



PICKERING RAINBOW CLASSIC

April 5 - 7, 2019



The **Pickering Swim Club** is pleased to host our 23rd Annual **Pickering Rainbow Classic** Swim Meet.

- DATE:** April 5-7, 2019
- HOSTED BY:** **Pickering Swim Club**
Meet Manager: Cara Herrington & Clara Lalonde
Contact: meetmanager@pickswimclub.com
Competition Coordinator: Su Kin Cheong (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.
- AGE UP DATE:** Ages submitted are to be as of start of the meet – April 5, 2019



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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 cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. 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 March 22, 2019.**
- Changes to entries will not be accepted after **Friday March 29, 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 events in Session 1 and 4 individual events 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 April 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.

ENTRY FEES:

Individual entries are:

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

Relay team entries: \$12.00

Splash Fee: \$5.00 per swimmer

Cheques are to be made payable to: [PICKERING SWIM CLUB INC.](#)



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- 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 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 individual events 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.
- 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. Please use the attached link - <http://bit.ly/2CWQs3g> to sign up. For further information, contact Andrew Haines, PICK Officials Director at officials@pickswimclub.com



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SCHEDULE OF SESSIONS:

1	11 & over	Friday evening	3:00PM – 4:00PM
2	11 - 12	Saturday morning	7:30AM – 8:15AM
3	10 & under	Saturday early afternoon	12:00PM – 12:45PM
4	13 & over	Saturday late afternoon	4:30PM – 5:15PM
5	11 - 12	Sunday morning	7:30AM – 8:15AM
6	10 & under	Sunday early afternoon	12:00PM – 12:45PM
7	13 & over	Sunday late afternoon	4:30PM – 5:15PM

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.picksimclub.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.picksimclub.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.picksimclub.com to obtain a Meet Package for our upcoming meets:

- PICK Last Gasp Meet: June 1, 2019



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SCHEDULE OF EVENTS

SESSION 1 – FRIDAY EVENING APRIL 5		
Warm up – 3:00 PM		Meet starts 4:00 PM
Girls and Boys 11 & over		
Girls 11 & Over		Boys 11 & Over
Event #	Event	Event #
1	11 & over 50 Freestyle	2
3	11 & over 200 Breaststroke *	4
5	11 & over 400 Freestyle *	6
7	12 & over 1500 Freestyle *	8

SESSION 2 – Saturday AM - APRIL 6		
11 – 12 years		Warm up: 7:30 AM – 8:15 AM
Girls 11 – 12 years	Boys 11 – 12 years	
Event #	Event	Event #
9	100 Butterfly	10
11	50 Breaststroke	12
13	100 Backstroke	14
15	50 Backstroke	16
17	200 IM *	18
19	200 Freestyle Relay **	20
21	800 Freestyle *	22

SESSION 5 – Sunday AM - APRIL 7		
11 – 12 years		Warm up: 7:30 AM – 8:15 AM
Girls 11 – 12 years	Boys 11 – 12 years	
Event #	Event	Event #
57	100 IM	58
59	200 Freestyle	60
61	200 Backstroke	62
63	50 Butterfly	64
65	100 Breaststroke	66
67	200 Butterfly	68
69	100 Freestyle	70
71	200 Medley Relay **	72
73	400 IM *	74

Relays will be assigned to the age of the oldest swimmer on the relay team.

*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 3 – Saturday Early PM - APRIL 6 10 & under Warm up: 12:00 PM – 12:45 PM			SESSION 6 – Sunday Early PM - APRIL 7 10 & under Warm up: 12:00 PM – 12:45 PM		
<i>Girls 10 & under</i>		<i>Boys 10 & under</i>	<i>Girls 10 & under</i>		<i>Boys 10 & under</i>
<i>Event #</i>	<i>Event</i>	<i>Event #</i>	<i>Event #</i>	<i>Event</i>	<i>Event #</i>
23	100 Freestyle	24	75	100 Butterfly	76
25	50 Breaststroke	26	77	50 Freestyle	78
27	200 Backstroke	28	79	100 IM	80
29	100 Breaststroke	30	81	200 Freestyle	82
31	25 Freestyle	32	83	100 Backstroke	84
33	25 Butterfly	34	85	50 Butterfly	86
35	200 IM *	36	87	25 Backstroke	88
37	50 Backstroke	38	89	25 Breaststroke	90
39	200 Freestyle Relay **	40	91	200 Breaststroke *	92
41	400 Freestyle *	42	93	200 Medley Relay **	94

Relays will be assigned to the age of the oldest swimmer on the relay team.
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SESSION 4 – Saturday Late PM - APRIL 6 13 & over Warm up: 4:30 PM – 5:15 PM			SESSION 7 – Sunday Late PM - APRIL 7 13 & over Warm up: 4:30 PM – 5:15 PM		
<i>Girls 13 & over</i>		<i>Boys 13 & over</i>	<i>Girls 13 & over</i>		<i>Boys 13 & over</i>
<i>Event #</i>	<i>Event</i>	<i>Event #</i>	<i>Event #</i>	<i>Event</i>	<i>Event #</i>
43	100 Butterfly	44	95	100 IM	96
45	50 Breaststroke	46	97	200 Freestyle	98
47	100 Backstroke	48	99	200 Backstroke	100
49	50 Backstroke	50	101	50 Butterfly	102
50	200 IM *	52	103	100 Breaststroke	104
53	200 Freestyle Relay **	54	105	200 Butterfly	106
55	800 Freestyle *	56	107	100 Freestyle	108
			109	200 Medley Relay **	110
			111	400 IM *	112

Relays will be assigned to the age of the oldest swimmer on the relay team.
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