

**2016 MANITOBA
Junior Open Provincials Long Course
Meet Package**



HOSTED BY



Swim Manitoba
206 -145 Pacific Ave
Winnipeg MB R3B 2Z6

2016 Manitoba Junior Long Course Open Provincial Championships

June 10 - 12, 2016

Sanction #:

Facility and Timing:

- **Pan-Am Pool Main Tank
25 Poseidon Bay
Winnipeg, Manitoba, R3M 3E4
Ph:(204) 986-5890**
- **Long course meters; 8 x 50 M pool with warm up/cool down pool (Meet management reserves the right to restrict the number of lanes open in the warm up/cool down pool)**
- **Swiss timing (Pads and plungers) with manual backup to be utilized.**

Dates & Times:

Friday, June 10, 2016 - Session 1	Warm-up	4:00 – 4:55 pm
	National Anthem	4:57 pm
	Start	5:00 pm
Saturday, June 11, 2016 - Session 2	Warm-up	8:00 – 8:50 am
	National Anthem	8:52 am
	Medal Presentations	8:55 am
	Start	9:10 am
Saturday, June 11, 2016 - Session 3	Warm-up	4:00 – 4:50 pm
	National Anthem	5:52 pm
	Medal Presentations	4:55 pm
	Start	5:15 pm
Sunday, June 12, 2016 - Session 4	Warm-up	8:00 – 8:50 am
	National Anthem	8:52 am
	Medal Presentations	8:55 am
	Start	9:15am

Eligibility

- Qualifying times
 - Entrants must meet the current Manitoba “A” qualifying time standards in their applicable age group using the current 2012/2016 Short or Long Course and 10&Under “A” time standards listed in Appendix 1.
 - All swimmers entry times must have been achieved between **December 1, 2014 and June 4, 2016**
 - 100 IM CANNOT be used as a qualifying event
 - Times are to be submitted in the course they were achieved under.
 - Converted times will not be accepted
- De-qualifying times
 - 11 & Over swimmers **and Para** with short or long course “AA” **ManSask** times **will not** be eligible to enter the event(s) in which they have recorded an “AA” qualifying time in either SCM or LCM, prior to entry deadline.
 - There will be no de-qualifying standards for the 10 and under age group.

IMPORTANT: After importing TM Event File please do the following to ensure correct swimmers are in eligibility reports (qualified AND de-qualified):

- In Hy-Tek Team Manager
 - Click “Meets”
 - Double-click “2016 MB Junior OPEN Provincials Long Course” (this will take you to Meet Maintenance menu)
- In Meet Maintenance menu please make sure following boxes on the right are CHECKED
 - “Swimmer must meet Slower Than Q Time in All Courses”
 - “Do NOT Allow No Time Entries”
- In Team Manager
 - Click “Entries by Name”
 - Make sure to select “Manitoba” for “Standard” – this will include a column indicating if time standards are achieved, i.e. “A” or “AA”.

Event List

- **Meet management caveats**

Meet management reserves the right to adjust the time lines to preserve acceptable session length and/or for balancing of timelines.

Friday Session 1	Saturday Session 2	Saturday Session 3	Sunday Session 4
200IM	400 IM	200 Fly	400 Free
4 x 50 Free Relay	100 Fly	4 x 50 Medley Relay	100 Breast
50 Back	50 Breast	100 Free	200 Back
800/1500 Free	100 Back	200 Breast	50 Free
	200 Free	50 Fly	

Entries and Limitations:

Swimmers are restricted to nine (9) individual events, plus relays. For example, swimmers who have only one (1) qualifying “A” time will be eligible for up to eight (8) bonus swims. Any swimmer with less than nine (9) qualifying “A” times may enter as many bonus swims as required in order to enter up to a maximum of nine (9) individual events for the meet.

Bonus Swims:

Bonus swims must be entered with actual times for seeding purposes (NT’s will not be accepted). The 400, 800 & 1500 free and 400 IM events **MAY NOT** be entered as bonus swims.

