



# LISA FLOOD CHRISTMAS CLASSIC

## December 6, 7 and 8, 2019



The **Pickering Swim Club** is pleased to host our **33<sup>rd</sup> Annual Lisa Flood Christmas Classic** Swim Meet.

DATE: **December 6, 7, and 8, 2019**

HOSTED BY: **Pickering Swim Club**

**Meet Manager: Cara Herrington & Olof Saliba**

Contact: [meetmanager@pickswimclub.com](mailto:meetmanager@pickswimclub.com)

**Competition Coordinators: Derek Olson, Level V  
Dawn Soulis, Level IV**

LOCATION: Chestnut Hill Developments Recreation Complex (formerly 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](http://www.swimming.ca)

SAFETY & LIABILITY: Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](#).

Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

### Rowan's Law – Concussion Management

The Rowan's Law requirements came into effect on July 1, 2019. Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities. Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others. Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body. If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols. For full details and resources on Rowan's Law and Concussion management protocols click [HERE](#).

### Open and Observable Environment

Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.



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### Event Photography/Videography

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#).

Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

### 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.

### AGE UP DATE:

Ages submitted are to be as of the start of the meet - December 6, 2019.

### MIXED-GENDER:

An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.

In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.

### ELIGIBILITY:

All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and have a valid SC registration number. Swimming Canada entries without a valid SC registration number and registration status will be declined entry.



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Foreign competitors are welcome, subject to the provisions below.

All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign 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 foreign 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 start of competition.

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

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.

### COACHES REGISTRATION:

Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the Swimming Canada 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](http://www.swimming.ca).
- Meet Management will not accept entries via email.
- Online Entry Deadline: **Friday November 22, 2019.**
- Changes to entries will not be accepted after **Friday November 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 individual events for session 1, and a maximum of 4 entries per session for sessions 2 through 7. Further limitations may be imposed if necessary. Meet Management reserves the right to limit the number of entries in any event
- 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, 2018.
- **No qualifying times, except as indicated in the 400 Free, 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.



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### ENTRY FEES:

Individual entries are:

25m	\$7.50
50m	\$9.50
100m, 200m, 400m	\$10.50
800m, 1500m	\$12.50

Splash Fee: \$5.00 per swimmer

### DECK ENTRIES:

Deck Entries are Exhibition Only. They are not eligible for scoring or awards. Deck entries will be accepted for empty lanes only (no new heats will be created). Swimmers entered on deck must have valid proof of SC registration as an active, registered, competitive swimmer.

- **\$13.00 per swim for 25m-400m events and \$15.00 per swim for 800m & 1500m events.**
- **If swimmer is being deck entered for the meet - Splash Fee of \$5.00 needs to accompany deck entries**
- Swimmer substitutions will not be allowed. Swimmers must be scratched and then the appropriate swimmers must be deck entered paying the deck entry fee.

Fees must accompany deck entry form.

**Events 200, 201 & 202 – 8x50m MIXED FREE RELAY** will consist of a single heat of 8 teams. This event will be OPEN to the ages competing in each session; teams must consist of 4 boys & 4 girls. This event will be considered Exhibition. Meet Management will present a prize to the winning team at each session.

### 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:

Distinctive medal for 1<sup>st</sup> to 3<sup>rd</sup> place in age groups 9&U, 10, 11, 12, 13, 14, and 15&O in events 50m and above.

Ribbons from 4<sup>th</sup> to 6<sup>th</sup> place for age groups 9&U, 10, 11, 12 in events 50m and above.

Ribbons for all 25m events for 1<sup>st</sup> through 6<sup>th</sup> place for age groups 9&U, and 10.

Heat winner ribbons will be given to the winner of each heat - age groups 9&U, 10, 11, 12

### 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:

Coaches are responsible for the behaviour of their swimmers.

Horseplay is strictly prohibited.

No food on deck is permitted.

**While on deck, spectators must stay in the bleachers and designated spectator area.**

Only swimmers, registered certified coaches, officials, pool staff and previously authorized people are permitted past this area.

### 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.



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### OFFICIALS:

Officials registered with Swim Ontario / Swimming Canada are invited to assist at the Meet. Please sign up to our meet using - [http://bit.ly/2019\\_LisaFlood\\_Officials\\_Request\\_Form](http://bit.ly/2019_LisaFlood_Officials_Request_Form) For further information, contact PICK Officials Director at [officials@pickswimclub.com](mailto:officials@pickswimclub.com).

