

2017 ManSask Long Course Provincial Championships



**Hosted by:
Swim Manitoba**



**Swim Manitoba
Sponsors**



2017 ManSask Long Course Provincial Championships

July 6 – 9, 2017

Pan Am Pool 25 Poseidon Bay

Winnipeg MB

SANCTION #: 21207

All current Swimming Canada Rules and Warm-up Competition Safety Procedures will be in effect except where modified herein.

Session	Date and Time		
1	Thursday, July 6	Warm-up	4:30 p.m.
	Designated preliminaries and timed finals	Start	5:30 p.m.
2	Friday, July 7	Warm-up	8:00 a.m.
	Preliminaries	Start	9:00 a.m.
3	Friday, July 7	Warm-up	4:00 p.m.
	Finals	Start	5:00 p.m.
4	Saturday, July 8	Warm-up	8:00 a.m.
	Preliminaries	Start	9:00 a.m.
5	Saturday, July 8	Warm-up	4:00 p.m.
	Finals	Start	5:00 p.m.
6	Sunday, July 9	Warm-up	8:00 a.m.
	Preliminaries	Start	9:00 a.m.
7	Sunday, July 9	Warm-up	4:00 p.m.
	Finals	Start	5:00 p.m.

Meet Management reserves the right to change session times based on session length, which will be determined after the entry deadline.

Meet Manager:

John Witwicki

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Phone: 204-479-4437

Entries and Results:

Ken Barnes

Email: rebelfisher@gmail.com

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Officials Coordinator:

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1. **Facility:**
 - a. Two – 50 meter, 8 lane competition pools
 - b. One – 25 yard, 6 lane warm down pool
 - c. Non Turbulent Lane markers
 - d. Quantum Electronic timing systems and plungers for backup
 - e. Hy-Tek Meet Manager Computer Software

2. **Eligibility:**
 - a. Entries will only be accepted for swimmers who are currently registered in the Swimming Canada registration database and having a Swimming Canada registration id number which is 9-digits beginning with 12 ..., unless the swimmer is registered with and representing a foreign FINA affiliated federation.
 - b. Open to all swimmers currently registered with Swimming Canada, USA and FINA who qualify in one event with a ManSask ("AA") Open Short Course or Long Course qualifying time or Para swimmers who qualify in one event with a ManSask Para qualifying time.
 - c. Swimmers must have equaled or bettered the qualifying times prior to entry deadline.
 - d. Para swimmers will be fully integrated in heats and finals except the four Para finals.
 - e. Exception for 2017 LC ManSask:
MB & SK Para Swimmers & Special Olympic swimmers named to their Provincial Canada Games Team, may compete without qualifying time for the 2017 LC ManSask Championship.
 - f. Special Olympic swimmers will be fully integrated in heats.

3. **Group Categories:**
 - a. For all individual pool events:
 - i. Female: 12 & Under, 13 & 14, 15 & Over
 - ii. Male: 13 & Under, 14 & 15, 16 & Over
 - b. For all relay events:
 - i. Female: 12 & Under, 13 & 14, 15 & Over
 - ii. Male: 13 & Under, 14 & 15, 16 & Over
 - c. A swimmer's age shall be as of the first day of the meet.

4. **Entry Deadline:**
 - a. Entry deadline is **Wednesday, June 28, 2017 no later than 11:59 p.m. CST**
 - b. Entries must be submitted as a Hy-Tek TM entries file via the Swimming Canada website at <https://www.swimming.ca/MeetList.aspx> No entries will be accepted by meet management from an email. All entries must be uploaded to the national meet list site.
 - c. Direct questions or request for additional information to the Meet Entries and Results chair.

5. **Entry Fees:**
 - a. Individual: \$65.00
 - b. Relay only swimmers: \$30.00
 - c. Relay team event: \$9.00
 - d. Individual deck entry: \$15.00
 - e. Relay team deck entry: \$20.00
 - f. All entry fees must be received by the first day of meet prior to warm-up
 - g. No swimmer / team will be allowed to start warm-up until entry fees have been paid
 - h. Cheque payable to: **Swim Manitoba**

