



# 2024 Summer ManSask Long Course Provincial Championships July 4 - 7, 2024



**Hosted by:**  
**Regina Optimist Dolphins**  
**on behalf of Swim Sask and Swim Manitoba**



**1. Sanction #:** 41114

This competition has been submitted for WPS approval

**2. Meet Information:****Name:** 2024 ManSask Summer Long Course Provincial Championships**Date:** July 4 -7, 2024**Host Club:** Regina Optimist Dolphins Swim Team**3. Session Dates & Times:**

Session #1 Thurs July 4/24	Prelims	Warm-up 3:30 to 4:30 pm	Competition 4:40 pm
Session #2 Fri July 5/24	Prelims	Warm-up 7:30 to 8:30 am	Competition 8:40 am
Session #3 Fri July 5/24	Finals	Warm-up 4:00 to 5 pm	Competition 5:10 pm
Session #4 Sat July 6/24	Prelims	Warm-up 7:30 to 8:30 am	Competition 8:40 am
Session #5 Sat July 6/24	Finals	Warm-up 4:00 to 5 pm	Competition 5:10 pm
Session #6 Sun July 7/24	Prelims	Warm-up 7:30 to 8:30 am	Competition 8:40 am
Session #7 Sun July 7/24	Finals	Warm-up 4:00 to 5 pm	Competition 5:10 pm

**Meet Management, in conjunction with Swim Sask, reserves the right to change session start times once entries are received. Coaches will be notified should the session start times change.**

**Coaches/Technical Meeting:** Thursday, July 4/2024 at 3:15 pm

Further meetings may be held throughout the weekend if necessary.

**Officials Briefing:** There will be an Official's Briefing held each session, 45 minutes prior to start of competition; Thursday at 3:55 pm and at 7:55 am and 3:35 pm on Friday, Saturday and Sunday. This briefing will take place in the new meeting room off the lobby; where the swimsuit store used to be.

There will be a Senior Officials briefing held each session; 1 hour prior to competition (Thurs at 3:40 pm and Friday to Sunday at 7:40 am and 4:10 pm).

**4. Location:** Lawson Aquatic Centre, 1717 Elphinstone Street Regina SK S4T 3N2 306 777-7529**5. Facility:**

- One 8 lane, 50-meter competition pool
- One 18 meter warm-up/cool-down pool will be available during competition.
- Non-Turbulent Lane markers
- Quantum timing System
- Hy-Tek Meet Manager Computer Software
- Depth at start end of the pool is 4.9 m
- Depth at the Turn end of the pool is 1.2 m. There will be no diving at the turn end. All 50's will start at the deep end of the pool and all relays will be 4 x 100

**6. Meet Manager and Co Meet Manager**Meet Manager: Kathleen Eisler 306-591-7960 [kathleen.eisler@gmail.com](mailto:kathleen.eisler@gmail.com)Co-Meet Manager: Orenda Pelzer 306-550-2678 [orendac@hotmail.com](mailto:orendac@hotmail.com)**7. Officials Coordinator**Sandi Olfert 306-539-0549 [sandiolfert@hotmail.com](mailto:sandiolfert@hotmail.com)



## 8. Officials

- This is a provincial meet, with the Regina Optimist Dolphins hosting on behalf of Swim Sask and Swim Manitoba; officials from all clubs are requested to participate in officiating at the meet in whatever positions they are qualified in. Please contact the Officials Coordinator and include qualifications and session availability prior to the beginning of the competition.
- If you are a ROD member, please use the job signup in OnDeck
- Officials and volunteers are encouraged to bring their own water bottles; however, food and drink service will be provided to officials. If you have any special dietary requirements, please reach out to meet management.

### Officials Attire:

- Timers and Chief Timer – White Shirt, Black Bottoms and black shoes that can get wet and are safe to walk in on the pool deck.
- All other officials – Red Shirt, Black Bottoms and black shoes that can get wet and are safe to walk in on the pool deck.
- No hats

## 9. Rules

Swimming Canada Warm-Up Competition Safety Procedures will be in effect at this competition. [LINK](#)

Current Swimming Canada Rules will apply except as specifically modified in this meet package. [Rules](#)

World Para Swimming Technical Rules will apply for Para swimmers. [Rules](#)

For Para events, Competition Rules or procedures contained in this Meet Information package supersede those found within the World Para Swimming Technical Rules and Regulations.

Swim Saskatchewan [DQ](#) forms and other meet documents will be used for this competition.

