



LISA FLOOD CHRISTMAS CLASSIC

December 7, 8 and 9, 2018



The **Pickering Swim Club** is pleased to host our **31st Annual Lisa Flood Christmas Classic** Swim Meet.

DATE: **December 7, 8 & 9, 2018**

HOSTED BY: **Pickering Swim Club**

Meet Manager: Cara Herrington & Dawn Soulis

Contact: meetmanager@pickswimclub.com

Competition Coordinator: Derek Olson (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: - Will operate during all sessions

MEET PACKAGE: The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

COMPETITION RULES: Sanctioned by Swim Ontario. All events are Timed Finals.
All current Swimming Canada (SC) rules will be followed.

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

DIVE STARTS: As per the Facility Rules for Dive Starts, this competition will be conducted as follows:
● Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
○ from deep end only

RECORDS: Swim times achieved at this competition will NOT be used for applications of provincial and national records.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.

This is an invitational meet. Participation of this meet is at the full discretion of the Pickering Swim Club.



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Meet Management reserves the right to further limit individual events to 3 per session and to limit heats if necessary to keep session times to within 4.5 hours. Coaches will be notified in advance. Foreign competitors are welcome, subject to the provisions below.

AGE UP DATE: Ages submitted are to be as of start of the meet – December 7, 2018.

FOREIGN COMPETITORS: All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All swimmers and coaches must have primary residence within the province/state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to the start of competition.

COACHES: Meet Management will be enforcing the Swimming Canada Coaches Policy whereby coaches must have and display their Swim Ontario photo ID Coaching Compliance Cards. Meet Management reserves the right to request to be shown this card at any time. Coaches not in possession of their card, and not found on any of the [Swim Ontario Compliancy lists](#) will not be permitted to attend the meet. During competition, coaches are asked to coach from the coach's area and not to coach from the spectator side or either end of the pool. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

ENTRIES:

- Entries must be submitted through the SNC online entries system at www.swimming.ca.
- Meet Management will not accept entries via email.
- Online Entry Deadline: **Friday November 23, 2018.**
- Changes to entries will not be accepted after **Friday November 30, 2018.** After that time, fees will be calculated; no refunds will be granted for missed swims. **NO LATE ENTRIES ACCEPTED.**
- Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times and not enter swimmers with "NT".
- Swimmers may swim maximum of 2 individual events for sessions 1 and 2, and a maximum of 4 entries per session for sessions 3 through 8. Further limitations may be imposed if necessary.
- Relay swimmers must be entered in a non-relay event in order to compete.
- Qualifying period for entry to the meet is from December 1, 2017.
- **No qualifying times, except as indicated in the 400 Free, 400 IM, 800 Free, and 1500 Free. Qualifying times are Swim Ontario SC 'E' Standard (Festival for 12 & Under, Provincial Standard for 13 & Over).**
- Entries are considered complete with payment and will have priority over incomplete entries.
- All fees will be charged based on entries submitted up to the entry deadline, regardless of whether the swimmer competes or not.

ENTRY FEES: Individual entries are:

25m	\$7.00
50m	\$9.00
100m, 200m, 400m	\$10.00
800m, 1500m	\$12.00



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Splash Fee: \$5.00 per swimmer

- DECK ENTRIES:** Considered exhibition swims.
\$12.00 per swim for 25m-400m events and \$15.00 per swim for 800m & 1500m events.
- 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.
 - Swimmers entered on deck must have valid proof of SNC registration (number) as an active, registered, competitive swimmer.
- SEEDING:** Heats will be seeded slowest to fastest except in distance events (800m & 1500m) which will be seeded fastest to slowest.
Seeding will be in order of times entered, as converted pursuant to the conversion process as per meet package, followed by swimmers entered with NT (no times).
- CONVERSIONS:** Entries must be submitted using short course (SC) times in metres. Any non-conforming times (e.g. LC, Yards) must be converted to SC before submitting.
- AWARDS:** Please use the Hy-Tek default for conversions of times to SC times before submitting entries.
Distinctive medal for 1st to 3rd place in age groups 10&U, 11, 12, 13, 14, and 15&O in events 50m and above. Ribbons from 4th to 8th place for age groups 10&U, 11, 12, 13, 14, and 15&O in events 50m and above.
Ribbons for all 25m events for 1st through 8th place for age groups 8&U, 9 and 10.
Heat winner ribbons will be given to the winner of each heat.
- SCRATCH RULE:** At the meet, scratches must be received no later than 20 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:** Swimming Canada Warm-up Competition Safety Procedures will be in effect at this meet.
The full document can be viewed [HERE](#).
Coaches are responsible for the behaviour of their swimmers.
Swimming in an orderly manner is required.
Horseplay is strictly prohibited.
No food on deck is permitted.
- SPLIT TIMES:** The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.
Meet management 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** in question.
- OFFICIALS:** Officials registered with Swim Ontario / Swimming Canada are invited to assist at the Meet. Priority will be given to Clubs participating in the meet. For further information, contact Andrew Haines, PICK Officials Director at officials@pickswimclub.com.