Relays:

- All relay events will be Timed Finals
- Relay swimmers must be properly entered in as least (1) individual event.
- EXCEPTION: a club entering only one relay team in an event may bring out “relay only” swimmers to a maximum of 2 per age group to complete a relay team. “Relay only” swimmers must be listed in the entries as “relay only” swimmers and are subject to the de-qualifying rules. **Note:** Unattached swimmers cannot swim on a relay team.
- Clubs may enter a **maximum** of 2 relay teams in any relay event.
- There are no qualifying times for relay events. However, to obtain a seeding, a team time should be submitted.
- Prior to the start of the appropriate session coaches will receive pre-seeded relay cards. Coaches are asked to fill in the swimmer order, and to send the cards directly to the clerk of course 30 minutes prior to the start of the session.

Entry Fees:

- Individual Entry Fee: \$71.00 (includes **ALL** SNM competition fees including: participation fee of \$6.00 and \$1.00 SNM event fee)
- Relays: \$8.50 each relay entry
- Relay Only Swimmer Fee: \$35.50
- **Note:** All entry fees must be received by first day of meet. Make cheques payable to Swim Natation Manitoba

Entries:**Entry Deadline:**

- The Meet Manager must receive entries & proof of time by **Saturday, Jun 4, 2016 at 11:59 pm.**

- **Online Entries:**

- Entries must be compiled electronically via online system **i.e. uploaded to SNC using \"hytek entry file\"**
- **Each swimmer must have a valid swimmer ID number, and a correct birth date and gender.** Errors or omissions in the entry file will cause delays in accepting the file and posting the results.

- The entry system can be accessed via www.swimming.ca (Swim Canada)
- Entries will ONLY be accepted through Swimming Canada's website **i.e. Hytek only**
- **Proof of Time:**
 - All individual entries must utilize a displayed time available in the online entry system.
 - Any times not available on the online entry system must be proven via email to meet management prior to start of meet.
- **Refunds:**
 - Meet Management is not obligated to refund entry fees after the entry deadline date.

Deck Entries:

- Deck entries **will not be permitted** for this event.

Scratches:

- Scratches will be made according to the Swim-Natation Manitoba Scratch rule
- **Late Scratches will not be accepted i.e. late scratches will be considered "no shows"**
- Scratch rule attached (see appendix four)

Competition:

- Unless otherwise stated, current SNC rules and regulations will be in effect for this competition. **SNM Competition Code of Conduct will be adhered to at all times.**
- The **Manitoba Junior Open Provincials** meet is open to any competitive swimmers currently registered with any Swim Canada or FINA affiliated member organizations and eligible to compete. All current SNC Rules and SNM Policies are and will be in effect. **All changes to the competition or meet package must be approved by the SNM Competition Chair.**
- **Structure and Format:**

The competition will include the following age groups:

 - Girls: 10 & under, 11-12, 13-14, 15 & Over
 - Boys: 10 & under, 11-13, 14-15, 16 & Over

The competition will include relays in the following age categories:

 - Girls: 10 & Under, 11-12; 13-14, 15 & Over
 - Boys: 10 & Under, 11-13; 14-15, 16 & Over

Note:

- *There will be no 10 & Under age category for the 800/1500 Free, 200fly and 400IM. For girls the youngest age category will be 12 & Under and for boys the youngest age category will be 13 & Under.*
- **Age of a swimmer is determined by their age on June 10, 2016.**
- The competition will be timed finals for all events and all individual and team awards will be determined by SNM

Seeding:

- After all the qualifying times have been proven (i.e. SC times under SC standard and LC times under LC standard); Meet Mgmt. will convert all SC times to LC using a conversion factor of 2%.
 - 200 Fly/400 IM will be seeded by time and gender.
 - 800/1500 Free will be seeded by time and gender.
 - All events not listed above: Each age category and gender will have top 8 swimmers race in a heat. All remaining swimmers, regardless of age category will be seeded by time and gender.
 - All events are timed final seeded as above, slowest to fastest except for 800/1500 Free
 - Bonus swims will be seeded last according to their entry times.
- **Distance events (800/1500 Free)**
 - Seeded by time and gender, fastest to slowest.
 - Meet management reserves the right to change the seeding criteria **for all of the events e.g.** the distance events in order to adhere to session time line requirements and/or to provide the fastest 8 swimmers with the best competition available. (i.e. alternate heats of female and male, all heats swum with 2 swimmers per lane, or fastest heat one per lane and remaining heats 2 per lane)