## 10. Eligibility:

- Entries will only be accepted for swimmers who are currently registered in the Swimming Canada registration database and have a Swimming Canada 9-digit registration ID number, unless the swimmer is registered with and representing a foreign World Aquatics affiliated federation.
- **Restriction:** Those registered in Masters-Open category are *not* eligible.
- PARA swimmers who are registered with Swimming Canada or a World Aquatics affiliate are eligible to compete. Para swimmers must have a minimum Level 2 classification.
- **This meet is open to clubs outside Manitoba and Saskatchewan; however, at time of sanctioning this competition only has room for 30 more swimmers. Please contact [marjwalton@swimsask.ca](mailto:marjwalton@swimsask.ca) if your club wishes to attend.**
- Swimmers must be a minimum of 7 years of age as of the 1<sup>st</sup> day of competition (July 4, 2024).
- Swimmers compete in Age group based on their age as of 1<sup>st</sup> day of competition (July 4, 2024).

## 11. Qualifying Times:

- All swimmers must have achieved at least one [AA" 2016-2024 ManSask](#) time Short Course Standards or Long Course Standards, in any event, in their single age category; age as of first day of the competition.
- **NOTE: 100 IM may *not* be used to qualify for ManSask Championships**
- Para Swimmers must have achieved at least one Para [Junior Provincial standard](#) in one of the eligible events for their Sport Class. (i.e. if only classified SB then must qualify in a breaststroke event for their specific classification. If classified SB4-SB9, SB11-SB14) then must qualify in 100 Breast.
- All qualifying swims must have been achieved during the qualifying period of: **Jan 1/2023 – June 20/2024**

## 12. Entry Deadline:

- **Entry deadline is Thursday June 20, 2024, 9:59 pm**
- Outside of Manitoba & Sask Clubs - Only clubs that have been given approval to attend from Swim Sask Executive Director will be allowed to upload entries.



### 13. Entry Fees:

- a. Individual: \$100.00
- b. Relay only swimmers: \$40.00
- c. Relay team event: \$20.00
- d. Individual deck entry: \$20.00
- e. Relay team deck entry: \$20.00
- f. Entry fees will be accepted via cheque or e-transfer, with e-transfer being the preferred method. Send e-transfers to: [payment@reginadolphins.com](mailto:payment@reginadolphins.com) the tag "ManSask" and the name of the swim club.  
**E-transfers must be received by 10:00 am. Wednesday July 3, 2024** to allow time to confirm receipt of payment prior to the start of the meet.  
Cheques are to be made payable to: Regina Optimist Dolphins Swim Team
- g. Payment must be received on or before the start of warm-ups on the first day of competition.
- h. No swimmer / team will be allowed to start warm-up until entry fees have been paid.

### 14. Entries Refund Policy:

- As per Swim Saskatchewan Winter Swimming Policy WC-4 found [here](#)

### 15. Entry Limit:

- a. Swimmers may enter as many events as they have qualified for, up to a maximum of **SEVEN** individual events, plus relays.
- b. This meet will have a maximum of ~350 swimmers.
- c. Meet Management reserves the right to limit entries in individual events. If necessary, priority will be given to Manitoba and Saskatchewan club swimmers. Meet Management has the right to limit and/or remove the number of Bonus swims from non-Manitoba/Saskatchewan club swimmers.

### 16. Entries:

- a. All entries must be uploaded to the Swimming Canada Online Entry System by **Thurs. June 20, 2024, 9:59 pm**. No entries will be accepted by email.
- b. All attending coaches must be listed when uploading the entry file. If a coach from the same club as the swimmers is not attending the meet, then the club coach must inform the Meet Manager with the name of the coach and club that will be responsible for coaching your swimmers.
- c. Entry times will be accepted in LC or SC meters. Meet Management will convert SC entry times.
- d. Converted times will *not* be accepted.**
- e. There are 7 Para specific events, these all have 300 series event numbers (see list of events). Para swimmers may enter these Para specific events or an Olympic stream event. Para swimmers are to enter the event that is applicable to their sport class (i.e. 50 or 100 Breast). The top eight swimmers of each gender in each Para event will advance to the Para finals. Times achieved from preliminaries will be scored on the Swimming Canada Para Swimming Points calculator.
- f. Direct all questions regarding entries to the Entries chair: Marni Caldwell at: [beancounter1@accesscomm.ca](mailto:beancounter1@accesscomm.ca)
- g. **A successful entry upload is only the validation of a swimmer's registration information against the national registration database (RTR) and entry time validation. It does not guarantee a club's entries will be approved/accepted. Entries are only accepted once the entry chairperson changes the entry file status to "approved" and the coach receives the auto generated approval email from the system.**

### Bonus Swims Entries:

- All qualified swimmers may enter Bonus Swims provided they **DO NOT** exceed the entry limit of **SEVEN** individual events. (i.e. 1 QT plus 6 Bonus Swims or 4 QT's plus 3 Bonus Swims)
- No-Time (NT) entries will be accepted for Bonus Swims.

