



**Golden Plains Invitational**  
**April 28-30, 2017**  
**Hosted By Manitoba Marlins**  
**Sanctioned By Swim Manitoba**

For meet package & information updates, please go to Manitoba Marlins' web site:  
<http://www.manitobamarlins.com/GPI.aspx>

Meet Management Team	Email address
Meet Manager: <b>Steve Molloy</b>	<b>molloysp@gmail.com</b>
Meet Entries: <b>Michael Gies</b>	<b>Michaelgies@shaw.ca</b>
Officials Coordinator: <b>Dale Ollinik</b>	<b>sollinik@shaw.ca</b>

**SNC SANCTION NUMBER:**

TBD

**FACILITY & TIMING:**

**Pan Am Pool - Main Tank**  
 25 Poseidon Bay  
 Winnipeg, Manitoba  
 Phone # 986-5891  
 Eight Lane 50 meter competition pool (meet is long course)

QUANTUM primary & secondary electronic timing system

Warm – up/down lanes available

Host to:

- 1999 Pan Am Games
- 2010 Canadian Age Group Championships
- 2012 Western Championships
- 2014 Canadian Age Group Championships
- 2016 Western Canadian Open Championships

## **DATES AND TIMES:**

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### **Friday, April 28, 2017**

#### ***Preliminaries All Ages:***

Warm Up: 7:00 a.m.

Start: 8:00 a.m.

#### ***Finals:***

Warm Up: 4:30 p.m.

Start: 5:30 p.m.

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### **Saturday, April 29, 2017**

#### ***Preliminaries All Ages:***

Warm Up: 7:00 a.m.

Start: 8:00 a.m.

#### ***Finals:***

Warm Up: 4:30 p.m.

Start: 5:30 p.m.

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### **Sunday, April 30, 2017**

#### ***Preliminaries All Ages:***

Warm Up: 7:00 a.m.

Start: 8:00 a.m.

#### ***Finals:***

Warm Up: 4:30 p.m.

Start: 5:30 p.m.

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***\*Depending on the number of swimmers, the preliminary or finals sessions may be started earlier than listed in the meet package.***

## **ELIGIBILITY:**

- All events are open to all swimmers registered with SNC, USS or FINA who meet the qualifying times.
- Age group based on age of swimmer on **April 28, 2017**.
- Swimmers must have equaled or bettered the qualifying times prior to the entry deadline.
- Converted SCM and SCY times will be accepted.
- All qualified entries must include entry times. NT will not be accepted.
- Para-swimmers and Special Olympic swimmers do not require qualifying times to enter this competition.
- *Please see qualifying standards on page 7.*

## **EVENT LIST:**

### **Friday April 28, 2017:**

<b>Preliminary Session</b>	<b>Finals Session</b>
<b>Warm up: 7:00AM - Start: 8:00AM</b>	<b>Warm up: 4:30PM - Start: 5:30PM</b>
100 Back	100 Back
200 Breast	200 Breast
50 Free	50 Free
400 IM	400 IM
	4 X 50 Medley Relay

### **Saturday April 29, 2017:**

<b>Preliminary Session</b>	<b>Finals Session</b>
<b>Warm up: 7:00AM - Start: 8:00AM</b>	<b>Warm up: 4:30PM - Start: 5:30PM</b>
100 Free	100 Free
200 Fly	200 Fly
200 Back	200 Back
400 Free	400 Free

### **Sunday April 30, 2017:**

<b>Preliminary Session</b>	<b>Finals Session</b>
<b>Warm up: 7:00AM - Start: 8:00AM</b>	<b>Warm up: 4:30PM - Start: 5:30PM</b>
200 Free	200 Free
100 Breast	100 Breast
200 IM	200 IM
100 Fly	100 Fly
	4 X 50 Free Relay

## **ENTRY LIMITATIONS:**

### ***Age Group Categories for seeding:***

#### **1. Age Groups:**

For all events heats and finals:

- Girls: 12 & Under, 13 & 14, 15 & over
- Boys: 13 & Under, 14 & 15, 16 & over

#### **2. Preliminary and Finals Format:**

- In the preliminary sessions, all swimmers will be circle seeded together by time and by gender. 400 free and 400 IM will be senior seeded by time and by gender.
- In the finals sessions each age group category will have its own A & B final.
- Consolation B finals will be held only for those events with more than 18 swimmers entered in any age category at the entry deadline.
- Events with Preliminaries and Finals with eight or fewer swimmers entered will be still be swum as Preliminaries and Finals.
- 400 IM & 400 free will only run an A final.

