

**Manitoba Open Junior Provincials**  
**Short Course**  
**June 9 - 11, 2023**



**HOSTED BY**



**Sanction number: 39416**

**Meet Package**

Online Merch store      see page 8

**Facility and Timing:**

- \* Pan-Am Pool 25 Poseidon Bay  
Winnipeg, Manitoba, R3M 3E4  
Phone: 204- 986-5890
- \* Short course meters – Training tank
- \* 8 x 25 M pool with 8 x 25 M pool warm up/cool down pool
- \* Meet management reserves the right to restrict the number of lanes open in the warm up/cool down pool
- \* Quantum Electronic Timing with semi-electronic backup

**NOTE:** \* **Pan Am Pool is a Nut-free Facility**  
 \* **Food & Snacks are not allowed on the pool decks**  
 \* **Swim MB Policy – Single serve water bottles are not permitted**  
**Please remember to bring your reusable water bottle**

**Meet Management:**

Meet Managers	Entries & Results	Officials Coordinator
Chris Torrance <a href="mailto:torrancesirhc@gmail.com">torrancesirhc@gmail.com</a> T: 204-795-9846	Heather Nicolson <a href="mailto:nicolsoh@gmail.com">nicolsoh@gmail.com</a> T: 204-269-6669	Marlene Lang <a href="mailto:officialscoordinator@mantaswimming.ca">officialscoordinator@mantaswimming.ca</a> T: 204-782-6209
Janene Cheung <a href="mailto:janene.cheung@gmail.com">janene.cheung@gmail.com</a> T: 204-227-5387		

**Dates & Times:**

Session 1 – Friday, June 9, 2023		Session 2 – Saturday, June 10, 2023	
Warm up start	4:00 PM	Warm up start	8:00 AM
Clear pool	4:30 PM	Clear pool	8:30 AM
March on		March on Officials	8:35 AM
Officials	4:35 PM	National Anthem	8:37 AM
National Anthem	4:37 PM	Start time	8:40 AM
Start time	4:40 PM	Medals	Given to the coaches in an envelope
Medals	Given to the coaches in an envelope		
Session 3 – Saturday, June 10, 2023		Session 4- Sunday, June 11, 2023	
Warm up start	3:30 PM	Warm up start	8:00 AM
Clear pool	4:00 PM	Clear pool	8:30 AM
March on		March on Officials	8:35 AM
Officials	4:05 PM	National Anthem	8:37 AM
National Anthem	4:07 PM	Start time	8:40 AM
Start time	4:10 PM	Medals	Given to the coaches in an envelope
Medals	Given to the coaches in an envelope		

## Coaches Technical Meeting:

A coaches meeting will be held at 4:20 PM on Friday to update meet rules, updates and answer any questions. The meeting will be held under the score board in the main tank.

## Eligibility:

- \* The Manitoba Junior Open Provincials meet is open to any swimmer currently registered as “competitive” and in good standing with any Swim Canada, USA Swimming or World Aquatics affiliated member organizations and eligible to compete.
- \* Para entries will be accepted and will swim integrated within the meet events. There will not be any Para specific events.
- \* 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 2016/2024 Short or Long Course and 10 & Under “A” time standards listed in [Appendix 1](#)
- \* All swimmers’ entry times must have been achieved between Sep 1, 2021, & May 25, 2023
- \* Times are to be submitted in the course they were achieved
- \* Converted times will not be accepted
- \* De-qualifying times 11 & Over swimmers 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 will be integrated into eligible events. There will not be specific Para events or awards.
- \* De-qualifying times: Para swimmers will not be eligible to enter the event(s) in which they have recorded a [Para ManSask](#) qualifying time in either SCM or LCM, prior to entry deadline
- \* Para swimmers wishing to race outside of their sport class must meet all eligibility requirements as outlined in this meet package.