### Distance Events as Bonus Swims:

- Swimmers who achieve one Man/Sask (AA) qualifying time in 400m Freestyle, 800m Freestyle, and/or 1500m Freestyle shall be allowed to enter a 400m Freestyle, 800m Freestyle and/or 1500m Freestyle as a Bonus Swim.
- Swimmers who achieve the ManSask (AA) qualifying time in 200 IM are allowed to enter the 400 IM as a Bonus Swim.



### **Bonus Swims for Para swimmers:**

- Para athletes who have qualified for ManSask through their Para sport class qualifying standards will be eligible to swim non-sport class specific events. Para athletes entering non-para events will be seeded according to the Olympic stream entry rules. Para athletes will be eligible for finals in non-Para events.
- Para Swimmers who have achieved a Junior Standard in 400 Free for their sport class, are allowed to enter 800 Free and/or 1500 free as a Bonus Swim.

### **Proof of Times:**

- **Once an entry file is uploaded, the entry chairperson will email the coach their time validation report generated during the entry upload process. Clubs will have 48 hours to review the time validation report and to upload a new entry file for any individual times that did not pass validation.**
- All individual entries must utilize a displayed time available in the Swimming Canada system.
- Failure to prove any requested time will result in the swimmer being scratched from that event. There will be no refund of entry fees from a failure to prove a time.

### **17. Relay Entries:**

- Swim clubs may enter a maximum of **TWO** relay teams per event per age group, and **FOUR** for the 4 x 100 Mixed Medley on Thursday night.
- There are no qualifying times for relay events. To obtain a seeding time, it is recommended that a team time be submitted.
- Clubs are encouraged to enter relays with names. If no names are submitted with entries, then Relay cards with complete swimmer names must be submitted to the Administration Desk (formerly Clerk of Course) within 30 minutes of the conclusion of the preliminary session on the day of that relay event, for relays on Friday and Saturday. Relay cards with names for the Mixed Medley relay are due by 4:30 p.m. on Thursday July 4, 2024
- Final relay order may be changed through the Administration Desk (formerly Clerk of Course) up to 30 minutes prior to the start of the finals session in which the relay is being held. Failure to submit on time will deem that the relay team will be 'exhibition' and therefore, not eligible for points and awards.
- All relay events will be Timed Finals.
- Relay swimmers must be properly entered in at least ONE 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. Relay only swimmers must pay the relay only swimmer fee.
- A swimmer may only participate in ONE relay team in their age group and may only swim one leg of a relay per event per age group. In addition to swimming a relay in their own age category, swimmers may swim up an age category. A maximum of 2 swimmers/relay team may swim up an age category.

### **Mixed Relay Event:**

- The 4 x 100 Mixed Medley relay **must** consist of teams comprised of 2 female and 2 male athletes and will be swum as: 14 & under and 15 & over. Athletes in the younger age group may swim up with the older relays, provided that at least 2 of the members are age appropriate. The Mixed Relay will **not** score.
- The Mixed relay will be limited to 4 heats per age category, based on the first 32 entries received.
- Athletes from different clubs may be combined to create a relay team for clubs that cannot field their own relay team. New heats will be created if the maximum of 4 heats has not been met. These entries will be accepted until 4:30 p.m. on Thursday July 4, 2024. Relay entry fee of \$20 must be paid along with entry card submission.

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## **Provincial Medley Relay Entries**

- At the conclusion of regular competition in the final meet session, the Provincial Medley Relays will be swum. The Relays for Olympic stream athletes will be held as 4 x 100 Medley for all age categories.
- Each province may enter ONE relay team in each of the male and female age groups.
- Coaches will select the swimmers to swim each stroke leg of the relay from the fastest time in that stroke swum at the meet. The fastest time is determined from any of the following: (i) the individual 100 event, (ii) a lead off relay split or (iii) the 100 split from an individual 200 meter event.
- The Para Provincial Relay will be run as Mixed Gender and Open age category. Ideally this should be 2 male and 2 female Para athletes, however if a province does not have 2 para athletes in a particular gender then the relay can be comprised of any combination of gender.
- Each province may enter ONE Para relay team.
- Provincial Relay cards for all the Provincial Relays are due no later than 15 minutes after the conclusion of the Final of Event #320 (Para 50/100 Fly).

