

# SPRINT DISTANCE INVITATIONAL

**Sprint/Distance Invitational  
Hosted by:**

## **The Manitoba Marlins Swim Club**

<b>Meet Management Team</b>	<b>Email address</b>
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, Training Tank  
25 Poseidon Bay  
Winnipeg, Manitoba  
50 Meter Pool  
Electronic timing Quantum & manual watch back up

### **DATES AND TIMES:**

<b>Date</b>	<b>Sessions &amp; Age Group</b>	<b>Warm – Up</b>	<b>Start</b>
April 8, 2017	Session 1- All Swimmers (Sprint events)	8:00 am	9:00 am
**April 8, 2017	Session 2- All Swimmers (Distance events)	11:15 am	12:00 pm

*\*\* A 45 minute warm-up will start after the morning (Session 1) is completed.*

### **ELIGIBILITY:**

- All swimmers must be registered with Swim Canada or FINA affiliated organizations.
- No qualifying times required for this meet

### **COACHES' REMINDER:**

Coaches are asked to use their professional discretion when entering swimmers in distance events to ensure reasonable timelines. Coaches should use the following guidelines (minimum projected times) when entering a swimmer: **(800 free: Under 13:00.00 & 1500 free: Under 25:00.00)**

## EVENT LIST:

### Session 1: Saturday, April 8, 2017

1. Girls 50 Butterfly
2. Boys 50 Butterfly
3. Girls 50 Backstroke
4. Boys 50 Backstroke
5. Girls 50 Breaststroke
6. Boys 50 Breaststroke
7. Girls 50 Freestyle
8. Boys 50 Freestyle

### Session 2: Saturday, April 8, 2017

Girls 800 freestyle  
Boys 800 freestyle  
Girls 1500 freestyle  
Boys 1500 freestyle

#### ENTRY LIMITATIONS:

- Age of a swimmer is determined by their age on the first day of the meet.
- A swimmer may compete in a maximum of three events in Session 1 and one event in Session 2.

#### ENTRY FEES:

- Individual events: **Stroke 50's= \$9.50 per event/800&1500 free = \$14.50** (includes \$1 SNM PROGRAM DEVELOPMENT FEE paid to Swim Manitoba per event)
- Swim Canada Participation Fee: **\$6.00 per swimmer**
- Please make cheques payable to the Manitoba Marlins Swim Club. **Entries received without payment will not be considered.**
- Entry fees are not subject to refunds after entry deadline date and fees are due at Clerk of Course prior to the start of the Session 1.

#### ENTRIES:

- All entries must be submitted with a time. "No Time" (NT) entries will not be accepted.
- 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.

***Meet Management reserves the right to limit entries in any event, change the Order of Events or session set-up if registration exceeds pool or time capacity. As well Meet Management reserves the right to "double-up" the distance events (two swimmers per lane).***

**ENTRY DEADLINE:**

- **Tuesday March 29, 2017 at 11:59PM**

**MEET ENTRIES CONTACT:**

- Michael Gies – michaelgies@shaw.ca

**LATE OR DECK ENTRIES:**

May be permitted if the following guidelines are met:

- Lane space is available
- There will be no deck entries for distance events (Session 2).
- Entries are submitted 30 minutes prior to the end of warm up for Session 1 with a late entry fee of **\$16.00 per event** which must be paid prior to lane assignment
- No new heats will be created for deck entered swimmers
- Deck entry swims are for “time only” and will not be included in awards.
- ***New swimmers deck entered into the meet will need to pay the \$6.00*** SNC with the event deck entry fee. Coaches must provide swimmer’s name, birthdate and SNC ID # as they are registered on Swim Canada prior to lane assignment.

**SCRATCHES:**

- SNM Scratch Rule in effect for this meet (see appendix 3)
- Coaches are requested to submit scratches to the Clerk of Course no later than 30 minutes before the start of the session.

**COMPETITION:**

- SNM policies and regulations are in effect
- Swim Canada rules apply.
- All timed final events.
- 50 fly, 50 back, 50 breast and 50 free will be senior seeded slowest to fastest by gender.
- 800FR and 1500FR distance events will be senior seeded fastest to slowest by gender.
- 50 meter Timed Finals
- Any changes to the competition must be approved by SNM

***The following seeding rules will be used to seed the applicable events if needed to limit session length:***

- The 1500 free events will be limited to the fastest 3 heats (24 girls and 24 boys) in each event.
- The 800 free events will be limited to the fastest 3 heats (24 girls and 24 boys) in each event.

**AWARDS:**

- For each age group and gender in Sessions 1 (10 & under, 11&12, 13&14, 15 & over), ribbons will be awarded from 1<sup>st</sup> to 3<sup>rd</sup>.

**SAFETY:**

- 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)

### 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.