



# **Bison Racing League & Sprint IM Invitational**

## **November 04, 2023 – Short Course**



### **Host:**

- University of Manitoba Bisons Swimming. Room 320, Max Bell Centre, Winnipeg, Manitoba, R3T 2N2.
- Managed by Bisons “Centre for Swimming Excellence” <http://www.bisonswimming.ca/>

### **Sanction:**

- Sanction: 40049

### **Facility & Course:**

- Pan Am Pool, **Training Tank**, 25 Poseidon Bay, Winnipeg, Manitoba, R3M 3E4
- Short Course competition (8 lanes), as well as Short Course warm up/down pool (8 lanes)

### **Eligibility:**

- This competition is OPEN to all Swimming Canada registered swimmers and/or FINA affiliated organizations.
  - Note: Session 1 is intended for swimmers who do not possess an ‘A’ or ‘AA’ times.

### **Competition Format:**

- All current SNC Rules and Regulations and SNM Policies and Regulations are and will be in effect. Any changes to the competition must be approved by SNM.

### **Competition Structure:**

Swimmers can enter in Session 1 or Session 2, not both.

#### **Session 1 | Bisons Racing League**

- 25m Butterfly, 25m Backstroke, 25m Breaststroke, 25m Freestyle
- 25m Underwater fly kick
  - Swimmers should be entered in 5 events (if able to perform legally)
- **All events will be swum as MIXED “senior seeded”**
- **NOTE: This session is intended for novice/beginner level swimmers. We recommend that you enter swimmers who do not possess ‘A’ or ‘AA’ times.**

#### **Session 2 | Bisons Sprint IM Invitational**

- 50m Butterfly, 50m Backstroke, 50m Breaststroke, 50m Freestyle
- 100m IM
  - Maximum 3 events
- **All events will be swum as “senior seeded”**

## Event Order:

<b>Warm up: 12:00 pm &amp; Start: 12:30 pm</b>		
<b>MIXED</b>	<b>Bisons Racing League</b>	
1	25 Butterfly	
2	25 Backstroke	
3	25 Breaststroke	
4	25 Freestyle	
5	25 Underwater Fly Kick	
<b>30 Min Break for Additional Warm Up</b>		
<b>Women</b>	<b>Bisons Sprint IM</b>	<b>Men</b>
6	100 IM	7
8	50 Butterfly	9
10	50 Backstroke	11
12	50 Breaststroke	13
14	50 Freestyle	15

### Entries:

- **Entry Deadline: October 27, 2023 @ 11:59 PM**
- **Entry Fees: \$55.00** flat fee per swimmer (includes: SNM/SNC Participation Fee of \$7.00 per swimmer, plus a Program Development Fee of \$2.50 and a \$2.00 donation to Siloam Mission per swimmer)
  - **Entries Fees are not subject to refunds after the Entry Deadline Date**
  - Non-payment of fees by the start of warm up will result in the removal of a team or athlete
  - Late payment of fees, if agreed to by meet management, must have a new due date, and will include a \$100 penalty for the payee
- Meet entry fees payment should be made to **Centre for Swimming Excellence** via **EFT (Electronic Funds Transfer) to cswimexcellence@gmail.com**
  - **Due** on or prior to **November 04, 2023**

**Meet Entries Contact:** Corrie Clearwater | [swimmeetentries.mb@gmail.com](mailto:swimmeetentries.mb@gmail.com) | 204-782-5575

- **All entries must be submitted with a time. "No Time" (NT) entries will not be accepted.** All entries must be uploaded to the Swim Canada web site using a Hytek Entry File. Each swimmer must have a valid swimmer ID number, and a correct birthdate and gender. Errors or omissions in the entry file will cause delays in accepting the file and posting the results.
  - All long course entry times will be accepted but will be converted to short course times for seeding purposes
- **Deck Entries:** May be permitted if the following guideline are met:
  - Lane space is available
  - Entries are submitted 20 minutes prior to the end of warm up with a late entry fee of **\$15.00 per event (plus the \$6.00 SNM fee if the athlete was not entered in the meet)**, which must be paid prior to lane assignment.
  - No new heats will be created for deck entered swimmers

**Additional Notes:**

- The meet length will be maximum of 4 hours – in order to accomplish the time limit **the meet will be run with maximum of 24 heats per event.**
- **100 IM may have lower number of total heats**
- Final number of heats will be determined after the entry deadline

**Scratches:**

- **SNM Scratch Rule will be in effect (Appendix 3)**
  - There is no scratch deadline for time final events. Coaches are encouraged to report scratches to the clerk of course as soon as possible.
  - **Penalties:** Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee.