## **18. Deck Entries:**

- Deck entries are only allowed if space permits; additional heats will not be created. Events/heats with deck entries will not be reseeded.
- Deck entries are for additional swims for swimmers already entered in the competition and have passed registration validation, to swim additional swims in empty lanes. Deck Entries are not for day of competition entries.
  - Deck entries must not cause a swimmer to exceed the entry limit of 7 events
  - Deck entries are NOT ALLOWED in the 800FR and 1500FR events.
- Deck entry fees must be presented to the Administration Desk (formerly Clerk of Course) prior to lane assignment.
  - Individual event Deck Entry fee: \$20
  - Relay Deck Entry: \$20
- Deck entries are exhibition and therefore will not be scored nor advance to finals.

## **19. Meet Format/Competition:**

- The 800 FR and 1500 FR events will be swum as Timed Finals. All heats of 800 and 1500 free will be swum in the preliminary sessions.
- All other individual events for all age groups will be swum as Preliminaries and Finals.
- Consolation finals will only be held for events 400 meters and under with **20 or more athletes** entered **at the entry deadline** for each age category and gender.
- The 'A' final will swim before the 'B' final where there is a consolation final.
- Finals will be swum via the following Age Categories:
  - For all individual and relay events:
    - i. Female: 12 & Under, 13 &14, 15 & Over
    - ii. Male: 13 & Under, 14 &15, 16 & Over
    - iii. Mixed Medley Relay: 14 & under and 15 & Over
    - iv. Provincial Para Relay: Open
- Para swimmers will be fully integrated in heats and finals for any event that is not offered as a specific Para event. For events that do not have a specific Para Final, Para swimmers may advance to a final in their proper gender and age category. In events that offer a specific Para Final, they may only advance to the Para final.
- Para swimmers will be judged under WPS Rules and Regulations.
- Meet Management reserves the right to limit entries in the 400, 800 and 1500 Free and 400 IM if registration exceeds pool-time capacity. In such cases, priority will be given to Manitoba/Saskatchewan club swimmers.



## 20. Seeding:

- a. 800FR and 1500FR distance events will be senior seeded fastest to slowest, alternating one heat of female and then one heat of male.  
Meet Management reserves the right to adjust the seeding criteria to maintain session timeline requirements and/or provide the fastest 8 swimmers with the best competition available (i.e. all heats swum with 2 swimmers per lane, or fastest heat one per lane and remaining heats 2 per lane).
- b. All other events: Preliminaries will be senior seeded by time alone, slowest to fastest, regardless of whether or not they are bonus events. The last 2 heats of 400 Free and 400 IM will be circle seeded.
- c. Meet Management reserves the right to adjust the seeding criteria for the 400FR event to maintain session timeline requirements (i.e. 2 per lane).
- d. Para swimmers that enter Olympic stream events will be seeded according to their entry time.
- e. Finals for Olympic stream individual events will be swum by gender & age groups.
- f. Para specific events will be swum as mixed classification and mixed gender. Heats will be seeded via time and then times achieved from preliminaries will be scored on the Swimming Canada Para Swimming Points calculator for seeding placement in finals.

### 400m, 800m, 1500 m events - Positive Check-in (400 IM, 400, 800 & 1500 Free)

- Positive check-in is mandatory by the conclusion of warm-ups on the day of the respective distance event. This can be done by coach or by swimmer.
- If necessary, these events will be re-seeded after positive check-in.

## 21. Start:

- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Rule II16.1.4 and Swimming Canada Rules II 4.1
- Starts for Para swimmers as per WPS Rule 11.1 and sub clauses.

## 22. Scratch Rule:

- a. **Coaches are requested to submit scratches as a courtesy to all swimmers, coaches, officials and Meet Management as this helps run an efficient meet. When scratches are not submitted it can hold up the meet.**
- b. Coaches are encouraged to submit scratches as soon as possible.
- c. After entry deadline and prior to day of competition, coaches are requested to submit any known scratches via email to the entries chairperson and Meet Manager.
- d. Once competition commences all scratches must be submitted to the Administration Desk (formerly Clerk of Course) on official scratch cards.
- e. Scratches for events utilizing Positive Check-in - Failure to check-in by the deadline will be deemed a scratch and the swimmer will be removed from the event. There is no monetary penalty except for the loss of entry fee.
- f. Scratches from preliminary events are requested to be submitted no later than 30 minutes prior to the start of the session. There is no monetary penalty.
- g. Scratches from relay events are required 30 minutes prior to the start of the finals session on the day the relay is held. There is no monetary penalty.
- h. **Scratches for finals, that result from a preliminary swim, must be submitted 30 minutes following the completion of the morning prelim session on the day the final is to be held. (NOTE: Scratch deadline for 200 IM is at the completion of Saturday prelim session.)**

### Scratch Penalties:

Penalty for not scratching from final events - the offending swimmer will be scratched from all their remaining final events, including relays, scheduled for that day. A relay team that includes a swimmer that has an unexcused late scratch, no show, step down etc. would also be prohibited from swimming. Relay team would have loss of entry fee. There shall be no monetary penalty fee assessed for individual swims.