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SCHEDULE OF SESSIONS:

Session #	Age Group	Date	Warm-up Start Time
1	12 & Under	Friday Afternoon	3:00 PM – 3:45 PM
2	13 & Over	Friday Evening	6:00 PM – 6:45 PM
3	11 - 12	Saturday Morning	7:30 AM – 8:30 AM
4	10 & Under	Saturday Early Afternoon	12:15 PM – 1:00PM
5	13 & Over	Saturday Late Afternoon	5:00 PM – 6:00 PM
6	11 – 12	Sunday Morning	7:30 AM – 8:30 AM
7	10 & Under	Sunday Early Afternoon	12:15 PM – 1:00PM
8	13 & Over	Sunday Late Afternoon	5:00 PM – 6:00 PM

NOTES:

While on deck, spectators must stay in the bleacher and designated spectator area. Only swimmers, registered certified coaches, officials, pool staff and previously authorized people are permitted past this area. Photographers must obtain permission from the meet manager prior to the meet and “check-in” with the meet manager at the meet upon entering the pool deck.

PSYCH SHEETS:

If possible, Psych Sheets will be posted prior to the meet on the home page of our website. www.pickswimclub.com, through the “Live Results” link.

MEET RESULTS:

The meet program will be run on Hy-Tek Meet Manager. Results will be posted as quickly as possible at the meet. Official results will be posted to www.swimming.ca within 48 hours of the completion of the meet. Live Results will be available on our website www.pickswimclub.com each day through the “Live Results” link on the home page. *NOTE: All times are unofficial until verified and published on www.swimming.ca.* Results will also be posted on Meet Mobile during the meet when possible.

Please visit our website at www.pickswimclub.com to obtain a Meet Package for our upcoming meets:

- PICK Winter Swim Fest Meet: January 18 - 20, 2019
- PICK Rainbow Classic Meet: April 5 - 7, 2019
- PICK Last Gasp Meet: June 1, 2019



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SCHEDULE OF EVENTS

(Qualifying times - Swim Ontario SC "E" Standard)

SESSION 1 – FRIDAY AFTERNOON - December 7, 2018				
12 & under Girls and Boys			Warm-up 3:00 – 3:45 PM	
Event #	Girls	Event	Boys	Event #
1	11-12 <i>11 – 6:28.80</i> <i>12 – 6:03.60</i>	400 Freestyle *	11-12 <i>11 – 6:36.00</i> <i>12 – 6:04.80</i>	2
3	10 & under	50 Freestyle	10 & under	4
5	11-12	50 Freestyle	11-12	6
7	10 & under <i>6:57.25</i>	400 Freestyle *	10 & under <i>7:07.88</i>	8
9	11-12 <i>11 – 13:16.67</i> <i>12 – 12:18.76</i>	800 Freestyle *	11-12 <i>11 – 13:53.32</i> <i>12 – 12:28.21</i>	10

SESSION 2 – FRIDAY EVENING - December 7, 2018				
13 & over Girls and Boys			Warm-up 6:00 – 6:45 PM	
Event #	Girls	Event	Boys	Event #
11	13 & over <i>13 – 6:31.36</i> <i>14 – 6:28.02</i> <i>15(+) – 6:17.22</i>	400 IM *	13 & over <i>13 – 6:19.42</i> <i>14 – 6:09.38</i> <i>15(+) – 6:03.58</i>	12
13	13 -14	50 Freestyle	13-14	14
15	15 & over	50 Freestyle	15 & over	16
17	13 & over <i>13 – 11:49.64</i> <i>14 – 11:39.22</i> <i>15(+) – 11:31.28</i>	800 Freestyle *	13 & over <i>13 – 11:37.94</i> <i>14 – 11:19.58</i> <i>15(+) – 10:59.59</i>	18
19	13 & over <i>13 – 22:40.12</i> <i>14 – 22:20.11</i> <i>15(+) – 22:04.97</i>	1500 Freestyle *	13 & over <i>13 – 22:26.34</i> <i>14 – 21:42.88</i> <i>15(+) – 21:04.54</i>	20

