



# PICKERING LAST GASP MEET

Saturday June 1, 2019



The Pickering Swim Club is pleased to host the [2019 Last Gasp](#) swim meet.

DATE: **Saturday June 1, 2019**

HOSTED BY: **Pickering Swim Club**

**Meet Managers: Cara Herrington & Derek Panchyshyn**

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

**Competition Coordinator: Gayle Pollock (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](http://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 – June 1, 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 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](http://www.swimming.ca).
- Meet Management will not accept entries via email.
- Online Entry Deadline: **Friday May 17, 2019**.
- Changes to entries will not be accepted after **Friday May 24, 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 4 individual entries per session. 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 June 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:

50m - 400m                      \$10.00

Splash Fee:                      \$2.50 per swimmer

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

DECK ENTRIES:

Considered exhibition swims.

\$12.00 per swim for 50m-400m 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.



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- SEEDING:** Heats will be seeded slowest to fastest.  
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:** **Medals** will be awarded and presented (where time permits) in individual events for 1st, 2nd and 3rd place in age groups 9&U, 10, 11, 12, 13, 14 and 15&O.  
**Ribbons** will be awarded for 4th to 8th place in age groups 9&U, 10, 11, 12, 13, 14 and 15&O.  
**Heat Winner** ribbons will be awarded.
- 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 complete a request form to volunteer: <http://bit.ly/2l9apb1> or for further information, contact Andrew Haines, PICK Officials Director and Tim Newman, PICK Officials Co-Chair at [officials@pickswimclub.com](mailto:officials@pickswimclub.com)



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## SCHEDULE OF SESSIONS:

Session #	Age Group	Date	Warm-up - Start Time
1	13 & Over	Saturday Morning	7:30 AM – 8:30 AM
2	10 & Under	Saturday Afternoon	12:00 PM – 1:00 PM
3	11 – 12	Saturday Evening	4:30 PM – 5:30 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 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, or directly from this web page: [www.pickswimclubliveresults.com](http://www.pickswimclubliveresults.com).

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

Results will also be posted on Meet Mobile during the meet when possible.

## SCHEDULE OF EVENTS

SESSION 1 – SATURDAY MORNING		
Warm up – 7:30 AM		Meet starts 8:30 AM
Girls and Boys 13 & Over		
Event #	Event	Event #
1	100 Free	2
3	50 Breast	4
5	100 Back	6
7	50 Fly	8
9	200 IM	10
11	50 Free	12
13	100 Breast	14
15	50 Back	16
17	200 Free	18
19	400 Free*	20
21	400 IM *	22



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\*Meet Management reserves the right to limit the number of entries

<b>SESSION 2 – SATURDAY AFTERNOON</b>		
<b>Warm up – 12:00 PM</b>		<b>Meet starts 1:00 PM</b>
<b>Girls and Boys 10 &amp; Under</b>		
<i>Event #</i>	<i>Event</i>	<i>Event #</i>
23	<b>100 Free</b>	24
25	<b>50 Breast</b>	26
27	<b>100 Back</b>	28
29	<b>50 Fly</b>	30
31	<b>200 IM</b>	32
33	<b>50 Free</b>	34
35	<b>100 Breast</b>	36
37	<b>50 Back</b>	38
39	<b>200 Free</b>	40
41	<b>400 Free *</b>	42

<b>SESSION 3 – SATURDAY EVENING</b>		
<b>Warm up – 4:30 PM</b>		<b>Meet starts 5:30 PM</b>
<b>Girls and Boys 11 - 12</b>		
<i>Event #</i>	<i>Event</i>	<i>Event #</i>
43	<b>100 Free</b>	44
45	<b>50 Breast</b>	46
47	<b>100 Back</b>	48
49	<b>50 Fly</b>	50
51	<b>200 IM</b>	52
53	<b>50 Free</b>	54
55	<b>100 Breast</b>	56
57	<b>50 Back</b>	58
59	<b>200 Free</b>	60
61	<b>400 Free *</b>	62
63	<b>400 IM *</b>	64

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