



# WINTER SWIM FEST

January 16 & 17, 2010

The Pickering Swim Club is pleased to host the **PICK Winter Swim Fest 2010**. This is an opportunity for your swimmers to qualify for CR SC Champs, so put this meet on your January calendar.

DATE: **January 16 & 17, 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: 25 meter pool, 8 lane pool with Electronic timing and scoreboard  
Warm up pool available.  
Concession will operate during all sessions for food.

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.

ELIGIBILITY: All athletes must be registered competitive swimmers with Swim Ontario, SNC, USS or Fina. Ages submitted are to be as January 16, 2010.  
No time standards for qualifying.

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.

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.  
We reserve the right to limit entries in the 400m or greater distance swims.

AWARDS:

- periodic **prizes for special BELL HEATS.**
- Individual event ribbons for 1<sup>st</sup> to 8<sup>th</sup> place for 9&U, 10, 11,12,13,14 and 15&O.
- Relays: Ribbons for 1<sup>st</sup> to 3<sup>rd</sup> in all age categories.
- Heat-winner ribbons will be awarded to all heat winners.
- **High point award** for top individuals in age groups 9&U, 10, 11, 12, 13, 14 and 15&O, based on the following points:

Place	Points	Place	Points
1 <sup>st</sup>	10	5 <sup>th</sup>	4
2 <sup>nd</sup>	8	6 <sup>th</sup>	3
3 <sup>rd</sup>	6	7 <sup>th</sup>	2
4 <sup>th</sup>	5	8 <sup>th</sup>	1



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- AGE GROUPS: 11 & under, 12 & over (mixed)
- 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.**
- 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 Monday January 4, 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 January 8, 2010** 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.  
Swimming in an orderly manner is required. Horseplay is strictly prohibited.  
Coaches are responsible for the behavior 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](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.
- SCHEDULE OF EVENTS:
- |             | <u>Warm Ups</u> | <u>Marshalling</u> | <u>Start</u> |
|-------------|-----------------|--------------------|--------------|
| Saturday AM | 8:00            | 8:55               | 9:00         |
| Saturday PM | 1:00            | 1:55               | 2:00         |
| Sunday AM   | 8:00            | 8:55               | 9:00         |
| Sunday PM   | 1:00            | 1:55               | 2:00         |
- 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) for information on our upcoming meets:

- PICK Rainbow Classic meet - April 9-11<sup>th</sup>, 2010
- PICK Nifty-Fifty LC at Brock - May 15-16<sup>th</sup>, 2010.
- PICK Last Gasp meet - Sunday June 6<sup>th</sup>, 2010.



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## SCHEDULE OF EVENTS

<b>SESSION 1 – SATURDAY MORNING</b> January 16, 2010 Warm up – 8:00 am      Meet starts 9:00 am  Estimated Session Length = 3.5 hours		<b>SESSION 2 – SATURDAY AFTERNOON</b> January 16, 2010 Warm up 1:00 pm      Meet starts 2:00 pm  Estimated Session Length = 3.5 hours	
Age 11 & Under Mixed		Age 12 & Over Mixed	
<i>Event #</i>	<i>Event</i>	<i>Event #</i>	<i>Event</i>
1	100 Freestyle	10	100 Freestyle
2	50 Breaststroke	11	50 Breaststroke
3	400 IM *	12	400 IM *
4	50 Backstroke	13	50 Backstroke
5	200 Breaststroke	14	200 Breaststroke
6	200 Backstroke	15	200 Backstroke
7	100 Butterfly	16	100 Butterfly
8	200 Freestyle Relay	17	200 Freestyle Relay
9	800 Freestyle *	18	800 Freestyle *
<p>– Coaches – relays will be assigned to the age group of the oldest swimmer - please do not mix genders on <u>the same</u> Freestyle Relay team</p>			
<b>SESSION 3 – SUNDAY MORNING</b> January 17, 2010 Warm up – 8:00am      Meet starts 9:00am  Estimated Session Length = 3.5 hours		<b>SESSION 2 – SUNDAY AFTERNOON</b> January 17, 2010 Warm up – 1:00pm      Meet starts 2:00pm  Estimated Session Length = 3.5 hours	
Age 11 & Under Mixed		AGE 12 & Over Mixed	
<i>Event #</i>	<i>Event</i>	<i>Event #</i>	<i>Event</i>
19	100 IM	29	100 IM
20	200 Freestyle	30	200 Freestyle
21	100 Backstroke	31	100 Backstroke
22	50 Butterfly	32	50 Butterfly
23	100 Breaststroke	33	100 Breaststroke
24	200 IM	34	200 IM
25	200 Butterfly	35	200 Butterfly
26	50 Freestyle	36	50 Freestyle
27	200 Medley Relay	37	200 Medley Relay
28	400 Freestyle *	38	400 Freestyle *
<ul style="list-style-type: none"> <li>Coaches – relays will be assigned to the age group of the oldest swimmer - please do not mix genders on <u>the same</u> Medley Relay team.</li> </ul>			

\* 400 and 800 metre swim entries may be limited, if necessary.



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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.