

**2017 MANITOBA
Junior Open Provincials Long Course
June 23-25, 2017**



HOSTED BY



Meet Package
Swim Manitoba
206 -145 Pacific Ave
Winnipeg MB R3B 2Z6



2017 Manitoba Junior Long Course Open Provincial Championships

June 23-25, 2017

Sanction # 21202
IPC Sanction # not IPC sanctioned

Facility and Timing

- * Pan-Am Pool 25 Poseidon Bay Winnipeg MB R3M 3E4
Facility phone number: 204-986-5890 Main Tank Event
- * 8 lanes - 50 M long course pool with warm up/cool down
- * Meet management reserves the right to restrict the number of lanes open in the warm up/cool down pool
- * Quantum timing system Pads/plungers with manual backup

Dates & Times

Friday June 23, 2017	Session 1	Warm-up	4:00 – 4:55 pm
		National Anthem	4:57 pm
		Start	5:00 pm
Saturday June 24, 2017	Session 2	Warm-up	8:00 – 8:50 am
		National Anthem	8:52 am
		Medal Presentations	8:55 am
		Start	9:10 am
Saturday June 24, 2017	Session 3	Warm-up	4:00 – 4:50 pm
		National Anthem	4:52 pm
		Medal Presentations	4:55 pm
		Start	5:15 pm
Sunday June 25, 2017	Session 4	Warm-up	8:00 – 8:50 am
		National Anthem	8:52 am
		Medal Presentations	8:55 am
		Start	9:15am
		Awards & Final Medal Presentation	upon completion of meet

Coaches Technical Meeting

- * A coaches meeting will be held at 4:30 pm on the Friday to update meet rules, changes and answer any questions

Eligibility

- * The Manitoba Junior Open Provincials meet is open to any swimmer currently registered as competitive and in good standing with Swim Canada, USA Swimming or FINA affiliated member organizations and eligible to compete
- * Para entries will be accepted and will swim integrated within meet events. There will not be Para specific events or awards
- * There are no Para specific entry standards. The atmosphere of Junior Provincials is for athletes swimming below the ManSask Standards. Para de-qualifying details are listed below

Qualifying times

- * Entrants must meet the current Manitoba “A” qualifying time standards in their applicable age group using the current 2016/2020 Short or Long Course and 10 & Under “A” time standards listed in Appendix 1
- * All swimmers entry times must have been achieved between January 1, 2016 and June 13, 2017. Times must be submitted in the course they were achieved. Converted times will not be accepted
- * De-qualifying time for 11 & over swimmers and Para swimmers with short or long course “AA” ManSask times **will not** be eligible to enter the event(s) in which they have recorded an “AA” qualifying time in either SCM or LCM, prior to entry deadline.
- * There will be no de-qualifying standards for the 10 and under age group

Para Swimmer Qualifying times

- * Para swimmers are eligible to race and must conform to all entry and eligibility requirements as written in the meet package
- * Para swimmers must include their classification code as shown on the SNC website
- * De-qualifying times: Para swimmers will not be eligible to enter the event(s) in which they have a recorded Para ManSask qualifying time in either SCM or LCM prior to the entry deadline
- * Para swimmers wishing to race outside of their sport class must meet all eligibility requirements as outlined in the meet package

Meet management caveats

- * Meet management and the MSOA reserve the right to adjust event listings and time lines to meet Swim Manitoba session length policies and/or balancing session time lines.
- * Meet management reserves the right to reduce bonus swims if required in any event in order to satisfy Swim Manitoba session length policies.

Event List

All Events are swum as timed finals			
Friday Session 1	Saturday Session 2	Saturday Session 3	Sunday Session 4
200IM	400 IM	200 Fly	400 Free
4 x 50 Free Relay	100 Fly	4 x 50 Medley Relay	100 Breast
50 Back	50 Breast	100 Free	200 Back
800/1500 Free	100 Back	200 Breast	50 Free
	200 Free	50 Fly	

Entries and Limitations

- * Swimmers are restricted to nine (9) individual events, plus relays. For example, swimmers who have only one (1) qualifying “A” time will be eligible for up to eight (8) bonus swims

Bonus Swims

- * Bonus swims must be entered with actual times for seeding purposes. NT’s entries will not be accepted. The 400, 800 & 1500 free and 400 IM events cannot be entered as bonus swims

Relays

- * All relay events will be Timed Finals
- * Relay swimmers must be properly entered in as least (1) individual event
- * Clubs may enter a maximum of 2 relay teams in any relay event
- * There are no qualifying times for relay events. However, to obtain a seeding, a team time should be submitted
- * Prior to the start of the appropriate session coaches will receive pre-seeded relay cards. Coaches are asked to fill in the swimmer order, and to send the cards directly to the clerk of course 30 minutes prior to the start of the session
- * Unattached swimmers cannot swim on a relay team

Exception Relays

- * A club entering only one relay team in an event may bring out “relay only” swimmers to a maximum of 2 per age group to complete a relay team. “Relay only” swimmers **must** be listed in the entries as “relay only” swimmers and are subject to the de-qualifying rules

Entry Fees

Individual Entry Fee	\$71.00 inclusive for individual competition & participation fees
Relays	\$ 8.50 inclusive for each relay entry
Relay Only Swimmer Fee	\$35.50 inclusive for each relay only swimmer
Payment	Cash or cheque only: Cheques payable to Swim Manitoba and are due prior to the first session of the meet
Late Fees	Late fees will result in those swimmer(s) removed from competition