Awards:

- **Individual**
 - Medals for 1st to 3rd. Ribbons for 4th to 8th.
 - Medals will be awarded AFTER the National Anthem and BEFORE the start of each session. Medals for session 4 will be presented at the END of session 4 prior to High Point Awards and Team Awards. Medal winning swimmers are asked to please present themselves at the awards area IMMEDIATELY after warm up ends.
- **Relays:**
 - Gold medals for 1st. Ribbons for 2nd and 3rd.
- **Trophies**
 - Individual high point trophy for each age category – male & female based on 5 - 2 - 1 point score for top three places in each event.
 - *Marvin MacDonald Memorial Team Award* – The top performing team from each category will receive a *Marvin MacDonald Memorial Team Award*.
 - Best performing Team total based on scoring system below
 - Small Clubs – 10 or less swimmers
 - Medium Clubs – 11 to 20 swimmers

- Large Clubs – 21 or more swimmers

Scoring:

- Individual events for Age Group High Point Awards: 5-2-1
- Individual events for team awards: 9, 7, 6, 5, 4, 3, 2, 1
- Relay events for team awards: 18, 14, 12, 10, 8, 6, 4, 2
- **If a swimmer fails to make the qualifying time points will not be scored but the swimmer is eligible for awards.**

Meet Committee:

Meet Managers:

Steve Molloy

molloysp@gmail.com

Co-Chair

John Witwicki

John.Witwicki@sanofi.com

Entries and Results:

Ken Barnes

rebelfisher@gmail.com

Officials Coordinator:

Rowan Carmichael

rcarmichaelsnm@gmail.com

Volunteer Requirements:

- Each Swim Club attending this event is required to provide the same percentage of volunteers for the event as they have swimmers participating. For example, 10 swimmers participate out of 200 total swimmers equates to 5% of the volunteers.

Hospitality:

- Hospitality will be provided for Coaches and Volunteers prior to each session.

Programs:

- Programs will be available at the meet.

Miscellaneous:

- 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.
Note: Lockers cannot be used overnight.

Safety:

- 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.

Coaches Technical Meeting:

A coaches meeting will be held at 4:30 PM on Friday (30 minutes prior to start) to update meet rules and answer any questions. All teams must have a coach representative attend the meeting.

Appendix 1 – Qualifying and De-qualifying times

Appendix 2 – SNC Warm-up rules

Appendix 3 – SNM Competition Code of Conduct

Appendix 4 – SNM Scratch Rule

Appendix 1**ManSask Short Course Time Standards 2013-2016**

Stroke	12 & Under Girls		13 & 14 Girls		15 & Over Girls	
	A	AA	A	AA	A	AA
50 Free	0:39.23	0:34.88	0:36.02	0:32.02	0:34.29	0:30.48
100 Free	1:26.72	1:17.08	1:18.23	1:09.54	1:14.23	1:05.98
200 Free	3:07.91	2:47.03	2:49.68	2:30.83	2:40.06	2:22.28
400 Free	6:39.87	5:55.44	6:01.50	5:21.33	5:38.59	5:00.97
800 Free	13:50.97	12:18.64	12:25.72	11:02.86	11:41.16	10:23.25
1500 Free	27:26.66	24:23.70	24:30.66	21:47.25	22:45.08	20:13.40
50 Back	0:46.46	0:41.30	0:41.61	0:36.99	0:39.18	0:34.83
100 Back	1:39.29	1:28.26	1:27.67	1:17.93	1:22.63	1:13.45
200 Back	3:30.97	3:07.53	3:08.33	2:47.40	2:57.64	2:37.90
50 Breast	0:52.04	0:46.26	0:47.36	0:42.10	0:44.22	0:39.31
100 Breast	1:52.49	1:39.99	1:40.96	1:29.74	1:35.00	1:24.44
200 Breast	3:57.94	3:31.50	3:37.04	3:12.93	3:25.21	3:02.41
50 Fly	0:44.37	0:39.44	0:40.06	0:35.61	0:37.41	0:33.25
100 Fly	1:41.47	1:30.19	1:28.29	1:18.48	1:22.40	1:13.25
200 Fly	3:52.41	3:26.21	3:21.53	2:59.13	3:02.86	2:42.54
100 IM	1:44.20	1:32.62	1:34.90	1:24.35	1:29.56	1:19.60
200 IM	3:31.68	3:08.16	3:12.39	2:51.01	3:01.49	2:41.32
400 IM	7:33.13	6:42.78	6:48.83	6:03.41	6:24.79	5:42.03

