



WINTER SWIM FEST

January 17 & 18, 2009.

The Pickering Recreation Complex
1867 Valley Farm Road, Pickering, ON L1V 3Y7

- ENTRY FEES:
- Individual entries 400 m and less events are \$8.00
800 m events are \$10.00

Relay events are \$10.00
 - Cheques are payable to: PICKERING SWIM CLUB INC.

DECK ENTRIES: Swimmer substitutions will not be allowed (must be Scratched/Deck entered with the appropriate deck entry fee paid.) **Deck entries are \$10.00 per individual swim or relay.** 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. Deck entries are treated as exhibition swims. Entry fees must accompany deck entry form.

ENTRY DEADLINE: RECEIVED BY **Sunday, January 4, 2009.** 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
Meet Manager, Pickering Swim Club
Email: meetmanager@pickswimclub.com & cc. officials@pickswimclub.com

An entry is considered complete with payment and will have priority over incomplete entries. Entries sent by email fees must be paid prior to start of Saturday's session. Changes to entries will not be accepted after **Saturday, January 10, 2009** as the meet will be seeded.

RULES/SAFETY: S.N.C. warm up procedures will be in effect. Please read and adhere to the safety procedures attached.
Warm up/Down Pool: This is to be used strictly for warm up/down. Swimming in an orderly manner is required. Horseplay is strictly prohibited. Coaches are responsible for the behavior of their swimmers.

OFFICIALS: We extend the invitation to participating clubs to assist in the staffing of the meet with officials. Please advise if an evaluation is required for a position, mark an E beside Position Preferred.

SCHEDULE OF EVENTS:	Warm Ups	Marshalling	Start	
Saturday AM	8:00	8:55	9:00	
Saturday PM	1:00	1:55	2:00	
Sunday AM	8:00	8:55	9:00	
Sunday PM	1:00	1:55	2:00	

MEET RESULTS: The meet program will be run on Hy-Tek Meet Manager.
Team results will be posted www.swimming.ca website on the day following the completion of the meet.
Meet results will be posted upstairs by the concession stand as soon as they are available.



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REQUEST FOR OFFICIALS FORM

PICKERING SWIM CLUB extends this invitation to participating clubs to assist in staffing our meets with officials. Please indicate below those who wish to help, and the times they would prefer to work. Snacks and refreshments will be offered to those willing to volunteer.

CLUB'S OFFICIALS CHAIRPERSON _____

CLUB NAME _____

TELEPHONE NUMBER () _____

E-MAIL _____

VOLUNTEERS NAME	PHONE NUMBER	LEVEL	TIME AVAILABLE	POSITION PREFERRED

Please enclose this list with your entries or e-mail your list of officials to our Officials Convenor,

Paul Gemmink at officials@pickswimclub.com

Note: If an evaluation is required for a position, mark an "E" beside Position Preferred.

To receive an invitation package for our upcoming meets, please complete below:

- PICK Rainbow Classic – April 3, 4, 5, 2009.**
- PICK Last Gasp – June 7, 2009.**



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SCHEDULE OF EVENTS

SESSION 1 – SATURDAY MORNING January 17, 2009 Warm up – 8:00 am Meet starts 9:00 am Estimated Session Length = 3.5 hours		SESSION 2 – SATURDAY AFTERNOON January 17, 2009 Warm up 1:00 pm Meet starts 2:00 pm Estimated Session Length = 3.5 hours	
Age 11 & Under Mixed		Age 12 & Over Mixed	
Event #	Event	Event #	Event
1	100 Freestyle	10	100 Freestyle
2	50 Breaststroke	11	50 Breaststroke
3	400 IM *	12	400 IM *
4	50 Backstroke	13	50 Backstroke
5	200 Breaststroke	14	200 Breaststroke
6	200 Backstroke	15	200 Backstroke
7	100 Butterfly	16	100 Butterfly
8	200 Freestyle Relay	17	200 Freestyle Relay
9	800 Freestyle *	18	800 Freestyle *
– Coaches – please do not mix different age groups and genders on <u>the same</u> Freestyle Relay team –			
SESSION 3 – SUNDAY MORNING January 18, 2009 Warm up – 8:00am Meet starts 9:00am Estimated Session Length = 3.5 hours		SESSION 2 – SUNDAY AFTERNOON January 18, 2009 Warm up – 1:00pm Meet starts 2:00pm Estimated Session Length = 3.5 hours	
Age 11 & Under Mixed		AGE 12 & Over Mixed	
Event #	Event	Event #	Event
19	100 IM	29	100 IM
20	200 Freestyle	30	200 Freestyle
21	100 Backstroke	31	100 Backstroke
22	50 Butterfly	32	50 Butterfly
23	100 Breaststroke	33	100 Breaststroke
24	200 IM	34	200 IM
25	200 Butterfly	35	200 Butterfly
26	50 Freestyle	36	50 Freestyle
27	200 Medley Relay	37	200 Medley Relay
28	400 Freestyle *	38	400 Freestyle *
• Coaches – please do not mix different age groups and genders on <u>the same</u> Medley Relay team.			

COACHES, please try to enter all relays with an actual time in order to seed your swimmers competitively.

* 400 and 800 metre swim entries may be limited, if necessary.



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SWIMMING/NATATION CANADA

RISK MANAGEMENT / WARM-UP PROCEDURES 2005

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 & SWAD 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.