**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 “Manitoba Junior Provincials 2023” (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”
- 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”

## Event List:

### Meet management caveats

- \* Meet management and the MSOA reserve the right to adjust the timelines to preserve acceptable session length and/or balancing of timelines

### All events are swum as timed finals

Friday Session 1	Saturday Session 2	Saturday Session 3	Sunday Session 4
200 IM	400 IM	200 Fly	400 Free
50 Back	4 x 50 Mixed Free Relay	100 Free	100 Breast
4 x 50 Free Relay	100 Fly	200 Breast	200 Back
800 Free	50 Breast	50 Fly	50 Free
	100 Back	100 IM	4 x 50 Mixed Medley Relay
	200 Free	4 x 50 Medley Relay	

## Entries and Limitations:

Swimmers are restricted to seven (7) individual events, plus two (2) relays. For example, swimmers who have one (1) qualifying “A” time will be eligible for up to six (6) bonus swims.

NT’s entries will not be accepted.

## Bonus Swims:

Bonus swims must be entered with actual times for seeding purposes. NT’s entries will be accepted. Custom times are not allowed. The 400, 800 free, 200 butterfly and 400 IM events cannot be entered as bonus swims.

## Relays:

- \* The meet manager reserves the right to cancel relays depending on the COVID situation.
- \* Relay swimmers must be properly entered in as least (1) individual event  
EXCEPTION: 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.
- \* Clubs may enter a **maximum** of 2 relay teams in any relay event.
- \* **Maximum** of 2 relays per swimmer.
- \* 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 take the cards directly to the clerk of course **30 minutes prior to the start of the session 1, 3, and 4. For Session 2, Coaches are asked to take the cards directly to the clerk of course before the end of session 1.**
- \* Unattached swimmers are not permitted to swim on relays
- \* Mixed Relays must consist of 2 girls and 2 boys.

**Entry Fees:**

Individual Entry Fee:	\$71.00
	Includes all SNM competition & participation fees
Relays:	\$8.50 each relay entry
Relay Only swimmer Fee:	\$35.50
Entry fees:	<b>Due at entry deadline by e-transfer</b>
E-Transfers:	<a href="mailto:gm@mantaswimming.ca">gm@mantaswimming.ca</a>
Late fees:	Fees not paid prior to start of the first session will result in the swimmer/s / team being removed from competition

**Entries:****Entry Deadline:**

The Meet Manager must receive entries and proof of time **by Tuesday, May 25, 2023 at 11:59 pm**

**Online Entries:**

All entries must be compiled electronically via SNC online system.

The entry system can be accessed via [www.swimming.ca](http://www.swimming.ca)

Entries will ONLY be accepted through Swimming 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 omissions in entry files will cause delays in accepting entries.

**Proof of Time:**

All individual entries must utilize a displayed time achieved within the qualifying dates and available in the online entry system. Any times not available on the online entry system must be proven via email to meet management prior to **entry deadline**.

No time entries will be allowed for bonus swim. Custom times are not allowed.

**Refunds:**

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

**Deck Entries:**

Deck entries will not be permitted for this event

**Scratches:**

Scratches will be made according to the Swim Manitoba Scratch rule

Meet Management requests scratches be submitted to the clerk of course 30 minutes prior to each session.

Scratch rule attached See appendix 4

## Competition:

- \* All current [SNC rules](#) apply during this meet except as specifically modified in this meet package
- \* [WPS rules](#) will be followed for Para swimmers competing in this meet
- \* All events are timed finals
- \* Age of swimmer is determined by their age on first day of the meet

## Structure and Format:

The competition will include the following age groups:

Girls: 10 & under, 11-12, 13-14, 15 & Over

Boys: 10 & under, 11-13, 14-15, 16 & Over

Para: integrated into age groups

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

Mixed: 10 & Under, 11-13; 14-15, 16 & Over

Para: integrated into age groups

**Note:** There will be no 10 & under category for the 800 Free, 200 Fly, 400 IM

The youngest age category will be Girls – 11-12, Boys – 11-13

Para: There will be no 800, 200 Fly, 400 IM

## Seeding:

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

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

800 Free will be seeded by time and gender

- \* All events not listed above: Each age category and gender will have 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 Free
- \* Bonus swims will be seeded last according to their entry times.