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

7. Entries and Limitations:

- a. Swimmers must have achieved at least one qualifying standard in their respective age category to be eligible to swim in this meet.
- b. Swimmers can enter as many events as they have qualified for, up to a maximum of **SEVEN** individual events, plus relays.
- c. Meet Management reserves the right to limit entries in individual events. If necessary, priority will be given to regional club swimmers. Meet Management has the right to limit and / or remove the number of Bonus swims from non-regional club swimmers.
- d. Entries must include the swimmer's registration number and age as of the first day of the meet.
- e. 100 IM may not be used to qualify for ManSask Championships
- f. Classification numbers for Para swimmers must accompany entries.
- g. PARA swimmers will be fully integrated into the meet, with the following exception:
The TOP eight swimmers in either gender from preliminaries, and all classifications S1 to S14 combined will advance to the following finals. Times achieved from preliminaries will be scored on the SNC PARA point charts calculator.
 - (1) 50 Free (S1-S14) PARA final
 - (2) 100 Free (S1 – S14) PARA final
 - (3) 50 Back (S1 – S14) PARA final
 - (4) 150 IM (S1-S4) / 200 IM (S5-S14) PARA final

8. Qualifying Times:

- a. All swimmers entry times must have been achieved during the qualifying period of: January 1, 2016 to Wednesday June 28, 2017.
- b. All swimmers must have achieved at least one "AA" time in any event, in their respective age category; age as the first day of the meet.
Qualifying times are located at the end of the document.
Para swimmers must have achieved at least one Para Swimming Time Standard
<http://www.swimmanitoba.mb.ca/timestandard.aspx> (Exception see page 3, 2e)
- c. **Converted times will not be accepted. NT (no time) entries will not be accepted.**
- d. Entry times will be accepted in SC or LC meters. Meet Management will convert the entry times, as required, using a 2% conversion prior to seeding.
- e. PARA events that do not have qualifying times may be used as bonus events, with the exception of 400 IM and 400, 800 and 1500 Free events.

9. Bonus Swims:

- a. All qualified swimmers may enter Bonus Swims as described below provided they **DO NOT** exceed the entry limit of **SEVEN** individual events.

<u># of Qualifying Times</u>	<u># of Bonus Swims</u>
1	6
2	5
3	4
4	3
5	2
6	1
7	0

- b. No-Time (NT) entries will be accepted for Bonus swims
- c. The 400 IM and 400, 800 and 1500 Free events **MAY NOT** be used as bonus swims.

10. Seeding:

- a. 800FR and 1500FR distance events will be senior seeded fastest to slowest, by gender.
 - i. Meet Management reserves the right to adjust the seeding criteria to maintain session timeline requirements and/or provide the fastest eight 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
- b. All other events: Preliminaries will be senior seeded by time alone, slowest to fastest, as per rule SW 3.1 and its sub-paragraphs, regardless of whether or not they are bonus events. The last 3 heats of 400 Free and 400 IM will be circle seeded.
- c. Meet Management reserves the right to adjust the seeding criteria for the 400 Free event to maintain session timeline requirements. (i.e. 2 per lane)
- d. Finals for individual events will be swum by gender & age groups.

11. Meet Safety Rules:

- a. Swimming Canada Warm-up Competition Safety Procedures will be in effect.
See: <https://www.swimming.ca/content/uploads/2015/06/swimming-canada-competition-warm-up-safety-procedures-september-26-2016.pdf>
- b. Safety Marshalls will be stationed around the pool deck during general warm-up.
- c. Entry into the pool must be feet-first at all times during general warm-up.
- d. During the last 30 minutes of warm-up, a minimum of two lanes will be designated as sprint lanes where an entrance dive is permitted. During this period, one-way swimming only is allowed.
- e. During the last 45 minutes of warm-up a minimum of two lanes will be designated as pace lanes, as required.
- f. Running on deck is NOT permitted.
- g. No fins or hand paddles may be used during warm-up.
- h. No 'deck changing' is allowed. 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*.
- i. Swim Manitoba Code of Conduct will be in effect for this meet. See page 12

12. 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 Swimming Canada online entry system.
- c. 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.

13. Competition:

- a. The 800 Free and 1500 Free events will be swum as Timed Finals.
- b. All other individual pool events for all age groups will be swum as Preliminaries and Finals.
- c. 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.
- d. The 'A' final will swim before the 'B' final where there is a consolation final.
- e. PARA athletes (S1 to S14) will swim integrated in all preliminary sessions. They may advance to a final in their proper age and gender category which does not have a PARA final. In events that offer a separate PARA Final, they may only advance to the PARA final.
- f. PARA athletes (S1 to S14) will be judged under IPC rules and Regulations
- g. 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 regional club swimmers.
- h. Meet Management reserves the right to adjust the competition pools as designated by athlete registration numbers.

