



Prairie Winter International 2019

March 7th – March 10th, 2019

At

**Winnipeg Pan Am Pool
25 Poseidon Bay
Winnipeg, Manitoba R3M 3E4
T: (204) 452-4655**

**50 meter 8 lane competition pool
Quantum Electronic Timing System
Long Course**

www.mantaswimming.ca



Session	Date and Time		
1	Thursday, March 7 th , 2019 Timed finals	Warm-up Start	1:00 p.m. 2:00 p.m.
2	Friday, March 8 th , 2019 Designated preliminaries and timed finals	Warm-up Start	7:30 a.m. 8:30 a.m.
3	Friday, March 8 th , 2019 Finals	Warm-up Start	4:30 p.m. 5:30 p.m.
4	Saturday, March 9 th , 2019 Designated preliminaries and timed finals	Warm-up Start	7:30 a.m. 8:30 a.m.
5	Saturday, March 9 th , 2019 Finals	Warm-up Start	4:30 p.m. 5:30 p.m.
6	Sunday, March 10 th , 2019 Designated preliminaries and timed finals	Warm-up Start	7:30 a.m. 8:30 a.m.
7	Sunday, March 10 th , 2019 Finals	Warm-up Start	4:30 p.m. 5:30 p.m.

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

Meet Managers	
Janene Cheung	Chris Torrance
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Meet Entries and Results	Officials Coordinator
Chris Torrance / Martin Hafenbrak	Jeff Rerie
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1. Facility:

- a. Two eight lane 50 meter competition pool
- b. QUANTUM primary and secondary electronic timings system
- c. Warm-up/down lanes available
- d. Host to:
 - 2019 Summer Nationals
 - 2018 Canadian Junior Championships
 - 2017 Canada Summer Games
 - 2014 Canadian Age Group Championships
 - 2012 & 2016 Western Championships

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, 2016 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.

3. Age Group Categories:

- a. For all events:
 - Girls: 12 & Under, 13 & 14, 15 & over
 - Boys: 13 & Under, 14 & 15, 16 & over

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

4. Entry Deadline:

- a. **Sunday, February 24, 2019 @ 11:59 p.m. CST.**
- b. The Entries and Results chairperson must receive entries and proof of time by the entry deadline.
- c. Any errors or omissions in entry file details will cause delays in accepting entries.

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.d. below)
- b. Entries must include the following: valid SNC Swimmer ID, correct birthdate, gender, and Para Swimmers must have their classifications after their name in their entries.
- c. Entries must be submitted as a Hytek entries file.
- d. Entries for USS and FINA swimmers must be submitted as a Hytek entries file directly to the Entries and Results chairperson, along with proof of times.
- e. Direct questions or request for additional information to the Entries and Results chairperson.

6. Entry Fees:

- a. Individual: \$95.00
- b. Relay only swimmers: \$25.00
- c. Relay team event: \$20.00 (per team per event)
- d. Deck entry: \$15.00 (individual)



- e. Entry fees include all SNM competition fees and charges (\$6 participation fee per swimmer and \$1 program development fee perswim).
- f. All entry fees must be received **IN FULL** 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 or deliver to Meet Office.**

7. Proof of Times:

- a. Entries and Results chairperson 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 March 7, 2019 at 11:00 a.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 **EIGHT (8)** 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. Bonus swim limitations: swimmers must have at least **ONE (1)** qualifying time. Each swimmer may swim up to **FIVE (5)** individual bonus events to a maximum of **SIX (6)** 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.



11. Qualifying Times:

- a. Qualifying times as listed in this meet package apply to this competition ([Appendix 1](#)).
- 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 (1) 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 (1) relay team per age group per event.
- e. A maximum of TWO (2) 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 names can be changed up to 30 minutes prior to start of relay event.

13. Deck Entries:

- a. Entry fee of \$15.00 payable to Manta Swim Club at the **Clerk of Course** prior to lane assignment.
- b. Allowed only if space permits.
- c. Must include swimmers ID number.
- d. Additional heats will NOT be created.
- e. Deck entries will be swum as ‘**exhibition**’ only.
- f. Deck entries will not be scored nor advance to finals.
- g. Late or deck entries from other competing teams maybe allowed at the discretion of the Meet Manager.

14. Scratches:

- a. SNM SCRATCH RULE IN EFFECT ([Appendix 4](#))

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. No late scratches will be accepted but Clerk of Course should be notified.



15. Official Splits:

- a. The procedure for obtaining an “Official Split” now requires that coaches make the request to the session referee or meet management on the “Official Split Request Form” prior to the start of the session in which the official split is requested. The split for the lead off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new “mixed gender” relays, lead off times/splits are not considered “officials splits” as per international practice.
- b. There will be a fee of \$5.00 for each single official split request. The fee is payable to the Clerk of Course at the time of the request.

16. Protests:

- a. Protests shall be submitted within 30 minutes of the conclusion of the respective event to the Referee in writing on the Protest Form by the coach.
- b. Protest forms shall be submitted with a fee of \$30.00 for each protest.

17. Seeding:

- a. After all qualifying times have been proven, Meet Management will convert all SCM and YD times to LCM 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. 400/800/1500 events which will be seeded fastest to slowest by gender.
- d. All preliminary events will be circle seeded by time and gender regardless of age.

