



## LISA FLOOD CHRISTMAS CLASSIC December 9, 10 & 11, 2011

The **Pickering Swim Club** is pleased to host our **25<sup>th</sup> Annual Lisa Flood Christmas Classic** Swim Meet.

DATE: **December 9, 10 & 11, 2011.**

HOSTED BY: **Pickering Swim Club**

**Meet Manager:** Fran Koerth

[meetmanager@pickswimclub.com](mailto:meetmanager@pickswimclub.com)

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

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: Swimmers registered as "competitive registered swimmers" with Swim Ontario, SNC, USS or FINA  
Ages submitted are to be as of December 9, 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 swims to 3 per session if necessary.  
Meet Management reserves the right to limit the number of entries in the 400 m, 800 m, and 1500 m events, as well as in the 200 m Breaststroke events. Coaches will be notified in advance.  
Entry restrictions will be in effect to ensure sessions do not exceed 4.5 hours.  
No qualifying times except as indicated in the 400 Free, 400 IM, 800 Free and 1500 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: 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.  
Heat Winner Ribbons

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.**



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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, November 25, 2011. NO LATE ENTRIES ACCEPTED.**
  - Entries will be considered in order received - priority will be given to regular participants.
  - 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
  - An entry is considered complete with payment and will have priority over incomplete entries.
  - Entry changes will not be accepted after **Friday December 2, 2011** as the meet will be final 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. Please use the Hy-Tek default for conversions of times to SC times before submitting entries.
- SCRATCH RULE:** The final deadline for changes to Entries is midnight **Friday December 2, 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. 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. Coaches are responsible for their athletes. Horseplay is strictly prohibited. No food is permitted on deck.
- 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.
- 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         |
- 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 a 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.



## LISA FLOOD CHRISTMAS CLASSIC December 9, 10 & 11, 2011

- 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 20-22, 2012.
- PICK Rainbow Classic meet - April 13-15<sup>th</sup>, 2012
- PICK Nifty-Fifty LC at Brock – May 5 & 6, 2012 – to be held at Brock University
- PICK Last Gasp meet - Saturday June 2, 2012.



LISA FLOOD CHRISTMAS CLASSIC December 9, 10 & 11, 2011



## 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  
Revision 6 01/10/2009 APP D-2



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## SCHEDULE OF EVENTS

**Session #1 = Friday afternoon/evening December 9, 2011**

**Warm-ups: 3:00 - 3:55pm**

**Start Session: 4:00pm**

**Estimated Length = 4.0 hours**

EVENT #	GIRLS	EVENT	BOYS	EVENT #
1	<b>12 &amp; over</b> 12 – 7:10.73 13 – 6:53.53 14 – 6:44.19 15 – 6:32.94	<b>400 IM *</b>	<b>12 &amp; over</b> 12 - 7:15.30 13 - 6:40.97 14 – 6:30.76 15 – 6:20.26 16 – 5:59.81	2
3	<b>11-12</b>	<b>50 Free</b>	<b>11-12</b>	4
5	<b>13-14</b>	<b>50 Free</b>	<b>13-14</b>	6
7	<b>15 &amp; over</b>	<b>50 Free</b>	<b>15 &amp; over</b>	8
9	<b>10 &amp; under</b> 7:12.21	<b>400 Free *</b>	<b>10 &amp; under</b> 6:45.96	10
11	<b>11 &amp; over</b> 11 – 13:49.53 12 – 13:05.36 13 – 12:24.21 14 – 12:08.69 15 – 11:56.34	<b>800 Free *</b>	<b>12 &amp; over</b> 12 – 12:57.26 13 – 12:17.80 14 – 11:48.38 15 – 11:37.25 16 – 11:21.19	12
13	<b>13 &amp; over</b> 13 – 23:58.10 14 – 23:28.10 15 – 23:11.40	<b>1500 Free *</b>	<b>14 &amp; over</b> 14 – 22:48.85 15 – 22:27.35 16 – 21:56.30	14

\* Meet Management reserves the right to limit the number of entries to keep session length to within 4.5 hours.