### **Alternate swimmers:**

In Finals, if a swimmer has not reported to the blocks when their race is called, the Referee shall replace the swimmer with an alternate who has reported and is present and ready to swim. The alternate shall become one of the finalists.

### **23. Scoring:**

- Individual events Age Group High Point Awards: 5 – 2 – 1
- The top 16 score in all events regardless on if there is a consolation final or not.

Individual events for Provincial Age Group Awards:

50-30-20-15-14-13-12-11 / 9-7-6-5-4-3-2-1

Individual events (including PARA events that have a specific PARA Final) for team awards:

50-30-20-15-14-13-12-11 / 9-7-6-5-4-3-2-1

NOTE: Para events that swim together (i.e. events 307 & 309 Female Para 200 Free for S1-5 & S14 and Para 400 Free for (S6-S13) are considered one event and therefore only one swimmer scores the 50-30-20 etc. points. Same for Male events.

Relay events: 50-30-20-15-14-13-12-11, with the exception of the Mixed Medley relay on Thursday night, which will **not** be scored.

### **24. Awards**

#### **Individual Awards:**

- Individual awards: 1<sup>st</sup> to 3<sup>rd</sup> place for Final events: Medals  
Para awards: 1<sup>st</sup> to 3<sup>rd</sup> place for PARA Final events: Medals  
NOTE: Para events that swim together (i.e. events 307 & 309 Female Para 200 Free for S1-5 & S14 and Para 400 Free for S6-13) are considered one event and therefore only one 1, 2 & 3<sup>rd</sup> place medal awarded. Same for the Male events.

Relay events:

- 1<sup>st</sup> to 3<sup>rd</sup> place: Medals for all relay team members for all relays including the Mixed relay.
- 1<sup>st</sup> place for Provincial Relay: Medals to all relay team members

Provincial Age Group Awards:

- High point award for the top female and top male for each age category, for each: Manitoba and Saskatchewan.
- High Point award for the top female and male Saskatchewan Para swimmer.

Individual High Point Trophy:

- High point award overall for the top female and top male for each age category.

Betty Lou Dean Award: Award for best performance on the World Performance Charts.

- One award each for the top female swim of the meet and the top male swim of the meet.

Philip Clark Memorial Award: Award for the best performance on the Para Swimming Points calculator

- One award each for the top Para female swim of the meet and the top Para male swim of the meet.





### Club Awards:

- Manitoba Small Club: Awarded to the Manitoba swim club with 15 or fewer swimmers entered in the meet at entry deadline, with the highest aggregate points.
- Saskatchewan Small Club: Awarded to the Saskatchewan swim club with 15 or fewer swimmers entered in the meet at entry deadline, with the highest aggregate points.
- Top Manitoba Club: Awarded to the Manitoba swim club with the highest aggregate points.
- Top Saskatchewan Club: Awarded to the Saskatchewan swim club with the highest aggregate points.
- Overall Top Manitoba or Saskatchewan Small Club: Awarded to the Manitoba or Saskatchewan swim club with 15 or fewer swimmers entered in the meet at entry deadline, with the overall highest aggregate points.
- Overall Top Manitoba or Saskatchewan Club: Awarded to the Manitoba or Saskatchewan swim club with the overall highest aggregate points

### 25. Results

- Unofficial results will be posted in real time on meet mobile throughout the competition.
- Final results will be posted and may be downloaded from the Swimming Canada meet list site.
- Splits may not be available for distance events if they are swum two per lane.
- Results will be reported in the following Age Categories for all individual and relay events:
  - Female: 12 & Under, 13 &14, 15 & Over
  - Male: 13 & Under, 14 &15, 16 & Over
  - Mixed relay: 14 & under and 15 & Over
  - Para Provincial relay: Open

### 26. Officials Splits

- As per SNC Swimming Rule C13.3.3.1 - Meet Management requires, that a coach wishing to rely on a time achieved by a swimmer for an interval shorter than the total distance of the event, must advise the Referee and Meet Management prior to the commencement of the event in question.
  - Official Split requests must be submitted to the Meet Manager a minimum of 30 minutes prior to the start of the session that the event is being held. The Official Split Request Form is available through Meet Management or by downloading [here](#).
- NOTE: An Official Split cannot be requested for the 1<sup>st</sup> swimmer in a Mixed Relay event.
- The split for the lead swimmer in relays will be regarded as an official split and therefore no request by coaches is needed.
- Such Official split shall then be reported as a separate event in the meet results.

