



## LISA FLOOD CHRISTMAS CLASSIC December 11, 12 & 13, 2009

The **Pickering Swim Club** is pleased to host our **23<sup>rd</sup> Annual Lisa Flood Christmas Classic** Swim Meet.

DATE: **December 11, 12 & 13, 2009.**

HOSTED BY: **Pickering Swim Club**

LOCATION: Pickering Recreation Centre  
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  
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: All swimmers registered with Swim Ontario, SNC, USS or FINA.  
Ages submitted are to be as of December 11, 2009.

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 swims to 3 per session if necessary.  
Not slower than the Swim Ontario qualifying times for age groups as listed in meet package  
Meet Management reserves the right to limit the number of entries in the 400 m, 800 m, and 1500 m Freestyle, as well as in the 200 m Breaststroke events. Coaches will be notified in advance.  
Entry restrictions will be in effect to ensure sessions run approximately four hours.

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                   5:00.00  
400 Free               8:00.00

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 EXCEPTIONS: With 3 or more qualifying times, swimmers may compete in 2 additional swims.  
With 2 or more qualifying times, swimmers may compete in up to 3 additional swims.  
With only 1 qualifying time, swimmers may compete in up to 4 additional swims.  
• to a maximum of 1 swim Friday and a maximum of 2 swims on Saturday and Sunday.  
• NO swimmer may have an additional swim in the 400m, 800m, or 1500 free  
• Entries in 50 Fly, 50 Back, 50 Breast (noted NT) are NOT considered qualifying times for 10&Under ages

AWARDS: There will be periodic prizes for special BELL HEATS.  
Distinctive medals for 1<sup>st</sup> to 3<sup>rd</sup> place in age groups 10&U, 11,12,13,14 and 15&O  
Ribbons from 4<sup>th</sup> to 8<sup>th</sup> place in age groups 10&U, 11,12,13,14 and 15&O.  
Relays: Medals for 1<sup>st</sup> place and ribbons for 2<sup>nd</sup> and 3<sup>rd</sup> place.



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- MEET RECORDS:** To further enhance the tradition of the Lisa Flood Christmas Classic the "Meet Record Holder" for each event will be acknowledged in the program.  
The record will stand until it is broken at a future Lisa Flood Christmas Classic swim meet.
- AGE GROUPS:** 10 & under, 11-12, 13-14, 15 & over.
- ENTRY FEES:**
- Entry fees for Individual events of 50m, 100m, 200m, 400m events are \$8.00
  - Entry fees for Individual events of 800m & 1500m events are \$10.00
  - Entry fees for Relay events are \$10.00
  - Cheques are to be made 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, November 27, 2009. 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:  
**Fran Koerth, Meet Manager**  
**email: [meetmanager@pickswimclub.com](mailto:meetmanager@pickswimclub.com)**
  - An entry is considered complete with payment and will have priority over incomplete entries.
  - Entry changes will not be accepted after **Friday December 4, 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.  
Swimming in an orderly manner is required. Coaches are responsible for their athletes.  
Horseplay is strictly prohibited.  
All swimwear worn must conform to the January 1, 2010 FINA swimwear approval guidelines.
- OFFICIALS:** We extend the 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> |
|-------------|-----------------|--------------------|--------------|
| Friday      | 3:00            | 3:55               | 4:00         |
| Saturday AM | 7:00            | 7:55               | 8:00         |
| Saturday PM | 1:00            | 1:55               | 2:00         |
| Sunday AM   | 7:00            | 7:55               | 8:00         |
| 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) to obtain a Meet Package for our upcoming meets:**

- PICK Winter Swim Fest meet - January 16-17, 2010.
- 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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## 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