*Meet Management reserves the right to limit the number of entries



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SESSION 3 – SATURDAY MORNING - December 8, 2018				
11 & 12 Girls and Boys			Warm-up 7:30 AM – 8:30 AM	
Event #	Girls	Event	Boys	Event #
21	11-12	100 Freestyle	11-12	22
23	11-12	50 Butterfly	11-12	24
25	11-12	200 Backstroke	11-12	26
27	11-12	100 Butterfly	11-12	28
29	11-12	200 Breaststroke *	11-12	30
31	11-12	100 Backstroke	11-12	32
33	11-12	400 IM *	11-12	34

SESSION 4 – SATURDAY EARLY AFTERNOON - December 8, 2018				
10 & Under Girls and Boys			Warm-up 12:15 PM – 1:00 PM	
Event #	Girls	Event	Boys	Event #
35	10 & under	50 Butterfly	10 & under	36
37	10 & under	100 Backstroke	10 & under	38
39	10 & under	100 Breaststroke	10 & under	40
41	10 & under	25 Freestyle	10 & under	42
43	10 & under	25 Butterfly	10 & under	44
45	10 & under	100 IM	10 & under	46
47	10 & under	200 Freestyle	10 & under	48
49	10 & under	200 Breaststroke *	10 & under	50

SESSION 5 – SATURDAY LATE AFTERNOON - December 8, 2018				
13 & Over Girls and Boys			Warm-up 5:00 PM – 6:00 PM	
Event #	Girls	Event	Boys	Event #
51	13-14	200 Butterfly	13-14	52
53	15 & over	200 Butterfly	15 & over	54
55	13-14	100 Backstroke	13-14	56
57	15 & over	100 Backstroke	15 & over	58
59	13-14	100 Freestyle	13-14	60
61	15 & over	100 Freestyle	15 & over	62
63	13-14	200 Breaststroke *	13-14	64
65	15 & over	200 Breaststroke *	15 & over	66
67	13-14	50 Butterfly	13-14	68
69	15 & over	50 Butterfly	15 & over	70
71	13-14	400 Freestyle *	13-14	72
73	15 & over	400 Freestyle *	15 & over	74

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SESSION 6 – SUNDAY MORNING - December 9, 2018				
11 & 12 Girls and Boys			Warm-up 7:30 AM – 8:30 AM	
Event #	Girls	Event	Boys	Event #
75	11-12	50 Breaststroke	11-12	76
77	11-12	200 IM	11-12	78
79	11-12	100 Breaststroke	11-12	80
81	11-12	50 Backstroke	11-12	82
83	11-12	200 Butterfly	11-12	84
85	11-12	200 Freestyle	11-12	86

SESSION 7 – SUNDAY EARLY AFTERNOON - December 9, 2018				
10 & Under Girls and Boys			Warm-up 12:15 PM – 1:00 PM	
Event #	Girls	Event	Boys	Event #
87	10 & Under	50 Backstroke	10 & Under	88
89	10 & Under	200 IM	10 & Under	90
91	10 & Under	100 Butterfly	10 & Under	92
93	10 & Under	25 Backstroke	10 & Under	94
95	10 & Under	25 Breaststroke	10 & Under	96
97	10 & Under	50 Breaststroke	10 & Under	98
99	10 & Under	100 Freestyle	10 & Under	100
101	10 & Under	200 Backstroke	10 & Under	102

SESSION 8 – SUNDAY LATE AFTERNOON - December 9, 2018				
13 & Over Girls and Boys			Warm-up 5:00 PM – 6:00 PM	
Event #	Girls	Event	Boys	Event #
103	13 - 14	50 Backstroke	13 - 14	104
105	15 & Over	50 Backstroke	15 & Over	106
107	13 - 14	100 Butterfly	13 - 14	108
109	15 & Over	100 Butterfly	15 & Over	110
111	13 - 14	50 Breaststroke	13 - 14	112
113	15 & Over	50 Breaststroke	15 & Over	114
115	13 - 14	200 IM	13 - 14	116
117	15 & Over	200 IM	15 & Over	118
119	13 - 14	100 Breaststroke	13 - 14	120
121	15 & Over	100 Breaststroke	15 & Over	122
123	13 - 14	200 Freestyle	13 - 14	124
125	15 & Over	200 Freestyle	15 & Over	126
127	13 - 14	200 Backstroke	13 - 14	128
129	15 & Over	200 Backstroke	15 & Over	130