

Prairie Winter International 2012

November 29, 2012 - December 2, 2012



HOSTED BY

Manta Swim Club

25 Poseidon Bay

Winnipeg, Manitoba R3M 3E4

T: (204) 452-4655

www.mantaswimming.ca

Prairie Winter International 2012
November 29, 2012 - December 2, 2012

PAN-AM POOL
25 Poseidon Bay
Winnipeg, Manitoba R3M 3E4
T: (204) 986-5890

All current SNC Rules will be in effect.

Session	Date and Time		
1	Thursday, November 29 Timed finals	Warm-up Start	1:00 p.m. 2:00 p.m.
2	Friday, November 30 Designated preliminaries and timed finals	Warm-up Start	7:30 a.m. 8:30 a.m.
3	Friday, November 30 Finals	Warm-up Start	4:30 p.m. 5:30 p.m.
4	Saturday, December 1 Designated preliminaries and timed finals	Warm-up Start	7:30 a.m. 8:30 a.m.
5	Saturday, December 1 Finals	Warm-up Start	4:30 p.m. 5:30 p.m.
6	Sunday, December 2 Designated preliminaries and timed finals	Warm-up Start	7:30 am. 8:30 a.m.
7	Sunday, December 2 Finals	Warm-up Start	4:30 p.m. 5:30 p.m.

<u>Meet Manager</u>	<u>Meet Entries and Results</u>
Chris Harbeck	Jackie Nicholls
E: chris.harbeck@gmail.com	E: jackie76@mymts.net
T: (204) 290-0777	T: (204) 297-0158

1. Facility:

- a. Eight lane 25 meter competition pool
- b. OMEGA ARES primary and secondary electronic timing system
- c. Warm-up/down lanes available
- d. Host to:
 - 2012 Western Championships
 - 2010 Canadian Age Group Championships
 - 2008 Summer Nationals
 - 2006 Western Championships
 - 2005 Club Nationals

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 June 1, 2010 and prior to entry deadline.
- b. Para-swimmers do not require qualifying times to enter this competition but will be bound by the meet rules and format.
- c. Para-swimmers will be eligible for the Para Swim of the Meet award.
- d. Classification numbers must accompany entries for Para-swimmers.

3. Age Group Categories:

- a. For all events:
 - Girls: 12 & Under, 13 & 14, 15 & Over
 - Boys: 12 & Under, 13 & 14, 15 & Over

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

4. Entry Deadline:

- a. **Monday, November 19, 2012, 11:59 p.m.**
- b. The Meet Entries and Results chairperson must receive entries and proof of time by the entry deadline.

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 (see exception 5.c. below)
- b. Entries must be submitted as a Hytek entries file.
- c. Entries for USS and FINA swimmers must be submitted as a Hytek entries file directly to the Meet Entries and Results contact.
- d. Direct questions or request for additional information to the Meet Entries and Results chair.

6. Entry Fees:

- a. Individual: \$75.00
- b. Relay only swimmers: \$25.00
- c. Relay team event: \$15.00
- d. Deck entry: \$15.00 (individual or relay event)
- e. Entry fees include **all** SNM competition fees and charges.

- f. All entry fees must be received 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.**

7. Proof of Times:

- a. Meet Management 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 mutually agreeable.
- 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 a time.

8. Registration:

- a. Meet office will be open for registration starting November 29, 2012 at 12:00 p.m.

9. Refunds:

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

10. Entries and Limitations:

- a. Swimmers are restricted to **9** 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. Each swimmer may swim up to **5** individual bonus events to a maximum of **9** individual events.
 - 1 QT = 5 bonus swims
 - 2 QT = 4 bonus swims
 - 3 QT = 3 bonus swims
 - 4 QT = 2 bonus swims
 - 5 QT = 1 bonus swims
 - 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 be accepted.
- f. 400, 800 and 1500 meter events **MAY NOT** be used as bonus swims.

Meet Management reserves the right to limit entries in any event, change the order of events or session set-up if registration exceeds pool or time capacity.

