



## PICKERING NIFTY-FIFTY LC AT BROCK

**Saturday, May 15 & Sunday, May 16, 2010**

The [Pickering Swim Club](#) is pleased to host our [Nifty-Fifty LC at Brock Meet](#).

**DATE:** **Saturday May 15 & Sunday May 16, 2010.**

**HOSTED BY:** **Pickering Swim Club**

**LOCATION:** Brock University - Long Course Pool (visit [www.pickswimclub.com](http://www.pickswimclub.com) for directions)  
Eleanor Misener Aquatic Centre  
St. Catharines, ON L2S 3A1

**FACILITY:** Pool: - 50 metre, 8 lane pool  
- Electronic timing and scoreboard

**COMPETITION:** Sanctioned by Swim Ontario.  
All current Swim/Natation Canada (SNC) rules will be followed and the one-start ("no false start") rule will apply. All events are Timed Finals.

**ELIGIBILITY:** Swimmers registered as "competitive registered swimmers" with Swim Ontario, SNC, USS or FINA  
Ages submitted are to be as of start of the meet - May 15, 2010.

**ENTRY RESTRICTIONS:** This is an invitational meet. Participation of this meet is at the full discretion of the Pickering Swim Club.  
Please limit entries to a maximum of 4 individual swims per session. Meet Management reserves the right to further limit individual swims to 3 per session if necessary.  
We reserve the right to limit the number of entries in the 400 m and over distance swims to ensure that sessions run within the guidelines of Swim Ontario.  
No qualifying times.

**SNC LTAD:** Pre-requisites for swimmers 14 & under now exist. Coaches are to ensure that all 14 and under swimmers meet the following time pre-requisites in order to be entered in the meet:  
200 IM NT  
400 Free NT

Age groups 11, 12, 13 and 14 will now be treated individually as ages for awards and time standards, but may swim in age combined events.

No session will be longer than 4.5 hours in length.

**AWARDS:** Ribbons from 1<sup>st</sup> to 8<sup>th</sup> for age groups 9&U, 10, 11, 12, 13, 14, and 15&O.  
Relays: Ribbons for 1<sup>st</sup> to 3rd place teams.

**AGE GROUPS:** 11 & under, 12 & Over



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- ENTRY FEES:**
- Individual entries 400 m and less are \$8.50
  - 800 m entries and relays are \$10.00
  - Cheques are payable to: **PICKERING SWIM CLUB INC.**
- DECK ENTRIES:** **Considered exhibition swims only and are \$10. per swim**
- 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.
- ENTRY DEADLINE:** **RECEIVED BY Friday April 30, 2010. NO LATE ENTRIES ACCEPTED.**
- Entries will be accepted in order received.
  - Please use [www.swimmeet.ca](http://www.swimmeet.ca) to submit entries.
  - Entries are only considered confirmed once you have received a confirmation from the Meet Manager:  
**Fran Koerth**  
**email: [meetmanager@pickswimclub.com](mailto:meetmanager@pickswimclub.com)**
  - Entries are considered complete with payment and will have priority.
  - Entries must be submitted in Hy-tek format only.
  - Changes to entries will not be accepted after **Friday May 7, 2010** as the meet will be seeded.
- RULES/SAFETY:** S.N.C. warm up procedures will be in effect.  
Please read and adhere to the safety procedures attached.  
Coaches are responsible for the behaviour of their swimmers. Swimming in an orderly manner is required. Horseplay is strictly prohibited.  
All swimwear worn must conform to the January 1, 2010 FINA swimwear approval guidelines.
- OFFICIALS:** We extend an invitation to participating clubs to assist in the officiating of the meet.  
Please send email to: [officials@pickswimclub.com](mailto:officials@pickswimclub.com) and advise if an evaluation is requested and/or if a particular position is preferred.  
Meet Referee is Paul Corkum, a level 5 Official.
- SCHEDULE OF EVENTS:**
- |             | <u>Warm Ups</u> | <u>Start</u> |
|-------------|-----------------|--------------|
| Saturday pm | 2:00 pm         | 3:00 pm      |
| Sunday am   | 7:30 am         | 8:30 am      |
| Sunday pm   | 1:00 pm         | 2:00 pm      |
- MEET RESULTS:** The meet program will be run on Hy-Tek Meet Manager .  
Results will be posted as quickly as possible at the meet.  
Meet results will be posted to [www.swimming.ca](http://www.swimming.ca) as soon as possible.

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

- PICK Last Gasp meet - Sunday June 6<sup>th</sup>, 2010.

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## SCHEDULE OF EVENTS

<b>SESSION 1 - SATURDAY AFTERNOON</b>	
Warm up – 2:00 pm Meet starts 3:00 pm	
All Ages	
Estimated Session Length = 4.0 hours	
<i>Event #</i>	<i>Event</i>
1	200 Breast - Girls
2	200 Breast - Boys
3	50 Free - Girls
4	50 Free - Boys
5	50 Fly - Girls
6	50 Fly - Boys
7	400 Free - Girls
8	400 Free - Boys
9	400 Free Relay - Girls
10	400 Free Relay - Boys
11	800 Free - Mixed

<b>SESSION 2 – SUNDAY MORNING</b>			<b>SESSION 3 – SUNDAY AFTERNOON</b>	
Warm up – 7:30 am Meet starts 8:30 am			Warm up 1:00 pm Meet starts 2:00 pm	
Ages: 12 years and over			Ages: 11 years and under	
Estimated Session Length = 4.0 hours			Estimated Session Length = 4.0 hours	
<i>Event #</i>	<i>Event</i>		<i>Event #</i>	<i>Event</i>
12	200 Free - Girls		30	200 Free - Girls
13	200 Free - Boys		31	200 Free - Boys
14	100 Breast - Girls		32	100 Breast - Girls
15	100 Breast - Boys		33	100 Breast - Boys
16	50 Back - Girls		34	50 Back - Girls
17	50 Back - Boys		35	50 Back - Boys
18	50 Breast - Girls		36	50 Breast - Girls
19	50 Breast - Boys		37	50 Breast - Boys
20	400 IM - Girls		38	200 IM - Girls
21	400 IM - Boys		39	200 IM - Boys
22	100 Back - Girls		40	100 Back - Girls
23	100 Back - Boys		41	100 Back - Boys
24	100 Free - Girls		42	100 Free - Girls
25	100 Free - Boys		43	100 Free - Boys
26	100 Fly - Girls		44	100 Fly - Girls
27	100 Fly - Boys		45	100 Fly - Boys
28	200 Back - Girls		46	200 Back - Girls
29	200 Back - Boys		47	200 Back - Boys



## **SWIMMING/NATATION CANADA RISK MANAGEMENT / WARM-UP PROCEDURES 2005**

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period ..... and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

### **GENERAL WARM-UP RULES:**

- Swimmers shall enter the water **FEET FIRST** in a cautious manner.
- **No Running on the pool deck or Diving from the side of the pool.**
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up
- **Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.**
- Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & SWAD the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

### **SPECIFIC/SPRINT WARM-UP PERIOD:**

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices: "SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

**EQUIPMENT:** • FLUTTER BOARDS and PULLBUOYS are allowed.

• HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved July 6, 2005