Manitoba Open Junior Provincials
Short Course
June 7-9, 2019

2019
JUNIOR OPEN PROVINCIALS
MANITOBA

HOSTED BY

MB

Meet Package

Sanction #: 33974

Manitoba Junior Provincials Short Course Meet Package

Facility and Timing:

* Pan-Am Pool 25 Poseidon Bay
  Winnipeg, Manitoba, R3M 3E4
  Phone: 204- 986-5890
* Short course meters – Main tank
* 8 x 25 M pool with 8 x 25 M pool + 8 x 25Y warm up/cool down pool
* Meet management reserves the right to restrict the number of lanes open in the warm up/cool down pool
* Quantum Electronic Timing with semi-electronic backup

NEW: *** Pan Am Pool is a Nut-free Facility**
*** Food & Snacks must be eaten on the second floor or in the lounge area**
*** Swim MB Policy – Single serve water bottles are not permitted. Please remember to bring your reusable water bottle.**

Meet Management:

Meet Managers	Entries & Results	Officials Coordinator
Corinne Pommer crpommer@gmail.com Donna Sutherland donsud@mts.net	Corrie Clearwater Silverlucidity@gmail.com	Maxine Wells 007bisonofficials@gmail.com

Dates & Times:

Session 1 - Friday, June 7, 2019

Warm up Start	4:00 PM
Clear Pool	4:30 PM
March On Officials	4:35 PM
National Anthem	4:37 PM
Start	4:40 PM
Medals	dispursed throughout

Session 2 - Saturady, June 8, 2019

Warm up Start	8:00 AM
Clear Pool	8:30 AM
March On Officials	8:35 AM
National Anthem	8:37 AM
Start	8:40 AM
Medals	dispursed throughout

Session 3 - Saturday, June 8, 2019

Warm up Start	3:30 PM
Clear Pool	4:00 PM
March On Officials	4:05 PM
National Anthem	4:07 PM
Start	4:10 PM
Medals	dispursed throughout

Session 4 - Sunday, June 9, 2019

Warm up Start	8:00 AM
Clear Pool	8:30 AM
March On Officials	8:35 AM
National Anthem	8:37 AM
Start	8:40 AM
Medals	dispursed throughout

Coaches Technical Meeting:

A coaches meeting will be held at 4:20 PM on the Friday to update meet rules, updates and answer any questions.

Eligibility:

* The Manitoba Junior Open Provincials meet is open to any swimmer currently registered as "competitive" and in good standing with any Swim Canada, USA Swimming or FINA affiliated member organizations and eligible to compete.
* Para entries will be accepted and will swim integrated within the meet events. There will not be any Para specific events.
* There are no Para specific entry standards. The atmosphere of Junior Provincials is for athletes swimming below the ManSask Standards. Para de-qualifying details are listed below.

Qualifying times

* Entrants must meet the current Manitoba "A" qualifying time standards in their applicable age group using the current 2016/2020 Short or Long Course and 10 & Under "A" time standards listed in Appendix 1
* All swimmers entry times must have been achieved between Sep 1, 2017 & May 28, 2019
* Times are to be submitted in the course they were achieved
* Converted times will not be accepted
* De-qualifying times 11 & Over swimmers 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

Para Swimmer Qualifying times

* Para swimmers are eligible to race and must conform to all entry and eligibility requirements as written in the meet package.
* Para swimmers will be integrated into eligible events. There will not be specific Para events or awards.
* De-qualifying times: Para swimmers will not be eligible to enter the event(s) in which they have recorded a Para ManSask qualifying time in either SCM or LCM, prior to entry deadline
* Para swimmers wishing to race outside of their sport class must meet all eligibility requirements as outlined in this meet package.

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 "Manitoba Junior Provincials 2019" (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 and the MSOA reserve the right to adjust the time lines to preserve acceptable session length and/or balancing of timelines

All events are swum as timed finals

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

Entries and Limitations:

Swimmers are restricted to seven (7) individual events, plus two (2) relays. For example, swimmers who have one (1) qualifying "A" time will be eligible for up to six (6) bonus swims.

NT's entries will not be accepted.

Bonus Swims:

Bonus swims must be entered with actual times for seeding purposes. NT's entries will not be accepted. The 400, 800 free, 200 butterfly and 400 IM events cannot 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.

* Clubs may enter a **maximum** of 2 relay teams in any relay event.
* **Maximum** of 2 relays per swimmer.
* 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 take the cards directly to the clerk of course 30 minutes prior to the start of the session.
* Unattached swimmers are not permitted to swim on relays
* Mixed Relays must consist of 2 girls and 2 boys.