Session #1 = Friday afternoon/evening December 11, 2009

Estimated Session Length = 4.0 hours

Warm-ups: 3:00-3:55 pm.		Marshalling: 3:55 pm.			Start session: 4:00 pm.	
EVENT #	GIRLS	QUALIFYING TIME	EVENT	QUALIFYING TIME	BOYS	EVENT #
1	12 & Over	6:36.27 (12) 6:20.44 (13) 6:11.85 (14) 6:01.50 (15+)	<b>400 IM</b>	6:40.48 (12) 6:08.90 (13) 5:59.50 (14) 5:49.84 (15+)	12 & Over	2
3	11/12	38.14 (11) 36.08 (12)	<b>50 Free</b>	38.42 (11) 35.54 (12)	11/12	4
5	13/14	35.23 (13) 34.49 (14)	<b>50 Free</b>	33.88 (13) 32.10 (14)	13/14	6
7	15/Over	33.83	<b>50 Free</b>	31.64	15/Over	8
9	10/Under	6:54.92	<b>400 Free *</b>	6:29.72	11/Under	10
11	11/Over	13:16.34 (11) 12:33.95 (12) 11:54.44 (13) 11:39.54 (14) 11:27.68 (15+)	<b>800 Free *</b>	12:26.17 (12) 11:48.29 (13) 11:20.04 (14) 11:09.36 (15+)	12/Over	12
13	11/Over	23:00.58 (11) 23:00.58 (12) 23:00.58 (13) 22:31.78 (14) 22:15.74 (15+)	<b>1500 Free *</b>	21:54.10 (12) 21:54.10 (13) 21:54.10 (14) 21:33.46 (15+)	12/Over	14

\* Meet Management reserves the right to limit the number of entries in the 400 m, 800 m, and 1500 m Freestyle events, as well as in the 200 m Breaststroke in later sessions to limit session length to approx. 4 hours.

### COACHES:

Please try to enter all relays with an actual time in order to seed your swimmers competitively. Relay teams may be mixed ages. Relays will be assigned to the age group of the oldest swimmer.



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Session #2 = Saturday morning December 12, 2009

Estimated Session Length = 4.0 hours

Warm-ups: 7:00-7:55 am.		Marshalling: 7:55 am.			Start session: 8:00 am.	
EVENT #	GIRLS	QUALIFYING TIME	EVENT	QUALIFYING TIME	BOYS	EVENT #
15	10/Under	4:01.81	<b>200 Breast</b>	3:45.83	10/Under	16
17	13/14	3:30.48 (13) 3:24.83 (14)	<b>200 Breast</b>	3:26.22 (13) 3:19.00 (14)	13/14	18
19	10/Under	1:43.34	<b>100 Back</b>	1:41.00	10/Under	20
21	13/14	2:44.83 (13) 2:41.12 (14)	<b>200 Free</b>	2:40.80 (13) 2:34.32 (14)	13/14	22
23	10/Under	NT	<b>50 Fly</b>	NT	10/Under	24
25	13/14	1:25.66 (13) 1:24.30 (14)	<b>100 Back</b>	1:24.92 (13) 1:20.15 (14)	13/14	26
27	10/under	40.22	<b>50 Free</b>	40.03	10/under	28
29	13/14	3:12.19 (13) 3:10.43 (14)	<b>200 Fly</b>	3:10.21 (13) 3:02.64 (14)	13/14	30
31	10/Under	1:55.22	<b>100 Breast</b>	1:57.94	10/Under	32
33	13/14	5:45.14 (13) 5:37.94 (14)	<b>400 Free</b>	5:42.17 (13) 5:28.52 (14)	13/14	34
35	10/Under	3:17.00	<b>200 Free</b>	3:10.86	10/Under	36
37	13/14	NT	<b>200 MedleyRelay</b>	NT	13/14	38
39	10/under	NT	<b>200 MedleyRelay</b>	NT	10/under	40



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Session #3 = Saturday afternoon December 12, 2009