### 27. Meet Safety Rules

- Swimming Canada Warm-up Competition Safety Procedures will be in effect.
- Safety Marshalls will be stationed around the pool deck during general warm-up
- Entry into the pool must be feet-first at all times during general warm-up.
- During warm-ups, one lane will be set aside for para swimmers only
- During the last 30 minutes of warm-up, a minimum of three lanes, one of which will be designated for backstroke, will be designated as sprint lanes where an entrance dive is permitted. During this period, one-way swimming only is allowed.
- During the last 30 minutes of warm-up a minimum of two lanes will be designated as pace lanes, as required.
- Running on deck is NOT permitted.
- No fins, hand paddles or tubing may be used during warm-up.
- No 'deck changing' is allowed. All swimmers must use the change rooms.
- **It is the coach's responsibility to inform the swimmers and ensure their discipline and adherence to the *Meet Safety Rules*.**



## 28. General Info:

- Any changes to the meet information or format will be provided to the coaches via email prior to the meet or at the coaches meeting.
- All swimmers are required to please use the change room and not change on deck.
- Glass containers and breakables are not allowed on the pool deck.
- Clubs will be responsible for their personal valuables. The Lawson Aquatic Center and Regina Optimist Dolphins Swim Team will not accept responsibility for any lost or stolen items.
- All clubs are responsible for the conduct of their swimmers. Inappropriate behavior at the pool may result in disciplinary action by Meet Management.
- Please have your club's area in the stands and on-deck clean up before you leave each session.
- Swimmers caught vandalizing pool property or using offensive language will be disqualified from the meet and any expenses incurred as a result of the vandalism will be billed to their club.
- Smoking is prohibited in all areas of the pool, according to City of Regina Bylaws. Food is also prohibited on the pool deck, including sunflower seeds with shells.
- Only the host club shall be allowed to sell equipment and merchandise.
- Your cooperation is expected in helping the officials to provide quiet for the start of each race.
- Only approved photographers with meet credentials will be permitted on deck, contact Meet Manager for more information.

## 29. Other Meet Related Events

### Hospitality:

- There will be hospitality provided for officials and coaches during this competition. If you have specific dietary needs please reach out to meet management so we can accommodate.

## 30. Community Information and Accommodations

**Note: There is a Saskatchewan Roughrider Game on Thursday, July 4<sup>th</sup>, 2024. An email with further instructions and information regarding road closures, how to access the pool and parking, will be sent closer to that date.**

Piper Sports Photography will be on site the entire weekend to take professional photos; teams can request team photos as well if interested.

This event will be LIVESTREAMED. Links will be provided to coaches prior to the start of the meet.

There are room blocks reserved at Days Inn Regina Airport \$129.00/night [Days Inn by Wyndham Regina Airport West - ReservationDesk.com](#) and Days Inn East \$119/night [Days Inn by Wyndham Regina - ReservationDesk.com](#) please use code MANSASK when booking, block available until June 4<sup>th</sup>.

### Photography/Videography

- In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Saskatchewan sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. **Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.**
- For full details see the Event Photography and Videography Procedure Policy found [HERE](#)
- Clubs may appoint one official photographer for their club to be granted access to a designated area/working deck. Please contact Meet Manager prior to the competition for permission.
- Meet Management may issue an accreditation/name tag identifying such person. If a tag is issued, then it must be worn at all times.



## **Safe Sport**

- Swimming Canada and Swim Saskatchewan believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.
- Swimming Canada Safe Sport Policy found [HERE](#) and other Safe Sport Resources [HERE](#).
- Only participating swimmers, officials, registered coaches, and authorized people are allowed on deck.
- Swim Saskatchewan and Swimming Canada have signed onto the Responsible Coaching Movement, which means that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both “open” and “observable” to others.

