



# **Prairie Winter International 2023**

**December 07 - 10, 2023**

**At**

**Winnipeg Pan Am Pool  
25 Poseidon Bay  
Winnipeg, Manitoba R3M 3E4  
T: (204) 452-4655**

**25 meter 8 lane Competition Pool  
Quantum Electronic Timing System  
Short Course**

**SNC SANCTION #41117**

**[www.mantaswimming.ca](http://www.mantaswimming.ca)**



Session	Date and Time		
1	Thursday, Dec. 7 <sup>th</sup> , 2023 Timed finals	Warm-up Start	4:00 p.m. 5:00 p.m.
2	Friday, Dec. 8 <sup>th</sup> , 2023 Preliminaries	Warm-up Start	7:30 a.m. 8:30 a.m.
3	Friday, Dec. 8 <sup>th</sup> , 2023 Finals	Warm-up Start	4:30 p.m. 5:30 p.m.
4	Saturday, Dec. 9 <sup>th</sup> , 2023 Preliminaries	Warm-up Start	7:30 a.m. 8:30 a.m.
5	Saturday, Dec. 9 <sup>th</sup> , 2023 Finals	Warm-up Start	4:30 p.m. 5:30 p.m.
6	Sunday, Dec. 10 <sup>th</sup> , 2023 Preliminaries	Warm-up Start	7:30 am. 8:30 a.m.
7	Sunday, Dec. 10 <sup>th</sup> , 2023 Finals	Warm-up Start	4:00 p.m. 5:00 p.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	Meet Entries and Results	Officials Coordinator
Chris Torrance	Chris Torrance	Marlene Lang
E: <a href="mailto:torrancesirhc@gmail.com">torrancesirhc@gmail.com</a>	E: <a href="mailto:torrancesirhc@gmail.com">torrancesirhc@gmail.com</a>	E: <a href="mailto:officialscoordinator@mantaswimming.ca">officialscoordinator@mantaswimming.ca</a>
T: (204) 795-9846	T: (204) 795-9846	T: (204) 782-6209
Steve Lang		
E: <a href="mailto:stevelangwpg@gmail.com">stevelangwpg@gmail.com</a>		
T: (204) 797-8543		



**1. Facility:**

- a. Two eight lane 25 meter competition pools
- b. QUANTUM primary and secondary electronic timingsystem
- 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 **September 01, 2022 and prior to entry deadline.**
- b. Para-swimmers must have Level 2 classification, but do not require qualifying times to enter this competition, 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

A swimmer's age shall be as of the FIRST DAY of the competition.

**4. Entry Deadline:**

- a. **Sunday, November 26, 2023 @ 11:59 p.m. 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](http://www.swimming.ca) (see exception 5.d. below)
- b. Entries must include the following: valid SNC Swimmer ID, correct Date of Birth, Gender, and 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, along with proof of times.
- e. Direct questions or request for additional information to Meet Management & Entries and Results chairperson.

**6. Entry Fees:**

- a. Individual: \$115.00
- b. Deck Entries are not permitted at this meet.
- c. Relay only swimmers: \$30.00
- d. Relay team event: \$20.00 (per team per event)



- e. Entry fees include all SNM competition fees and charges (\$6 participation fee per swimmer and \$1 program development fee perswim).
- f. All entry fees must be received **IN FULL** by the first day of meet.
- g. Swimmers will not be allowed to swim if meet entry fees have not been paid.
- h. Cheques payable to: **MANTA SWIM CLUB, 25 Poseidon Bay, Winnipeg, Manitoba R3M 3E4 or deliver to Meet Office.**
- i. E-transfers also accepted at [gm@mantaswimming.ca](mailto:gm@mantaswimming.ca)

**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 mutuallyagreeable.
- 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 atime.

**8. Registration:**

- a. Meet office will be open for registration starting December 07, 2022 at 3:00PM.

**9. Refunds:**

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

**10. Entries and Limitations:**

- a. Swimmers are restricted to **EIGHT (8)** individual events plus relays as long as they meet the qualifying standards in those events.
- b. Proof of time for all qualifying time events required.
- c. Bonus swim limitations: swimmers must have at least **ONE (1)** qualifying time. Each swimmer may swim up to **FIVE (5)** individual bonus events to a maximum of **SIX (6)** individual events.
  - i. 1 QT = 5 bonus swims
  - ii. 2 QT = 4 bonus swims
  - iii. 3 QT = 3 bonus swims
  - iv. 4 QT = 2 bonus swims
  - v. 5 QT = 1 bonus swims
  - vi. 6 QT = 0 bonus swims
- d. Bonus swims must be flagged as such and entered with actual times for seeding purposes.
- e. **No Time (NT) entries will not beaccepted.**
- f. 400, 800 and 1500 meter events **MAY NOT** be used as bonus swims.