14. Relay Events:

- a. All relay events will be Timed Finals and be swum in Finals.
- b. 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.
- c. 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.
- d. In addition to swimming a relay in their own age category, swimmers may swim up an age category.
- e. Swim clubs may enter a maximum of **TWO** relay teams per event per age group.
- f. There are no qualifying times for relay events. To obtain a seeding time, it is recommended that a team time be submitted.
- g. Relay cards with complete swimmer names and requests for official splits must be submitted to the Clerk of Course within 30 minutes of the conclusion of the preliminary session on the day of that relay event.
- h. Final relay order may be changed through the Clerk of Course up to 30 minutes prior to the start of the finals session in which the relay is being held.
- i. Failure to meet the above criteria, the relay team will be considered ‘exhibition’ and is not eligible for points and awards.

15. Provincial Medley Relay Entries

- a. At the conclusion of regular competition in the final meet session, the Provincial Medley Relays will be swum.
- b. Each province may enter ONE relay team in each of the male and female age groups.
- c. Coaches 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 50 event, (ii) a lead off relay split or (iii) the 50 split from an individual 100 or 200 meter event
- d. Provincial Relay cards are due no later than 15 minutes after the conclusion of all the 50 Back finals.

16. Deck Entries:

- a. Deck entries are only allowed if space permits; additional heats will not be created.
- b. Deck entry fee must be presented to the **Clerk of Course** prior to lane assignment by Cash or Cheque payable to **Swim Manitoba**.
- c. Deck Entry fee: \$15
- d. Relay Deck Entry: \$20
- e. Deck entries are NOT ALLOWED in the 800FR and 1500FR events.
- f. Deck entries will be swum as ‘**exhibition**’ only.
- g. Deck entries will not be scored nor advance to finals.

17. Scratches:

- a. All scratches must be submitted on official scratch cards available at the Clerk of Course and must be submitted to the Clerk of Course. Scratches submitted after the scratch deadline will automatically be considered a late scratch (subject to the authority of the Referee) and be subject to penalties outlined in clause (e) below.
- b. Scratches from time final events (800 and 1500 free) are requested to be submitted up to 15 minutes prior to the start of the Preliminary session on the day the event is scheduled to be held. Coaches are encouraged to submit time final scratches as soon as possible to allow Meet Management reseeding opportunities. Penalties for all late scratches will be enforced as detailed in clause (e) below.
- c. Scratches from preliminary events are requested to be submitted up to 30 minutes prior to the start of the preliminary session in which event is being held. Penalties for late scratches will be enforced as detailed in clause (e) below.

Scratches Continued:

- d. Scratches from finals events must be submitted 30 minutes following the completion of the preliminary events on the day the final is to be swum (excluding any time final events). Saturday scratch deadline is 30 minutes after the completion of the 50 Breaststroke event as this is the last preliminary event on Saturday.
- e. Penalties for all unexcused scratches, no shows, step downs and unexcused incomplete swims (as determined by the Referee) will be enforced as follows:
 - 1) For all time final events unexcused late scratches, no shows and step downs simply create empty lanes. Scratches from time final events may be made at the time without penalty except for loss of entry fee.
 - 2) For all preliminary events unexcused scratches, no shows and step downs simply create empty lanes, as there shall be no re-seeding. Scratches from preliminary heats may be made at any time without penalty except for loss of entry fee.
 - 3) For all final events unexcused scratches, no shows and step downs (as determined by the Referee) will result in the offending swimmer being scratched from all their remaining final events and 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. No monetary penalty fee is to be assessed.
- f. **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 to the Clerk of Course and is present and ready to swim. The alternate shall become one of the finalists. Alternates **MUST** report to the Clerk of Course prior to the event being called and be ready to swim, if necessary.

18. Scoring:

- a. Individual pool events for Age Group High Point Awards: 5-2-1
- b. Individual pool events for Provincial Age Group Awards:
50-30-20-15-14-13-12-11 / 9-7-6-5-4-3-2-1
- c. Individual pool 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
- d. Relay events: 50-30-20-15-14-13-12-11
- e. The top 16 score in all events regardless if there is a consolation final or not.
- f. Special Olympics swimmers will not be eligible to score individual or team points.

19. Results:

- a. Unofficial results will be posted in real time on meet mobile throughout the competition.
- b. Hy-Tek Live results will be available through Meet Mobile and posted on the Swim Manitoba website www.swimmanitoba.mb.ca
- c. Final results will be posted and may be downloaded from the Swimming Canada meet list site.
- d. Splits may not be available for distance events if they are swum two per lane.

Official Splits: As per SNC Swimming Rule CSW 13.3.1.1 - 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 will be held. Official Split requests must be submitted to the Meet Manager a minimum of ½ hour 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 from the SNC site at: <https://swimming.ca/en/competition-forms/>

Such official split shall then be reported as a separate event in the meet results.

