



PICK LAST GASP Saturday June 2, 2012

- DATE: **Saturday June 2, 2012.**
- HOSTED BY: **Pickering Swim Club**
Meet Manager: **Fran Koerth** meetmanager@pickswimclub.com
Meet Referee: **Paul Corkum, Level 5**
- LOCATION: Pickering Recreation Complex (see www.pickswimclub.com for directions and map)
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
- COMPETITION: Sanctioned by Swim Ontario.
All current Swim/Natation Canada rules will be followed; as well as the one-start ("no false-start") rule will apply.
All events are Timed Finals.
- ELIGIBILITY: Ages submitted are to be as of June 2, 2012.
- 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.
- 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.
- AGE GROUPS: 11& under, 12 & over (mixed)
- SCHEDULE OF EVENTS:
- | | <u>Warm Up</u> | <u>Start</u> |
|--------------|----------------|--------------|
| Saturday AM. | 8:00 am | 9:00 am |
| Saturday PM. | 1:00 pm | 2:00 pm |
- AWARDS: **Medals** will be awarded in individual events for 1st, 2nd and 3rd place in age groups 9&U, 10, 11, 12, 13, 14 and 15&O
Ribbons will be awarded for 4th to 8th place in age groups 9&U, 10, 11, 12, 13, 14 and 15&O and for 1st place in relays.
Heat Winner ribbons will be awarded.



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- ENTRY FEES:**
- Individual events 400 m and less are \$8.50 per swim
 - 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 May 18, 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:
 - An entry is considered complete with payment and will have priority over incomplete entries.
 - All entries must be submitted in Hy-tek format.
 - Changes to entries will not be accepted after **Friday May 25th, 2012** as 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 May 25th, 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:** The one-start rule will apply.
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 conduct 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.

MEET RESULTS:

The meet program will be run on Hy-Tek Meet Manager. Results will be posted to as soon as possible at the meet. Meet results will be posted to www.swimming.ca as soon as possible.



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SCHEDULE OF EVENTS

Morning – 11 yrs. & Under	
Warm up: 8:00 am.	
Session Start: 9:00 am.	
Estimated Session Length = 3.5 hours	
EVENT #	EVENT
1	100 Free
2	50 Breast
3	100 Back
4	50 Fly
5	200 IM
6	50 Free
7	100 Breast
8	50 Back
9	200 Free Relay
10	200 Free

Afternoon – 12 yrs. & Over	
Warm up: 1:00 pm.	
Session Start: 2:00 pm.	
Estimated Session Length = 3.5 hours	
EVENT #	EVENT
11	200 Free
12	50 Breast
13	100 Back
14	50 Fly
15	100 Free
16	100 Breast
17	50 Free
18	200 IM
19	50 Back
20	200 Free Relay
21	400 Free

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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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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