- * Entry fees include: \$6.00 SMB swimmer participation fee and \$1.00 SMB splash fee

Entries Deadline

- * Entries and proof of time must be received by Tuesday June 13, 2017 11:59 pm
- * Late entries will not be accepted except solely at the discretion of SMB and meet management and if accepted are subject to a 100% fee penalty per swimmer

Online Entries

- * All entries must be completed electronically via the online system and uploaded through the SNC website at www.swimming.ca
- * Entries will only be accepted through Swim Canada's website and must contain the complete and accurate information as required including: valid swimmer ID, correct date of birth and gender
- * Errors or omission in entry files will cause delays in accepting entries

Proof of Time

- * All individual entries must utilize a displayed time available in the online entry system and achieved within the qualifying dates
- * Any times not available on the online entry system must be proven via email to entry chair prior to the entry deadline
- * No Time –NT- entries and customized times will not be accepted

IMPORTANT: After importing TM Event File please do the following to ensure correct swimmers are in eligibility reports (qualified AND de-qualified):

In Hy-Tek Team Manager

- * Click "Meets"
- * Double-click "2016 MB Junior OPEN Provincials Long Course" (this will take you to Meet Maintenance menu)

In Meet Maintenance menu please make sure following boxes on the right are CHECKED

- * "Swimmer must meet Slower Than Q Time in All Courses"
- * "Do NOT Allow No Time Entries"

In Team Manager

- * Click "Entries by Name"
- * Make sure to select "Manitoba" for "Standard" – this will include a column indicating if time standards are achieved, i.e. "A" or "AA".

Refunds

- * Meet Management is not obligated to refund entry fees after the entry deadline

Deck Entries

- * Deck entries will not be permitted for this event

Scratches

- * Scratches will be made according to the Swim Manitoba Scratch rule
- * Scratch rule attached see appendix 4

Competition

- * All current SNC rules and regulations apply during this meet except as specifically modified in this meet package
- * All current IPC rules and regulations apply during this meet except as specifically modified in this meet package for Para swimmers
- * All current Swim Manitoba regulations and policies apply
- * Swim Manitoba Competition Code of Conduct will apply during this meet - see appendix 3
- * All events are timed finals
- * Age of swimmer is determined by their age on the first day of the meet
- * Any changes to the competition must be approved by SMB / MSOA

Structure and Format

- * The competition will include the following age categories
Girls: 10 & under, 11-12, 13-14, 15 & Over
Boys: 10 & under, 11-13, 14-15, 16 & Over
- * The competition will include relays in the following age categories
Girls: 10 & Under, 11-12; 13-14, 15 & Over
Boys: 10 & Under, 11-13; 14-15, 16 & Over

Note

The following applies to 800 & 1500 Free, 200 Fly and 400 IM

No 10 & under age category, therefore

Girls: youngest age category will be 12 & under

Boys: youngest age category will be 13 & under

Para: there will be no 800 & 1500 Free, 200 Fly, 400 IM

Seeding

After all the qualifying times have been proven, Meet Management will convert all SC times to LC times using a conversion factor of 2%

200 Fly/400 IM will be seeded by time and gender

800/1500 Free will be seeded by time and gender

- * All events not listed above: Each age category and gender will have the top 8 swimmers race in a heat
- * All remaining swimmers, regardless of age category will be seeded by time and gender
- * All events are timed final seeded as above, slowest to fastest except for 800/1500 Free
- * Bonus swims will be seeded last according to their entry times

Distance events 800/1500 Free

- * Seeded by time and gender, fastest to slowest
- * Meet management reserves the right to change the seeding criteria for all the distance events in order to adhere to session time line requirements and/or to provide the fastest 8 swimmers with the best competition available. i.e. alternate heats of female and male, all heats swum with 2 swimmers per lane, or fastest heat one per lane and remaining heats 2 per lane

Awards - Individual Events

- * Medals for 1st to 3rd Ribbons for 4th to 8th
- * Medals will be awarded AFTER the National Anthem and BEFORE the start of each session. Medals for session 4 will be presented at the END of session 4 prior to High Point Awards and Team Awards
- * Medal winning swimmers are asked to please present themselves at the awards area IMMEDIATELY after warm up ends
- * If medal winning swimmer is unavailable, Teams must send an alternate team member to receive medal

Awards – Relay Events

- * Gold medals for 1st Ribbons for 2nd and 3rd

Awards – High Point Individual and Team Awards

- * Individual high point award for each age category – male & female based on 5 - 2 - 1 point score for top three places in each event
- * Marvin MacDonald Memorial Team Award – The top performing team from each category will receive a Marvin MacDonald Memorial Team Award

Best performing Team total based on scoring system below

- * Small Club 10 or less swimmers
- * Medium Club 11 to 20 swimmers
- * Large Club 21 or more swimmers

Scoring

- * Individual events for Age Group High Point Awards: 5-2-1
- * Individual events for team awards: 9, 7, 6, 5, 4, 3, 2, 1
- * Relay events for team awards: 18, 14, 12, 10, 8, 6, 4, 2

Meet Management

Meet Manager	Entries & Results	Officials Coordinator
Scott Kirk	Ken Barnes	Dale Ollinik
scott_kirk@hotmail.com	rebelfisher@gmail.com	sdollinik@gmail.com

Volunteer Requirements

- * Each Swim Club attending this event is required to provide the same percentage of volunteers for the event as they have swimmers participating. For example, 10 swimmers participate out of 200 total swimmers equates to 5% of the volunteers

Hospitality

- * Hospitality will be provided for Coaches and Volunteers prior to each session

Programs

- * Commemorative Programs will be available for purchase at the meet

Miscellaneous

- * There are lockers at Pan Am Pool at a cost of 25 cents per use. Swimmers and volunteers are encouraged to ensure that their belongings are secured to avoid loss

Note: Lockers cannot be used overnight and are emptied nightly

Safety

- * SNC Warm-up Procedures are in effect see Appendix 2. 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.

