

2019 ManSask Long Course Provincial Championships



**Hosted by:
Swim Manitoba**



**Swim Manitoba
Sponsors**



2019 ManSask Long Course Provincial Championships

July 4 – 7, 2019

Pan Am Pool 25 Poseidon Bay

Winnipeg MB

SANCTION #: 33979

Swimming Canada [Competition Safety Warm-up Procedures](#) will be in effect at this meet.

Current Swimming Canada Rules will apply except as specifically modified in this meet package - [Rules](#)

World Para Swimming Rules and Regulations will apply for Para swimmers – [Rules](#)

| | | |
|---------------------------|------------------------|---------|
| Technical Meeting: | Thursday, July 4, 2019 | 4:15 pm |
|---------------------------|------------------------|---------|

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

Stephen Molloy

Email: molloysp@gmail.com

Co Meet Manager:

John Witwicki

Email: johnwitwicki126@gmail.com

Entries and Results:

Micheal Gies

Email: michaelgies@shaw.ca

Officials Coordinator:

TBC

Email:



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 have a Swimming Canada 9-digit registration ID number, unless the swimmer is registered with and representing a foreign FINA affiliated federation.
- b. All swimmers must have achieved at least one “AA” 2016-2020 ManSask time ([Girls](#) – [Boys](#)), Short Course Standards or Long Course Standards, in any event, in their single age category; age as of first day of the competition. [Para Swimmers](#) must have achieved at least one Para Provincial standard.
- c. All qualifying swims must have been achieved during the qualifying period of:
January 1, 2018 to June 20, 2019
- d. Para swimmers will be fully integrated in heats and finals except the four Para finals.
- e. **Converted times will not be accepted.**
- f. Entry times will be accepted in LC or SC meters. Meet Management will convert the entry times, as required, using a 2% conversion prior to seeding.
- g. PARA events that do not have qualifying times may be used as bonus events, with the exception of 400 IM and 400, 800 and 1500m Free events.

3. Age Group Categories:

- a. For all individual 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 **Thursday, June 20, 2019 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: \$70.00
- 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**
- i. Meet Management is not obligated to refund entry fees after the entry deadline date.

6. Entries and Limitations:

- a. Swimmers can enter as many events as they have qualified for, up to a maximum of **SEVEN** individual events, plus relays.
- b. 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.
- c. Entries must include the swimmer's registration number and age as of the first day of the meet.
- d. **100 IM may not be used to qualify for ManSask Championships**
- e. Classification numbers for Para swimmers must accompany entries.
- f. 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 Para Swimming Points calculator.

Para Specific Finals:

| | | |
|-----|-------------------------|---------------------|
| (1) | 50 Free PARA final | (S1-S14) PARA final |
| (2) | 100 Free PARA final | (S1-S14) PARA final |
| (3) | 50 Back PARA final | (S1-S14) PARA final |
| (4) | 150 IM (S1-S4) / 200 IM | (S5-S14) PARA final |

7. 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. Swimmers who achieve one Man/Sask (AA) qualifying time in 400m Freestyle, 800m Freestyle, and/or 1500m Freestyle shall be allowed to enter a 400m Freestyle, 800m Freestyle and/or 1500m Freestyle as a bonus event.

8. 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 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.

9. 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 10 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 2 heats of 400 Free and 400 IM will be circle seeded.
- c. Meet Management reserves the right to adjust the seeding criteria for the 400FR event to maintain session

timeline requirements. (i.e. 2 per lane)

- d. Finals for individual events will be swum by gender & age groups.

10. Meet Safety Rules:

- a. [Swimming Canada Warm-up Competition Safety Procedures](#) will be in effect.
- 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, hand paddles or tubing may be used during warm-up.
- h. No 'deck changing' is allowed. All swimmers must use the change rooms.
- i. [Swim Manitoba Code of Conduct](#) will be in effect for this meet.

It is the coach's responsibility to inform the swimmers and ensure their discipline and adherence to the Meet Safety Rules.

