



ST JAMES SEALS INVITATIONAL

Short Course Swim Meet

Hosted by

ST. JAMES SEALS SWIM CLUB

LOCATION: Pan Am Pool, Training Tank
25 Poseidon Bay
Winnipeg, Manitoba R3M 3E4

Dates and Times : October 21-22, 2023

SNC Sanction number : 39962

Facility and Timing :

- Pan Am Pool Training Tank
- 8 lane 25 meter competition pool
- Electronic timing Quantum with manual watch backup
- 8 lane 25 meter warm down pool

Session Times: DATE	WARM-UP	START
Saturday, October 21, 2023 (Session 1) – 'AA'	7:30am	8:30am
Saturday, October 21, 2023 (Session 2) – 'A'	1:00 pm	2:00pm
Sunday, October 22, 2023 (Session 3) – 'AA'	7:30am	8:30am
Sunday, October 22, 2023 (Session 4) – 'A'	1:00pm	2:00pm

Meet Management Team	Email address
Meet Manager: Melissa Grenkow	SealsMeetManagement@gmail.com
Meet Entries: Sandeep Sharma	SealsMeet@gmail.com
Officials Coordinator: Chelsea Ward	SealsSwimVolunteer@gmail.com

Eligibility: All swimmers must be registered with Swim Canada or World Aquatics affiliated organizations.

Qualifying Times: There are no qualifying times for this meet, however coaches are asked to enter their swimmers in the appropriate 'AA' or 'A' time defined sessions.

EVENT LIST

October 21, 2023

SESSION ONE (1) - 'AA' TIMES	SESSION TWO (2) - 'A' TIMES
01. GIRLS 200 IM	15. GIRLS 200 IM
02. BOYS 200 IM	16. BOYS 200 IM
03. GIRLS 100 BACKSTROKE	17. GIRLS 100 BACKSTROKE
04. BOYS 100 BACKSTROKE	18. BOYS 100 BACKSTROKE
05. GIRLS 50 BUTTERFLY	19. GIRLS 50 BUTTERFLY
06. BOYS 50 BUTTERFLY	20. BOYS 50 BUTTERFLY
07. GIRLS 100 FREESTYLE	21. GIRLS 100 FREESTYLE
08. BOYS 100 FREESTYLE	22. BOYS 100 FREESTYLE
09. GIRLS 200 BREASTSTROKE	23. GIRLS 200 BREASTSTROKE
10. BOYS 200 BREASTSTROKE	24. BOYS 200 BREASTSTROKE
11. GIRLS 50 BACKSTROKE	25. GIRLS 50 BACKSTROKE
12. BOYS 50 BACKSTROKE	26. BOYS 50 BACKSTROKE
13. GIRLS 100 BUTTERFLY	27. GIRLS 100 BUTTERFLY
14. BOYS 100 BUTTERFLY	28. BOYS 100 BUTTERFLY

October 22, 2023

SESSION THREE (3) - 'AA' TIMES	SESSION FOUR (4) - 'A' TIMES
29. GIRLS 200 FREESTYLE	43. GIRLS 200 FREESTYLE
30. BOYS 200 FREESTYLE	44. BOYS 200 FREESTYLE
31. GIRLS 100 BREASTSTROKE	45. GIRLS 100 BREASTSTROKE
32. BOYS 100 BREASTSTROKE	46. BOYS 100 BREASTSTROKE
33. GIRLS 50 FREESTYLE	47. GIRLS 50 FREESTYLE
34. BOYS 50 FREESTYLE	48. BOYS 50 FREESTYLE
35. GIRLS 200 BACKSTROKE	49. GIRLS 200 BACKSTROKE
36. BOYS 200 BACKSTROKE	50. BOYS 200 BACKSTROKE
37. GIRLS 50 BREASTSTROKE	51. GIRLS 50 BREASTSTROKE
38. BOYS 50 BREASTSTROKE	52. BOYS 50 BREASTSTROKE
39. GIRLS 100 IM	53. GIRLS 100 IM
40. BOYS 100 IM	54. BOYS 100 IM
41. GIRLS 400 FREESTYLE	55. GIRLS 400 FREESTYLE
42. BOYS 400 FREESTYLE	56. BOYS 400 FREESTYLE

ENTRY LIMITATIONS: Maximum entries are **3** events per swimmer per session.