**11. Qualifying Times:**

- a. Qualifying times as listed in this meet package apply to this competition ([Appendix 1](#)).
- b. Times may be submitted in SCM or LCM.
- c. YD times will be accepted and converted.



## **12. Relay Events:**

- a. All relay events will be Timed Finals.
- b. All relay events will be seeded by age group and gender, slowest to fastest.
- c. Relay swimmers must be properly entered in at least ONE (1) individual event.  
EXCEPTION: a club entering only one relay team in an event may bring out "relay only" swimmers to a maximum of two per age group to complete a relay team. "Relay only" swimmers must be listed in the entries as "relay only" swimmers.
- d. A swimmer may only participate on ONE (1) relay team per age group per event.
- e. A maximum of TWO (2) swimmers may age up to complete an age group relay team.
- f. Clubs are limited to a maximum of two (2) relay entries per gender per age group.
- g. Unattached swimmers are NOT eligible to swim relays.
- h. There are no qualifying times for relay events. However, to obtain a seeding, a team time should be submitted.
- i. Relay cards with complete swimmer names and requests for official splits must be submitted to the Administration Desk (formerly Clerk of Course) 30 minutes prior to the end of the preliminary session on the day of that relay event.
- j. As per SNM scratch rule, relay names can be changed up to 30 minutes prior to start of relay event.

## **13. Scratches:**

- a. SNM SCRATCH RULE IN EFFECT ([Appendix 4](#))

**PLEASE NOTE:** in fairness to alternate swimmers and a courtesy to all other swimmers, coaches, officials and meet management, it is expected that all scratches will be submitted to the Administration Desk (formerly Clerk of Course), prior to the scratch deadline. No late scratches will be accepted but Administration Desk (formerly Clerk of Course) should be notified.

## **14. Official Splits:**

- a. The procedure for obtaining an "Official Split" now requires that coaches make the request to the session referee or meet management on the "Official Split Request Form" prior to the start of the session in which the official split is requested. The split for the lead off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays.
- b. There will be a fee of \$10.00 for each single official split request. The fee is payable to the Administration Desk (formerly Clerk of Course) at the time of the request.

## **15. Protests:**

- a. Protests shall be submitted by the coach, within 30 minutes of the conclusion of the respective event, to the Referee in writing on the Protest Form, available at the Administration Desk (formerly Clerk of Course).
- b. Protest forms shall be submitted with a fee of \$30.00 for each protest to Administration Desk (formerly Clerk of Course).

## **16. Seeding:**

- a. After all qualifying times have been proven, Meet Management will convert all LCM and YD times to SCM times using applicable conversion factors.
- b. All timed final events, with the exception of distance and relay events, will be senior seeded slowest to fastest by gender.
- c. 800 & 1500 events which will be seeded fastest to slowest by gender.



- d. All preliminary events will be seeded slowest to fastest with the last 3 heats circle seeded by time and gender regardless of age.

#### **17. Competition:**

- a. All current SNC Rules and SNM Policies will be in effect, including the SNM Competition Code of Conduct ([Appendix 3](#)).
- b. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
- c. 800 FREE and 1500 FREE events will be swum as Timed Finals.
- d. All relay events will be swum as Timed Finals.
- e. All other events for all age groups will be swum as Preliminaries and Finals.
- f. This is an A/B time standard meet, and coaches are reminded the entry standards are in place to ensure the length of the sessions are not excessive.
- g. Consolation Finals (B Finals) will be held only for those events with **18 or more** swimmers entered in that age category **at the entry deadline**.
- h. Events with Preliminaries and Finals with **8 or fewer** swimmers entered will be swum as Preliminaries and Finals (A Finals only).
- i. 400m events will swim 'A' finals only for all age groups; no 'B' finals.
- j. The 'A' final will swim before the 'B' final.  
***Positive check-in is mandatory for ALL Final Events. A coach from each club must check all their swimmers in with the Administration Desk (formerly Clerk of Course) prior to the start of the session. Failure to check in may result in the swimmer being deemed a "NO SHOW" and may be disqualified from all finals events including relays.***
- k. PARA athletes are eligible to race and must conform to all entry and eligibility requirements as written in the meet package.
- l. PARA athletes (S1 to S14, SB1 to SB14) will swim integrated in all preliminary sessions. There will not be PARA designated events or finals. Para athletes are eligible for finals if top 16 in their age group.
- m. PARA athletes (S1 to S14, SB1 to SB14) will be judged under IPC Rules and Regulations.
- n. Meet Management reserves the right to hold competition for preliminary sessions in **two** pools if the number of swimmers exceeds reasonable capacity for one pool.
- o. Meet Management reserves the right to combine heats with two swimmers per lane in the 800m and 1500m distance events, and 400m FREE to meet timelines for completion of events.
- p. Livestreaming of races TBD.
- q. Any changes to the meet package or competition requires the approval of Swim Manitoba (SNM).