Stroke	13 & Under Boys		14 & 15 Boys		16 & Over Boys	
	A	AA	A	AA	A	AA
50 Free	0:36.70	0:32.63	0:32.75	0:29.11	0:30.83	0:27.41
100 Free	1:21.01	1:12.01	1:11.62	1:03.66	1:07.13	0:59.67
200 Free	2:55.19	2:35.72	2:36.46	2:19.07	2:25.91	2:09.70
400 Free	6:07.40	5:26.58	5:34.85	4:57.64	5:10.77	4:36.24
800 Free	13:04.11	11:36.98	11:49.07	10:30.28	10:58.09	9:44.97
1500 Free	25:14.61	22:26.32	22:27.38	19:57.68	20:56.63	18:37.00
50 Back	0:43.04	0:38.26	0:38.40	0:34.13	0:35.53	0:31.58
100 Back	1:32.76	1:22.45	1:21.70	1:12.62	1:15.51	1:07.12
200 Back	3:17.87	2:55.88	2:55.43	2:35.94	2:43.75	2:25.55
50 Breast	0:49.28	0:43.81	0:43.25	0:38.44	0:39.84	0:35.42
100 Breast	1:45.93	1:34.16	1:33.07	1:22.73	1:25.82	1:16.29
200 Breast	3:44.62	3:19.67	3:22.42	2:59.93	3:06.49	2:45.77
50 Fly	0:41.32	0:36.73	0:36.63	0:32.56	0:33.50	0:29.78
100 Fly	1:33.48	1:23.09	1:19.70	1:10.84	1:13.79	1:05.59
200 Fly	3:28.49	3:05.33	3:03.03	2:42.70	2:44.59	2:26.31
100 IM	1:38.96	1:27.96	1:26.57	1:16.95	1:20.65	1:11.69
200 IM	3:19.53	2:57.36	2:58.33	2:38.51	2:45.40	2:27.03
400 IM	7:03.82	6:16.73	6:19.61	5:37.43	5:52.26	5:13.12

ManSask Long Course Time Standards 2013 – 2016

Stroke	12 & Under Girls		13 &14 Girls		15 & Over Girls	
	A	AA	A	AA	A	AA
50 Free	0:40.08	0:35.63	0:37.11	0:32.99	0:35.18	0:31.28
100 Free	1:29.07	1:19.18	1:20.47	1:11.53	1:16.29	1:07.82
200 Free	3:13.24	2:51.77	2:54.47	2:35.08	2:45.05	2:26.71
400 Free	6:47.33	6:02.07	6:09.88	5:28.78	5:51.05	5:12.04
800 Free	14:21.55	12:45.82	12:55.23	11:29.09	12:06.08	10:45.40
1500 Free	30:15.75	26:54.00	25:42.27	22:50.91	23:39.18	21:01.50
50 Back	0:48.04	0:42.71	0:42.94	0:38.17	0:40.82	0:36.28
100 Back	1:43.09	1:31.63	1:31.53	1:21.36	1:26.20	1:16.62
200 Back	3:39.40	3:15.02	3:17.67	2:55.70	3:05.88	2:45.23
50 Breast	0:53.66	0:47.70	0:48.65	0:43.25	0:45.21	0:40.18
100 Breast	1:55.64	1:42.79	1:45.60	1:33.87	1:38.67	1:27.70
200 Breast	4:07.81	3:40.28	3:47.36	3:22.10	3:32.30	3:08.71
50 Fly	0:45.20	0:40.17	0:40.25	0:35.78	0:38.08	0:33.85
100 Fly	1:43.64	1:32.13	1:31.01	1:20.90	1:24.10	1:14.76
200 Fly	3:56.47	3:30.20	3:26.04	3:03.15	3:08.30	2:47.38
200 IM	3:37.59	3:13.41	3:18.61	2:56.55	3:08.49	2:47.55
400 IM	7:48.93	6:56.82	7:06.46	6:19.08	6:40.06	5:55.61