11. Qualifying Times:

- a. Qualifying times as listed in this meet package apply to this competition.
- 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 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 relay team per age group per event.
- e. A maximum of TWO swimmers may age up to complete an age group relay team.
- f. Unattached swimmers are NOT eligible to swim relays.
- g. There are no qualifying times for relay events. However, to obtain a seeding, a team time should be submitted.
- h. Relay cards with complete swimmer names and requests for official splits must be submitted to the Clerk of Course 30 minutes prior to the end of the preliminary session on the day of that relay event.
- i. As per SNM scratch rule, relay name changes may be submitted up to 30 minutes prior to start of relay event.

13. Deck Entries:

- a. Entry fee is payable to the **Clerk of Course** prior to lane assignment.
- b. Allowed only if space permits.
- c. Additional heats will NOT be created.
- d. Entries will be swum as '**exhibition**' only.
- e. Entries will not be scored nor advance to finals.

14. Scratches:

- a. SNM SCRATCH RULE IN EFFECT (please see p. 11)

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 Clerk of Course, prior to the scratch deadline.

15. 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. 800FR and 1500FR distance events will be senior seeded fastest to slowest by gender.
- d. All preliminary events will be senior and circle seeded by gender.

16. Competition:

- a. Unless otherwise stated, current SNC rules and regulations will be in effect for this competition.
- b. The 50 FL, 50 BA, 50 BR, 800 FR and 1500 FR events will be swum as Timed Finals.
- c. All relay events will be swum as Timed Finals.
- d. All other events for all age groups will be swum as Preliminaries and Finals.
- e. Consolation finals will be held only for those events with **more than 17 swimmers** entered in any age category at the entry deadline.
- f. Events with Preliminaries and Finals with **8 or fewer** swimmers entered will be still be swum as Preliminaries and Finals

17. Scoring:

- a. Events for Individual age group trophies: 5-2-1
- b. Individual events for team trophy:
50-30-20-15-14-13-12-11-9-7-6-5-4-3-2-1
- c. Relay events: 50-30-20-15-14-13-12-11
- d. Points will not be awarded if a swimmer fails to make a Qualifying Time in a Final or Timed Final.
- e. Preliminary events will be scored for those events that do not have Consolation Finals.

18. Results:

- a. Real-time results will be posted during the competition on the Manta Swim Club website www.mantaswimming.ca.
- b. Final results will be posted and may be downloaded from the Swim Natation Canada website www.swimming.ca.
- c. Splits may not be available for distance events swum two per lane.

19. Awards:

- a. Individual awards:
 - 1st to 8th place for 50 FL, 50 BA and 50 BR: Ribbons
 - 1st to 3rd place for Timed Final and Final events: Medals
 - 4th to 8th place for Timed Final and Final events: Ribbons
- b. Relay events:
 - 1st place: Medals for all relay team members
 - 2nd and 3rd place: Ribbons for all relay team members
- c. Swim of the Meet: Award for best performance on the World Performance Charts based on FINA points scoring.

- d. Para Swim of the Meet: Award for best performance for a Para-swimmer based on Canadian Para-swimmer scoring.
- e. Individual High Point Trophy: High point award for the top female and top male for each age category based on 5-2-1 point scoring.
- f. Club Trophy: Awarded to the club with the highest aggregate points.
- g. Small Club Trophy: Awarded to the club with 15 or fewer swimmers at registration with the highest aggregate points.
- h. "Record Setters" Awards Pot: Swimmers who establish new meet records in individual events will split the "Record Setters" awards pot. The size of the award pot will be established based on the number of athletes registered in this competition as follows:
 - 1. Fewer than 350 swimmers: \$0.00
 - 2. 350 to 449 swimmers: \$1,000.00
 - 3. 450 to 549 swimmers: \$2,000.00
 - 4. 550 or more swimmers: \$3,000.00

20. Coaches Prizes:

- a. Contingent on a minimum of 350 athlete entries, all head coaches will be entered into our nightly lottery draw for \$100.00. Each night's random draw is open to all head coaches who have not previously won a draw at this competition. There is no charge for entry into the prize draw.