#### **18. Scoring:**

- a. There will be individual scoring; no team scoring for this meet.

#### **19. Results:**

- a. Real-time results will be posted during the competition on MeetMobile.
- b. Final results will be posted and may be downloaded from the Swim Natation Canada website [www.swimming.ca](http://www.swimming.ca).
- c. Splits may not be available for distance events swum two per lane.

#### **20. Awards:**

- a. Individual awards:
  - 1<sup>st</sup> to 3<sup>rd</sup> place for Timed Final and Final events: Medals (all age groups)
- b. Relay events:
  - 1<sup>st</sup> place only: Medals for all relay team members



- c. Individual High Points: High point award for the top female and top male for each age category based on 5-2-1 points scoring.
- d. Swim of the Meet: Award for best performance on the World Performance Charts based on FINA points scoring.
- e. No ribbons will be given out.
- f. Medals will be labeled & packaged by the Meet Office for coaches to pick up at the end of each session. Please ensure all medals are picked up by the conclusion of the meet.

**21. Coaches Technical Meeting:**

- a. A coaches' meeting will be held at 3:45PM on Thursday, December 07, 2023 to update meet rules and answer questions, under the scoreboard or in the East Tank area.

**22. Safety:**

- a. 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.

**23. Hospitality:**

- a. Refreshments/coffee and small snack bags will be available for coaches and officials during each session. Manta encourages all volunteers bring their own water bottles.

**24. 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.

**25. Officials:**

- a. Any out of town officials interested in assisting at the meet may contact the Officials Chair, Marlene Lang @ [officialscoordinator@mantaswimming.ca](mailto:officialscoordinator@mantaswimming.ca). All help is welcomed and greatly appreciated.

**26. 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.

**27. Pre-Meet Training**

- a. Out of town teams wishing to book pool time for pre-meet training, please contact Head Coach Szilvie Carriere ([coachszilvie@gmail.com](mailto:coachszilvie@gmail.com)) to make the necessary arrangements.

**28. COVID-19**

- a. Although the Province of Manitoba has dropped all COVID-19 restrictions, Manta highly encourages all clubs and their affiliates attending the meet to mitigate their own risk, and not attend the meet if you are feeling unwell, or have tested positive for COVID-19 immediately prior to and at anytime during the meet. Manta will continue to abide by any Provincial Health Orders that may be reinstated. Manta Swim Club reserves the right to include additional restrictions deemed necessary by Meet Management.



Meet Event List				
Session 1	Women	Description	Men	
<b>Thursday, December 07</b>	101	800 Freestyle	102	Timed Finals
Warm-up: 4:00PM	103	1500 Freestyle	104	Timed Finals
Start: 5:00PM				
Session 2	Women	Description	Men	
<b>Friday, December 08</b>	205	200 Freestyle	206	Preliminaries
Warm-up: 7:30AM	207	100 Breaststroke	208	Preliminaries
Start: 8:30AM	209	400 IM	210	Preliminaries
	211	100 Butterfly	212	Preliminaries
Session 3	Women	Description	Men	
<b>Friday, December 08</b>	205	200 Freestyle	206	Finals
Warm-up: 4:30PM	207	100 Breaststroke	208	Finals
Start: 5:30PM	209	400 IM	210	Finals
	211	100 Butterfly	212	Finals
	901	12-U 4 x 50 Freestyle Relay 13-U	902	Timed Finals
	903	13 & 14 4 x 50 Freestyle Relay 14 & 15	904	Timed Finals
	905	15 & O 4 x 50 Freestyle Relay 16& O	906	Timed Finals
Session 4	Women	Description	Men	
<b>Saturday, December 09</b>	313	200 Butterfly	314	Preliminaries
Warm-up: 7:30AM	315	100 Backstroke	316	Preliminaries
Start: 8:30AM	317	400 Freestyle	318	Preliminaries
	319	50 Freestyle	320	Preliminaries
	321	200 Breaststroke	322	Preliminaries
Session 5	Women	Description	Men	
<b>Saturday, December 09</b>	313	200 Butterfly	314	Finals
Warm-up: 4:30PM	315	100 Backstroke	316	Finals
Start: 5:30PM	317	400 Freestyle	318	Finals
	319	50 Freestyle	320	Finals
	321	200 Breaststroke	322	Finals
	907	12-U 4 x 50 Medley Relay 13-U	908	Timed Finals
	909	13 & 14 4 x 50 Medley Relay 14 & 15	910	Timed Finals
	911	15 & O 4 x 50 Medley Relay 16& O	912	Timed Finals
Session 6	Women	Description	Men	
<b>Sunday, December 10</b>	423	200 IM	424	Preliminaries
Warm-up: 7:30AM	425	200 Backstroke	426	Preliminaries
Start: 8:30AM	427	100 Freestyle	428	Preliminaries
Session 7	Women	Description	Men	
<b>Sunday, December 10</b>	423	200 IM	424	Finals
Warm-up: 4:00PM	425	200 Backstroke	426	Finals
Start: 5:00PM	427	100 Freestyle	428	Finals





