



PICKERING SPRINT

Saturday October 22 & Sunday October 23, 2011

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

DATE: **Saturday October 22 & Sunday October 23, 2011.**

HOSTED BY: **Pickering Swim Club**

Meet Manager: **Fran Koerth**

meetmanager@pickswimclub.com

Meet Referee: **Paul Corkum, Level 5**

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 22, 2011.

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 and to limit heats if necessary to keep session times to within 4.5 hours.
No qualifying times except as indicated in the 800 Free.

SNC LTAD: 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.

All swimwear worn must conform to the January 1, 2010 FINA swimwear approval guidelines.

AWARDS: 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 7, 2011. NO LATE ENTRIES ACCEPTED.**
- Entries will be considered in order received - priority will be given to regular participants
 - Please use www.swimmeet.ca to submit entries.
 - Entries are only considered confirmed once you have received a confirmation from the Meet Manager.
 - 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 14, 2011** as the meet will be final 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 October 14, 2011**, 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.
At the meet, scratches must be received no later than 15 minutes prior to the start of the session in which the swimmer is to compete.
- 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.
No food on deck is permitted.
- 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 9-11, 2011
- PICK Winter Swim Fest meet - January 20-22, 2012
- PICK Rainbow Classic meet - April 13-15, 2012
- PICK Nifty-Fifty LC at Brock meet – May 5-6, 2012 – to be held at Brock University
- PICK Last Gasp meet - Saturday June 2, 2012



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SCHEDULE OF EVENTS SATURDAY, OCTOBER 22, 2011.

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	47	11-12	100 Free	11-12	48
3	9-10	100 Free	9-10	4	49	15 & over	100 Free	15 & over	50
5	8 & under	50 Free	8 & under	6	51	11-12	50 Breast	11-12	52
7	13-14	100 Fly	13-14	8	53	15 & over	50 Breast	15 & over	54
9	9-10	100 Fly	9-10	10	55	11-12	200 Back	11-12	56
11	13-14	50 Breast	13-14	12	57	15 & over	200 Back	15 & over	58
13	9-10	50 Breast	9-10	14	59	11-12	25 Fly	11-12	60
15	8 & under	50 Breast	8 & under	16	61	15 & over	25 Fly	15 & over	62
17	13-14	200 Back	13-14	18	63	11-12	25 Free	11-12	64
19	9-10	200 Back	9-10	20	65	15 & over	25 Free	15 & over	66
21	8 & under	25 Fly	8 & under	22	67	11-12	100 Fly	11-12	68
23	13-14	25 Fly	13-14	24	69	15 & over	100 Fly	15 & over	70
25	9-10	25 Fly	9-10	26	71	11-12	50 Back	11-12	72
27	8 & under	25 Free	8 & under	28	73	15 & over	50 Back	15 & over	74
29	13-14	25 Free	13-14	30	75	11-12	200 Breast	11-12	76
31	9-10	25 Free	9-10	32	77	15 & over	200 Breast	15 & over	78
33	13-14	50 Back	13-14	34	79	11-12	200 IM	11-12	80
35	9-10	50 Back	9-10	36	81	15 & over	200 IM	15 & over	82
37	13-14	200 Breast	13-14	38	83	11-12	400 Free	11-12	84
39	8 & under	100 IM	8 & under	40					
41	9-10	100 IM	9-10	42					
43	13-14	200 IM	13-14	44					
45	10 & under	400 Free	10 & under	46					

Coaches: Relay teams may be mixed ages but not mixed gender. Relays will be assigned to the age group of the oldest swimmer.



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SCHEDULE OF EVENTS SUNDAY, OCTOBER 23, 2011.

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
85	10 & under	200 Free Relay	10 & under	86	133	11-12	200 Free Relay	11-12	134
87	13-14	200 Free Relay	13-14	88	135	15 & over	200 Free Relay	15 & over	136
89	8 & under	100 Free	8 & under	90	137	11-12	100 Breast	11-12	138
91	13-14	100 Breast	13-14	92	139	15 & over	100 Breast	15 & over	140
93	9-10	100 Breast	9-10	94	141	11-12	50 Free	11-12	142
95	13-14	50 Free	13-14	96	143	15 & over	50 Free	15 & over	144
97	9-10	50 Free	9-10	98	145	11-12	25 Back	11-12	146
99	8 & under	25 Breast	8 & under	100	147	15 & over	25 Back	15 & over	148
101	13-14	25 Breast	13-14	102	149	11-12	25 Breast	11-12	150
103	9-10	25 Breast	9-10	104	151	15 & over	25 Breast	15 & over	152
105	8 & under	25 Back	8 & under	106	153	11-12	100 Back	11-12	154
107	13-14	25 Back	13-14	108	155	15 & over	100 Back	15 & over	156
109	9-10	25 Back	9-10	110	157	11-12	200 Free	11-12	158
111	9-10	100 Back	9-10	112	159	15 & over	200 Free	15 & over	160
113	13-14	100 Back	13-14	114	161	11-12	50 Fly	11-12	162
115	8 & under	50 Back	8 & under	116	163	15 & over	50 Fly	15 & over	164
117	9-10	200 Free	9-10	118	165	11-12	100 IM	11-12	166
119	13-14	200 Free	13-14	120	167	15 & over	400 IM	15 & over	168
121	9-10	50 Fly	9-10	122	169	11-12 11-13:16.34 12-12:33.95	800 Free	12 12-12:26.17	170
123	13-14	50 Fly	13-14	124	171	15 & over 11:27.68	800 Free	15 & over 11:09.36	172
125	8 & under	50 Fly	8 & under	126					
127	9-10	200 IM	9-10	128					
129	13-14	400 IM	13-14	130					
131	13-14 13-11:54.44 14-11:39.54	800 Free	13-14 13-11:48.29 14-11:20.04	132					



SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2009

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 & PARA swimmers 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 2, 2005

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