



## May Time Trial

*manta@mantaswimclub.mb.ca* [www.mantaswimclub.mb.ca](http://www.mantaswimclub.mb.ca)

**SNC Sanction number:**

**Facility & Timing:** 50m long course  
Pan Am Pool, Main Tank  
25 Poseidon Bay  
Winnipeg, Manitoba  
R3M 3E4

**Dates and Times:** May 18, 2013

**Session Times:** Warm Up 6:30-7:00 am  
Start: 7:00-8:30 am

**Eligibility:** All swimmers must be registered with Swim Canada or FINA affiliated organizations and must be a registered member of the Manta Swim Club.

**Age Groups** senior

**Event Limit** Swimmers are limited to one event



**Event List:**                      **Session 1:**              **Saturday, May 18**

1. Open 800 free
2. Open 1500 free
3. Open 400 IM

**Entry Fees:**

- Individual events:                      none
- SNC participation fee:                      none
- Splash Fee:                                      na

**Entries:**

**All entries must be submitted with a time.** “No Time” (NT) entries will not be accepted. All entries must be uploaded to the Swim Canada web site using a Hytek Entry File. Each swimmer must have a valid swimmer ID number, and a correct birthdates and gender. Errors or omissions in the entry file will cause delays in accepting the file and posting the results. All Events are Timed Finals.

**Entry Deadline:**              Thursday May 16, 2013

**Meet Entries Contact:**              Jackie Nicholls              jackie76@mts.net

**Meet Manager:**                      Chris Harbeck              chris.harbeck@gmail.com

**Scratches:**

- SNM scratch rule in affect  
There is no scratch deadline for time final events. Coaches are encouraged to report scratches to the clerk of course as soon as possible.  
Penalties: Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee. Coaches are required to submit scratches to the Clerk of Course no later than 30 minutes before the start of the session.

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**Competition:** Swimming Canada rules apply.

**Awards:**

- None will be awarded

**Seeding:**

- Seeded by time, slowest to fastest

Meet Management Team	Email address
Meet Manager: Chris Harbeck	<a href="mailto:Chris.harbeck@gmail.com">Chris.harbeck@gmail.com</a>
Meet Entries: Jackie Nicholls	jackie76@mts.net
Officials Coordinator: Ian Dixon	
Hospitality Coordinator:	

**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.**Appendix 1**

# Swimming/Natation Canada

## Risk Management/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.
- The following statement shall appear in the meet information and in posted notices: "SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

***Equipment:***

***FLUTTER BOARDS and PULLBUOYS are allowed.***

- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

SNC Board Approved July 2, 2005

Revision 6 01/10/2009 APP D-2

## Appendix 3 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.