



## PICKERING RAINBOW CLASSIC APRIL 9, 10, & 11, 2010

The **Pickering Swim Club** is pleased to host our 14<sup>th</sup> Annual **Rainbow Classic** Swim Meet.

DATE: **April 9, 10, & 11, 2010.**

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 - April 9, 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.  
No qualifying times.  
We reserve the right to limit the number of entries in the 400m, 800m events to ensure that sessions run within the Swim Ontario's guidelines.

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: Ribbons from 1<sup>st</sup> to 8<sup>th</sup> for age groups 9&U, 10, 11, 12, 13, 14, and 15&O.  
Relays: Ribbons for 1<sup>st</sup> to 3rd place teams.  
Heat winner ribbons.

AGE GROUPS: 11 & under, 12 & over

ENTRY FEES:

- Individual events 400 m and less are \$8.00
- 800 m events are \$10.00
- Relay events are \$10.00
- **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 March 26, 2010. NO LATE ENTRIES ACCEPTED.**
- Entries will be accepted in order received.
  - Please use [www.swimmeet.ca](http://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](mailto: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 April 2 , 2010** as the meet will be seeded.
- SEEDING/TIME**      Heats will be seeded slowest to fastest except in distance events (will be fastest to slowest).
- CONVERSION RULE:**      Entries must be submitted using provable times.  
Entries must be submitted using short course (SC) times in metres.  
No time conversions will be performed.
- SCRATCH RULE:**      The final deadline for changes to entries is midnight **Friday April 2, 2010**, at which time, all entries will be considered final. This Timed Finals meet will then be final seeded.  
No changes will be accepted after that date.  
All fees will be charged based on entries submitted up to the entry deadline, regardless of whether the swimmer competes or not.  
Meet Management requests that all scratches be submitted no later than 15 minutes prior to the start of the session to allow for as many deck entries as possible. There are no penalties for late scratches.
- RULES/SAFETY:**      S.N.C. warm up procedures will be in effect.  
Please read and adhere to the safety procedures attached.  
Warm up/Down Pool: This is to be used strictly for warm up/down.  
Coaches are responsible for the behaviour of their swimmers.  
Swimming in an orderly manner is required. Horseplay is strictly prohibited.  
No food is permitted on deck.  
All swimwear worn must conform to the January 1, 2010 FINA swimwear approval guidelines.
- OFFICIALS:**      We extend an invitation to participating clubs to assist in the officiating of the meet.  
Please send email to: [officials@pickswimclub.com](mailto: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.



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### SCHEDULE OF EVENTS:

	<u>Warm Ups</u>	<u>Start</u>
Friday pm	4:30 pm	5:30 pm
Saturday am	8:00 am	9:00 am
Saturday pm	1:00 pm	2:00 pm
Sunday am	8:00 am	9:00 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](http://www.swimming.ca) as soon as possible.

Please visit our website at [www.pickswimclub.com](http://www.pickswimclub.com) to obtain a Meet Package for our upcoming meets:

- PICK Nifty-Fifty LC at Brock - May 15-16<sup>th</sup>, 2010.
- PICK Last Gasp meet - Sunday June 6<sup>th</sup>, 2010.

# PICKERING RAINBOW CLASSIC - April 9-11, 2010

## SCHEDULE OF EVENTS

### SESSION 1 – FRIDAY EVENING APRIL 9

Warm up – 4:30 pm

Meet starts 5:30pm

Estimated Session Length = 4.0 hours

Girls		Boys	
Event #	Event	Event #	Event
1	11 & under 200 Breast	2	
3	12 & Over 200 Breast	4	
5	10 & under 400 Free	6	
7	11 & over 800 Free	8	

### SESSION 2 – SATURDAY MORNING APRIL 10

Warm up: 8:00 am.

Session starts @ 9:00 am.

Estimated Session Length = 3.5 hours

Age 11 & Under		
Girls		Boys
Event #	Event	Event #
9	100 Butterfly	10
11	100 Breaststroke	12
13	400 Freestyle	14
15	200 Backstroke	16
17	200 IM	18
19	50 Backstroke	20
21	50 Breaststroke	22
23	200 Freestyle Relay	24

### SESSION 3 – SATURDAY AFTERNOON APRIL 10

Warm up: 1:00 pm.

Session starts @ 2:00 pm.

Estimated Session Length = 3.5 hours

AGE 12 & Over		
Girls		Boys
Event #	Event	Event #
25	100 Breaststroke	26
27	400 Freestyle	28
29	200 Backstroke	30
31	200 IM	32
33	50 Breaststroke	34
35	100 Butterfly	36
37	50 Backstroke	38
39	200 Freestyle Relay	40

### SESSION 4 – SUNDAY MORNING APRIL 11

Warm up: 8:00 am.

Session starts @ 9:00 am.

Estimated Session Length = 3.5 hours

Age 11 & Under		
Girls		Boys
Event #	Event	Event #
41	100 IM	42
43	200 Freestyle	44
45	100 Backstroke	46
47	50 Butterfly	48
49	50 Freestyle	50
51	200 Butterfly	52
53	100 Freestyle	54
55	400 IM	56
57	200 Medley Relay	58

### SESSION 5 – SUNDAY AFTERNOON APRIL 11

Warm up: 1:00 pm.

Session starts @ 2:00 pm.

Estimated Session Length = 3.5 hours

AGE 12 & Over		
Girls		Boys
Event #	Event	Event #
59	100 IM	60
61	200 Freestyle	62
63	100 Backstroke	64
65	50 Butterfly	66
67	50 Freestyle	68
69	200 Butterfly	70
71	100 Freestyle	72
73	400 IM	74
75	200 Medley Relay	76

- Coaches – please do not mix different age groups and genders on the same Medley Relay team.
- Please enter all swimmers and relays with an actual time in order to seed them competitively.

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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

