



*Manitoba*  
**MARLINS**

**Golden Plains Invitational**  
**May 24-26, 2024**  
**Hosted By Manitoba Marlins**  
**Sanctioned By Swim Manitoba**

For information updates, please go to Manitoba Marlins' web site:  
<http://www.manitobamarlins.com/GPI.aspx>

<b>Meet Management Team</b>	<b>Email address</b>
Meet Managers: Dale Nesbitt Valerie Chan Anton Moyseyenko	kinthelt@gmail.com vmchan@me.com a.moyseyenko@gmail.com
Meet Entries: Valerie Chan	vmchan@me.com
Officials Coordinator: Nancy Champagne	nancy.champagne@mymts.net

**SNC SANCTION NUMBER**

**#41908**

## FACILITY & TIMING

### Pan Am Pool - Main Tank

25 Poseidon Bay

Winnipeg, Manitoba

Phone # 204-986-5891

Eight lane 50 meter competition pool (meet is long course)

QUANTUM primary & secondary electronic timing system

Warm – up/down lanes available

Host to:

- 1999 Pan Am Games
- 2017 Canada Summer Games
- 2018 Canadian Junior Championships
- 2019 Canadian Senior Championships
- 2024 Western Canadian Championships

## DATES AND TIMES

Session	Date and Time		
1	Friday, May 24, 2024	Warm-up	8:00 a.m. - 9:00 a.m.
		Start	9:10 a.m.
2	Friday, May 24, 2024	Warm-up	4:30 p.m. - 5:30 p.m.
		March-on of officials	5:35 p.m.
		Start	5:45 p.m.
3	Saturday, May 25, 2024	Warm-up	8:00 a.m. - 9:00 a.m.
		Start	9:10 a.m.
4	Saturday, May 25, 2024	Warm-up	4:30 p.m. - 5:30 p.m.
		March-on of officials	5:35 p.m.
		Start	5:45 p.m.
5	Sunday, May 26, 2024	Warm-up	8:00 a.m. - 9:00 a.m.
		Start	9:10 a.m.
6	Sunday, May 26, 2024	Warm-up	4:30 p.m. - 5:30 p.m.
		March-on of officials	5:35 p.m.
		Start	5:45 p.m.

**\*Depending on the number of swimmers, Meet Management reserves the right to modify preliminary or finals session start times**

## ELIGIBILITY

- All events are open to all swimmers registered with SNC, USS or World Aquatics who meet the qualifying times.
- Age group based on age of swimmer on **May 24, 2024**.
- Swimmers must have equaled or bettered the qualifying times between January 1, 2023 and May 15, 2024.
- Converted SCM and SCY times will be accepted.
- Para swimmers and Special Olympic swimmers do not require qualifying times to enter this competition.
- *Please see qualifying standards in appendix 1.*

## EVENT LIST

### Friday, May 24, 2024

Preliminary Session	Finals Session
100 Backstroke	100 Backstroke
200 Breaststroke	200 Breaststroke
50 Freestyle	50 Freestyle
400 Individual Medley	400 Individual Medley
	4x50 Medley Relay

### Saturday, May 25, 2024

Preliminary Session	Finals Session
100 Freestyle	100 Freestyle
200 Butterfly	200 Butterfly
200 Backstroke	200 Backstroke
400 Freestyle	400 Freestyle

### Sunday, May 26, 2024

Preliminary Session	Finals Session
200 Freestyle	200 Freestyle
100 Breaststroke	100 Breaststroke
200 Individual Medley	200 Individual Medley
100 Butterfly	100 Butterfly
	4x50 Freestyle Relay

## AGE GROUP CATEGORIES

Age Groups for all events heats and finals:

- Girls: 12 & Under, 13 & 14, 15 & over
- Boys: 13 & Under, 14 & 15, 16 & over

## ENTRIES

**Meet Management will reserve the right to limit events, heats, teams and swimmers to conform to reasonable session lengths. Team (and coaches) will be notified of any and all necessary adjustments.**