Entry Fees:

Individual Entry Fee:	$71.00 Includes all SNM competition & participation fees
Relays:	$8.50 each relay entry
Relay Only swimmer Fee:	$35.50
Entry fees:	Payable prior to the start of the first session of meet
Cheques Payable to:	Swim Manitoba
Late fees:	Fees not paid prior to start of the first session will result in the swimmer/s being removed from competition

Entries:

Entry Deadline:
The Meet Manager must receive entries and proof of time by Tuesday, May 28, 2019 at 11:59 pm

Online Entries:
All entries must be compiled electronically via SNC online system.
The entry system can be accessed via www.swimming.ca
Entries will ONLY be accepted through Swimming Canada's website and must contain the complete and accurate information as required including: valid swimmer ID, correct date of birth and gender.
Errors or omissions in entry files will cause delays in accepting entries.

Proof of Time:

All individual entries must utilize a displayed time achieved within the qualifying dates and 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.

No time entries and custom times are not allowed.

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 Manitoba Scratch rule
Meet Management requests scratches be submitted to the clerk of course 30 minutes prior to each session.
Scratch rule attached See appendix 4

Competition:

* All current SNC rules apply during this meet except as specifically modified in this meet package
* WPS rules will be followed for Para swimmers competing in this meet
* All events are timed finals
* Age of swimmer is determined by their age on June 7, 2019

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
Para: integrated into age groups

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
Mixed: 10 & Under, 11-13; 14-15, 16 & Over
Para: integrated into age groups

Note: There will be no 10 & under category for the 800 Free, 200 Fly, 400 IM
The youngest age category will be Girls – 11-12, Boys – 11-13
Para: There will be no 800, 200 Fly, 400 IM

Seeding:

After all qualifying times have been proven Meet Management will convert all LC times to SC using a conversion factor of 2%.

200 Fly/400 IM will be seeded by time and gender
800 Free will be seeded by time and gender

* All events not listed above: Each age category and gender will have top 6 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 Free
* Bonus swims will be seeded last according to their entry times.

Distance events: 800 Free

* Seeded by time and gender, fastest to slowest.
* Meet management reserves the right to change the seeding criteria for the distance events in order to adhere to session time line requirements and/or to provide the fastest 6 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 Events

* Medals for 1st to 3rd
* Personal Best Ribbons for all individual personal best swim.
* Medals will be awarded DURING the meet. See **Appendix 5** for the medals ceremony schedule.
* Medal winning swimmers are asked to please present themselves at the awards area IMMEDIATELY after their swim.

Relays:

* Medals for 1st to 3rd

Trophies – Awards presented at the end of Session 4

* 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 Manitoba teams 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

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:

* In an effort to reduce our paper usage, Swim Manitoba will produce a free online meet program:

  http://www.swimmanitoba.mb.ca/juniorprovincials.aspx

  Use it on your phone or computer.

  Two programs will be posted on the walls of the stands at the pool for those who do not have access to the electronic version.

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.

According to the City of Winnipeg Bylaws, all advertising inside the pool, including club banners at meets, must be approved by the city. All clubs must send a request by email to cms-advertising@winnipeg.ca.

The request must include this information: your club, meet name and dates, attached picture of your banner. The request must be sent as soon as possible, no later than two weeks prior to the meet.

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.

* Starts Will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4. 7.

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 5 – Awards Ceremony

Appendix 1

Oct 14,2016	2016 - 2018 10 & Under Time Standards	
10 & Under Girls	**MANITOBA**	**10 & Under Girls**
LCM	**Event**	**SCM**
43.76	50 Free	42:90
1:36.49	100 Free	1:34.60
3:34.57	200 Free	3:28.32
7:20.56	400 Free	7:07.74
52.73	50 Back	51:70
1:49.96	100 Back	1:47.80
4:06.05	200 Back	3:58.89
59.19	50 Breast	58.03
2:04.88	100 Breast	2:02.43
4:29.31	200 Breast	4:21.47
53.86	50 Fly	52:80
1:57.81	100 Fly	1:55.50
	100 IM*	1:50.00
3:58.98	200 IM	3:52.01
Note: 100 IM * cannot be used to qualify for Long Course competitions		

Oct 14,2016	2016 – 2018 10 & Under Time Standards	
10 & Under Boys	**MANITOBA**	**10 & Under Boys**
LCM	**Event**	**SCM**
43.76	50 Free	42.90
1:36.49	100 Free	1:34.60
3:31.66	200 Free	3:25.50
7:17.51	400 Free	7:04.78
52.73	50 Back	51.70
1:50.17	100 Back	1:48.01
4:00.25	200 Back	3:53.25
58.32	50 Breast	57.18
2:06.36	100 Breast	2:03.88
4:30.93	200 Breast	4:23.04
53.86	50 Fly	52.80
1:57.81	100 Fly	1:55.50
	100 IM *	1:50.02
3:57.89	200 IM	3:50.90
Note: 100 IM * cannot be used to qualify for Long Course competitions		

Para ManSask Qualifying Standards:
https://swimming.ca/content/uploads/2015/06/2017_18-para-standards-provincial.pdf