## Distance events: 800 Free

- \* Seeded by time and gender, fastest to slowest.
- \* Meet management reserves the right to change the seeding criteria for the distance events in order to adhere to session timeline 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 1<sup>st</sup> to 3<sup>rd</sup>
- \* Personal Best Ribbons for all individual personal best swim.
- \* The medals will be given to the coaches and need to be picked up from the meet office

### Relays:

- \* Medals for 1<sup>st</sup> to 3<sup>rd</sup>

### Awards presented at the end of Session 4

- \* Individual high point awards 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 Manitoba teams from each category will receive a Marvin MacDonald Memorial Team Award.

Best performing Team total based on scoring system below

Small Clubs	10 or less swimmers
Medium Clubs	11 to 20 swimmers
Large Clubs	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

## Volunteer Requirements:

- \* Each Swim Club attending this event is encouraged to provide volunteers.

## Hospitality:

- \* There will be limited hospitality during this competition.

## Programs:

- \* To reduce our paper usage, there will be no heat sheets/programs for sale.
  - \* Rather, meet programs and meet information to be used on your phone or computer can be found at: <http://www.swimmanitoba.mb.ca/juniorprovincials.aspx>

## 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.
- \* All swimmers are asked to please use the change room and not change on deck.

***According to the City of Winnipeg Bylaws, all advertising inside the pool, including club banners at meets, must be approved by the city. All clubs must send a request by email to [cms-advertising@winnipeg.ca](mailto:cms-advertising@winnipeg.ca).***

***The request must include this information: your club, meet name and dates, attached picture of your banner.  
The request must be sent as soon as possible, no later than two weeks prior to the meet.***

## Safety:

- \* SNC Warm-up Procedures are in effect 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.
- \* Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4. 7.

## SNM Swim Meet COVID Protocol:

- \* Swim Manitoba events and activities strive to be 100% Symptom Free and are Mask Friendly.
- \* If you are feeling unwell, please do not attend as a participant or spectator

**2023 Summer Junior Provincials – online merchandise store by ibdigital**

**[bit.ly/3DycisX](https://bit.ly/3DycisX)**

copy the link into your browser for access

**Appendix 1 – [Qualifying and De-qualifying times include Para](#)**

**Appendix 2 – [SNC Warm-up rules](#)**

**Appendix 3 – [SNM Competition Code of Conduct](#)**

**Appendix 4 – [SNM Scratch Rule](#)**



**Appendix 1**

<b>Oct 14,2016 2016 - 2024 10 &amp; Under Time Standards</b>		
<b>10 &amp; Under Girls</b>	<b>MANITOBA</b>	<b>10 &amp; Under Girls</b>
<b>LCM</b>	<b>Event</b>	<b>SCM</b>
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
<b>Note: 100 IM * cannot be used to qualify for Long Course competitions</b>		
<b>Oct 14,2016 2016 – 2024 10 &amp; Under Time Standards</b>		
<b>10 &amp; Under Boys</b>	<b>MANITOBA</b>	<b>10 &amp; Under Boys</b>
<b>LCM</b>	<b>Event</b>	<b>SCM</b>
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
<b>Note: 100 IM * cannot be used to qualify for Long Course competitions</b>		

**Para ManSask Qualifying Standards:**

<https://www.swimming.ca/content/uploads/2021/09/Junior-Para-Swimming-Provincial-Standards.pdf>

2016 - 2024 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
						100IM	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	200IM	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	400IM	06:21.54	06:25.39	06:31.26	06:43.36	07:02.37	07:34.16

2016 - 2024 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	200IM	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	400IM	05:39.15	05:42.57	05:47.79	05:58.54	06:15.44	06:43.70

2016 - 2024 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
						100IM	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	200IM	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	400IM	05:46.86	05:52.14	06:01.17	06:14.27	06:33.97	07:05.92
2016 - 2024 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	200IM	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	400IM	05:08.32	05:13.02	05:21.04	05:32.69	05:50.20	06:18.59

## Appendix 2

# 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 warmup time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- Meet Management has the discretion to split warm-up, as they see fit, to ensure a safe warmup environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools

### 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 national events 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 national events 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. This section is specific to diving violations and not equipment.***

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

**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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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. Meet Management may designate a Para swimmer lane for warm-up when necessary.

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”**

August 3, 2020



### Appendix 3

# SWIM MANITOBA

[www.swimmanitoba.mb.ca](http://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.



[www.swimmanitoba.mb.ca](http://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 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.