



2023 MANTA GRAND PRIX

January 27 – 29, 2023

Winnipeg Pan Am Pool

25 Poseidon Bay

Winnipeg, Manitoba R3M 3E4

T: (204) 452-4655

50 meter, 8 lane competitive pool

Quantum Electronic Timing System

Long Course

www.mantaswimming.ca



Session	Date and Time		
1	Friday, January 27, 2023	Warm-up	4:30 p.m.
	Timed Finals	Start	5:30 p.m.
2	Saturday, January 28, 2023	Warm-up	8:00 a.m.
	Timed Finals	Start	9:00 a.m.
3	Saturday, January 28, 2023	Warm-up	2:30 p.m.
	Timed Finals	Start	3:30 p.m.
4	Sunday, January 29, 2023	Warm-up	8:00 am.
	Timed Finals	Start	9:00 a.m.

Meet Management reserves the right to limit entries in any event, change the order of events, start times or session set-up if registration exceeds pool or time capacity.

MEET MANAGER:

Chris Torrance

torrancesirhc@gmail.com

(204) 795-9846

MEET ENTRIES & RESULTS:

Chris Torrance / Heather Nicolson

torrancesirhc@gmail.com / nicolsoh@gmail.com

(204) 795-9846

OFFICIALS CHAIR:

Marlene Lang

officialscoordinator@mantaswimming.ca

(204) 782-6209



1. Facility:

- a. One eight (8) lane 50 meter competition pool
- b. QUANTUM primary and secondary electronic timing system
- c. Warm-up/down lanes available
- d. Host to:
 - 2019 Summer Nationals
 - 2018 Canadian Junior Championships
 - 2017 Canada Summer Games
 - 2014 Canadian Age Group Championships
 - 2012 & 2016 Western Championships

2. Eligibility:

- a. Open to all swimmers currently registered with SNC, USS and FINA who have met the qualifying times in a sanctioned race since January 1, 2022 and prior to entry deadline.
- b. Para-swimmers do not require qualifying times to enter this competition but will be bound by the meet rules and format.

3. Age Group Categories:

- a. For all events:
 - Girls: 12 & Under, 13 & 14, 15 & over
 - Boys: 13 & Under, 14 & 15, 16 & over
- b. A swimmer's age shall be as of the FIRST DAY of the competition.

4. Entry Deadline:

- a. **Sunday, January 16, 2023 @ 11:59PM CST.**
- b. The Entries and Results chairperson must receive entries and proof of time by the entry deadline.
- c. Any errors or omissions in entry file details will cause delays in accepting entries.

5. Online Entries:

- a. All entries must be submitted through the SNC online entry process by uploading on the Swim Natation Canada website at www.swimming.ca (see exception 5.d. below)
- b. Entries must include the following: valid swimmer ID; correct birth date; gender; para swimmers must have their classifications after their name in their entries.
- c. Entries must be submitted as a Hytek entries file.
- d. Entries for USS and FINA swimmers must be submitted as a Hytek entries file directly to the Entries and Results chairperson.
- e. Direct questions or request for additional information to the Entries and Results chairperson.

6. Entry Fees:

- a. Individual: \$80.00
- b. Entry fees include all SNM competition fees and charges (\$6 participation fee per swimmer and \$1 program development fee per swim).
- c. All entry fees must be received **IN FULL** at entry deadline by e-transfer to gm@mantaswimming.ca.
- d. Swimmers will not be allowed to swim if meet entry fees have not been paid.



7. Proof of Times:

- a. Entries and Results chairperson will validate all times via the time validation process. Coaches will be notified of any times that do not pass the time validation report and they will have to provide a proof of time for an actual time, not a “custom time”. The entry time must be something that can be verified.
- b. All individual entries must utilize a displayed time available in the Swim Natation Canada online entry system.
- c. Proof of times for USS and FINA swimmers must be submitted directly to the Meet Entries and Results contact in a format that is mutually agreeable.
- d. Failure to prove any requested time will result in the swimmer being scratched from that event unless the event has been entered as a Bonus Swim. There will be no refund of entry fees from a failure to prove a time.

8. Refunds:

- a. Meet Management is not obligated to refund entry fees after the entry deadline date.

9. Entries and Limitations:

- a. Swimmers are restricted to a maximum of **SIX (6)** individual events.
- b. Proof of time is required for all qualifying standards events (200 BR, 200 FL, 400 IM, 400/800/1500 FR).
- c. **No time (NT) entries will not be accepted for 200 BR, 200 FL, 400 IM, 400/800/1500 FR.**

10. Qualifying Times:

- a. Qualifying times for 200 BR, 200 FL, 400 IM, 400/800/1500 FR as listed in this meet package apply to this competition.
- b. Times may be submitted in SCM or LCM.
- c. YD times will be accepted and converted.