Estimated Session Length = 4.0 hours

Warm-ups: 1:00-1:55 pm.		Marshalling: 1:55 pm.			Start session: 2:00 pm.	
EVENT #	GIRLS	QUALIFYING TIME	EVENT	QUALIFYING TIME	BOYS	EVENT #
40A	11/12	3:52.14 (11) 3:36.70 (12)	<b>200 Breast</b>	3:50.00 (11) 3:36.79 (12)	11/12	40B
41	15/Over	3:19.57	<b>200 Breast</b>	3:16.86	15/Over	42
43	11/12	1:38.02 (11) 1:32.09 (12)	<b>100 Fly</b>	1:42.35 (11) 1:31.15 (12)	11/12	44
45	15/Over	2:36.59	<b>200 Free</b>	2:30.41	15/Over	46
47	11/12	3:23.65 (11) 3:10.82 (12)	<b>200 Back</b>	3:25.45 (11) 3:11.03 (12)	11/12	48
49	15/Over	3:02.02	<b>200 Fly</b>	2:56.16	15/Over	50
51	11/12	1:23.12 (11) 1:19.24 (12)	<b>100 Free</b>	1:24.80 (11) 1:18.12 (12)	11/12	52
53	15/Over	1:21:56	<b>100 Back</b>	1:19.32	15/Over	54
55	11/12	3:26.00 (11) 3:13.57 (12)	<b>200 IM</b>	3:30.23 (11) 3:12.76 (12)	11/12	56
57	15/Over	5:31.15	<b>400 Free</b>	5:23.36	15/Over	58
59	11/12	NT	<b>200 MedleyRelay</b>	NT	11/12	60
61	15/Over	NT	<b>200 MedleyRelay</b>	NT	15/Over	62



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Session #4 = Sunday morning December 13, 2009

Estimated Session Length = 4.0 hours

Warm-ups: 7:00-7:55 am.		Marshalling: 7:55 am.			Start session: 8:00 am.	
EVENT #	GIRLS	QUALIFYING TIME	EVENT	QUALIFYING TIME	BOYS	EVENT #
71	10/Under	1:53.04	100 Fly	1:46.61	10/Under	72
73	13/14	1:26.06 (13) 1:25.12 (14)	100 Fly	1:24.43 (13) 1:19.20 (14)	13/14	74
75	10/Under	NT	50 Back	NT	10/Under	76
77	13/14	3:07.66 (13) 3:01.88 (14)	200 IM	3:02.59 (13) 2:55.26 (14)	13/14	78
79	10/Under	3:40.28	200 IM	3:38.99	10/Under	80
81	13/14	1:38.92 (13) 1:34.84 (14)	100 Breast	1:36.53 (13) 1:31.49 (14)	13/14	82
83	10/Under	1:29.94	100 Free	1:28.34	10/Under	84
85	13/14	1:16.85 (13) 1:14.34 (14)	100 Free	1:14.41 (13) 1:10.51 (14)	13/14	86
87	10/Under	NT	50 Breast	NT	10/Under	88
89	13/14	3:03.65 (13) 3:00.46 (14)	200 Back	3:01.61 (13) 2:51.76 (14)	13/14	90
91	10/Under	NT	200 Free Relay	NT	10/Under	92
93	13/14	NT	200 Free Relay	NT	13/14	94



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Session #5 = Sunday afternoon December 13, 2009

Estimated Session Length = 4.0 hours

Warm-ups: 1:00-1:55 pm.		Marshalling: 1:55 pm.			Start session: 2:00 pm.	
EVENT #	GIRLS	TIME	EVENT	TIME	BOYS	EVENT #
95	15/Over	1:12.79	100 Free	1:09.25	15/Over	96
97	11/12	3:02.56 (11) 2:51.00 (12)	200 Free	3:03.23 (11) 2:50.32 (12)	11/12	98
99	15/Over	2:58.15	200 IM	2:52.09	15/Over	100
101	11/12	1:48.90 (11) 1:41.15 (12)	100 Breast	1:53.22 (11) 1:41.04 (12)	11/12	102
103	15/Over	1:32.92	100 Breast	1:30.61	15/Over	104
105	11/12	1:34.84 (11) 1:29.20 (12)	100 Back	1:36.96 (11) 1:29.70 (12)	11/12	106
107	15/Over	1:21.29	100 Fly	1:18.17	15/Over	108
109	11/12	3:46.55 (11) 3:29.59 (12)	200 Fly	3:45.00 (11) 3:30.22 (12)	11/12	110
111	15/Over	2:54.23	200 Back	2:50.69	15/Over	112
113	11/12	6:24.71 (11) 6:01.10 (12)	400 Free	6:29.72 (11) 6:00.47 (12)	11/12	114
115	15/Over	NT	200 Free Relay	NT	15/Over	116
117	11/12	NT	200 Free Relay	NT	11/12	118