**Meet Management:**

- Meet Management reserves the right to make changes to timelines or limit number of heats/swimmers should it be required to ensure a reasonable time frame for the length of the meet

	<b>Name</b>	<b>E-mail</b>	<b>Phone</b>
Co-Meet Managers:	Corrie Clearwater Maxine Wells	<a href="mailto:swimmeetentries.mb@gmail.com">swimmeetentries.mb@gmail.com</a> <a href="mailto:maxine.wells58@gmail.com">maxine.wells58@gmail.com</a>	204-782-5575 204-380-4723
Meet Entries:	Corrie Clearwater	<a href="mailto:swimmeetentries.mb@gmail.com">swimmeetentries.mb@gmail.com</a>	204-782-5575
Officials Coordinator:	Maxine Wells	<a href="mailto:maxine.wells58@gmail.com">maxine.wells58@gmail.com</a>	204-380-4723

**Scoring:**

- There will be no team scoring of the meet, or awards provided.

**Timing System:**

- Quantum electronic timing system will be used with manual watch backup.

**Safety:**

- SNC Warm up procedures are in effect (Appendix 1). Each athlete must be under the supervision of a head or deck coach. It is the responsibility of the head or deck coach to inform their swimmers of the safety rules and ensure they are followed.

**Programs:**

- Electronic copies of the program will be sent out prior to the competition. Paper copies of the program will be available for coaches prior to warm up.

**Spectators:**

- Spectator access will be determined by the pool facility and staff in consultation with SNM (Swim Manitoba), MSOA (Manitoba Swim Officials Association, UMAN Bisons & meet management.

**Appendix 1 – SNC Warm-up rules**

**Appendix 2 – SNM Competition Code of Conduct**

**Appendix 3 – SNM Scratch Rule**



## **Appendix 1: 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 precompetition 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.”**

## Appendix 2



### COMPETITION CODE OF CONDUCT

All sanctioned Manitoba swim meets are under the jurisdiction of SNM and shall be governed by its current policies and rules, including SNM 2011 Harassment and Abuse Policy.

The deck shall be reserved solely for SNM approved personnel, swimmers, coaches, officials, and volunteers assigned specific tasks in the running of the meet.

By Swimming Canada rule and policy, the referee and meet management have full authority over the competition, the deck and the spectator areas during swim meets. The spectator area is considered part of the field of play, and as such, it falls under SNM authority and all SNM bylaws, policies, and rules apply.

Referencing the SNM Harassment and Abuse policy, the referee and meet management will require an individual to leave, if the actions of the individual are perceived to be interfering with the peace and security required for any athlete to achieve his/her best performance.

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 Safe Sport](#).

For more information regarding the Swim Manitoba's Safe Sport Program please visit [Swim Manitoba Safe Sport](#)

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## Appendix 3

### Swim Manitoba (SNM) Provincial Scratch Rule

This scratch rule WILL be in effect at ALL Swim Manitoba sanctioned meets, in accordance with Swimming Canada rule CSW 3.6.

It is superseded by:

- Swimming Canada (SNC) rule **SNC 3 (3.1 to 3.4)** at SNC designated meets held in Manitoba.
- The scratch rule for Manitoba / Saskatchewan Championships, when they are held in Manitoba.

#### SCRATCHES:

##### **1. Time Final Events**

- a. There is no scratch deadline for time final events. Coaches are encouraged to report scratches to the clerk of course as soon as possible.
- b. **Penalties:** Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee.

##### **2. Prelims/Final Events**

- a. Scratches from **preliminary heats**:
  - i. May be made at any time.
  - ii. Scratches, no-shows, and unexcused incomplete swims simply create empty lanes, as there shall be no re-seeding.
  - iii. Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee
- b. Scratches from **finals**:
  - i. Must be made within 30 minutes after the end of the preliminary session.
  - ii. **Penalties:** Scratches after the scratch deadline and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day. No monetary penalty fee is to be assessed.
  - iii. **ALTERNATE SWIMMERS:** Alternates **MUST** report to the Clerk of Course at least 10 minutes prior to the event and be ready to swim if necessary.
  - iv. If a swimmer has not reported to the blocks when the race is called, the Referee shall replace the contestant with an alternate who has reported to the Clerk of Course and is present and ready to swim. The alternate shall become one of the finalists.

##### **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.