20. Individual Awards:

- a. Individual awards:
 - i. 1st to 3rd place for Final events: Medals
 - ii. 4th to 8th place for Final events: Ribbons
- b. PARA awards:
 - i. 1st to 3rd place for PARA Final events: Medals
 - ii. 4th to 8th place for PARA Final events: Ribbons
- c. Relay events:
 - i. 1st place: Medals for all relay team members
 - ii. 2nd and 3rd place: Ribbons for all relay team members
- d. Provincial Age Group Awards:
 - i. High point award for the top female and top male for each age category, for each Manitoba and Saskatchewan
- e. Individual High Point Trophy:
 - i. High point award overall for the top female and top male for each age category
- f. Betty Lou Dean award:
 - i. Award for best performance on the World Performance Charts.
 - ii. One award each for the top female swim of the meet and the top male swim of the meet.
- g. Philip Clark Memorial Award:
 - i. The single best swim by a PARA (S1 to S14) swimmer, male or female, based on current SNC PARA Swimming Performance Points Charts.

21. Club Awards:

- a. Manitoba Small Club: Awarded to the Manitoba swim club with 15 or fewer swimmers with the highest aggregate points.
- b. Saskatchewan Small Club: Awarded to the Saskatchewan swim club with 15 or fewer swimmers with the highest aggregate points.
- c. Top Manitoba Club: Awarded to the Manitoba swim club with the highest aggregate points.
- d. Top Saskatchewan Club: Awarded to the Saskatchewan swim club with the highest aggregate points.
- e. Overall Top Manitoba or Saskatchewan Small Club: Awarded to the Manitoba or Saskatchewan swim club with 15 or fewer swimmers with the overall highest aggregate points.
- f. Overall Top Manitoba or Saskatchewan Club: Awarded to the Manitoba or Saskatchewan swim club with the overall highest aggregate points

22. Technical Meeting:

- a. Technical meetings may be held 30 minutes prior to the start of any session, as required.

23. Hospitality:

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



ManSask Meet Event List			
Session 1	Event	Description	
Thursday, July 6			
Preliminaries	1	Female 200 IM	Preliminaries
And Timed Finals	2	Male 200 IM	Preliminaries
Warm-up: 4:30 p.m.	3	Female 1500 Freestyle	Timed Finals
Start: 5:30 p.m.	4	Male 1500 Freestyle	Timed Finals
Session 2	Event	Description	
Friday, July 7			
Preliminaries	5	Female 100 Butterfly	Preliminaries
	6	Male 100 Butterfly	Preliminaries
Warm-up: 8:00 a.m.	7	Female 200 Breaststroke	Preliminaries
Start: 9:00 a.m.	8	Male 200 Breaststroke	Preliminaries
	11	Female 50 Freestyle	Preliminaries
	12	Male 50 Freestyle	Preliminaries
	13	Female 100 Backstroke	Preliminaries
	14	Male 100 Backstroke	Preliminaries
	15	Female 400 Freestyle	Preliminaries
	16	Male 400 Freestyle	Preliminaries
Session 3	Event	Description	
Friday, July 7			
Timed Finals and Finals	5	Female 100 Butterfly	Finals
	6	Male 100 Butterfly	Finals
Warm-up: 4:00 p.m.	7	Female 200 Breaststroke	Finals
Start: 5:00 p.m.	8	Male 200 Breaststroke	Finals
	9/10	PARA 50 Freestyle (S1 – S14)	Finals
	11	Female 50 Freestyle	Finals
	12	Male 50 Freestyle	Finals
	13	Female 100 Backstroke	Finals
	14	Male 100 Backstroke	Finals
	15	Female 400 Freestyle	Finals
	16	Male 400 Freestyle	Finals
	17	Female 12 & Under 200 Freestyle Relay	Timed Finals
	18	Male 13 & Under 200 Freestyle Relay	Timed Finals
	19	Female 13 & 14 200 Freestyle Relay	Timed Finals
	20	Male 14 & 15 200 Freestyle Relay	Timed Finals
	21	Female 15 & Over 200 Freestyle Relay	Timed Finals
	22	Male 16 & Over 200 Freestyle Relay	Timed Finals