- Qualifying times are listed in this information package (*page 9*).
- All submitted times should be in LCM.
- SCM and SCY times will be accepted and converted.
- Para swimmers must have their classifications after name in their entries.
- Swimmers may enter a maximum of 6 individual events.
- Swimmers may enter a maximum of 2 relay events.
- 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 birth date and gender. Entries will not be accepted without this information.
- Your club will receive confirmation that the entry was received, if you do not receive such an acknowledgment, it is your responsibility to follow up on the status of your entries before the deadline.
- Full payment shall accompany entries (**see payment method under “ENTRY FEES”**). Late fee payments may be subject to penalty.
- Swimmers who have fewer than six qualifying times are eligible for bonus swims based on the following:
  - 1 QT + 5 bonus swims
  - 2 QT + 4 bonus swims
  - 3 QT + 3 bonus swims
  - 4 QT + 2 bonus swims
  - 5 QT + 1 bonus swim
- Bonus swims must be flagged as such and entered with valid long course times (conversion will be accepted) for seeding purposes.
- Swimmers may not use 400 IM or 400 freestyle as a bonus swim. Entries for these events must meet the qualifying time.

## PROOF OF TIMES

- Meet Entry contact 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.

- All individual entries must utilize a displayed time available in the Swim Natation Canada online entry system.
- Proof of times for US and FINA swimmers must be submitted directly to the Meet Entry contact in a format that is mutually agreeable.
- 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 a time.

## ENTRY DEADLINE

- Entry deadline is **Wednesday, May 15, 2024 – 11:59PM Central time.**

## MEET ENTRY CONTACT

- Valerie Chan - vmchan@me.com

## RELAYS

- All relay events will be seeded by age group and gender, slowest to fastest.
- All relay events will be Timed Finals and be swum in finals.
- Each relay swimmer must be entered in at least one individual event in the meet.
- A swimmer may only participate in 1 relay team per age group per event.
- Names, age, and swimmers order of relay members must be submitted to the Administration Desk within 30 minutes following the conclusion of the preliminary session.
- Relay names can be changed up to 30 minutes prior to the start of the session.
- There are no qualifying times for relay events. However, to obtain seeding, a team time should be submitted.
- Unlimited number of relays may be entered in an event by a club.
- Relays held on Friday and Sunday will be swum in the following 6 age groups:  
Girls - 12 & Under, 13 & 14, 15 & over and Boys - 13 & Under, 14 & 15, 16 & over
- Unattached swimmers are not eligible to participate in relays.

## ENTRY FEES

- \$125.00 per swimmer which **includes** the \$7.00 SMB / SNC Participation Fees and the \$2.50 per event SMB Program Development Fees.
- Relays are \$20 per entry.
- Payment must accompany entries. **Please make etransfer payable to:**  
**MANITOBA MARLINS SWIM CLUB** at **manitobamarlinsbilling@gmail.com**

***\*Official Meet Program will be available to download and print from the Manitoba Marlins website <http://www.manitobamarlins.com/GPI.aspx>***

## LATE & DECK ENTRIES

- Additional swims may be permitted if empty lanes are available, but no additional heats will be created.
- Swimmers may not deck enter if it puts them in more than the maximum of 6 individual events.
- Deck entries will not be accepted without a verifiable qualifying time for the 400 free or 400 IM events.
- Swimmer/Coach must present late entry fee (CASH or e-transfer) prior to being assigned a lane.
- All late and deck entries must include the swimmers SNC ID number and birthdate.
- The cost of all deck entries will be **\$20.00** per individual event. Late and deck entries are for time only (EXHIBITION) and cannot advance to finals.

## COMPETITION

- Preliminary and Finals format.
- In the preliminary sessions, all swimmers will be senior seeded, with the last 3 heats circle seeded by time and by gender. 400 freestyle and 400 IM preliminary sessions will be senior seeded by time and by gender.
- Positive check-ins are mandatory for ALL finals events. All swimmers must check in with the Administration Desk by the start of the finals session. Failure to do so will count as a no show and the swimmer will be scratched from all their swims for that session, the swimmer will also not be allowed to participate in any relays for that session.
- Events with preliminaries and finals with eight or fewer swimmers entered will still be swum as preliminaries and finals.
- The A final will precede B final (when there is a consolation final).
- Any event that a minimum 18 swimmers in an age group at time of entry deadline will have a B final for that age group.
  - Exception: The 400 freestyle and 400 IM will only have A finals
- SMB policies and regulations are in effect.
- Swim Canada rules apply.
- Any changes to the competition must be approved by SMB.
- Para athletes 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.
- Meet management reserves the right to combine heats with two swimmers per lane in the 400m freestyle to meet timelines for completion of events.
  - o Splits may not be available if swum two per lane
- All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Manitoba. It is not required to declare the

choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

## **SCRATCHES**

### ***SMB SCRATCH RULE WILL BE IN EFFECT (see appendix 3)***

- Scratches made after the scratch deadline will be considered no shows.
- All penalties for no shows will apply.