11. Deck Entries:

- a. Entry fee of \$20.00 per event is payable to the **Clerk of Course** prior to lane assignment.
- b. Allowed only if space permits; additional heats will NOT be created.
- c. Deck entries will be swum as '**exhibition**' only.
- d. **Deck entries will not be allowed for 200 BR, 200 FL, 400 IM, 400/800/1500 FR events.**

12. Scratches:

- a. SNM SCRATCH RULE IN EFFECT
PLEASE NOTE: in fairness to all swimmers, coaches, officials and meet management, it is expected that all scratches will be submitted to the Clerk of Course, prior to the start of each session.

13. Seeding:

- a. After all qualifying times have been proven, Meet Management will convert all SCM and YD times to LCM times using applicable conversion factors.
- b. All events except 400/800/1500 will be senior seeded slowest to fastest by gender.
- c. 400/800/1500 events will be seeded fastest to slowest.



14. Competition:

- a. All current SNC Rules and SNM Policies will be in effect, including the SNM Competition Code of Conduct.
- b. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
- c. Meet management reserves the right to combine heats with two swimmers per lane in the 800/1500 distance events to meet timelines for completion of events.
- d. Any changes to the meet package or competition requires the approval of Swim Manitoba (SNM).

15. Scoring:

- a. There will be no scoring at this meet.

16. Results:

- a. Real-time results will be posted during the competition on Meet Mobile.
- b. Final results will be posted and may be downloaded from the Swim Natation Canada website www.swimming.ca.
- c. Splits may not be available for distance events swum two per lane.

17. Awards:

- a. There will be no awards at this meet.

18. Safety:

- a. SNC Warm Up Procedures are in effect. 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.
- b. Code of Conduct - All participants in this event are reminded that they are bound by Swimming Canada's and Swim Manitoba's Procedures, including but not limited to, the General Code of Conduct, the Equity, Diversity and Inclusion Policy, and the Harassment Policy. For more information regarding the Swimming Canada Safe Sport Program please visit Swimming Canada [Website](#) For more information regarding the Swim Manitoba Safe Sport Program please visit Swim Manitoba [Swim MB website](#).

19. Hospitality:

- a. Food and refreshments will be provided to coaches and officials prior to and during each session.

20. Food on Deck:

- a. The City of Winnipeg maintains a "No Food on Deck" policy.
- b. Coaches are responsible for ensuring their swimmers comply with this policy.

21. Lockers:

- a. There are lockers available in the Pan Am Pool change rooms for daily use. Cost is 25 cents per use. Swimmers are encouraged to use them to ensure their belongings are secure to avoid loss.



Meet Event List			
Session 1	Women	Description	Men
Friday, January 27th		800 Freestyle	Timed Finals
Warm-up: 4:30 p.m.		1500 Freestyle	Timed Finals
Start: 5:30 p.m.			
Session 2	Women	Description	Men
Saturday, January 28th		100 Backstroke	Timed Finals
		200 Butterfly	Timed Finals
Warm-up: 8:00 a.m.		100 Breast	Timed Finals
Start: 9:00 a.m.		200 Freestyle	Timed Finals
Session 3	Women	Description	Men
Saturday, January 28th		200 Breast	Timed Finals
		100 Freestyle	Timed Finals
Warm-up: 2:30 p.m.		100 Butterfly	Timed Finals
Start: 3:30 p.m.		200 IM	Timed Finals
Session 4	Women	Description	Men
Sunday, January 29th		400IM	Timed Finals
		50 Freestyle	Timed Finals
Warm-up: 8:00 a.m.		200 Backstroke	Timed Finals
Start: 9:00 a.m.		400 Freestyle	Timed Finals

QUALIFYING STANDARDS						
FEMALE			EVENT	MALE		
<u>15&Over</u>	<u>13-14</u>	<u>12&Under</u>		<u>13&Under</u>	<u>14-15</u>	<u>16&Over</u>
05:46.86	05:52.14	06:20.14	400 Free	05:58.11	05:28.30	05:20.09
12:00.70	12:11.68	13:09.85	800 Free	12:32.52	11:29.88	11:12.63
23:33.40	25:49.01	25:49.01	1500 Free	23:49.79	21:50.76	21:17.99
03:28.27	03:31.44	03:48.25	200 Breast	03:33.20	03:15.45	03:10.56
03:10.57	03:13.47	03:28.85	200 Fly	03:11.40	02:55.47	02:51.08
06:35.59	06:41.62	07:13.55	400 IM	06:46.99	06:13.10	06:03.78



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."

**SWIM
MANITOBA**



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.

SWIM NATATION MANITOBA



206-145 Pacific Avenue Winnipeg Manitoba R3B 2Z6
204-925-5778 email: swim@sportmanitoba.ca
Website www.swimmanitoba.mb.ca





www.swimmanitoba.mb.ca

Swim Natation Manitoba 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 ManSask 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 anytime.
 - 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.