Coaches Technical Meeting

- * A coaches meeting will be held at 4:30 PM on Friday of the meet to update meet rules or changes and answer any questions.

All Swim Manitoba Hosted Meets

- * **Host Hotel** Holiday Inn Winnipeg South 1330 Pembina Highway
- * **Pro Shop** Swimming Matters will be on site during the meet or see them at 1389 Grant
- * This event is a disposable water bottle free event, please remember to bring your own reusable water bottle



[Swimming Matters](#)



Appendix 1 – Qualifying and De-qualifying times

Appendix 2 – SNC Warm-up rules

Appendix 3 – SMB Competition Code of Conduct

Appendix 4 – SMB Scratch Rule

Appendix 1

Oct 20, 2016 MB 2016 - 2020 10 & Under Time Standards		
10 & Under Girls	GIRLS	10 & Under Girls
LCM	Event	SCM
43.76	50 Free	42:90
1:36.49	100 Free	1:34.60
3:34.57	200 Free	3:28.32
7:20.56	400 Free	7:07.74
52.73	50 Back	51:70
1:49.96	100 Back	1:47.80
4:06.05	200 Back	3:58.89
59.19	50 Breast	58.03
2:04.88	100 Breast	2:02.43
4:29.31	200 Breast	4:21.47
53.86	50 Fly	52:80
1:57.81	100 Fly	1:55.50
	100 IM	1:50.00
3:58.98	200 IM	3:52.01
<p>Note: 100 IM * cannot be used to qualify for Long Course competitions</p>		
Oct 20, 2016 MB 2016 - 2020 10 & Under Time Standards		
10 & Under Boys	BOYS	10 & Under Boys
LCM	Event	SCM
43.76	50 Free	42.90
1:36.49	100 Free	1:34.60
3:31.66	200 Free	3:25.50
7:17.51	400 Free	7:04.78
52.73	50 Back	51.70
1:50.17	100 Back	1:48.01
4:00.25	200 Back	3:53.25
58.32	50 Breast	57.18
2:06.36	100 Breast	2:03.88
4:30.93	200 Breast	4:23.04
53.86	50 Fly	52.80
1:57.81	100 Fly	1:55.50
	100 IM *	1:50.02
3:57.89	200 IM	3:50.90
<p>Note: 100 IM * cannot be used to qualify for Long Course competitions</p>		

2016 - 2020 Girls ManSask "AA" Time Standards												
11&U	12	13	14	15	16&O	Events	16&O	15	14	13	12	11&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:35.98	00:33.46	00:31.95	00:30.99	00:30.53	00:30.22	50Fr	00:29.52	00:29.82	00:30.27	00:31.21	00:32.68	00:35.14
01:18.65	01:13.14	01:09.85	01:07.76	01:06.74	01:06.07	100Fr	01:04.95	01:05.60	01:06.60	01:08.66	01:11.90	01:17.31
02:51.10	02:39.12	02:31.96	02:27.40	02:25.19	02:23.74	200Fr	02:21.23	02:22.65	02:24.83	02:29.30	02:36.34	02:48.11
06:03.34	05:37.90	05:22.70	05:13.02	05:08.32	05:05.24	400Fr	04:57.86	05:00.86	05:05.45	05:14.89	05:29.73	05:54.55
12:34.94	11:42.09	11:10.50	10:50.38	10:40.63	10:34.22	800Fr	10:18.08	10:24.32	10:33.83	10:53.43	11:24.22	12:15.72
24:40.53	22:56.90	21:54.94	21:15.49	20:56.36	20:43.79	1500Fr	20:13.55	20:25.81	20:44.48	21:22.97	22:23.42	24:04.54
00:41.47	00:38.57	00:36.83	00:35.73	00:35.19	00:34.84	50Bk	00:34.09	00:34.44	00:34.96	00:36.04	00:37.74	00:40.58
01:28.34	01:22.16	01:18.46	01:16.11	01:14.97	01:14.22	100Bk	01:12.60	01:13.33	01:14.45	01:16.75	01:20.36	01:26.41
03:12.36	02:58.90	02:50.85	02:45.72	02:43.24	02:41.60	200Bk	02:36.52	02:38.10	02:40.51	02:45.47	02:53.27	03:06.31
00:46.12	00:42.90	00:40.97	00:39.74	00:39.14	00:38.75	50Br	00:38.09	00:38.48	00:39.06	00:40.27	00:42.17	00:45.34
01:40.83	01:33.77	01:29.55	01:26.86	01:25.56	01:24.70	100Br	01:22.37	01:23.20	01:24.47	01:27.08	01:31.19	01:38.05
03:38.16	03:22.89	03:13.76	03:07.95	03:05.13	03:03.28	200Br	02:58.31	03:00.11	03:02.85	03:08.51	03:17.39	03:32.25
00:38.84	00:36.12	00:34.50	00:33.46	00:32.96	00:32.63	50FL	00:32.42	00:32.74	00:33.24	00:34.27	00:35.88	00:38.59
01:27.02	01:20.93	01:17.29	01:14.97	01:13.84	01:13.10	100FL	01:12.25	01:12.98	01:14.09	01:16.38	01:19.98	01:26.00
03:19.62	03:05.65	02:57.29	02:51.97	02:49.39	02:47.70	200FL	02:43.41	02:45.06	02:47.58	02:52.76	03:00.90	03:14.52
03:15.40	03:01.72	02:53.55	02:48.34	02:45.81	02:44.16	200 IM	02:39.50	02:41.11	02:43.56	02:48.62	02:56.57	03:09.86
06:54.38	06:25.38	06:08.03	05:56.99	05:51.64	05:48.12	400 IM	05:39.15	05:42.57	05:47.79	05:58.54	06:15.44	06:43.70