## **ENTRIES:**

**Meet Management will reserve the right to limit events, heats, teams and swimmers to conform to reasonable session lengths. Team (and coaches) will be notified of any and all necessary adjustments.**

- Qualifying times are listed in this information package. *(page 7)*
- All submitted times should be in LCM
- SCM and SCY times will be accepted and converted
- Proof of times may be required.
- Para-swimmers must have their classifications after name in their entries
- Swimmers may enter maximum of **6 events** for which they qualify.
- All entries must be uploaded to the Swim Canada web site using a Hytek Entry File. Each swimmer must have a valid swimmer ID number, and a correct birth date and gender. Errors or omissions in the entry file will cause delays in accepting the file and posting the results.
- Your club will receive confirmation that the entry was received, if you do not receive such an acknowledgment, it is your responsibility to follow up on a status of your entries before the deadline.

- Full payment shall accompany entries. Late fee payments may be subject to penalty.

### **ENTRY DEADLINE:**

Entry deadline is **Wednesday, April 19, 2017 - Midnight.**

### **MEET ENTRY CONTACT:**

**Michael Gies** - Michaelgies@shaw.ca

### **BONUS SWIMS:**

Swimmers who have fewer than six qualifying times are eligible for bonus swims based on the following:

- 1 QT + 4 bonus swims
- 2 QT + 3 bonus swims
- 3 QT + 2 bonus swims
- 4 QT + 1 bonus swims

Bonus swims are to be entered with valid long course times (conversion will be accepted) for seeding purposes.

Swimmers may not use 400 free and 400 I.M. as a bonus swims. Entries for the 400 free and 400 I.M. must meet the qualifying time.

### **RELAYS:**

- Each relay swimmer must swim in at least one individual event in the meet.
- Names, age and swimmers order of relay members must be submitted to the Clerk of Course within 30 minutes following the conclusion of the preliminary session.
- Relay names can be changed up to 30 minutes prior to start of the session.
- All relay events will be Time Finals and be swum in finals.
- There are no qualifying times for relay events. However, to obtain seeding, a team time should be submitted.
- Unlimited number of relays may be entered in an event by a club, however, only the fastest two (2) from the same club will score points per event.

- Relay's held on Friday and Sunday will be swum in the following 6 age groups:  
Girls - 12 & Under, 13 & 14, 15 & over and Boys - 13 & Under, 14 & 15, 16 & over
- Unattached swimmers are not eligible to participate in relays.

### **ENTRY FEES:**

- \$80.00 per swimmer which includes the \$6.00 SNM swimmer participation fee and the \$1.00 SNM splash fee.
- Relays are \$20 per entry.
- Payment must accompany entries. **Please make cheques payable to: MANITOBA MARLINS SWIM CLUB.**

### **DECK ENTRIES:**

- Additional swims may be permitted if empty lanes are available, but no additional heats will be created. Swimmers may deck enter additional events up to the maximum 6 swim limit.
- Swimmer/Coach must present late entry fee prior to being assigned a lane.
- All deck entries must include the swimmers SNC ID number.
- The cost of all deck entries will be **\$20.00** per individual event. Deck entries are for time only (EXHIBITION) and will not be scored or advanced to finals.

### **COMPETITION:**

- SNM policies and regulations are in effect
- Swim Canada rules apply.
- Any changes to the competition must be approved by SNM.

### **SCRATCHES:**

***SNM SCRATCH RULE WILL BE IN EFFECT (see appendix 3)***

### **AWARDS:**

***Individual Awards: (12 & under girls; 13-14 girls; 13 & under boys; 14-15 boys)***

- Medals for 1st to 3<sup>rd</sup>
- Ribbons for 4th to 8th finalists.

***Individual Awards: (15 & over girls; 16 & over boys)***

- Ribbons for 1st to 8th finalists

***Relay Events: (12 & under girls; 13-14 girls; 13 & under boys; 14-15 boys)***

- Medals for 1st
- Ribbons for 2nd and 3rd place

***Relay Events: (15 & over girls; 16 & over boys)***

- Ribbons for 1st-3rd place

***Individual High Point Trophy:***

- High point trophy for top male and female in each age group based on individual event performances in the appropriate age group.

***Large Club Trophy:***

- Awarded to the club with the highest aggregate points.

***Small Club Trophy:***

- Awarded to the “small club” (15 or fewer swimmers at registration) with the highest aggregate points.

**SCORING:**

- Events for Individual age group trophies: 5-2-1
- Individual events for team trophies: 18-16-15-14-13-12-11-10-8-7-6-5-4-3-2-1
- Relay events: 36-32-30-28-26-15-13-20
- Points will not be awarded if a swimmer fails to make a qualifying time in a Final or Timed Final.
- Preliminary events will be scored for those events that do not have Consolation Finals.