Man Sask Meet Event List (cont.)				
Session 4	Event	Description		
Saturday, July 8	23	Female 200 Butterfly		Preliminaries
Preliminaries	24	Male 200 Butterfly		Preliminaries
And Timed Finals	27	Female 100 Freestyle		Preliminaries
Warm-up: 8:00 a.m.	28	Male 100 Freestyle		Preliminaries
Start: 9:00 a.m.	29	Female 200 Backstroke		Preliminaries
	30	Male 200 Backstroke		Preliminaries
	31	Female 50 Breaststroke		Preliminaries
	32	Male 50 Breaststroke		Preliminaries
	35	Female 800 Freestyle		Timed Finals
	36	Male 800 Freestyle		Timed Finals
Session 5	Event	Description		
Saturday, July 8	23	Female 200 Butterfly		Finals
Timed Finals and	24	Male 200 Butterfly		Finals
Finals	25/26	PARA 100 Freestyle (S1 – S14)		Finals
Warm-up: 4:00 p.m.	27	Female 100 Freestyle		Finals
Start: 5:00 p.m.	28	Male 100 Freestyle		Finals
	29	Female 200 Backstroke		Finals
	30	Male 200 Backstroke		Finals
	31	Female 50 Breaststroke		Finals
	32	Male 50 Breaststroke		Finals
	33/34	PARA 150/200 IM (SM1 to SM4 / SM5 to SM14)		Finals
	1	Female 200 IM		Finals
	2	Male 200 IM		Finals
	37	Female 12 & Under	200 Medley Relay	Timed Finals
	38	Male 13 & Under	200 Medley Relay	Timed Finals
	39	Female 13 & 14	200 Medley Relay	Timed Finals
	40	Male 14 & 15	200 Medley Relay	Timed Finals
	41	Female 15 & Over	200 Medley Relay	Timed Finals
	42	Male 16 & Over	200 Medley Relay	Timed Finals



Man Sask Meet Event List (cont.)				
Session 6	Event	Description		
Sunday, July 9	43	Female	50 Butterfly	Preliminaries
Preliminaries	44	Male	50 Butterfly	Preliminaries
Warm-up: 8:00 a.m.	45	Female	200 Freestyle	Preliminaries
Start: 9:00 a.m.	46	Male	200 Freestyle	Preliminaries
	49	Female	50 Backstroke	Preliminaries
	50	Male	50 Backstroke	Preliminaries
	51	Female	100 Breaststroke	Preliminaries
	52	Male	100 Breaststroke	Preliminaries
	53	Female	400 IM	Preliminaries
	54	Male	400 IM	Preliminaries
Session 7	Event	Description		
Sunday, July 9	43	Female	50 Butterfly	Finals
Finals	44	Male	50 Butterfly	Finals
Warm-up: 4:00 p.m.	45	Female	200 Freestyle	Finals
Start: 5:00 p.m.	46	Male	200 Freestyle	Finals
	47/48	PARA 50 Backstroke (S1 to S 14)		Finals
	49	Female	50 Backstroke	Finals
	50	Male	50 Backstroke	Finals
	51	Female	100 Breaststroke	Finals
	52	Male	100 Breaststroke	Finals
	53	Female	400 IM	Finals
	54	Male	400 IM	Finals
	55	Female	12 & Under 200	MR Provincial Relay
	56	Male	13 & Under 200	MR Provincial Relay
	57	Female	13 & 14 200	MR Provincial Relay
	58	Male	14 & 15 200	MR Provincial Relay
	59	Female	15 & Over 200	MR Provincial Relay
	60	Male	16 & Over 200	MR Provincial Relay



Volunteers Required

GIVE YOUR TIME, SO THEY CAN SHINE, VOLUNTEER NOW

Mail to: swimmingchair2@canadagames2.ca
<http://www.sportmanitoba.ca/canada-games-centre>



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 the swim meet. 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.



September 26, 2016



SWIMMING CANADA 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, an announcement 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.
- 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.

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 higher level 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 higher level 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.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed 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.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

September 26, 2016



SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

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.

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 rules 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 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.”