### SCHEDULE OF SESSIONS:

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

### PSYCH SHEETS:

If possible, Psych Sheets will be posted prior to the meet on the home page of our website. [www.pickswimclub.com](http://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](http://www.swimming.ca) within 48 hours of the completion of the meet.

Live Results will be available on our website [www.pickswimclub.com](http://www.pickswimclub.com) each day through the “Live Results” link on the home page. Results will also be posted on Meet Mobile during the meet when possible.

*NOTE: All times are unofficial until verified and published on [www.swimming.ca](http://www.swimming.ca).*

**Please visit our website at [www.pickswimclub.com](http://www.pickswimclub.com) to obtain a Meet Package for our upcoming meets:**

- PICK Winter Swim Fest Meet: January 17 - 19, 2020
- PICK Rainbow Classic Meet: April 3 - 5, 2020
- PICK Last Gasp Meet: June 6, 2020



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### SCHEDULE OF EVENTS

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

SESSION 1 – FRIDAY EVENING - December 6, 2019				
10 & under Girls and Boys			Warm-up 4:00 – 5:00 PM	
Event #	Girls	Event	Boys	Event #
1	10 & under <i>6:57.25</i>	400 Freestyle	10 & under <i>7:07.88</i>	2
3	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>	4
5	12 & under	50 Freestyle	12 & under	6
7	13 & over	50 Freestyle	13 & over	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
11	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>	12
13	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>	14

*Meet Management reserves the right to limit the number of entries in any event*

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## SCHEDULE OF EVENTS (Continued)

<b>SESSION 2 – SATURDAY MORNING - December 7, 2019</b>		
<b>11 &amp; 12 Girls and Boys</b>		<b>Warm-up 7:30 AM – 8:30 AM</b>
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
15	100 Freestyle	16
17	50 Butterfly	18
19	200 Backstroke	20
21	100 Butterfly	22
23	200 Breaststroke	24
25	50 Backstroke	26
27	400 IM	28

<b>SESSION 3 – SATURDAY AFTERNOON - December 7, 2019</b>		
<b>10 &amp; Under Girls and Boys</b>		<b>Warm-up 12:00 PM – 1:00 PM</b>
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
29	100 Freestyle	30
31	50 Backstroke	32
33	100 Butterfly	34
35	25 Freestyle	36
37	25 Butterfly	38
39	200 Backstroke	40
41	50 Breaststroke	42
43	100 IM	44

<b>SESSION 4 – SATURDAY EVENING - December 7, 2019</b>		
<b>13 &amp; Over Girls and Boys</b>		<b>Warm-up 4:30 PM – 5:30 PM</b>
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
45	100 Freestyle	46
47	200 Backstroke	48
49	100 Butterfly	50
51	200 IM	52
53	50 Backstroke	54
55	200 Breaststroke	56
57	400 Freestyle	58

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**SCHEDULE OF EVENTS (Continued)**

<b>SESSION 5 – SUNDAY MORNING - December 8, 2019</b>		
<b>11 &amp; 12 Girls and Boys</b>		<b>Warm-up 7:30 AM – 8:30 AM</b>
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
59	100 Breaststroke	60
61	200 Freestyle	62
63	100 Backstroke	64
65	50 Breaststroke	66
67	200 Butterfly	68
69	200 IM	70
200	Santa Dash 8x50m Mixed Freestyle Relay	200

<b>SESSION 6 – SUNDAY AFTERNOON - December 8, 2019</b>		
<b>10 &amp; Under Girls and Boys</b>		<b>Warm-up 12:00 PM – 1:00 PM</b>
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
71	100 Breaststroke	72
73	50 Butterfly	74
75	200 Freestyle	76
77	25 Backstroke	78
79	25 Breaststroke	80
81	100 Backstroke	82
83	200 IM	84
201	Santa Dash 8x50m Mixed Freestyle Relay	201

<b>SESSION 7 – SUNDAY EVENING - December 8, 2019</b>		
<b>13 &amp; Over Girls and Boys</b>		<b>Warm-up 4:30 PM – 5:30 PM</b>
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
85	100 Breaststroke	86
87	50 Butterfly	88
89	200 Freestyle	90
91	100 Backstroke	92
93	50 Breaststroke	94
95	200 Butterfly	96
202	Santa Dash 8x50m Mixed Freestyle Relay	202
97	400 IM	98