## **OFFICIAL SPLITS**

- Coaches must complete an Official Split Request Form no later than 30 minutes prior to the session in which the swim will occur.
- The split for the lead off leg in relays will automatically be regarded as an official split and therefore no request by coaches is needed for relays.
- Meet management reserves the right to deny the request based on impact to the meet.
- Official split swims are \$20 per swim (and due at request via CASH or etransfer immediately).
- Payment of official split fee must be made prior to approval of the swim.

## **TAPING**

- Taping is permitted, subject to Referee's approval.
- Coach or swimmer must notify the Referee of taping no later than 30 minutes before the start of every session.
- Taping has to remain in the same pattern and area for the entire meet.

## **PROTESTS**

- 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.
- Protest Forms shall be submitted with a fee of \$20.00 for each protest to the Administration Desk.

## **AWARDS**

- Individual Awards and Relay Events:
  - Medals for 1st to 3rd
  - Award winners will be announced during the session
  - Customized awards will be handed to coaches after the session
- There is no scoring, nor individual or team high point awards.

## 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.
- SMB Competition Code of Conduct are in effect (Appendix 2)

## 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.
- A coaches' meeting will be held at 8:15am on Friday, May 24, 2024 under the scoreboard or in the east tank area.
- All swimmers are asked to please use a change room and not change on deck.
- Glass containers and breakables are not allowed on the pool deck.
- **Pan Am Pool is a Nut-free Facility**
- The City of Winnipeg maintains a “**No Food on Deck**” policy.
- Swim MB Policy – Single serve water bottles are not permitted. Please remember to bring your reusable water bottle.
- Coaches are responsible for ensuring their swimmers comply with all food and water policies. Food and snacks must be eaten on the second floor or in the lounge area.
- 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. Clubs will be responsible for their personal valuables.
- The Pan Am Pool and the Manitoba Marlins 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.
- Only the host club shall be allowed to sell equipment and merchandise.
- Your cooperation is required 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.
- All spectators are expected to behave in an appropriate and respectful manner.



**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**

**Appendix 1**

## 2024 QUALIFYING TIMES

FEMALE			Events	MALE		
12 & U	13-14	15 & O		16 & O	14-15	13&U
LCM	LCM	LCM		LCM	LCM	LCM
00:40.47	00:37.64	00:34.87	<b>50Fr</b>	00:32.29	00:35.22	00:38.08
01:28.48	01:22.29	01:16.23	<b>100Fr</b>	01:10.22	01:16.59	01:22.80
03:12.49	02:59.01	02:45.83	<b>200Fr</b>	02:33.78	02:47.74	03:01.34
06:48.75	06:20.14	05:52.14	<b>400Fr</b>	05:28.30	05:58.11	06:27.15
01:39.39	01:32.43	01:25.62	<b>100Bk</b>	01:20.07	01:27.34	01:34.42
03:36.41	03:21.26	03:06.44	<b>200Bk</b>	02:53.09	03:08.81	03:24.12
01:53.43	01:45.49	01:37.72	<b>100Br</b>	01:29.76	01:37.91	01:45.85
04:05.43	03:48.25	03:31.44	<b>200Br</b>	03:15.45	03:33.20	03:50.48
01:37.90	01:31.04	01:24.34	<b>100FI</b>	01:16.99	01:23.98	01:30.79
03:44.57	03:28.85	03:13.47	<b>200FI</b>	02:55.47	03:11.40	03:26.92
03:39.83	03:24.44	03:09.38	<b>200IM</b>	02:53.03	03:08.75	03:24.05
07:46.18	07:13.55	06:41.62	<b>400IM</b>	06:13.10	06:46.99	07:19.98

## Appendix 2



### 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 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 warm-up 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."**

### **Appendix 3**

#### **COMPETITION CODE OF CONDUCT**

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

The deck shall be reserved solely for SMB 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 SMB authority and all SMB bylaws, policies, and rules, apply.

Referencing the SMB 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.

## Appendix 4



**SWIM  
MANITOBA**

[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.