2016 - 2020 Girls ManSask "A" Time Standards												
11&U	12	13	14	15	16&O	Events	16&O	15	14	13	12	11&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:40.47	00:37.64	00:35.95	00:34.87	00:34.35	00:34.00	50Fr	00:33.21	00:33.55	00:34.06	00:35.11	00:36.77	00:39.53
01:28.48	01:22.29	01:18.58	01:16.23	01:15.08	01:14.33	100Fr	01:13.07	01:13.80	01:14.93	01:17.25	01:20.89	01:26.97
03:12.49	02:59.01	02:50.96	02:45.83	02:43.34	02:41.71	200Fr	02:38.88	02:40.48	02:42.93	02:47.97	02:55.88	03:09.12
06:48.75	06:20.14	06:03.03	05:52.14	05:46.86	05:43.39	400Fr	05:35.09	05:38.47	05:43.63	05:54.25	06:10.95	06:38.87
14:09.30	13:09.85	12:34.31	12:11.68	12:00.70	11:53.50	800Fr	11:35.34	11:42.36	11:53.05	12:15.11	12:49.75	13:47.68
27:45.60	25:49.01	24:39.30	23:54.92	23:33.40	23:19.27	1500Fr	22:45.25	22:59.04	23:20.04	24:03.34	25:11.35	27:05.10
00:46.65	00:43.39	00:41.44	00:40.19	00:39.59	00:39.19	50Bk	00:38.36	00:38.74	00:39.33	00:40.55	00:42.46	00:45.66
01:39.39	01:32.43	01:28.27	01:25.62	01:24.34	01:23.49	100Bk	01:21.67	01:22.50	01:23.75	01:26.34	01:30.41	01:37.22
03:36.41	03:21.26	03:12.20	03:06.44	03:03.64	03:01.80	200Bk	02:56.08	02:57.86	03:00.57	03:06.15	03:14.93	03:29.60
00:51.89	00:48.26	00:46.09	00:44.70	00:44.03	00:43.59	50Br	00:42.86	00:43.29	00:43.95	00:45.31	00:47.44	00:51.01
01:53.43	01:45.49	01:40.74	01:37.72	01:36.25	01:35.29	100Br	01:32.67	01:33.60	01:35.03	01:37.97	01:42.59	01:50.31
04:05.43	03:48.25	03:37.98	03:31.44	03:28.27	03:26.19	200Br	03:20.60	03:22.62	03:25.71	03:32.07	03:42.06	03:58.78
00:43.70	00:40.64	00:38.81	00:37.65	00:37.08	00:36.71	50FL	00:36.47	00:36.84	00:37.40	00:38.55	00:40.37	00:43.41
01:37.90	01:31.04	01:26.95	01:24.34	01:23.07	01:22.24	100FL	01:21.28	01:22.10	01:23.35	01:25.93	01:29.98	01:36.75
03:44.57	03:28.85	03:19.45	03:13.47	03:10.57	03:08.66	200FL	03:03.84	03:05.70	03:08.53	03:14.36	03:23.51	03:38.83
						100 IM	01:29.56	01:29.56	01:34.90	01:34.90	01:44.20	01:44.20
03:39.83	03:24.44	03:15.24	03:09.38	03:06.54	03:04.67	200 IM	02:59.44	03:01.25	03:04.01	03:09.70	03:18.64	03:33.59
07:46.18	07:13.55	06:54.04	06:41.62	06:35.59	06:31.64	400 IM	06:21.54	06:25.39	06:31.26	06:43.36	07:02.37	07:34.16