2016 - 2020 Girls ManSask "AA" Time Standards												
11&U	12	13	14	15	16&O	Events	16&O	15	14	13	12	11&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:35.98	00:33.46	00:31.95	00:30.99	00:30.53	00:30.22	50Fr	00:29.52	00:29.82	00:30.27	00:31.21	00:32.68	00:35.14
01:18.65	01:13.14	01:09.85	01:07.76	01:06.74	01:06.07	100Fr	01:04.95	01:05.60	01:06.60	01:08.66	01:11.90	01:17.31
02:51.10	02:39.12	02:31.96	02:27.40	02:25.19	02:23.74	200Fr	02:21.23	02:22.65	02:24.83	02:29.30	02:36.34	02:48.11
06:03.34	05:37.90	05:22.70	05:13.02	05:08.32	05:05.24	400Fr	04:57.86	05:00.86	05:05.45	05:14.89	05:29.73	05:54.55
12:34.94	11:42.09	11:10.50	10:50.38	10:40.63	10:34.22	800Fr	10:18.08	10:24.32	10:33.83	10:53.43	11:24.22	12:15.72
24:40.53	22:56.90	21:54.94	21:15.49	20:56.36	20:43.79	1500Fr	20:13.55	20:25.81	20:44.48	21:22.97	22:23.42	24:04.54
00:41.47	00:38.57	00:36.83	00:35.73	00:35.19	00:34.84	50Bk	00:34.09	00:34.44	00:34.96	00:36.04	00:37.74	00:40.58
01:28.34	01:22.16	01:18.46	01:16.11	01:14.97	01:14.22	100Bk	01:12.60	01:13.33	01:14.45	01:16.75	01:20.36	01:26.41
03:12.36	02:58.90	02:50.85	02:45.72	02:43.24	02:41.60	200Bk	02:36.52	02:38.10	02:40.51	02:45.47	02:53.27	03:06.31
00:46.12	00:42.90	00:40.97	00:39.74	00:39.14	00:38.75	50Br	00:38.09	00:38.48	00:39.06	00:40.27	00:42.17	00:45.34
01:40.83	01:33.77	01:29.55	01:26.86	01:25.56	01:24.70	100Br	01:22.37	01:23.20	01:24.47	01:27.08	01:31.19	01:38.05
03:38.16	03:22.89	03:13.76	03:07.95	03:05.13	03:03.28	200Br	02:58.31	03:00.11	03:02.85	03:08.51	03:17.39	03:32.25
00:38.84	00:36.12	00:34.50	00:33.46	00:32.96	00:32.63	50FL	00:32.42	00:32.74	00:33.24	00:34.27	00:35.88	00:38.59
01:27.02	01:20.93	01:17.29	01:14.97	01:13.84	01:13.10	100FL	01:12.25	01:12.98	01:14.09	01:16.38	01:19.98	01:26.00
03:19.62	03:05.65	02:57.29	02:51.97	02:49.39	02:47.70	200FL	02:43.41	02:45.06	02:47.58	02:52.76	03:00.90	03:14.52
03:15.40	03:01.72	02:53.55	02:48.34	02:45.81	02:44.16	200I.M	02:39.50	02:41.11	02:43.56	02:48.62	02:56.57	03:09.86
06:54.38	06:25.38	06:08.03	05:56.99	05:51.64	05:48.12	400I.M	05:39.15	05:42.57	05:47.79	05:58.54	06:15.44	06:43.70

2016 - 2020 Girls ManSask "A" Time Standards												
11&U	12	13	14	15	16&O	Events	16&O	15	14	13	12	11&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:40.47	00:37.64	00:35.95	00:34.87	00:34.35	00:34.00	50Fr	00:33.21	00:33.55	00:34.06	00:35.11	00:36.77	00:39.53
01:28.48	01:22.29	01:18.58	01:16.23	01:15.08	01:14.33	100Fr	01:13.07	01:13.80	01:14.93	01:17.25	01:20.89	01:26.97
03:12.49	02:59.01	02:50.96	02:45.83	02:43.34	02:41.71	200Fr	02:38.88	02:40.48	02:42.93	02:47.97	02:55.88	03:09.12
06:48.75	06:20.14	06:03.03	05:52.14	05:46.86	05:43.39	400Fr	05:35.09	05:38.47	05:43.63	05:54.25	06:10.95	06:38.87
14:09.30	13:09.85	12:34.31	12:11.68	12:00.70	11:53.50	800Fr	11:35.34	11:42.36	11:53.05	12:15.11	12:49.75	13:47.68
27:45.60	25:49.01	24:39.30	23:54.92	23:33.40	23:19.27	1500Fr	22:45.25	22:59.04	23:20.04	24:03.34	25:11.35	27:05.10
00:46.65	00:43.39	00:41.44	00:40.19	00:39.59	00:39.19	50Bk	00:38.36	00:38.74	00:39.33	00:40.55	00:42.46	00:45.66
01:39.39	01:32.43	01:28.27	01:25.62	01:24.34	01:23.49	100Bk	01:21.67	01:22.50	01:23.75	01:26.34	01:30.41	01:37.22
03:36.41	03:21.26	03:12.20	03:06.44	03:03.64	03:01.80	200Bk	02:56.08	02:57.86	03:00.57	03:06.15	03:14.93	03:29.60
00:51.89	00:48.26	00:46.09	00:44.70	00:44.03	00:43.59	50Br	00:42.86	00:43.29	00:43.95	00:45.31	00:47.44	00:51.01
01:53.43	01:45.49	01:40.74	01:37.72	01:36.25	01:35.29	100Br	01:32.67	01:33.60	01:35.03	01:37.97	01:42.59	01:50.31
04:05.43	03:48.25	03:37.98	03:31.44	03:28.27	03:26.19	200Br	03:20.60	03:22.62	03:25.71	03:32.07	03:42.06	03:58.78
00:43.70	00:40.64	00:38.81	00:37.65	00:37.08	00:36.71	50FL	00:36.47	00:36.84	00:37.40	00:38.55	00:40.37	00:43.41
01:37.90	01:31.04	01:26.95	01:24.34	01:23.07	01:22.24	100FL	01:21.28	01:22.10	01:23.35	01:25.93	01:29.98	01:36.75
03:44.57	03:28.85	03:19.45	03:13.47	03:10.57	03:08.66	200FL	03:03.84	03:05.70	03:08.53	03:14.36	03:23.51	03:38.83
03:39.83	03:24.44	03:15.24	03:09.38	03:06.54	03:04.67	200I.M	02:59.44	03:01.25	03:04.01	03:09.70	03:18.64	03:33.59
07:46.18	07:13.55	06:54.04	06:41.62	06:35.59	06:31.64	400I.M	06:21.54	06:25.39	06:31.26	06:43.36	07:02.37	07:34.16