21. Coaches Technical Meeting:

- a. A coaches meeting will be held at 1:15 p.m. on Thursday, November 29, 2012 to update meet rules and answer questions.

22. Warm-up Procedures:

- a. All SNC warm-up procedures will be in effect at this meet.

23. Hospitality:

- a. Food and refreshments will be provided to coaches and officials prior to and during each session.

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 Manta Swim Club at **manta@mymts.net**. 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.

Meet Event List				
Session 1	Women	Description	Men	
Thursday, Nov 29	1	50 Butterfly	2	Timed Finals
	3	50 Backstroke	4	Timed Finals
	5	50 Breaststroke	6	Timed Finals
	7	800 Freestyle	8	Timed Finals
	9	1500 Freestyle	10	Timed Finals
Warm-up: 1:00 p.m.				
Start: 2:00 p.m.				
Session 2	Women	Description	Men	
Friday, Nov 30	11	200 Freestyle	12	Preliminaries
	13	100 Backstroke	14	Preliminaries
	15	50 Freestyle	16	Preliminaries
	17	400 IM	18	Preliminaries
Warm-up: 7:30 a.m.				
Start: 8:30 a.m.				
Session 3	Women	Description	Men	
Friday, Nov 30	37	200 Medley Relay 12-U	38	Timed Finals
	39	200 Medley Relay 13-14	40	Timed Finals
	41	200 Medley Relay 15+	42	Timed Finals
	11	200 Freestyle	12	Finals
	13	100 Backstroke	14	Finals
Warm-up: 4:30 p.m.				
Start: 5:30 p.m.				
	15	50 Freestyle	16	Finals
	17	400 IM	18	Finals
Session 4	Women	Description	Men	
Saturday, Dec 1	19	100 IM	20	Preliminaries
	21	200 Breaststroke	22	Preliminaries
	23	100 Butterfly	24	Preliminaries
	25	200 IM	26	Preliminaries
	27	400 Freestyle	28	Preliminaries
Warm-up: 7:30 a.m.				
Start: 8:30 a.m.				
Session 5	Women	Description	Men	
Saturday, Dec 1	19	100 IM	20	Finals
	21	200 Breaststroke	22	Finals
	23	100 Butterfly	24	Finals
	25	200 IM	26	Finals
	27	400 Freestyle	28	Finals
Warm-up: 4:30 p.m.				
Start: 5:30 p.m.				
Session 6	Women	Description	Men	
Sunday, Dec 2	29	200 Backstroke	30	Preliminaries
	31	100 Breaststroke	32	Preliminaries
	33	200 Butterfly	34	Preliminaries
	35	100 Freestyle	36	Preliminaries
Warm-up: 7:30 a.m.				
Start: 8:30 a.m.				
Session 7	Women	Description	Men	
Sunday, Dec 2	43	200 Freestyle Relay 12-U	44	Timed Finals
	45	200 Freestyle Relay 13-14	46	Timed Finals
	47	200 Freestyle Relay 15+	48	Timed Finals
	29	200 Backstroke	30	Finals
	31	100 Breaststroke	32	Finals
Warm-up: 4:30 p.m.				
Start: 5:30 p.m.				
	33	200 Butterfly	34	Finals
	35	100 Freestyle	36	Finals

SNC WARM-UP PROCEDURES 2009

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional “practice” pools, if any, are to be supervised by lifeguards and coaches.

“Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed.” (CSW 2.13.1.5)

General Warm-Up Rules:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck or Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for ‘Circle Swimming’ during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the ‘right of way’ for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

Specific/Sprint Warm-Up Period:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only ‘one-way’ swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

Equipment:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.



HARASSMENT AND ABUSE POLICY 2011 HARASSMENT AND ABUSE POLICY

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

The Board of SNM recommends the deck be reserved solely for swimmers, coaches and volunteers assigned specific tasks in the running of the meet.