**SAFTEY:**

- SNC Warm-up Procedures are in effect (Appendix 1).
- Each athlete must be under the supervision of a head or deck coach.
- It is the responsibility of the head or deck coach to inform their swimmers of the safety rules and ensure they are followed.
- SNM Competition Code of Conduct are in effect (Appendix 2)



## 2017 QUALIFYING TIMES

12 & Under Girls	13 & 14 Girls	15 & Over Girls	Stroke	13 & Under Boys	14 & 15 Boys	16 & Over Boys
0:40.08	0:37.11	0:35.18	50 Free	0:37.63	0:33.98	0:31.77
1:29.07	1:20.47	1:16.29	100 Free	1:23.69	1:14.15	1:08.91
3:13.15	2:54.47	2:45.05	200 Free	3:00.88	2:42.75	2:30.20
6:02.07	5:28.78	5:12.04	400 Free	5:40.89	5:10.70	4:46.25
1:43.09	1:31.53	1:26.20	100 Back	1:37.39	1:25.63	1:18.79
3:39.40	3:17.67	3:05.88	200 Back	3:25.61	3:06.27	2:50.61
1:55.64	1:45.60	1:38.67	100 Breast	1:50.54	1:36.10	1:29.56
4:07.81	3:47.36	3:32.30	200 Breast	3:57.25	3:30.76	3:14.13
1:43.64	1:31.01	1:15.10	100 Fly	1:36.57	1:22.30	1:15.05
3:56.47	3:26.04	3:08.30	200 Fly	3:39.47	3:09.08	2:48.97
3:37.59	3:18.61	3:08.49	200 IM	3:26.64	3:04.69	2:50.80
6:56.82	6:19.08	5:55.61	400 IM	6:33.01	5:51.61	5:26.44



## Appendix 1

# SNC COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

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

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

### **EQUIPMENT:**

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions

### **VIOLATIONS:**

***It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.***

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be

removed from the remainder of the competition.

**SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

**PARA-SWIMMER NOTIFICATION:**

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”**

**Appendix 2**

**COMPETITION CODE OF CONDUCT**

All sanctioned Manitoba swim meets are under the jurisdiction of SNM and shall be governed by its current policies and rules, including SNM 2011 Harassment and Abuse Policy.

The deck shall be reserved solely for SNM approved personnel, swimmers, coaches, officials and volunteers assigned specific tasks in the running of the meet.

By Swimming Canada rule and policy, the referee and meet management have full authority over the competition, the deck and the spectator areas during swim meets. The spectator area is considered part of the field of play, and as such, it falls under SNM authority and all SNM bylaws, policies, and rules, apply.

Referencing the SNM Harassment and Abuse policy, the referee and meet management will require an individual to leave, if the actions of the individual are perceived to be interfering with the peace and security required for any athlete to achieve his/her best performance.

### **Appendix 3**

#### **SWIM MANITOBA (SNM) PROVINCIAL SCRATCH RULE**

This scratch rule WILL be in effect at ALL Swim Manitoba sanctioned meets, in accordance with Swimming Canada rule CSW 3.6.

It is superseded by:

- Swimming Canada (SNC) rule **SNC 3 (3.1 to 3.4)** at SNC designated meets held in Manitoba.
- The scratch rule for Manitoba / Saskatchewan Championships, when they are held in Manitoba.

#### **SCRATCHES:**

##### **1. Time Final Events**

- a. There is no scratch deadline for time final events. Coaches are encouraged to report scratches to the clerk of course as soon as possible.
- b. **Penalties:** Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee.

##### **2. Prelims/Final Events**

- a. Scratches from **preliminary heats:**
  - i. May be made at any time.
  - ii. Scratches, no-shows, and unexcused incomplete swims simply create empty lanes, as there shall be no re-seeding.

- iii. Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee
- b. Scratches from ***finals***:
- i. Must be made within 30 minutes after the end of the preliminary session.
  - ii. **Penalties:** Scratches after the scratch deadline and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day. No monetary penalty fee is to be assessed.
  - iii. **ALTERNATE SWIMMERS:** Alternates **MUST** report to the Clerk of Course at least 10 minutes prior to the event and be ready to swim if necessary.
  - iv. If a swimmer has not reported to the blocks when the race is called, the Referee shall replace the contestant with an alternate who has reported to the Clerk of Course and is present and ready to swim. The alternate shall become one of the finalists.