11. Competition:

- a. The 800 FR and 1500 FR 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/WPS 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.
- i. **Start:** Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1

12. 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.

13. Provincial Medley Relay Entries

- a. At the conclusion of regular competition in the final meet session, the Provincial Medley Relays will be swum. The Relay for the 12/13 & under female/male will be a 4 x 50 Medley and for the 2 older age categories it will be a 4 x 100 Medley relay.
- 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 50/100 event, (ii) a lead off relay split or (iii) the 50 /100 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.

14. Deck Entries:

- a. Deck entries are only allowed if space permits; additional heats will not be created.
- b. Deck entry fees must be presented to the **Clerk of Course** prior to lane assignment (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.

Deck entries are for additional swims for swimmers already entered in the competition and have passed registration validation, to swim additional swims in empty lanes.

Deck Entries are not for day of competition entries.

Deck entries are exhibition and therefore will not be scored nor advance to finals.

15. Scratches:

- j. 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.
- k. 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) on the next page.
- l. 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.
- m. 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.
- n. 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.

- o. **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.

16. Scoring:

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

17. 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.

18. Individual Awards:

- a. Individual awards:
 - i. 1st to 3rd place for Final events: Medals
- b. PARA awards:
 - i. 1st to 3rd place for PARA Final events: Medals
- c. Relay events:
 - i. 1st to 3rd place: Medals for all relay team members on club relays.
 - ii. 1st place for Provincial Relay: Medals to 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:
 - The single best swim by a PARA (S1 to S14) swimmer, male or female, scored on the Para Swimming Points calculator.

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:

Technical meeting will be held Thursday afternoon as indicated on page two.
Further meetings may be held throughout the weekend if necessary.

23. Hospitality:

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

24. General Info:

- Any changes to the meet information or format will be provided to the coaches via email prior to the meet or at the coaches meeting.
- All swimmers are asked to please use the change room and not change on deck.
- Glass containers and breakables are not allowed on the pool deck.
- **Pan Am Pool is a Nut-free Facility**
- The City of Winnipeg maintains a “**No Food on Deck**” policy. Coaches are responsible for ensuring their swimmers comply with this policy. 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.
- 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. Clubs will be responsible for their personal valuables.
- The Pan Am Pool and Swim Manitoba will not accept responsibility for any lost or stolen items.
- All clubs are responsible for the conduct of their swimmers. Inappropriate behavior at the pool may result in disciplinary action by meet management.
- Please have your club’s area in the stands and on-deck clean up before you leave each session.
- Swimmers caught vandalizing pool property or using offensive language will be disqualified from the meet and any expenses incurred as a result of the vandalism will be billed to their club.
- Only the host club shall be allowed to sell equipment and merchandise.
- Your cooperation is expected in helping the officials to provide quiet for the start of each race.
- Only approved photographers will meet credentials will be permitted on deck, contact meet manager for more information.