2016 - 2020 Boys ManSask "AA" Time Standards												
12&U	13	14	15	16	17&O	Events	17&O	16	15	14	13	12&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:33.85	00:31.31	00:29.74	00:28.70	00:27.98	00:27.56	50Fr	00:26.73	00:27.13	00:27.83	00:28.84	00:30.36	00:32.82
01:13.60	01:08.08	01:04.68	01:02.42	01:00.86	00:59.94	100Fr	00:58.40	00:59.29	01:00.81	01:03.02	01:06.33	01:11.71
02:41.19	02:29.10	02:21.65	02:16.69	02:13.27	02:11.27	200Fr	02:08.02	02:09.97	02:13.30	02:18.13	02:25.40	02:37.19
05:44.13	05:18.32	05:02.40	04:51.82	04:44.52	04:40.26	400Fr	04:31.63	04:35.77	04:42.84	04:53.10	05:08.52	05:33.54
12:03.15	11:08.91	10:35.46	10:13.22	09:57.89	09:48.92	800Fr	09:29.91	09:38.59	09:53.42	10:14.95	10:47.31	11:39.80
22:53.97	21:10.92	20:07.38	19:25.12	18:55.99	18:38.95	1500Fr	18:09.67	18:26.26	18:54.63	19:35.78	20:37.67	22:18.02
00:38.98	00:36.05	00:34.25	00:33.05	00:32.22	00:31.74	50Bk	00:30.90	00:31.37	00:32.18	00:33.35	00:35.10	00:37.95
01:23.93	01:17.63	01:13.75	01:11.17	01:09.39	01:08.35	100Bk	01:05.70	01:06.70	01:08.41	01:10.89	01:14.62	01:20.67
03:01.44	02:47.83	02:39.44	02:33.86	02:30.02	02:27.77	200Bk	02:21.88	02:24.04	02:27.74	02:33.10	02:41.15	02:54.22
00:43.00	00:39.77	00:37.78	00:36.46	00:35.55	00:35.02	50Br	00:34.62	00:35.14	00:36.05	00:37.35	00:39.32	00:42.51
01:34.09	01:27.03	01:22.68	01:19.78	01:17.79	01:16.62	100Br	01:14.24	01:15.37	01:17.30	01:20.10	01:24.32	01:31.15
03:24.88	03:09.51	03:00.03	02:53.73	02:49.39	02:46.85	200Br	02:41.82	02:44.28	02:48.49	02:54.60	03:03.79	03:18.70
00:36.33	00:33.60	00:31.92	00:30.80	00:30.03	00:29.58	50FL	00:29.42	00:29.87	00:30.63	00:31.74	00:33.41	00:36.12
01:20.70	01:14.65	01:10.92	01:08.43	01:06.72	01:05.72	100FL	01:05.02	01:06.01	01:07.70	01:10.15	01:13.85	01:19.83
03:03.93	02:50.13	02:41.63	02:35.97	02:32.07	02:29.79	200FL	02:25.53	02:27.75	02:31.54	02:37.03	02:45.30	02:58.70
03:01.38	02:47.78	02:39.39	02:33.81	02:29.96	02:27.71	200 IM	02:24.00	02:26.19	02:29.94	02:35.38	02:43.56	02:56.82
06:31.10	06:01.76	05:43.68	05:31.65	05:23.36	05:18.51	400 IM	05:08.32	05:13.02	05:21.04	05:32.69	05:50.20	06:18.59

2016 - 2020 Boys ManSask "A" Time Standards												
12&U	13	14	15	16	17&O	Events	17&O	16	15	14	13	12&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:38.08	00:35.22	00:33.46	00:32.29	00:31.48	00:31.01	50Fr	00:30.07	00:30.52	00:31.31	00:32.44	00:34.15	00:36.92
01:22.80	01:16.59	01:12.76	01:10.22	01:08.46	01:07.44	100Fr	01:05.70	01:06.70	01:08.41	01:10.89	01:14.62	01:20.67
03:01.34	02:47.74	02:39.35	02:33.78	02:29.93	02:27.68	200Fr	02:24.02	02:26.21	02:29.96	02:35.40	02:43.58	02:56.84
06:27.15	05:58.11	05:40.20	05:28.30	05:20.09	05:15.29	400Fr	05:05.58	05:10.24	05:18.19	05:29.73	05:47.09	06:15.23
13:33.54	12:32.52	11:54.90	11:29.88	11:12.63	11:02.54	800Fr	10:41.15	10:50.91	11:07.60	11:31.82	12:08.23	13:07.27
25:45.71	23:49.79	22:38.30	21:50.76	21:17.99	20:58.82	1500Fr	20:25.88	20:44.55	21:16.46	22:02.76	23:12.37	25:05.27
00:43.85	00:40.56	00:38.53	00:37.18	00:36.25	00:35.71	50Bk	00:34.77	00:35.30	00:36.20	00:37.51	00:39.49	00:42.69
01:34.42	01:27.34	01:22.97	01:20.07	01:18.06	01:16.89	100Bk	01:13.91	01:15.04	01:16.96	01:19.75	01:23.95	01:30.76
03:24.12	03:08.81	02:59.37	02:53.09	02:48.77	02:46.24	200Bk	02:39.62	02:42.05	02:46.21	02:52.23	03:01.30	03:16.00
00:48.37	00:44.74	00:42.51	00:41.02	00:39.99	00:39.39	50Br	00:38.94	00:39.54	00:40.55	00:42.02	00:44.23	00:47.82
01:45.85	01:37.91	01:33.01	01:29.76	01:27.51	01:26.20	100Br	01:23.52	01:24.79	01:26.96	01:30.11	01:34.86	01:42.55
03:50.48	03:33.20	03:22.54	03:15.45	03:10.56	03:07.71	200Br	03:02.04	03:04.82	03:09.55	03:16.43	03:26.77	03:43.53
00:40.87	00:37.80	00:35.91	00:34.66	00:33.79	00:33.28	50FL	00:33.10	00:33.60	00:34.46	00:35.71	00:37.59	00:40.64
01:30.79	01:23.98	01:19.78	01:16.99	01:15.06	01:13.94	100FL	01:13.14	01:14.26	01:16.16	01:18.92	01:23.08	01:29.81
03:26.92	03:11.40	03:01.83	02:55.47	02:51.08	02:48.51	200FL	02:43.72	02:46.22	02:50.48	02:56.66	03:05.96	03:21.04
						100 IM	01:20.65	01:20.65	01:26.57	01:26.57	01:38.96	01:38.96
03:24.05	03:08.75	02:59.31	02:53.03	02:48.71	02:46.18	200 IM	02:42.00	02:44.47	02:48.68	02:54.80	03:04.00	03:18.92
07:19.98	06:46.99	06:26.64	06:13.10	06:03.78	05:58.32	400 IM	05:46.86	05:52.14	06:01.17	06:14.27	06:33.97	07:05.92

