	50 Free
7	100 Breast
8	200 Free Relay
9	400 Free

Afternoon – 12 yrs. & Over	
Warm up: 1:00 pm. Session Start: 2:00 pm. Estimated Session Length = 3.0 hours	
EVENT #	EVENT
10	200 Free
11	50 Breast
12	100 Back
13	50 Fly
14	100 Free
15	100 Breast
16	50 Free
17	200 IM
18	200 Free Relay
19	400 Free

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



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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