Stroke	13 & Under Boys		14 & 15 Boys		16 & Over Boys	
	A	AA	A	AA	A	AA
50 Free	0:37.63	0:33.45	0:33.98	0:30.21	0:31.77	0:28.24
100 Free	1:23.69	1:14.39	1:14.24	1:05.99	1:08.91	1:01.26
200 Free	3:00.88	2:40.78	2:42.75	2:24.66	2:30.20	2:13.51
400 Free	6:23.50	5:40.89	5:49.54	5:10.70	5:22.03	4:46.25
800 Free	13:50.34	12:18.08	12:23.86	11:01.21	11:26.39	10:10.12
1500 Free	26:19.41	23:23.92	23:10.11	20:35.66	21:43.48	19:18.65
50 Back	0:45.11	0:40.10	0:40.20	0:35.73	0:37.06	0:32.94
100 Back	1:37.39	1:26.57	1:25.63	1:16.12	1:18.79	1:10.03
200 Back	3:25.61	3:02.77	3:06.27	2:45.58	2:50.61	2:31.65
50 Breast	0:51.41	0:45.70	0:44.65	0:39.69	0:40.78	0:36.25
100 Breast	1:50.54	1:38.26	1:36.10	1:25.42	1:29.56	1:19.60
200 Breast	3:57.25	3:30.89	3:30.76	3:07.35	3:14.13	2:52.56
50 Fly	0:42.63	0:37.89	0:37.27	0:33.13	0:34.31	0:30.50
100 Fly	1:36.57	1:25.84	1:22.30	1:13.16	1:15.05	1:06.71
200 Fly	3:39.47	3:15.09	3:09.08	2:48.08	2:48.97	2:30.20
200 IM	3:26.64	3:03.68	3:04.69	2:44.17	2:50.80	2:31.82
400 IM	7:22.13	6:33.01	6:35.56	5:51.61	6:07.25	5:26.44

10&Under "A" Times		
SC	Female 10&Under	LC
42.90	50 Free	43.76
1:34.60	100 Free	1:36.49
3:28.32	200 Free	3:34.57
7:07.74	400 Free	7:20.56
51.70	50 Back	52.73
1:47.80	100 Back	1:49.96
3:58.89	200 Back	4:06.05
58.03	50 Breast	59.19
2:02.43	100 Breast	2:04.88
4:21.47	200 Breast	4:29.31
52.80	50 Fly	53.86
1:55.50	100 Fly	1:57.81
1:50.00	100 IM **	
3:52.01	200 IM	3:58.98
SC	Male 10&Under	LC
42.90	50 Free	43.76
1:34.60	100 Free	1:36.49
3:25.50	200 Free	3:31.66
7:04.78	400 Free	7:17.51
51.70	50 Back	52.73
1:48.01	100 Back	1:50.17
3:53.25	200 Back	4:00.25
57.18	50 Breast	58.32
2:03.88	100 Breast	2:06.36
4:23.04	200 Breast	4:30.93
52.80	50 Fly	53.86
1:55.50	100 Fly	1:57.81
1:50.02	100 IM **	
3:50.90	200 IM	3:57.89

** the 100 IM can only be used as a qualifying time for Short Course competitions.

Appendix 2



Competition Warm-Up Safety Procedures

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank 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 either in pre-competition handout, announced 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.
- 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 scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers/fins are not permitted during any warm-up at a time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be scratched without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

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 tank and when applicable, similarly situated in designated warm-up tanks 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.

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 WARM-UP COMPETITION 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 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.

Appendix 4

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.