2016-2020 ManSask Standards as of September 8, 2016

Athletes may qualify for ManSask or Provincial Championships in single age categories, but will compete in combined age groups as per item 3a.



2016 - 2020 Boys ManSask "AA" Time Standards												
12&U	13	14	15	16	17&O	Events	17&O	16	15	14	13	12&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:33.85	00:31.31	00:29.74	00:28.70	00:27.98	00:27.56	50Fr	00:26.73	00:27.13	00:27.83	00:28.84	00:30.36	00:32.82
01:13.60	01:08.08	01:04.68	01:02.42	01:00.86	00:59.94	100Fr	00:58.40	00:59.29	01:00.81	01:03.02	01:06.33	01:11.71
02:41.19	02:29.10	02:21.65	02:16.69	02:13.27	02:11.27	200Fr	02:08.02	02:09.97	02:13.30	02:18.13	02:25.40	02:37.19
05:44.13	05:18.32	05:02.40	04:51.82	04:44.52	04:40.26	400Fr	04:31.63	04:35.77	04:42.84	04:53.10	05:08.52	05:33.54
12:03.15	11:08.91	10:35.46	10:13.22	09:57.89	09:48.92	800Fr	09:29.91	09:38.59	09:53.42	10:14.95	10:47.31	11:39.80
22:53.97	21:10.92	20:07.38	19:25.12	18:55.99	18:38.95	1500Fr	18:09.67	18:26.26	18:54.63	19:35.78	20:37.67	22:18.02
00:38.98	00:36.05	00:34.25	00:33.05	00:32.22	00:31.74	50Bk	00:30.90	00:31.37	00:32.18	00:33.35	00:35.10	00:37.95
01:23.93	01:17.63	01:13.75	01:11.17	01:09.39	01:08.35	100Bk	01:05.70	01:06.70	01:08.41	01:10.89	01:14.62	01:20.67
03:01.44	02:47.83	02:39.44	02:33.86	02:30.02	02:27.77	200Bk	02:21.88	02:24.04	02:27.74	02:33.10	02:41.15	02:54.22
00:43.00	00:39.77	00:37.78	00:36.46	00:35.55	00:35.02	50Br	00:34.62	00:35.14	00:36.05	00:37.35	00:39.32	00:42.51
01:34.09	01:27.03	01:22.68	01:19.78	01:17.79	01:16.62	100Br	01:14.24	01:15.37	01:17.30	01:20.10	01:24.32	01:31.15
03:24.88	03:09.51	03:00.03	02:53.73	02:49.39	02:46.85	200Br	02:41.82	02:44.28	02:48.49	02:54.60	03:03.79	03:18.70
00:36.33	00:33.60	00:31.92	00:30.80	00:30.03	00:29.58	50FL	00:29.42	00:29.87	00:30.63	00:31.74	00:33.41	00:36.12
01:20.70	01:14.65	01:10.92	01:08.43	01:06.72	01:05.72	100FL	01:05.02	01:06.01	01:07.70	01:10.15	01:13.85	01:19.83
03:03.93	02:50.13	02:41.63	02:35.97	02:32.07	02:29.79	200FL	02:25.53	02:27.75	02:31.54	02:37.03	02:45.30	02:58.70
03:01.38	02:47.78	02:39.39	02:33.81	02:29.96	02:27.71	200I.M	02:24.00	02:26.19	02:29.94	02:35.38	02:43.56	02:56.82
06:31.10	06:01.76	05:43.68	05:31.65	05:23.36	05:18.51	400I.M	05:08.32	05:13.02	05:21.04	05:32.69	05:50.20	06:18.59

