



WINTER SWIM FEST



January 18, 19, and 20, 2019

The **Pickering Swim Club** is pleased to host the **2019 PICK Winter Swim Fest**.

DATE: **January 18, 19, and 20, 2019**

HOSTED BY: **Pickering Swim Club**

Meet Manager: Cara Herrington & Derek Panchyshyn

Contact: meetmanager@pickswimclub.com

Competition Coordinator: 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 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.

Foreign competitors are welcome, subject to the provisions below.



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AGE UP DATE: Ages submitted are to be as of start of the meet – January 18, 2019.

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. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance

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.

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 January 4, 2019.**
- Changes to entries will not be accepted after **Friday January 11, 2019.** 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 session 1, and a maximum of 4 entries per session for sessions 2 through 7. 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.
- Relay swimmers must be entered in a non-relay event in order to compete.
- Qualifying period for entry to the meet is from January 1, 2018.
- 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, 1500m	\$12.00
Relays 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 & 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.
 Please use the Hy-Tek default for conversions of times to SC times before submitting entries.

AWARDS: Ribbons for individuals 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.
High point award for top individuals in age groups 9&U, 10, 11, 12, 13, 14 and 15&O, based on the following points for individual events:

<u>Place</u>	<u>Points</u>	<u>Place</u>	<u>Points</u>
1 st	10	5 th	4
2 nd	8	6 th	3
3 rd	6	7 th	2
4 th	5	8 th	1

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.



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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.

SCHEDULE OF SESSIONS:

Session #	Age Group	Date	Warm-up - Start Time
1	11 & over	Friday Evening	3:00 PM – 3:45 PM
2	13 & over	Saturday Morning	7:30 AM – 8:15 AM
3	10 & Under	Saturday Early Afternoon	11:30 AM – 12:15 PM
4	11 – 12	Saturday Late Afternoon	4:15 PM – 5:00 PM
5	13 & Over	Sunday Morning	7:30 AM – 8:15 AM
6	10 & Under	Sunday Early Afternoon	11:30 AM – 12:15 PM
7	11 – 12	Sunday Late Afternoon	4:15 PM – 5:00 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 our website, www.pickswimclub.com, under the Meet Info - Hosted Meets tab.

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 under the Meet Info – Hosted Meets tab. *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 Rainbow Classic Meet: April 5 - 7, 2019
- PICK Last Gasp Meet: June 1, 2019



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SCHEDULE OF EVENTS

SESSION 1 - FRIDAY PM - January 18, 2019

11 & Over Girls and Boys

Warm-up 3:00 – 3:45 PM Meet Starts at 3:45 PM

Event #	Girls	Event	Boys	Event #
1	11 & Over	50 Freestyle	11 & Over	2
3	11 & Over	400 Freestyle *	11 & Over	4
5	11 & Over	800 Freestyle *	11 & Over	6
7	13 & over	1500 Freestyle *	13 & over	8

SESSION 2 - SATURDAY MORNING - January 19, 2019

13 & Over Girls and Boys

Warm-up 7:30 AM – 8:15 AM

Event #	Girls	Event	Boys	Event #
9	13 & over	100 Freestyle	13 & over	10
11	13 & over	50 Breaststroke	13 & over	12
13	13 & over	200 IM	13 & over	14
15	13 & over	50 Backstroke	13 & over	16
17	13 & over	200 Breaststroke	13 & over	18
19	13 & over	200 Backstroke	13 & over	20
21	13 & over	100 Butterfly	13 & over	22
23	13 & over	200 Freestyle Relay	13 & over	24

SESSION 3 – SATURDAY EARLY AFTERNOON - January 19, 2019

10 & Under Girls and Boys

Warm-up 11:30 AM – 12:15 PM

Event #	Girls	Event	Boys	Event #
25	10 & Under	100 Freestyle	10 & Under	26
27	10 & Under	50 Breaststroke	10 & Under	28
29	10 & Under	200 IM	10 & Under	30
31	10 & Under	50 Backstroke	10 & Under	32
33	10 & Under	200 Breaststroke*	10 & Under	34
35	10 & Under	25 Freestyle	10 & Under	36
37	10 & Under	25 Butterfly	10 & Under	38
39	10 & Under	200 Backstroke	10 & Under	40
41	10 & Under	100 Butterfly	10 & Under	42
43	10 & Under	200 Freestyle Relay	10 & Under	44

*Meet Management reserves the right to limit the number of entries and/or heats



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SCHEDULE OF EVENTS (CONTINUED)

SESSION 4 – SATURDAY LATE AFTERNOON - January 19, 2019				
11 - 12 Girls and Boys		Warm-up 4:15 PM – 5:00 PM		
Event #	Girls	Event	Boys	Event #
45	11 - 12	100 Freestyle	11 - 12	46
47	11 - 12	50 Breaststroke	11 - 12	48
49	11 - 12	200 IM	11 - 12	50
51	11 - 12	50 Backstroke	11 - 12	52
53	11 - 12	200 Breaststroke *	11 - 12	54
55	11 - 12	200 Backstroke	11 - 12	56
57	11 - 12	100 Butterfly	11 - 12	58
59	11 - 12	200 Freestyle Relay	11 - 12	60

SESSION 5 – SUNDAY MORNING – January 20, 2019				
13 & Over Girls and Boys		Warm-up 7:30 AM – 8:15 AM		
Event #	Girls	Event	Boys	Event #
61	13 & over	100 IM	13 & over	62
63	13 & over	200 Freestyle	13 & over	64
65	13 & over	100 Backstroke	13 & over	66
67	13 & over	50 Butterfly	13 & over	68
69	13 & over	100 Breaststroke	13 & over	70
71	13 & over	200 Butterfly	13 & over	72
73	13 & over	200 Medley Relay	13 & over	74
75	13 & over	400 IM *	13 & over	76

SESSION 6 – SUNDAY EARLY AFTERNOON - January 20, 2019				
10 & Under Girls and Boys		Warm-up 11:15 AM – 12:00 PM		
Event #	Girls	Event	Boys	Event #
77	10 & under	100 IM	10 & under	78
79	10 & under	200 Freestyle	10 & under	80
81	10 & under	100 Backstroke	10 & under	82
83	10 & under	50 Butterfly	10 & under	84
85	10 & under	100 Breaststroke	10 & under	86
87	10 & under	25 Backstroke	10 & under	88
89	10 & under	25 Breaststroke	10 & under	90
91	10 & under	50 Freestyle	10 & under	92
93	12 & under	200 Medley Relay	12 & under	94
95	10 & under	400 Freestyle *	10 & under	96

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SCHEDULE OF EVENTS (CONT'D)

SESSION 7 – SUNDAY LATE AFTERNOON - January 20, 2019				
11 - 12 Girls and Boys			Warm-up 4:15 PM – 5:00 PM	
Event #	Girls	Event	Boys	Event #
97	11 - 12	100 IM	11 - 12	98
99	11 - 12	200 Freestyle	11 - 12	100
101	11 - 12	100 Backstroke	11 - 12	102
103	11 - 12	50 Butterfly	11 - 12	104
105	11 - 12	100 Breaststroke	11 - 12	106
107	11 - 12	200 Butterfly	11 - 12	108
109	11 - 12	200 Medley Relay	11 - 12	110
111	11 - 12	400 IM *	11 - 12	112

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