By SNC policy, the referee and meet management have full authority over the deck and the spectator areas during swim meets. As the spectator area is considered part of the field of play, it falls under SNM authority and all SNM rules, policies and guidelines apply.

Referencing the 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.

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.

Prairie Winter International 2012
Qualifying Times

Short Course			Female	Long Course		
15 & Over	13-14	12 & Under	Stroke	12 & Under	13-14	15 & Over`
30.00	32.00	34.00	50 FR	34.68	32.64	30.60
1:05.00	1:09.00	1:15.00	100 FR	1:16.50	1:10.38	1:06.30
2:20.00	2:30.00	2:40.00	200 FR	2:43.41	2:33.00	2:22.80
5:03.00	5:15.00	5:40.00	400 FR	5:46.80	5:21.30	5:09.06
10:24:00	11:12:00	11:44:00	800 FR	11:58.08	11:25.44	10:36.48
20:00:00	21:30:00	23:30:00	1500 FR	23:58.20	21:55.80	20:24.00
37.00	39.00	42.00	50 BA	42.84	39.78	37.74
1:13.00	1:20.00	1:29.00	100 BA	1:30.78	1:21.60	1:14.46
2:38.00	2:50.00	3:08.00	200 BA	3:11.76	2:53.40	2:41.16
43.00	44.00	47.00	50 BR	47.94	44.88	43.86
1:25.00	1:30.00	1:38.00	100 BR	1:39.96	1:31.80	1:26.70
3:06.00	3:10.00	3:30.00	200 BR	3:34.20	3:13.80	3:09.72
37.00	39.00	42.00	50 FL	42.84	39.78	37.74
1:14.00	1:19.00	1:26.00	100 FL	1:27.72	1:20.58	1:15.48
2:45.00	2:55.00	3:10.00	200 FL	3:13.80	2:58.50	2:48.30
1:21.45	1:25.50	1:29.50	100 IM	-	-	-
2:36.00	2:50.00	3:00.00	200 IM	3:03.60	2:53.40	2:39.12
5:40.00	6:00.00	6:20.00	400 IM	6:27.60	6:07.20	5:46.80
Short Course			Male	Long Course		
15 & Over	13-14	12 & Under	Stroke	12 & Under	13-14	15 & Over
27.00	31.00	34.00	50 FR	34.68	31.62	27.54
59.00	1:06.00	1:15.00	100 FR	1:16.50	1:07.32	1:00.18
2:08.00	2:23.00	2:40.00	200 FR	2:43.41	2:25.86	2:10.56
4:40.00	5:00.00	5:40.00	400 FR	5:46.80	5:06.00	4:45.60
9:45:00	10:15:00	11:44:00	800 FR	11:58.08	10:27.30	9:56.70
19:00:00	20:00:00	22:00:00	1500 FR	22:26.40	20:24.00	19:22.80
35.00	37.00	41.00	50 BA	41.82	37.74	35.70
1:10.00	1:17.00	1:29.00	100 BA	1:30.78	1:18.54	1:11.40
2:30.00	2:44.00	3:08.00	200 BA	3:11.76	2:47.28	2:33.00
39.00	42.00	46.00	50 BR	46.92	42.84	39.78
1:17.00	1:25.00	1:38.00	100 BR	1:39.96	1:26.70	1:18.54
2:48.00	3:04.00	3:30.00	200 BR	3:34.20	3:07.68	2:51.36
34.00	37.00	42.00	50 FL	42.84	37.74	34.68
1:07.00	1:15.00	1:26.00	100 FL	1:27.72	1:16.50	1:08.34
2:32.00	2:45.00	3:10.00	200 FL	3:13.80	2:48.30	2:35.04
1:18.50	1:23.50	1:28.75	100 IM	-	-	-
2:25.00	2:45.00	3:00.00	200 IM	3:03.60	2:48.30	2:28.50
5:15.00	5:45.00	6:20.00	400 IM	6:27.60	5:51.90	5:21.30