



PICKERING SPRINT MEET

Saturday October 27 and Sunday October 28, 2018

The **Pickering Swim Club** is pleased to host our **Pickering Sprint** Swim Meet.

DATE: **Saturday October 27 & Sunday October 28, 2018**

HOSTED BY: **Pickering Swim Club**

Meet Manager: Cara Herrington

Contact: meetmanager@pickswimclub.com

Competition Coordinator: Gayle Pollock (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 - October 27, 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 October 12, 2018.**
- Changes to entries will not be accepted after **Friday October 19, 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 4 individual events per session.
- Relay swimmers must be entered in a non-relay event in order to compete.
- Qualifying period for entry to the meet is from October 1, 2017.
- No qualifying times.
- 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.



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ENTRY FEES:	Individual entries are:	
	25m	\$7.00
	50m	\$9.00
	100m, 200m, 400m	\$10.00
	800m	\$12.00
	Relay team entries:	\$12.00
	Splash Fee:	\$5.00 per swimmer

Cheques are to be made payable to: **PICKERING SWIM CLUB INC.**

DECK ENTRIES: Considered exhibition swims.
\$12.00 per swim for 25m-400m events and \$15.00 per swim for 800m 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) 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.
Please use the Hy-Tek default for conversions of times to SC times before submitting entries.

AWARDS: Ribbons from 1st to 8th for age groups 8&U, 9-10, 11, 12, 13, 14, and 15&O.
Relays: Ribbons for 1st to 3rd place teams.
Heat winner ribbons.

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.



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TIME SPLITS: 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.

SCHEDULE OF SESSIONS:

Session #	Age Group	Date	Warm-up Start Time
1	13 & over	Saturday morning	7:30am – 8:30am
2	10 & under	Saturday early afternoon	12:00pm – 1:00pm
3	11 - 12	Saturday late afternoon	4:30pm – 5:30pm
4	13 & over	Sunday morning	7:30am – 8:30am
5	10 & under	Sunday early afternoon	12:00pm – 1:00pm
6	11 - 12	Sunday late afternoon	4:30pm – 5:30pm

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 Lisa Flood Christmas Classic Meet: December 7 - 9, 2018
- 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

SESSION 1 – Saturday AM – October 27		
Warm up – 7:30 AM		Meet starts 8:30 AM
Girls and Boys 13 & over		
Girls 13 & over Event #	Event	Boys 13 & over Event #
1	13-14 100 Freestyle	2
3	15 & over 100 Freestyle	4
5	13-14 50 Breaststroke	6
7	15 & over 50 Breaststroke	8
9	13-14 200 Backstroke *	10
11	15 & over 200 Backstroke *	12
13	13-14 200 Butterfly *	14
15	15 & over 200 Butterfly *	16
17	13-14 100 Butterfly	18
19	15 & over 100 Butterfly	20
21	13-14 50 Backstroke	22
23	15 & over 50 Backstroke	24
25	13-14 200 Breaststroke *	26
27	15 & over 200 Breaststroke *	28
29	13-14 200 IM *	30
31	15 & over 200 IM *	32
33	13 & over 400 Freestyle *	34

SESSION 2 – Saturday Early PM - October 27			SESSION 3 – Saturday Late PM- October 27		
10 & under		Warm up: 12:00 PM – 1:00 PM	11 – 12 years		Warm up: 4:30 PM – 5:30 PM
Girls 10 & under		Boys 10 & under	Girls 11 – 12 years		Boys 11 – 12 years
Event #	Event	Event #	Event #	Event	Event #
35	100 Freestyle	36	51	100 Freestyle	52
37	100 Butterfly	38	52	50 Breaststroke	54
39	50 Breaststroke	40	55	200 Backstroke *	56
41	25 Butterfly	42	57	25 Butterfly	58
43	25 Freestyle	44	59	25 Freestyle	60
45	50 Backstroke	46	61	100 Butterfly	62
47	100 IM	48	63	50 Backstroke	64
49	400 Freestyle *	50	65	200 Breaststroke *	66
			67	200 IM *	68
			69	400 Freestyle *	70

*Meet Management reserves the right to limit heats to keep sessions to within time constraints.

**Meet Management reserves the right to eliminate this event to keep sessions to within time constraints.



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SCHEDULE OF EVENTS (cont'd)

SESSION 4 – Sunday October 28		
Warm up – 7:30 AM		Meet starts 8:30 AM
Girls and Boys 13 & over		
Girls 13 & over Event #	Event	Boys 13 & over Event #
71	13-14 100 Breaststroke	72
73	15 & over 100 Breaststroke	74
75	13-14 50 Freestyle	76
77	15 & over 50 Freestyle	78
79	13-14 100 Backstroke	80
81	15 & over 100 Backstroke	82
83	13-14 200 Freestyle	84
85	15 & over 200 Freestyle	86
87	13-14 50 Butterfly	88
89	15 & over 50 Butterfly	90
91	13-14 200 Freestyle Relay **	92
93	15 & over 200 Freestyle Relay **	94
95	13 & over 400 IM *	96
97	13 & over 800 Freestyle *	98

SESSION 5 – Sunday Early PM - October 28			SESSION 6 – Sunday Late PM - October 28		
10 & under		Warm up: 12:00 PM – 1:00 PM	11 – 12 years		Warm up: 4:30 PM – 5:30 PM
Girls 10 & under Event #	Event	Boys 10 & under Event #	Girls 11 – 12 years Event #	Event	Boys 11 – 12 years Event #
99	100 Breaststroke	100	117	100 Breaststroke	118
101	50 Freestyle	102	119	50 Freestyle	120
103	100 Backstroke	104	121	100 Backstroke	122
105	25 Breaststroke	106	123	25 Backstroke	124
107	25 Backstroke	108	125	25 Breaststroke	126
109	200 Freestyle	110	127	200 Freestyle	128
111	50 Butterfly	112	129	50 Butterfly	130
113	200 IM	114	131	100 IM	132
115	200 Freestyle Relay **	116	133	200 Freestyle Relay **	134
			135	800 Freestyle *	136

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Coaches: Relay teams may be mixed ages but not mixed gender. Relays will be assigned to the age group of the oldest swimmer.