## **Swimwear**

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Saskatchewan. It is not required to declare the choice of swimwear to the Referee, if the fabric of the swim wear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

## **Taping**

Per Swimming Canada rule C15.3.2, a Committee will review and approve taping requests

- Taping review will take place prior to each session during warmups. All reviews must be completed no later than 15 minutes prior to the start of the session.
- The committee will consist of the Meet Referee, the session referee (should they be different), and one other senior official with medical training.
- Coaches must submit one taping request form for each athlete prior to their first session.
- Taping Request Forms available at the Administration Desk (formerly Clerk of Course) must be submitted to the Meet Referee by 3:30 pm Thursday and 7:30 am for prelims and 4:00pm for finals for the rest of the competition.
- The committee’s decision will be final.
- Any swimmer who races with taping not approved by a Taping Review Committee will be disqualified.
- Any swimmer wearing taping not approved by a Taping Review Committee is ineligible to set a Canadian Record.

## **Spectators:**

- There will be limited spectator seating on the north side of the pool. If required swimmers, coaches and officials will take priority and as a result spectator seating on the north side of the pool may be reduced.



### ManSask Championship Meet Event List

**Coaches meeting at 3:15 p.m. Thursday July 4, 2024**

Session 1	Warm up: 3:30 pm		Thursday July 4, 2024 - Prelims	Start time: 4:40 pm	
	#	Gender	Event	#	Gender
Prelims	1	Female	200 IM	2	Male
			Events 301 and 303 will be swum together and Events 302 and 304 will be swum together		
Prelims	301	Female	Para 150 IM (SM1-4)	302	Male
Prelims	303	Female	Para 200 IM (SM5-14)	304	Male
Timed Finals	3	Female	1500 Freestyle*	4	Male
Timed Finals	5	MIXED	400 Medley Relay 14 & under (max of 4 heats)		
Timed finals	6	MIXED	400 Medley Relay 15 & over (max of 4 heats)		

\*1500 Free will be swum alternating one heat of female then one heat of male



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**SASK LOTTERIES**



### ManSask Championship Meet Event List

<b>Session 2</b>		<b>Warm up: 7:30 am</b>		<b>Friday July 5, 2024 - Prelims</b>		<b>Start time: 8:40 am</b>	
	<b>#</b>	<b>Gender</b>	<b>Event</b>	<b>#</b>	<b>Gender</b>		
Prelims	7	Female	100 Butterfly	8	Male		
Prelims	9	Female	200 Breaststroke	10	Male		
Prelims	305	Female	Para 50 Free (S1-14)	306	Male		
Prelims	11	Female	50 Free	12	Male		
Prelims	13	Female	100 Backstroke	14	Male		
			Events 307 and 309 will be swum together and Events 308 and 310 will be swum together				
Prelims	307	Female	Para 200 Free (S1-5 & 14)	308	Male		
Prelims	309	Female	Para 400 Free (S6-13)	310	Male		
Prelims	15	Female	400 Freestyle	16	Male		
<b>Session 3</b>		<b>Warm up: 4:00 pm</b>		<b>Friday July 5, 2024 – FINALS</b>		<b>Start time: 5:10 pm</b>	
	<b>#</b>	<b>Gender</b>	<b>Event</b>	<b>#</b>	<b>Gender</b>		
Finals	7	Female	100 Butterfly	8	Male		
Finals	9	Female	200 Breaststroke	10	Male		
Finals	305	Female	50 Free (S1-S14) - Para	306	Male		
Finals	11	Female	50 Freestyle	12	Male		
Finals	13	Female	100 Backstroke	14	Male		
			Events 307 and 309 will be swum together and Events 308 and 310 will be swum together				
Finals	307	Female	Para 200 Free (S1-5 & 14)	308	Male		
Finals	309	Female	Para 400 Free (S6-13)	310	Male		
Finals	15	Female	400 Freestyle	16	Male		
Timed Finals	17	Female	400 Freestyle Relay 12 & under				
Timed Finals			400 Freestyle Relay 13 & under	18	Male		
Timed Finals	19	Female	400 Freestyle Relay 13 – 14				
Timed Finals			400 Freestyle Relay 14 – 15	20	Male		
Timed Finals	21	Female	400 Freestyle Relay 15 & over				
Timed Finals			400 Freestyle Relay 16 & over	22	Male		



