



PICKERING NIFTY-FIFTY LC AT BROCK

Saturday, May 5 & Sunday, May 6, 2012

The [Pickering Swim Club](#) is pleased to host our [Nifty-Fifty LC at Brock Meet](#).

DATE: **Saturday May 5 & Sunday May 6, 2012.**

HOSTED BY: **Pickering Swim Club**

Meet Manager: **Fran Koerth**

meetmanager@pickswimclub.com

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

LOCATION: Brock University - Long Course Pool (visit www.pickswimclub.com for directions)
Eleanor Misener Aquatic Centre
St. Catharines, ON L2S 3A1

FACILITY: Pool: - 50 metre, 8 lane pool
-Electronic timing and scoreboard

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 - May 5, 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.
We reserve the right to limit the number of entries in the 400 m and over distance swims to ensure that sessions run within the guidelines of Swim Ontario.
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.

AWARDS: Ribbons from 1st to 8th for age groups 9&U, 10, 11, 12, 13, 14, and 15&O.

AGE GROUPS: 11 & under, 12 & Over



PICKERING NIFTY-FIFTY LC AT BROCK

Saturday, May 5 & Sunday, May 6, 2012

- ENTRY FEES:**
- **Individual entries are:** 50m **\$9.00**
 100m or more **\$9.50**
 - Cheques are to be made payable to: **PICKERING SWIM CLUB INC.**
- DECK ENTRIES:** **Considered exhibition swims only and are \$12. 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 April 20, 2012. NO LATE ENTRIES ACCEPTED.**
- Entries will be accepted in order received.
 - Please use www.swimmeet.ca to submit entries.
 - Entries are only considered confirmed once you have received a confirmation from the Meet Manager:
Fran Koerth
email: meetmanager@pickswimclub.com
 - 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 April 27, 2012** as the meet will be seeded.
- SCRATCH RULE:** The final deadline for changes to Entries is midnight **Friday April 27, 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. Coaches are responsible for the behaviour of their swimmers. Swimming in an orderly manner is required. Horseplay is strictly prohibited. All swimwear worn must conform to the January 1,2010 FINA swimwear approval guidelines.
- 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 long course (LC) times in metres.
No time conversions will be performed.



PICKERING NIFTY-FIFTY LC AT BROCK

Saturday, May 5 & Sunday, May 6, 2012

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>Start</u>
	Saturday afternoon	2:00 pm	2:45 pm
	Saturday evening	5:00 am	5:45 pm
	Sunday morning	7:30 am	8:30 am
	Sunday afternoon	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 Last Gasp meet – Saturday June 2, 2012.



PICKERING NIFTY-FIFTY LC AT BROCK

Saturday, May 5 & Sunday, May 6, 2012

SCHEDULE OF EVENTS

SESSION 1 – Saturday Afternoon			SESSION 2 – Saturday Evening		
Warm up – 2:00 pm Meet starts 2:45 pm			Warm up 5:00 pm Meet starts 5:45 pm		
Ages: 11 years and under			Ages: 12 years and over		
Estimated Session Length = 3 hours			Estimated Session Length = 3 hours		
Girls Event #	Event	Boys Event #	Girls Event #	Event	Boys Event #
1	200 IM	2	7	200 Breast	8
3	50 Back	4	9	50 Back	10
5	50 Free	6	11	50 Free	12
			13	400 IM	14

SESSION 3 – Sunday Morning			SESSION 4 – Sunday Afternoon		
Warm up – 7:30 am Meet starts 8:30 am			Warm up 1:00 pm Meet starts 2:00 pm		
Ages: 12 years and over			Ages: 11 years and under		
Estimated Session Length = 4.0 hours			Estimated Session Length = 4.0 hours		
Girls Event #	Event	Boys Event #	Girls Event #	Event	Boys Event #
15	200 Free	16	33	200 Free	34
17	100 Breast	18	35	100 Breast	36
19	100 Back	20	37	100 Back	38
21	50 Breast	22	39	50 Breast	40
23	50 Fly	24	41	50 Fly	42
25	100 Free	26	43	100 Free	44
27	100 Fly	28	45	100 Fly	46
29	200 Back	30	47	200 Back	48
31	400 Free	32	49	400 Free	50



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