2016-2018 ManSask Para Time Standards Women's Short Course														revised Oct 27, 2014
Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SM10				
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9					
50 Free	4:15.71	2:46.57	2:21.93	1:43.22	1:28.55	1:09.57	0:55.79	0:50.83	0:44.63	0:43.39	0:55.79	0:54.67	0:44.63	0:44.63
100 Free	7:44.51	5:35.48	4:43.87	3:39.35	3:09.75	2:19.15	1:57.77	1:51.57	1:39.18	1:32.98	2:03.97	2:01.49	1:45.37	1:39.18
200 Free	15:05.56	10:04.09	8:59.58	7:48.03	6:19.50	4:49.80	3:55.54	3:54.42	3:29.62	3:17.22	4:19.21	4:14.02	3:36.38	3:29.62
400 Free	30:11.11	20:31.65	18:22.62	15:59.51	13:02.00	10:04.90	9:17.86	9:05.47	8:03.48	7:38.69	9:17.86	9:06.71	8:15.88	8:03.48
800 Free						19:46.80	18:35.73	18:10.94	16:06.97	14:54.84	18:35.73	18:13.42	16:31.76	16:06.97
1500 Free						38:24.60	36:03.84	35:14.25	31:06.31	28:42.06	36:03.84	35:20.57	31:55.90	31:06.31
50 Back	3:52.25	2:47.74	2:34.84	1:56.13	1:41.20	1:16.47	1:08.75	1:03.68	0:56.35	0:50.15	1:08.75	1:07.37	0:56.35	0:56.35
100 Back	7:56.24	5:47.21	5:21.40	4:03.98	3:33.90	2:44.45	2:28.76	2:16.37	2:03.97	1:51.57	2:28.76	2:25.79	2:03.97	2:03.97
200 Back	16:04.21	11:46.15	10:54.53	8:19.70	7:19.30	5:38.10	4:57.53	4:45.69	3:55.54	3:53.85	4:44.00	4:38.32	3:56.67	4:07.49
50 Breast	4:30.96	3:26.45	2:34.84	1:50.26	1:41.78	1:35.45	1:21.14	1:08.75	1:02.55		1:21.14	1:19.52	1:02.55	1:02.55
100 Breast	9:13.66	7:04.63	5:21.40	3:52.25	3:35.05	3:22.40	2:53.56	2:28.76	2:16.37		2:53.56	2:50.08	2:16.37	2:16.37
200 Breast	18:27.31	14:09.25	10:42.80	8:30.25	6:59.75	6:24.10	5:45.99	4:34.42	4:33.86		5:02.04	4:56.00	4:33.86	4:33.86
50 Fly	3:13.54	3:00.64	2:34.84	2:21.93	2:06.50	1:34.87	1:14.38	1:08.75	1:02.55	0:56.35	1:08.75	1:07.37	0:56.35	1:02.55
100 Fly	6:38.82	6:07.15	5:15.54	4:48.56	4:18.75	3:21.25	2:34.40	2:28.76	2:16.37	2:03.97	2:28.76	2:25.79	2:03.97	2:16.37
200 Fly	13:17.64	12:14.30	10:31.07	9:37.12	8:37.50	6:42.50	5:08.80	4:30.48	4:02.30	4:01.18	4:45.69	4:39.98	4:37.24	4:07.49
150 IM	8:23.22	8:03.86	7:44.51	6:27.09										
200 IM	11:42.63	9:59.99	10:25.21	8:54.89	7:35.40	6:19.50	5:22.32	4:57.53	4:07.94	3:55.54	4:57.53	4:51.58	4:20.34	4:07.94
400 IM	23:25.25	19:59.98	20:50.42	17:49.78	15:22.30	12:50.50	10:55.91	9:08.85	7:58.98	7:39.82	8:35.04	8:24.73	7:19.53	7:58.98