# LISA FLOOD CHRISTMAS CLASSIC December 9, 10 & 11, 2011

## Session #2 = Saturday morning December 10, 2011

Warm-ups: 7:00 - 7:55am      Start Session: 8:00am      Estimated Length = 4.0 hours

EVENT #	GIRLS	EVENT	BOYS	EVENT #
15	13-14	<b>200 Fly</b>	13-14	16
17	10 & under	<b>100 Back</b>	10 & under	18
19	13-14	<b>100 Back</b>	13-14	20
21	10 & under	<b>50 Free</b>	10 & under	22
23	13-14	<b>100 Free</b>	13-14	24
25	10 & under	<b>100 Breast</b>	10 & under	26
27	13-14	<b>200 Breast *</b>	13-14	28
29	10 & under	<b>50 Fly</b>	10 & under	30
31	13-14	<b>50 Fly</b>	13-14	32
33	10 & under	<b>200 Free</b>	10 & under	34
35	13-14 13 – 5:59.53 14 – 5:52.03	<b>400 Free *</b>	13-14 13 – 5:56.43 14 – 5:42.21	36

## Session #3 = Saturday afternoon December 10, 2011

Warm-ups: 1:00 - 1:55pm      Session Start: 2:00pm      Estimated Length = 4.0 hours

EVENT #	GIRLS	EVENT	BOYS	EVENT #
37	11/12	<b>100 Free</b>	11/12	38
39	15/Over	<b>100 Free</b>	15/Over	40
41	11/12	<b>50 Fly</b>	11/12	42
43	15/Over	<b>200 Fly</b>	15/Over	44
45	11/12	<b>200 Back</b>	11/12	46
47	15/Over	<b>100 Back</b>	15/Over	48
49	11/12	<b>100 Breast</b>	11/12	50
51	15/Over	<b>200 Breast *</b>	15/Over	52
53	11/12	<b>100 Fly</b>	11/12	54
55	15/Over	<b>50 Fly</b>	15/Over	56
57	11/12	<b>100 Back</b>	11/12	58
59	15/Over	<b>200 Free</b>	15/Over	60
61	11/12 11 – 6:40.74 12 – 6:16.15	<b>400 Free *</b>	11/12 11 – 6:45.96 12 – 6:15.49	62



# LISA FLOOD CHRISTMAS CLASSIC December 9, 10 & 11, 2011

## Session #4 = Sunday morning December 11, 2011

**Warm-ups: 7:00 - 7:55am      Session Start: 8:00am      Estimated Session Length = 4.0 hours**

EVENT #	GIRLS	EVENT	BOYS	EVENT #
63	13-14	<b>50 Back</b>	13-14	64
65	10 & under	<b>100 Fly</b>	10 & under	66
67	13-14	<b>100 Fly</b>	13-14	68
69	10 & under	<b>50 Back</b>	10 & under	70
71	13-14	<b>200 Back</b>	13-14	72
73	10 & under	<b>200 IM</b>	10 & under	74
75	13-14	<b>200 IM</b>	13-14	76
77	10 & under	<b>50 Breast</b>	10 & under	78
79	13-14	<b>100 Breast</b>	13-14	80
81	10 & under	<b>100 Free</b>	10 & under	82
83	13-14	<b>200 Free</b>	13-14	84
85	10 & under	<b>100 IM</b>	10 & under	86
87	13-14	<b>50 Breast</b>	13-14	88

## Session #5 = Sunday afternoon December 11, 2011

**Warm-up: 1:00 - 1:55pm      Session Start: 2:00pm      Estimated Session Length = 4.0 hours**

EVENT #	GIRLS	EVENT	BOYS	EVENT #
89	11-12	<b>50 Breast</b>	11-12	90
91	15 & over	<b>200 IM</b>	15 & over	92
93	11-12	<b>200 IM</b>	11-12	94
95	15 & over	<b>100 Breast</b>	15 & over	96
97	11-12	<b>200 Breast</b>	11-12	98
99	15 & over	<b>200 Back</b>	15 & over	100
101	11-12	<b>50 Back</b>	11-12	102
103	15 & over	<b>50 Breast</b>	15 & over	104
105	11-12	<b>200 Fly</b>	11-12	106
107	15 & over	<b>100 Fly</b>	15 & over	108
109	11-12	<b>200 Free</b>	11-12	110
111	15 & over 5:44.95	<b>400 Free *</b>	15 & over 5:36.84	112