18. Competition:

- a. All current SNC Rules and SNM Policies will be in effect, including the SNM Competition Code of Conduct ([Appendix 3](#)).
- b. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1.
- c. The 50 FLY, 50 BACK, 50 BREAST, 800 FREE & 1500 FREE events will be swum as Timed Finals.
- d. All relay events will be swum as Timed Finals.
- e. All other events for all age groups will be swum as Preliminaries and Finals.
- f. This is an A/B time standard meet; coaches are reminded the qualifying standards are in place to ensure the length of the sessions are not excessive.
- g. Consolation Finals (B Finals) will be held only for those events with **18 or more** swimmers entered in that age category at the entry deadline.
- h. Events with Preliminaries and Finals with **8 or fewer** swimmers entered will be swum as Preliminaries and Finals (A Finals only).
- i. There will be no Consolation Finals (B Finals) for both 400FR & 400IM.
- j. The ‘B’ final will swim before the ‘A’ final where there is a consolation final.
Positive check-in is mandatory for ALL Final Events. All Swimmers must check in with Clerk of Course prior to the start of the session.
- k. PARA athletes are eligible to race and must conform to all entry and eligibility requirements as written in the meet package.
- l. PARA athletes (S1 to S14, SB1 to SB14) will swim integrated in all preliminary sessions.
- m. PARA athletes (S1 to S14, SB1 to SB14) will be judged under IPC Rules and Regulations.
- n. Meet Management reserves the right to hold competition for preliminary sessions in **two** pools if the number of swimmers exceeds reasonable capacity for one pool.



- o. Meet Management reserves the right to combine heats with two swimmers per lane in the 800m and 1500m distance events to meet timelines for completion of events.
- p. Manta Swim Club reserves the right to add a Time Trial session following one preliminary session, providing it follows the SNM Time Trials Policy.
- q. Any changes to the meet package or competition must be approved by Swim Manitoba (SNM).

19. Scoring:

- a. Scoring Individual High Point 5-2-1
- b. Team High Point for Individual Events 30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1
- c. Points will not be awarded if a swimmer fails to make a Qualifying Time in a Final or Timed Final.
- d. Preliminary events will be scored for those events that do not have Consolation Finals.

20. Results:

- a. Real-time results will be posted during the competition on Meet Mobile.
- 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.

21. Awards:

- a. Individual awards:
 - 1st to 8th place for 50 FL, 50 BA and 50 BR: Ribbons (all age groups)
 - 1st to 3rd place for Timed Final and Final events: Medals (all agegroups)
 - 4th to 8th place for Timed Final and Final events: Ribbons (12&U, 13&U age groups)
- 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; contingent on a minimum of 8 Para Swimmers entered in the meet at the entry deadline.
- 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.

22. Coaches Prizes:

- a. Contingent on a minimum of 350 athlete entries, all head coaches will be entered into our nightly lottery draw for two prizes of \$50.00. 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.

23. Coaches Technical Meeting:

- a. A coaches' meeting will be held at 1:15 p.m. on Thursday, March 7, 2019 to update meet rules and answer questions.



24. Safety:

- a. 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.

25. Hospitality:

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

26. 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.

27. Officials:

- a. Any out of town officials interested in assisting at the meet may contact the Officials Chair at jjrerie@gmail.com. All help is welcomed and greatly appreciated.

28. 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.

29. Pre-Meet Training

- a. Out of town teams wishing to book pool time for pre-meet training, please contact Head Coach Rob Novak (coachrnovak@gmail.com) to make the necessary arrangements.



Meet Event List				
Session 1	Women	Description	Men	
Thursday, March 7	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, March 8	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, March 8	11	200 Freestyle	12	Finals
	13	100 Backstroke	14	Finals
	15	50 Freestyle	16	Finals
	17	400 IM	18	Finals
	19	4 x 100 Mixed Medley Relay	20	
Warm-up: 4:30 p.m.				
Start: 5:30 p.m.				
Session 4	Women	Description	Men	
Saturday, March 9	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, March 9	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.				
	43	12-U 400 Freestyle Relay 13-U	44	Timed Finals
	45	13 & 14 400 Freestyle Relay 14 & 15	46	Timed Finals
	47	15 & O 400 Freestyle Relay 16 & O	48	Timed Finals
Session 6	Women	Description	Men	
Sunday, March 10	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, March 10	29	200 Backstroke	30	Finals
	31	100 Breaststroke	32	Finals
	33	200 Butterfly	34	Finals
	35	100 Freestyle	36	Finals
Warm-up: 4:30 p.m.				
Start: 5:30 p.m.				
	49	12-U 400 Medley Relay 13-U	50	Timed Finals
	51	13 & 14 400 Medley Relay 14 & 15	52	Timed Finals
	53	15 & O 400 Medley Relay 16 & O	54	Timed Finals

**Prairie Winter International 2019
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
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		
16 & Over	14 & 15	13 & Under	Stroke	13 & Under	14 & 15	16 & 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
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



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.

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 COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."



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.



Swimming Canada Natation

SWIM NATATION MANITOBA

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SWIM MANITOBA

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 anytime.
 - 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.