2016-2018 ManSask Para Time Standards Men's Short Course														
Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SM10				
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9					
50 Free	3:26.45	2:09.03	2:11.61	2:14.24	1:09.57	0:56.93	0:44.63	0:43.39	0:39.68	0:38.43	0:49.59	0:43.39	0:39.68	0:39.68
100 Free	6:19.50	4:30.96	4:36.38	4:41.91	2:31.80	2:00.17	1:49.68	1:43.22	1:30.32	1:25.16	1:39.18	1:32.98	1:26.78	1:26.78
200 Free	12:39.00	8:59.58	9:10.37	9:21.38	5:54.20	4:10.70	3:51.08	3:38.18	3:12.37	3:00.64	3:29.62	3:17.22	3:04.83	3:04.83
400 Free	25:41.00	17:47.43	18:08.77	18:30.55	12:11.40	8:51.30	8:36.12	8:23.22	7:44.51	7:31.61	8:40.67	7:51.09	7:29.67	7:26.29
800 Free						17:42.60	17:12.24	16:46.43	15:29.02	15:03.21	17:21.35	15:42.17	14:59.35	14:52.58
1500 Free						35:25.20	30:26.36	28:53.11	25:48.95	24:29.77	32:22.38	27:59.23	25:18.63	24:48.20
50 Back	3:22.40	2:34.84	2:37.93	2:41.09	1:15.90	1:03.82	0:58.65	0:55.42	0:45.75	0:44.46	1:02.55	0:56.35	0:50.15	0:43.95
100 Back	6:50.55	5:15.54	5:21.85	5:28.28	2:37.55	2:19.15	2:09.03	2:02.58	1:43.22	1:39.70	2:16.37	2:03.97	1:51.57	1:39.18
200 Back	13:52.60	10:42.80	10:55.66	11:08.77	6:35.60	4:36.00	4:29.79	4:05.16	3:38.18	3:31.14	4:42.88	4:19.21	3:54.42	3:29.62
50 Breast	4:10.70	2:34.84	2:37.93	2:41.09	1:19.64	1:16.47	1:11.55	0:58.65	0:49.62		1:08.75	0:56.35	0:50.15	0:47.67
100 Breast	8:32.90	5:21.40	5:27.83	5:34.39	2:50.78	2:44.45	2:34.84	2:09.03	1:50.96		2:28.76	2:03.97	1:51.57	1:46.62
200 Breast	17:24.20	10:54.53	11:07.62	11:20.97	5:35.80	5:33.50	5:07.33	4:39.76	4:32.14		5:08.80	4:19.21	4:05.69	4:21.46
50 Fly	2:31.80	2:21.93	2:24.77	2:27.67	1:28.55	1:09.57	0:58.06	0:55.42	0:45.75	0:42.23	0:56.35	0:47.06	0:43.95	0:43.95
100 Fly	5:15.10	4:55.60	5:01.51	5:07.53	3:08.60	2:30.65	2:07.86	2:02.58	1:43.22	1:36.19	2:03.97	1:45.37	1:39.18	1:39.18
200 Fly	10:41.70	10:02.92	10:14.99	10:27.28	6:34.45	5:12.80	4:27.44	4:12.19	3:58.12	3:42.87	4:07.94	4:04.56	3:39.77	4:07.49
150 IM	7:35.40	7:05.80	7:14.32	7:23.00										
200 IM	10:12.95	9:33.60	9:45.07	9:56.77	6:19.50	5:03.60	4:30.96	4:18.06	3:52.25	3:39.35	4:32.73	4:07.94	3:43.15	3:43.15
400 IM	20:35.10	19:13.06	19:36.12	19:59.65	12:44.75	10:12.95	9:13.66	8:47.85	7:56.24	7:30.43	9:16.74	8:27.15	7:37.56	7:37.56

2016-2018 ManSask Para Time Standards Women Long Course														
Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SM10				
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9					
50 Free	4:10.70	2:43.30	2:19.15	1:41.20	1:28.55	1:09.57	0:56.93	0:51.86	0:45.54	0:44.28	0:56.93	0:49.33	0:45.54	0:45.54
100 Free	7:35.40	5:28.90	4:38.30	3:35.05	3:09.75	2:19.15	2:00.17	1:53.85	1:41.20	1:34.87	2:06.50	1:53.85	1:47.52	1:41.20
200 Free	14:47.80	9:52.25	8:49.00	7:38.85	6:19.50	4:49.80	4:00.35	3:59.20	3:33.90	3:21.25	4:24.50	3:59.20	3:40.80	3:33.90
400 Free	29:35.60	20:07.50	18:01.00	15:40.70	13:02.00	10:04.90	9:29.25	9:16.60	8:13.35	7:48.05	9:29.25	8:51.30	8:26.00	8:13.35
800 Free						19:46.80	18:58.50	18:33.20	16:26.70	15:13.10	18:58.50	17:42.60	16:52.00	16:26.70
1500 Free						38:24.60	36:48.00	35:57.40	31:44.40	29:17.20	36:48.00	33:53.20	32:35.00	31:44.40
50 Back	3:47.70	2:44.45	2:31.80	1:53.85	1:41.20	1:16.47	1:10.15	1:04.98	0:57.50	0:51.18	1:10.15	1:04.98	0:57.50	0:57.50
100 Back	7:46.90	5:40.40	5:15.10	3:59.20	3:33.90	2:44.45	2:31.80	2:19.15	2:06.50	1:53.85	2:31.80	2:19.15	2:06.50	2:06.50
200 Back	15:45.30	11:32.30	10:41.70	8:09.90	7:19.30	5:38.10	5:03.60	4:51.52	4:00.35	3:58.62	4:49.80	4:03.22	4:01.50	4:12.54
50 Breast	4:25.65	3:22.40	2:31.80	1:48.10	1:41.78	1:35.45	1:22.80	1:10.15	1:03.82		1:22.80	1:10.15	1:03.82	1:03.82
100 Breast	9:02.80	6:56.30	5:15.10	3:47.70	3:35.05	3:22.40	2:57.10	2:31.80	2:19.15		2:57.10	2:31.80	2:19.15	2:19.15
200 Breast	18:05.60	13:52.60	10:30.20	8:20.25	6:59.75	6:24.10	5:53.05	4:40.02	4:39.45		5:08.20	4:45.20	4:39.45	4:39.45
50 Fly	3:09.75	2:57.10	2:31.80	2:19.15	2:06.50	1:34.87	1:15.90	1:10.15	1:03.82	0:57.50	1:10.15	1:03.82	0:57.50	1:03.82
100 Fly	6:31.00	5:59.95	5:09.35	4:42.90	4:18.75	3:21.25	2:37.55	2:31.80	2:19.15	2:06.50	2:31.80	2:19.15	2:06.50	2:19.15
200 Fly	13:02.00	11:59.90	10:18.70	9:25.80	8:37.50	6:42.50	5:15.10	4:36.00	4:07.25	4:06.10	4:51.52	4:44.63	4:42.90	4:12.54
150 IM	8:13.35	7:54.37	7:35.40	6:19.50										
200 IM	11:28.85	9:48.23	10:12.95	8:44.40	7:35.40	6:19.50	5:28.90	5:03.60	4:13.00	4:00.35	5:03.60	4:50.95	4:25.65	4:13.00
400 IM	22:57.70	19:36.45	20:25.90	17:28.80	15:22.30	12:50.50	11:09.30	9:20.05	8:08.75	7:49.20	8:45.55	7:34.82	7:28.50	8:08.75

