



WINTER SWIM FEST

The Pickering Swim Club is pleased to host the **PICK Winter Swim Fest 2012**. This is an opportunity for your swimmers to qualify for CR SC Champs, so put this meet on your January calendar.

DATE: **January 20 & 22, 2012.**

HOSTED BY: **Pickering Swim Club**

Meet Manager: Fran Koerth meetmanager@pickswimclub.com

Meet Referee: Paul Corkum, Level 5, Wanda Ellis, Level 4

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.
All events are Timed Finals.

ELIGIBILITY: All athletes must be registered competitive swimmers with Swim Ontario, SNC, USS or Fina. Ages submitted are to be as January 20, 2012.
No time standards for qualifying.

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.

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.
No qualifying times.

AWARDS:

- Individual event ribbons for 1st to 8th place for 9&U, 10, 11,12,13,14 and 15&O.
- Relays: Ribbons for 1st to 3rd 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 st	10	5 th	4
2 nd	8	6 th	3
3 rd	6	7 th	2
4 th	5	8 th	1



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- AGE GROUPS:** 11 & under, 12 & over
- ENTRY FEES:**
- Individual events: 25 m \$7.00
50m - 400 m \$8.50
800 m \$11.00
 - Relay events are \$12.00
 - **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 Friday January 6, 2012. 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 January 13, 2012** as the meet will be seeded.
- SEEDING/TIME CONVERSION RULE:** Heats will be seeded slowest to fastest except in distance events (will be fastest to slowest).
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 January 13, 2012**, 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.
No scratch penalty shall be imposed for late or day of scratches.
- 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.
No food is permitted on deck.



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SDC SPLIT TIME POLICY:

Meet Management acknowledged the SO policy with banning the future use of split times as official times and requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.

In such case, Meet Management and the Referee will undertake all appropriate steps as prescribed by their training to assure the quality and integrity of interval times.

Any time collected according to this request will subsequently be recorded in a separate event of the appropriate distance and stroke created for such a purpose.

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>Marshalling</u>	<u>Start</u>
Friday PM	3:00	3:55	4:00
Saturday AM	7:30	8:25	8:30
Saturday PM	1:00	1:55	2:00
Sunday AM	7:30	8:25	8:30
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 as soon as possible.

Please visit our website at www.pickswimclub.com for information on our upcoming meets:

- PICK Rainbow Classic meet - April 13-15, 2012
- PICK Nifty-Fifty LC at Brock – May 5 and 6, 2012 – to be held at Brock University
- PICK Last Gasp meet - Saturday June 2, 2012.

Schedule of Events

SESSION 1 – FRIDAY EVENING – January 20, 2012

Warm up – 3:00pm

Meet starts 4:00pm

Estimated Session Length = 4.0 hours

<i>Girls</i>		<i>Boys</i>
<i>Event #</i>	<i>Event</i>	<i>Event #</i>
1	11 & under 800 Free *	2
3	12 & over 400 Free *	4
5	12 & over 50 Free	6
7	12 & Over 800 Free *	8

SESSION 2 – SATURDAY MORNING – January 21

Warm up: 7:30 am.

Session starts @ 8:30 am.

Estimated Session Length = 4.5 hours

SESSION 3 – SATURDAY AFTERNOON – January 21

Warm up: 1:00 pm.

Session starts @ 2:00 pm.

Estimated Session Length = 4.5 hours

<i>11 & under Girls</i>		<i>11 & under Boys</i>
<i>Event #</i>	<i>Event</i>	<i>Event #</i>
9	100 Freestyle	10
11	50 Breaststroke	12
13	200 IM	14
15	50 Backstroke	16
17	200 Breaststroke *	18
19	25 Freestyle	20
21	25 Butterfly	22
23	200 Backstroke	24
25	100 Butterfly	26
27	200 Freestyle Relay	28

<i>12 & over Girls</i>		<i>12 & over Boys</i>
<i>Event #</i>	<i>Event</i>	<i>Event #</i>
29	100 Freestyle	30
31	50 Breaststroke	32
33	200 IM	34
35	50 Backstroke	36
37	200 Breaststroke *	38
39	200 Backstroke	40
41	100 Butterfly	42
43	200 Freestyle Relay	44

SESSION 4 – SUNDAY MORNING – January 22

Warm up: 7:30 am.

Session starts @ 8:30 am.

Estimated Session Length = 4.0 hours

SESSION 5 – SUNDAY AFTERNOON – January 22

Warm up: 1:00 pm.

Session starts @ 2:00 pm.

Estimated Session Length = 4.0 hours

<i>11 & under Girls</i>		<i>11 & under Boys</i>
<i>Event #</i>	<i>Event</i>	<i>Event #</i>
45	100 IM	46
47	200 Freestyle	48
49	100 Backstroke	50
51	50 Butterfly	52
53	100 Breaststroke	54
55	25 Backstroke	56
57	25 Breaststroke	58
59	200 Butterfly	60
61	50 Freestyle	62
63	200 Medley Relay	64
65	400 Freestyle *	66

<i>12 & over Girls</i>		<i>12 & over Boys</i>
<i>Event #</i>	<i>Event</i>	<i>Event #</i>
67	100 IM	68
69	200 Freestyle	70
71	100 Backstroke	72
73	50 Butterfly	74
75	100 Breaststroke	76
77	200 Butterfly	78
79	200 Medley Relay	80
81	400 IM *	82

* Meet Management reserves the right to limit heats to keep session times to 4.5 hours.

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



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 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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