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 Hy-Tek Entry File. Each swimmer must have a valid swimmer ID number, a correct birth date and gender. Errors or omissions in the entry file will cause delays in accepting the file and posting the results. All Events are Timed Finals.

ENTRY DEADLINE: Friday, October 13, 2023 – 11:59pm

MEET ENTRIES CONTACT: Sandeep Sharma
Email: sealsmeet@gmail.com
Phone: 204-293-5415

ENTRY FEES:

- Individual events: \$13 per event
 - SNC/SNM participation fee: \$ 7.00 per swimmer
 - Splash Fee: \$ 2.50 per event
 - (\$1.50 Splash & \$1.00 Officiating Fee)
 - Online Meet Program fee: \$5.00 per swimmer
 - Entry Fees are not subject to refunds after the Entry Deadline Date.
- Fees are to be paid by e-transfer to: sealsmanager@gmail.com

***Official Meet Program will be available to download and print from the St James Seals official website, <https://www.gomotionapp.com/team/cansjssc/page/events/club-meets>**

- Non-payment of fees by the start of session one warm up will result in the removal of a team or athlete
- Late payment of fees, if agreed to, must have a new due date and will include a \$200 penalty

LATE OR DECK ENTRIES:

- Will be accepted provided the following conditions are met and procedures are followed:
 1. Lane space must be available for the deck entry to be accepted
 2. Deck entries **WILL BE ACCEPTED WITHIN THE FIRST 30 MINUTES OF WARM UP**
 3. Deck entries will be accepted by the Clerk of Course on a workload permitting basis
 4. Deck entries must be accompanied by a fee of **\$30.00** per event, which must be paid prior to lane assignment
 5. If the swimmer is not already entered in the meet, the SNC participation fee of **\$6.00** must be paid in addition to the deck entry fee(s)
 6. The total number of events for the swimmer cannot exceed the maximum of three events per session (in addition to relay events)
 7. No new heats will be created for deck entered swimmers
 8. Deck entries must include the swimmer's ID number if the swimmer is not already entered in the meet
 9. Deck entry swims are for exhibition only and will not score points or be included in awards

SCRATCHES: SNM Scratch Rule in effect (please click link here [Swim Manitoba](#) for more details)

- Coaches are encouraged to report scratches to the clerk of course a minimum of 30 minutes prior to start of session otherwise the results will show a DNS
- Penalties: Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee

COMPETITION: Swim Canada rules and regulations and Swim Manitoba policies and regulations apply

- Age of a swimmer is determined by their age on the first day of the meet
- All events are timed finals and events will be swum slowest to fastest by gender
- Meet Management reserves the right to change event times or limit entries in order to maintain a timeline of no more than 4.5 hours per session or for other operational reasons. If this is necessary, notice will be provided to participating teams as soon as possible.
- All swimmers must report to Marshalling before reporting to the blocks

AWARDS: No awards will be provided

HOSPITALITY: Hospitality will be provided for coaches, officials and volunteers each session

PROGRAMS: Programs will be available for download on the **ST. JAMES SEALS** website: <https://www.gomotionapp.com/team/cansjssc/page/events/club-meets>

SPECTATORS: Spectator access will be determined by the pool facility and staff in consultation with SNM (Swim Manitoba), MSOA (Manitoba Swim Officials Association), St James Seals & meet management

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.

SAFETY: SNC Warm Up Procedures are in effect (see link here [WARM UP](#)) for further details. 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. "Only authorized officials, swimmers and coaches are allowed on deck"