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
						100IM	01:29.56	01:29.56	01:34.90	01:34.90	01:44.20	01:44.20
03:39.83	03:24.44	03:15.24	03:09.38	03:06.54	03:04.67	200IM	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	400IM	06:21.54	06:25.39	06:31.26	06:43.36	07:02.37	07:34.16

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	200IM	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	400IM	05:39.15	05:42.57	05:47.79	05:58.54	06:15.44	06:43.70

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
						100IM	01:20.65	01:20.65	01:26.57	01:26.57	01:38.96	01:38.96
03:24.05	03:08.75	02:59.31	02:53.03	02:48.71	02:46.18	200IM	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	400IM	05:46.86	05:52.14	06:01.17	06:14.27	06:33.97	07:05.92
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	200IM	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	400IM	05:08.32	05:13.02	05:21.04	05:32.69	05:50.20	06:18.59

Appendix 2

SNC 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

September 26, 2016

Appendix 3

SWIM MANITOBA www.swimmanitoba.mb.ca

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.

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 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.

Appendix 5

AWARDS CEREMONY

Session #1 Friday PM

#1 Girls 200 IM
#2 Boys 200 IM
#3 Girls 200 Free Relay
Medal Ceremony for #1 Girls 200 IM
#4 Boys 200 Free Relay
Medal Ceremony for #2 Boys 200 IM
#5 Girls 50 back
Medal Ceremony for #3 Girls 200 Free Relay
#6 Boys 50 back
Medal Ceremony for #4 Boys 200 Free Relay
#7 Girls 800 Free
#8 Boys 800 Free

Session #2 – Saturday AM

#9 Girls 400 IM
Medal Ceremony for #5 Girls 50 Back
#10 Boys 400 IM
Medal Ceremony for #6 Boys 50 Back
#11 Mixed 200 Free Relay
Medal Ceremony for #7 Girls 800 Free
Medal Ceremony for #8 Boys 800 Free
#13 Girls 100 Fly
Medal Ceremony for #9 Girls 400 IM
#14 Boys 100 Fly
Medal Ceremony for #10 Boys 400 IM
#15 Girls 50 Breast
Medal Ceremony for #13 Girls 100 Fly
#16 Boys 50 Breast
Medal Ceremony for #14 Boys 100 Fly
#17 Girls 100 Back
Medal Ceremony for #15 Girls 50 Breast
#18 Boys 100 Back
Medal Ceremony for #16 Boys 50 Breast
#19 Girls 200 Free
Medal Ceremony for #17 Girls 100 Back
#20 Boys 200 Free
Medal Ceremony for #18 Boys 100 Back
Medal Ceremony for #11 Mixed 200 Free Relay

AWARDS CEREMONY

Session #3 – Saturday PM

#21 Girls 200 Fly
Medal Ceremony for #19 Girls 200 Free
#22 Boys 200 Fly
Medal Ceremony for #20 Boys 200 Free
#23 Girls 200 Medley Relay
Medal Ceremony for #21 Girls 200 Fly
#24 Boys 200 Medley Relay
Medal Ceremony for #22 Boys 200 Fly
#25 Girls 100 Free
Medal Ceremony for #23 Girls 200 Medley Relay
#26 Boys 100 Free
Medal Ceremony for #24 Boys 200 Medley Relay
#27 Girls 200 Breast
Medal Ceremony for #25 Girls 100 Free
#28 Boys 200 Breast
Medal Ceremony for #26 Boys 100 Free
#29 Girls 50 Fly
Medal Ceremony for #27 Girls 200 Breast
#30 Boys 50 Fly
Medal Ceremony for #28 Boys 200 Breast
#31 Girls 100 IM
Medal Ceremony for #29 Girls 50 Fly
#32 Boys 100 IM
Medal Ceremony for #29 Girls 50 Fly

Session #4 – Sunday AM

#33 Girls 400 Free
Medal Ceremony for #31 Girls 100 IM
#34 Boys 400 Free
Medal Ceremony for #32 Boys 100 IM
#35 Mixed 200 Medley Relay
#37 Girls 100 Breast
Medal Ceremony for #33 Girls 400 Free
#38 Boys 100 Breast
Medal Ceremony for #34 Boys 400 Free
#39 Girls 200 Back
Medal Ceremony for #37 Girls 100 Breast
#40 Boys 200 Back
Medal Ceremony for #37 Girls 100 Breast
#41 Girls 50 Free
Medal Ceremony for #39 Girls 200 Back
#42 Boys 50 Free
Medal Ceremony for #40 Boys 200 Back
Medal Ceremony for #35 Mixed 200 Medley Relay
Medal Ceremony for #41 Boys 50 Free
Medal Ceremony for #42 Boys 50 Free

Individual high point trophy for each age category
Marvin MacDonald Memorial Team Award