



PICKERING RAINBOW CLASSIC - April 13-15, 2012

The **Pickering Swim Club** is pleased to host our 16th Annual **Rainbow Classic** Swim Meet.

DATE: **April 13, 14, & 15, 2012.**

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 - April 13, 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.
We reserve the right to limit the number of entries in the 400m, 800m events and the 200m Breast to ensure that sessions run within the Swim Ontario's guidelines.

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.
Relays: Ribbons for 1st to 3rd place teams.
Heat winner ribbons.

AGE GROUPS: 10 & under girls - 11 & under boys
11 & over girls - 12 & over boys

ENTRY FEES:

- Individual events: 25m \$7.00
50m - 400m \$8.50
800m \$11.00
- Relay events are \$12.00
- **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 March 30, 2012 for initial entries. 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 April 6 , 2012** 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 April 6, 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.
Warm Up/Warm Down Pool: This is to be used strictly for warm up/down. Coaches are responsible for the behaviour of their swimmers. Swimming in an orderly manner is required.
Horseplay is strictly prohibited.
No food is permitted on deck.
- 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.



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SCHEDULE OF EVENTS:

	<u>Warm Ups</u>	<u>Start</u>	
Friday pm	3:00 pm	4:30 pm	(possible split warm-up)
Saturday am	7:00 am	8:30 am	(possible split warm-up)
Saturday pm	12:30 pm	2:00 pm	(possible split warm-up)
Sunday am	7:00 am	8:30 am	(possible split warm-up)
Sunday pm	12:30 pm	2:00 pm	(possible split warm-up)

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 Nifty-Fifty LC at Brock – 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

SESSION 1 – FRIDAY EVENING APRIL 13		
Warm up – 3:00pm (split warm-up)		Meet starts 4:30pm
Estimated Session Length = 4.0 hours		
Girls	Event	Boys
Event #	Event	Event #
1	11 & under 50 Free	2
3	12 & over 50 Free	4
5	Girls 11 & over 200 Breast *	6
7	Boys 12 & over 200 Breast *	8
9	11 & under 400 Free *	10
11	12 & over 400 Free *	12

SESSION 2 – SATURDAY MORNING APRIL 14			SESSION 3 – SATURDAY AFTERNOON APRIL 14		
Warm up: 7:00 am.		Session starts @ 8:30 am.	Warm up: 12:30 pm.		Session starts @ 2:00 pm.
Estimated Session Length = 4.5 hours			Estimated Session Length = 4.5 hours		
(possible split warm-up)			(possible split warm-up)		
10 & under Girls		11 & under Boys	11 & over Girls		12 & over Boys
Event #	Event	Event #	Event #	Event	Event #
13	100 Butterfly	14	31	100 Butterfly	32
15	50 Breaststroke	16	33	50 Breaststroke	34
17	200 Backstroke	18	35	200 Backstroke	36
19	100 Breaststroke	20	37	50 Back	38
21	25 Free	22	39	200 IM	40
23	25 Fly	24	41	200 Free Relay	42
25	200 IM	26	43	800 Free *	44
27	50 Back	28			
29	200 Freestyle Relay	30			

SESSION 4 – SUNDAY MORNING APRIL 15			SESSION 5 – SUNDAY AFTERNOON APRIL 15		
Warm up: 7:00 am.		Session starts @ 8:30 am.	Warm up: 12:30 pm.		Session starts @ 2:00 pm.
Estimated Session Length = 4.0 hours			Estimated Session Length = 4.0 hours		
(possible split warm-up)			(possible split warm-up)		
10 & under Girls		11 & under Boys	11 & over Girls		12 & over Boys
Event #	Event	Event #	Event #	Event	Event #
45	100 IM	46	61	100 IM	62
47	200 Freestyle	48	63	200 Freestyle	64
49	100 Backstroke	50	65	100 Backstroke	66
51	50 Butterfly	52	67	50 Butterfly	68
53	25 Back	54	69	100 Breaststroke	70
55	25 Breast	56	71	200 Butterfly	72
57	100 Freestyle	58	73	100 Freestyle	74
59	200 Medley Relay	60	75	400 IM *	76
			77	200 Medley Relay	78

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



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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

Revision 6 01/10/2009 APP D-2