



Pickering Winter Swim Fest

January 27, 28, and 29, 2023

APPROVED
By Swim Ontario at 10:20 am, Jan 20, 2023

The Pickering Swim Club is pleased to host the **2023 PICK Winter Swim Fest**.

DATE: January 27, 28, and 29, 2023

HOSTED BY: **Pickering Swim Club**

Meet Managers: Cara Herrington & Lesley Pike

Contact: meetmanager@pickswimclub.com

Competition Coordinator: Su Kin Cheong, Level V

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

SAFETY AT

COMPETITION: Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The [Swim Ontario Concussion Management](#) & [Swimming Canada Event Photography](#) procedures will be in effect. For complete details click [HERE](#).

Staff and visitors are no longer required to wear masks while in Chestnut Hill Developments Recreation Complex. Those who wish to wear a mask are welcome to do so and we ask everyone to remain considerate and respectful of the personal protective choices of others.

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: All current Swimming Canada rules will be followed.

All swimmers participating in 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.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) will be in effect.

As per the Facility Rules for Dive Start, 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



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AGE UP DATE: Ages submitted are to be as of the start of the meet - January 27 2023.

ELIGIBILITY: All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registration status will be declined entry. This event is sanctioned as an Invitational and as such participation at this meet is at the full discretion of the host club. Foreign swimmer/teams entries will not be accepted.

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.

ENTRIES: Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca . Meet Management will not accept entries directly via email.

Entries must include all attending coaches. Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.

Online Entry Deadline - **Friday January 13, 2023**
Changes to entries will not be accepted after **Friday January 20, 2023**.
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 a maximum of 2 individual events for session 1, and a maximum of 4 entries per session for sessions 2 through 5. Further limitations may be imposed if necessary.

Relay swimmers must be entered in a non-relay event in order to compete. 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:

50m Events	\$10.00
100/200m Events	\$13.00
400/800/1500 Events	\$15.00
Relays	\$20.00 per team

Splash Fee: \$5.00 per swimmer

Cheques are to be made payable to: **PICKERING SWIM CLUB INC.**
If you prefer to pay by e transfer, please send it to treasurer@pickswimclub.com and let meet management know.



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COACH'S

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

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 Swimming Canada registration as an active, registered, competitive swimmer.

\$15.00 per swim for 50m/100m/200m events and \$20.00 per swim for 400m/800m/1500m events and \$24.00 per Relay.

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.

OFFICIAL 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 at least 30 minutes prior to the commencement of the session in which the event will take place.

RECORDS: Swim times achieved at this competition will NOT be used for applications of provincial and national records.

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 meters. 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.



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AWARDS:

Ribbons from 1st to 3rd for 12, 13, 14, and 15&O and 1st to 6th for age groups 9&U, 10, 11

Relays: Ribbons for 1st to 3rd place teams.

Heat winner ribbons for 11 & under age group.

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 **30 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 or beverages on deck is permitted with the exception of water in a plastic water bottle - this includes spectator areas.

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.

OFFICIALS: Officials registered with Swim Ontario / Swimming Canada are invited to assist at the Meet. Please contact PICK Officials Director at officials@pickswimclub.com.

SCHEDULE OF SESSIONS:

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

PSYCH SHEETS: If possible, Psych Sheets will be posted prior to the meet on Meet Mobile.

MEET RESULTS: The meet program will be run on Hy-Tek Meet Manager.
Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

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.

Reach out to us regarding attending our upcoming meets:

- PICK March into Spring Meet: March 31, April 1 & 2, 2023
- PICK Last Gasp Meet: June 3 & 4, 2023



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SCHEDULE OF EVENTS

Meet Management reserves the right to limit the number of entries and/or heats in any event

SESSION 1 - FRIDAY EVENING - January 27, 2023				
11 & Over Girls and Boys			Warm-up 4:30 - 5:30 PM	
Event #	Girls	Event	Boys	Event #
1	11 & Over	400 Freestyle	11 & Over	2
3	11 & Over	50 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 28, 2023		
12 & Over Girls and Boys		Warm-up 7:30 AM – 8:30 AM
Girls Event #	Event	Boys Event #
9	100 Freestyle	10
11	50 Breaststroke	12
13	200 IM	14
15	50 Backstroke	16
17	200 Breaststroke	18
19	100 Butterfly	20
21	200 Backstroke	22
23	200 Freestyle Relay	24

SESSION 3 – SATURDAY AFTERNOON - January 18, 2023		
11 & Under Girls and Boys		Warm-up 11:30 AM – 12:30 PM
Girls Event #	Event	Boys Event #
25	100 Freestyle	26
27	50 Breaststroke	28
29	100 IM	30
31	200 Breaststroke	32
33	50 Backstroke	34
35	100 Butterfly	36
37	200 Backstroke	38
39	200 Freestyle Relay	40



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SCHEDULE OF EVENTS (CONTINUED)

SESSION 4 – SUNDAY MORNING – January 29, 2023		
12 & Over Girls and Boys		Warm-up 7:30 AM – 8:30 AM
Girls Event #	Event	Boys Event #
41	100 Backstroke	42
43	200 Freestyle	44
45	50 Butterfly	46
47	100 Breaststroke	48
49	200 Butterfly	50
51	200 Medley Relay	52
53	400 IM	54

SESSION 5 – SUNDAY AFTERNOON - January 29, 2023		
11 & Under Girls and Boys		Warm-up 11:30 AM – 12:30 PM
Girls Event #	Event	Boys Event #
55	100 Backstroke	56
57	200 Freestyle	58
59	50 Butterfly	60
61	100 Breaststroke	62
63	200 IM	64
65	50 Freestyle	66
67	200 Medley Relay	68

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