Appendix 1

Prairie Winter International 2023 Qualifying Times						
Short Course			Female	Long Course		
15 & Over	13 & 14	12 & Under	Stroke	12 & Under	13 & 14	15 & Over
30.00	32.00	35.70	50 FR	36.41	32.64	30.60
1:05.00	1:09.00	1:18.75	100 FR	1:20.32	1:10.38	1:06.30
2:20.00	2:30.00	2:48.00	200 FR	2:51.36	2:33.00	2:22.80
5:03.00	5:15.00	5:57.00	400 FR	6:04.14	5:21.30	5:09.06
10:24.00	11:12.00	12:19.00	800 FR	12:53.70	11:25.44	10:36.48
20:00.00	21:30.00	24:10.00	1500 FR	24:39.00	21:55.80	20:24.00
1:13.00	1:20.00	1:33.40	100 BA	1:35.26	1:21.60	1:14.46
2:38.00	2:50.00	3:17.00	200 BA	3:20.94	2:53.40	2:41.16
1:25.00	1:30.00	1:45.00	100 BR	1:47.10	1:31.80	1:26.70
3:06.00	3:10.00	3:40.00	200 BR	3:44.40	3:13.80	3:09.72
1:14.00	1:19.00	1:30.00	100 FL	1:31.80	1:20.58	1:15.48
2:45.00	2:55.00	3:19.00	200 FL	3:23.00	2:58.50	2:48.30
2:36.00	2:50.00	3:09.00	200 IM	3:12.80	2:53.40	2:39.12
5:40.00	6:00.00	6:39.00	400 IM	6:47.00	6:07.20	5:46.80
Short Course			Male	Long Course		
16 & Over	14 & 15	13 & Under	Stroke	13 & Under	14 & 15	16 & Over
27.00	31.00	35.70	50 FR	36.41	31.62	27.54
59.00	1:06.00	1:18.00	100 FR	1:19.60	1:07.32	1:00.18
2:08.00	2:23.00	2:48.00	200 FR	2:51.36	2:25.86	2:10.56
4:40.00	5:00.00	5:57.00	400 FR	6:04.14	5:06.00	4:45.60
9:45.00	10:15.00	12:19.00	800 FR	12:53.70	10:27.30	9:56.70
19:00.00	20:00.00	23:06.00	1500 FR	23:33.00	20:24.00	19:22.80
1:10.00	1:17.00	1:33.40	100 BA	1:35.26	1:18.54	1:11.40
2:30.00	2:44.00	3:17.00	200 BA	3:20.94	2:47.28	2:33.00
1:17.00	1:25.00	1:42.90	100 BR	1:44.95	1:26.70	1:18.54
2:48.00	3:04.00	3:40.50	200 BR	3:44.90	3:07.68	2:51.36
1:07.00	1:15.00	1:30.40	100 FL	1:32.20	1:16.50	1:08.34
2:32.00	2:45.00	3:19.50	200 FL	3:23.50	2:48.30	2:35.04
2:25.00	2:45.00	3:09.00	200 IM	3:12.80	2:48.30	2:28.50
5:15.00	5:45.00	6:39.00	400 IM	6:47.00	5:51.90	5:21.30



## 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**



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## 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.

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### SWIM NATATION MANITOBA



206-145 Pacific Avenue Winnipeg Manitoba R3B 2Z6  
204-925-5778 email: [swim@sportmanitoba.ca](mailto:swim@sportmanitoba.ca)  
Website [www.swimmanitoba.mb.ca](http://www.swimmanitoba.mb.ca)





[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 Administration Desk (formerly 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 Administration Desk (formerly 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 Administration Desk (formerly 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.