2016 - 2020 Boys ManSask "A" Time Standards												
12&U	13	14	15	16	17&O	Events	17&O	16	15	14	13	12&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:38.08	00:35.22	00:33.46	00:32.29	00:31.48	00:31.01	50Fr	00:30.07	00:30.52	00:31.31	00:32.44	00:34.15	00:36.92
01:22.80	01:16.59	01:12.76	01:10.22	01:08.46	01:07.44	100Fr	01:05.70	01:06.70	01:08.41	01:10.89	01:14.62	01:20.67
03:01.34	02:47.74	02:39.35	02:33.78	02:29.93	02:27.68	200Fr	02:24.02	02:26.21	02:29.96	02:35.40	02:43.58	02:56.84
06:27.15	05:58.11	05:40.20	05:28.30	05:20.09	05:15.29	400Fr	05:05.58	05:10.24	05:18.19	05:29.73	05:47.09	06:15.23
13:33.54	12:32.52	11:54.90	11:29.88	11:12.63	11:02.54	800Fr	10:41.15	10:50.91	11:07.60	11:31.82	12:08.23	13:07.27
25:45.71	23:49.79	22:38.30	21:50.76	21:17.99	20:58.82	1500Fr	20:25.88	20:44.55	21:16.46	22:02.76	23:12.37	25:05.27
00:43.85	00:40.56	00:38.53	00:37.18	00:36.25	00:35.71	50Bk	00:34.77	00:35.30	00:36.20	00:37.51	00:39.49	00:42.69
01:34.42	01:27.34	01:22.97	01:20.07	01:18.06	01:16.89	100Bk	01:13.91	01:15.04	01:16.96	01:19.75	01:23.95	01:30.76
03:24.12	03:08.81	02:59.37	02:53.09	02:48.77	02:46.24	200Bk	02:39.62	02:42.05	02:46.21	02:52.23	03:01.30	03:16.00
00:48.37	00:44.74	00:42.51	00:41.02	00:39.99	00:39.39	50Br	00:38.94	00:39.54	00:40.55	00:42.02	00:44.23	00:47.82
01:45.85	01:37.91	01:33.01	01:29.76	01:27.51	01:26.20	100Br	01:23.52	01:24.79	01:26.96	01:30.11	01:34.86	01:42.55
03:50.48	03:33.20	03:22.54	03:15.45	03:10.56	03:07.71	200Br	03:02.04	03:04.82	03:09.55	03:16.43	03:26.77	03:43.53
00:40.87	00:37.80	00:35.91	00:34.66	00:33.79	00:33.28	50FL	00:33.10	00:33.60	00:34.46	00:35.71	00:37.59	00:40.64
01:30.79	01:23.98	01:19.78	01:16.99	01:15.06	01:13.94	100FL	01:13.14	01:14.26	01:16.16	01:18.92	01:23.08	01:29.81
03:26.92	03:11.40	03:01.83	02:55.47	02:51.08	02:48.51	200FL	02:43.72	02:46.22	02:50.48	02:56.66	03:05.96	03:21.04
03:24.05	03:08.75	02:59.31	02:53.03	02:48.71	02:46.18	200I.M	02:42.00	02:44.47	02:48.68	02:54.80	03:04.00	03:18.92
07:19.98	06:46.99	06:26.64	06:13.10	06:03.78	05:58.32	400I.M	05:46.86	05:52.14	06:01.17	06:14.27	06:33.97	07:05.92

2016-2020 ManSask Standards as of September 8, 2016

Athletes may qualify for ManSask or Provincial Championships in single age categories, but will compete in combined age groups as per item 3a.

Accommodations:

Holiday Inn Winnipeg South: 1330 Pembina Highway Winnipeg MB
204-452-4747



[Holiday Inn Winnipeg South](#) Swim Manitoba Event

Pro Shop:

Swimming Matters: 1389 Grant Avenue Winnipeg MB
204-489-1429

Swimming Matters will be on site at 2nd floor - Pan Am Pool during ManSask