2016-2018 ManSask Para Time Standards Men Long Course														
Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SM10				
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9					
50 Free	3:22.40	2:06.50	1:41.20	1:28.55	1:09.57	0:56.93	0:45.54	0:44.28	0:40.48	0:39.21	0:50.60	0:44.28	0:40.48	0:40.48
100 Free	6:19.50	4:25.65	3:47.70	3:09.75	2:31.80	2:00.17	1:47.52	1:41.20	1:28.55	1:23.49	1:41.20	1:34.87	1:28.55	1:28.55
200 Free	12:39.00	8:49.00	6:47.10	6:19.50	5:54.20	4:10.70	3:46.55	3:33.90	3:08.60	2:57.10	3:33.90	3:21.25	3:08.60	3:08.60
400 Free	25:41.00	17:26.50	13:34.20	13:02.00	12:11.40	8:51.30	8:26.00	8:13.35	7:35.40	7:22.75	8:51.30	8:00.70	7:38.85	7:35.40
800 Free						17:42.60	16:52.00	16:26.70	15:10.80	14:45.50	17:42.60	16:01.40	15:17.70	15:10.80
1500 Free						35:25.20	29:50.55	28:19.12	25:18.57	24:00.95	33:02.03	28:33.50	25:49.63	25:18.57
50 Back	3:22.40	2:31.80	2:06.50	1:41.20	1:15.90	1:03.82	0:57.50	0:54.34	0:44.85	0:43.58	1:03.82	0:57.50	0:51.18	0:44.85
100 Back	6:50.55	5:09.35	4:18.75	3:28.15	2:37.55	2:19.15	2:06.50	2:00.17	1:41.20	1:37.75	2:19.15	2:06.50	1:53.85	1:41.20
200 Back	13:52.60	10:30.20	8:49.00	7:07.80	6:35.60	4:36.00	4:24.50	4:00.35	3:33.90	3:27.00	4:48.65	4:24.50	3:59.20	3:33.90
50 Breast	4:10.70	2:31.80	2:06.50	1:22.80	1:19.64	1:16.47	1:10.15	0:57.50	0:48.64		1:10.15	0:57.50	0:51.18	0:48.64
100 Breast	8:32.90	5:15.10	4:24.50	2:57.10	2:50.78	2:44.45	2:31.80	2:06.50	1:48.79		2:31.80	2:06.50	1:53.85	1:48.79
200 Breast	17:24.20	10:41.70	9:00.50	6:02.25	5:35.80	5:33.50	5:01.30	4:34.28	4:26.80		5:15.10	4:24.50	4:10.70	4:26.80
50 Fly	2:31.80	2:19.15	1:53.85	1:41.20	1:28.55	1:09.57	0:56.93	0:54.34	0:44.85	0:41.40	0:57.50	0:48.01	0:44.85	0:44.85
100 Fly	5:15.10	4:49.80	3:59.20	3:33.90	3:08.60	2:30.65	2:05.35	2:00.17	1:41.20	1:34.30	2:06.50	1:47.52	1:41.20	1:41.20
200 Fly	10:41.70	9:51.10	8:09.90	7:19.30	6:34.45	5:12.80	4:22.20	4:07.25	3:53.45	3:38.50	4:13.00	4:09.55	3:44.25	4:07.48
150 IM	7:35.40	6:57.45	6:19.50	5:03.60										
200 IM	10:12.95	9:22.35	8:19.10	6:50.55	6:19.50	5:03.60	4:25.65	4:13.00	3:47.70	3:35.05	4:38.30	4:13.00	3:47.70	3:47.70
400 IM	20:35.10	18:50.45	16:43.95	13:46.85	12:44.75	10:12.95	9:02.80	8:37.50	7:46.90	7:21.60	9:28.10	8:37.50	7:46.90	7:46.90

Appendix 2



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.



COMPETITION WARM-UP SAFETY PROCEDURES

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.”

September 26, 2016

Appendix 3**SWIM
MANITOBA**www.swimmanitoba.mb.ca**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 4



**SWIM
MANITOBA**

www.swimmanitoba.mb.ca

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.

3. Relay Events

- a. For time final events scratch rules for **Time Final Events** apply.
- b. For prelims/final events scratch rules for **Prelims/Final Events** apply.
- c. Relay names can be changed up to 30 minutes prior to start of relay event.