



PICKERING LAST GASP

June 8th & 9th, 2024

The Pickering Swim Club is pleased to host our **Last Gasp 2024** Swim Meet.

DATE: June 8th & 9th, 2024

HOSTED BY: Pickering Swim Club

Meet Managers: Cara Herrington & James McGrath

Contact: PICKMM@pickswimclub.com

Competition Coordinators: Paula Di Battista, Level IV, pdiba@hotmail.com

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.

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](#), the [Swimming Canada Event Photography and Videography](#) and the Swim Ontario 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.

COMPETITION RULES: All current Swimming Canada rules will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#).

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.16.1.4 and 4.1 from deep end only.

This competition can provide the following accommodations for swimmers who are Deaf and Hard of hearing: Non-verbal instruction provided by a support person duly registered in the RTR and/or hand signals given by the starter/referee.



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AGE UP DATE:

Ages submitted are to be as of the start of the meet - June 8, 2024.

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, however, foreign swimmer/teams entries will not be accepted.

ENTRIES:

Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca and must include all attending coaches. Meet management will:

- Not accept entries via email;
- Notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;
- Notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition.

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 - **Thursday May 23rd, 2024 - teams submitting initial entries after this date may not be accepted by Meet Management**

Changes to entries will not be accepted after **Thursday May 30th, 2024**

NO LATE ENTRIES ACCEPTED.

Qualifying period for entry to the meet is: September 30th, 2022 - June 7th, 2024.

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".

No qualifying times.

Swimmers may swim a maximum of 3 individual events per session.

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
100m/200m Events	\$13.00
400m Events	\$15.00
Splash Fee	\$5.00 per swimmer

Cheques are to be made payable to: **PICKERING SWIM CLUB INC.**
Electronic Payment can be sent to treasurer@pickswimclub.com.



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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 permitted provided proof of registered status with valid Swimming Canada ID is provided to Meet Management. 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 events.

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 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 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 from 1st to 3rd for 9&U, 10, 11, 12, 13, 14 and 15&O and ribbons for 4th to 6th for age groups 9&U, 10 and 11.

Heat winner ribbons for 11 & under age group.

EQUIPMENT:

Backstroke Ledges will be made available for swimmers in the 12 & over sessions.



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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. Food may be consumed while seated in the bleachers.

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	12 & Older	Saturday Morning	8:00am – 9:00am
2	11 & Under	Saturday Afternoon	12:30pm - 1:30pm
3	12 & Older	Sunday Morning	8:00am – 9:00am
4	11 & Under	Sunday Afternoon	12:30pm - 1:30pm

**Split warm-up possible - split to be communicated to all participating clubs after the entry deadline

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 a meet next year

Paul Corkum Memorial (October)	Lisa Flood Classic (Early December)	Winter SwimFest (January)
March into Spring (April)	Last Gasp (June)	



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SCHEDULE OF EVENTS

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

SESSION 1 – SATURDAY MORNING - June 8 th , 2024		
12 & Older Girls and Boys		Warm-up 8:00 AM – 9:00 AM
Girls Event #	Event	Boys Event #
1	100 Backstroke	2
3	200 Freestyle	4
5	50 Butterfly	6
7	100 Breaststroke	8
9	200 Butterfly	10
11	50 Freestyle	12
13	400 IM	14

SESSION 2 – SATURDAY AFTERNOON - June 8 th , 2024		
11 & Under Girls and Boys		Warm-up 12:30 PM - 1:30 PM
Girls Event #	Event	Boys Event #
15	100 Backstroke	16
17	200 Freestyle	18
19	50 Butterfly	20
21	100 Breaststroke	22
23	50 Freestyle	24
25	200 IM	26



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SCHEDULE OF EVENTS (Continued)

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

SESSION 3 – SUNDAY MORNING - June 9th, 2024		
12 & Older Girls and Boys		Warm-up 8:00 AM – 9:00 AM
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
27	100 Freestyle	28
29	200 Breaststroke	30
31	50 Backstroke	32
33	100 Butterfly	34
35	200 Backstroke	36
37	50 Breaststroke	38
39	200 IM	40
41	400 Freestyle	42

SESSION 4 – SUNDAY AFTERNOON - June 9th, 2024		
11 & Under Girls and Boys		Warm-up 12:30 PM - 1:30 PM
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
43	100 Freestyle	44
45	200 Breaststroke	46
47	50 Backstroke	48
49	100 Butterfly	50
51	200 Backstroke	52
53	50 Breaststroke	54
55	100 IM	56