### ManSask Championship Meet Event List

<b>Session 4</b>		<b>Warm up: 7:30 am</b>		<b>Saturday July 6, 2024 – Prelims</b>		<b>Start time: 8:40 am</b>	
	<b>Event #</b>	<b>Gender</b>	<b>Event</b>	<b>Event #</b>	<b>Gender</b>		
Prelims	23	Female	200 Butterfly	24	Male		
Prelims	311	Female	100 Free - Para (S1-S14)	312	Male		
Prelims	25	Female	100 Free	26	Male		
Prelims	27	Female	200 Backstroke	28	Male		
			Events 313 & 315 will be swum together and Events 314 & 316 will be swum together				
Prelims	313	Female	Para 50 Breast (SB1-3)	314	Male		
Prelims	315	Female	Para 100 Breast (SB4-14)	316	Male		
Prelims	29	Female	50 Breaststroke	30	Male		
Timed Finals	31	Female	800 Freestyle*	32	Male		
*800 Free will be swum alternating one heat of female then one heat male							
<b>Session 5</b>		<b>Warm up: 4:00 pm</b>		<b>Saturday July 6, 2024 – Finals</b>		<b>Start time: 5:10 pm</b>	
	<b>Event #</b>	<b>Gender</b>	<b>Event</b>	<b>Event #</b>	<b>Gender</b>		
Finals	23	Female	200 Butterfly	24	Male		
Finals	311	Female	100 Free - Para (S1-S14)	312	Male		
Finals	25	Female	100 Freestyle	26	Male		
Finals	27	Female	200 Backstroke	28	Male		
			Events 313 & 315 will be swum together and Events 314 & 316 will be swum together				
Finals	313	Female	Para 50 Breast (SB1-3)	314	Male		
Finals	315	Female	Para 100 Breast (SB4-14)	316	Male		
Finals	29	Female	50 Breaststroke	30	Male		
Finals	1	Female	200 IM	2	Male		
			Events 301 and 303 will be swum together and Events 302 and 304 will be swum together				
Finals	301	Female	Para 150 IM (SM1-4)	302	Male		
Finals	303	Female	Para 200 IM (SM5-14)	304	Male		
Timed Finals	33	Female	400 Medley Relay 12 & under				
Timed Finals			400 Medley Relay 13 & under	34	Male		
Timed Finals	35	Female	400 Medley Relay 13 – 14				
Timed Finals			400 Medley Relay 14 – 15	36	Male		
Timed Finals	37	Female	400 Medley Relay 15 & over				
Timed Finals			400 Medley Relay 16 & over	38	Male		



### ManSask Championship Meet Event List

<b>Session 6</b>		<b>Warm up: 7:30 am</b>		<b>Sunday July 7, 2024 – Prelims</b>		<b>Start time: 8:40 am</b>	
	<b>#</b>	<b>Gender</b>	<b>Event</b>		<b>#</b>	<b>Gender</b>	
Prelims	39	Female	100 Breaststroke		40	Male	
			Events # 317 & 319 will be swum together and Event # 318 and 320 will be swum together				
Prelims	317	Female	Para 50 Butterfly (S1-7)		318	Male	
Prelims	319	Female	Para 100 Butterfly (S8-14)		320	Male	
Prelims	41	Female	50 Butterfly		42	Male	
Prelims	43	Female	200 Freestyle		44	Male	
			Events # 321 & 323 will be swum together and Events # 322 & 324 will be swum together				
Prelims	321	Female	Para 50 Back (S1-5)		322	Male	
Prelims	323	Female	Para 100 Back (S6-14)		324	Male	
Prelims	45	Female	50 Backstroke		46	Male	
Prelims	47	Female	400 IM		48	Male	
<b>Session 7</b>		<b>Warm up: 4:00 pm</b>		<b>Sunday July 7, 2024 - FINALS</b>		<b>Start time: 5:10 pm</b>	
	<b>#</b>	<b>Gender</b>	<b>Event</b>		<b>#</b>	<b>Gender</b>	
Finals	39	Female	100 Breaststroke		40	Male	
			Events # 317 & 319 will be swum together and Event # 318 and 320 will be swum together				
Final	317	Female	Para 50 Butterfly (S1-7)		318	Male	
Finals	319	Female	Para 100 Butterfly (S8-14)		320	Male	
Finals	41	Female	50 Butterfly		42	Male	
Finals	43	Female	200 Freestyle		44	Male	
			Events # 321 & 323 will be swum together and Events # 322 & 324 will be swum together				
Finals	321	Female	Para 50 Back (S1-5)		322	Male	
Finals	323	Female	Para 100 Back (S6-14)		324	Male	
Finals	45	Female	50 Backstroke		46	Male	
Finals	47	Female	400 IM		48	Male	
Timed Finals	325	MIXED	Para 400 Mixed Medley Provincial Relay				
Timed Finals	49	Female	400 Medley Provincial Relay 12 & under				
Timed Finals			400 Medley Provincial Relay 13 & under		50	Male	
Timed Finals	51	Female	400 Medley Provincial Relay 13 & 14				
Timed Finals			400 Medley Provincial Relay 14 & 15		52	Male	
Timed Finals	53	Female	400 Medley Provincial Relay 15 & over				
Timed Finals			400 Medley Provincial Relay 16 & over		54	Male	