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.***

ManSask Championship Meet Event List

| Session 1 | | Warm up: 4:30 pm | | Thursday July 4, 2019 - Prelims | | Start time: 5:30 pm | |
|--------------|----|------------------|---|---------------------------------|----|---------------------|--|
| | # | Gender | Event | | # | Gender | |
| Prelims | 1 | Female | 200 IM | | 2 | Male | |
| Prelims | 1 | Female | 200 IM Para - (S5-S14) / 150 IM (S1-S4) | | 2 | Male | |
| Timed Finals | 3 | Female | 1500 Freestyle | | 4 | Male | |
| | | | | | | | |
| Session 2 | | Warm up: 8:00 am | | Friday July 5, 2019 Prelims | | Start time: 9:00 am | |
| | # | Gender | Event | | # | Gender | |
| Prelims | 5 | Female | 100 Butterfly | | 6 | Male | |
| Prelims | 7 | Female | 200 Breaststroke | | 8 | Male | |
| Prelims | 11 | Female | 50 Free | | 12 | Male | |
| Prelims | 13 | Female | 100 Backstroke | | 14 | Male | |
| Prelims | 15 | Female | 400 Freestyle | | 16 | Male | |
| Session 3 | | Warm up: 4:00 pm | | Friday July 5, 2019 Finals | | Start time: 5:00 pm | |
| | # | Gender | Event | | # | Gender | |
| Finals | 5 | Female | 100 Butterfly | | 6 | Male | |
| Finals | 7 | Female | 200 Breaststroke | | 8 | Male | |
| Finals | 9 | Mixed | 50 Free - Para (S1-S14) | | 9 | Mixed | |
| Finals | 11 | Female | 50 Freestyle | | 12 | Male | |
| Finals | 13 | Female | 100 Backstroke | | 14 | Male | |
| Finals | 15 | Female | 400 Freestyle | | 16 | Male | |
| Timed Finals | 17 | Female | 200 Freestyle Relay 12 & Under | | | | |
| Timed Finals | | | 200 Freestyle Relay 13 & Under | | 18 | Male | |
| Timed Finals | 19 | Female | 200 Freestyle Relay 13 - 14 | | | | |
| Timed Finals | | | 200 Freestyle Relay 14 - 15 | | 20 | Male | |
| Timed Finals | 21 | Female | 200 Freestyle Relay 15 & Over | | | | |
| Timed Finals | | | 200 Freestyle Relay 16 & Over | | 22 | Male | |

ManSask Championship Meet Event List Continued:

| Session 4 Warm up: 8:00 am Saturday, July 6, 2019 Prelims Start time: 9:00 am | | | | | |
|---|----|--------|---|----|--------|
| | # | Gender | Event | # | Gender |
| Prelims | 23 | Female | 200 Butterfly | 24 | Male |
| Prelims | 27 | Female | 100 Free | 28 | Male |
| Prelims | 29 | Female | 200 Backstroke | 30 | Male |
| Prelims | 31 | Female | 50 Breaststroke | 32 | Male |
| Timed Finals | 35 | Female | 800 Freestyle | 36 | Male |
| | | | | | |
| Session 5 Warm up: 4:00 pm Saturday, July 6, 2019 Finals Start time: 5:00 pm | | | | | |
| | # | Gender | Event | # | Gender |
| Finals | 23 | Female | 200 Butterfly | 24 | Male |
| Finals | 25 | Mixed | 100 Free - Para (S1-S14) | 25 | Mixed |
| Finals | 27 | Female | 100 Freestyle | 28 | Male |
| Finals | 29 | Female | 200 Backstroke | 30 | Male |
| Finals | 31 | Female | 50 Breaststroke | 32 | Male |
| Finals | 33 | Mixed | 200 IM - Para (S5-S14) / 150 IM (S1-S4) | 33 | Mixed |
| Finals | 1 | Female | 200 IM | 2 | Male |
| Timed Finals | 37 | Female | 200 Medley Relay 12 & Under | | |
| Timed Finals | | | 200 Medley Relay 13 & Under | 38 | Male |
| Timed Finals | 39 | Female | 200 Medley Relay 13 - 14 | | |
| Timed Finals | | | 200 Medley Relay 14 - 15 | 40 | Male |
| Timed Finals | 41 | Female | 200 Medley Relay 15 & Over | | |
| Timed Finals | | | 200 Medley Relay 16 & Over | 42 | Male |

ManSask Championship Meet Event List Continued:

| Session 6 Warm up: 8:00 am Sunday, July 7, 2019 Prelims Start time: 9:00 am | | | | | |
|---|----|--------|--------------------------------------|----|--------|
| | # | Gender | Event | # | Gender |
| Prelims | 43 | Female | 50 Butterfly | 44 | Male |
| Prelims | 45 | Female | 200 Freestyle | 46 | Male |
| Prelims | 49 | Female | 50 Backstroke | 50 | Male |
| Prelims | 51 | Female | 100 Breaststroke | 52 | Male |
| Prelims | 53 | Female | 400 IM | 54 | Male |
| | | | | | |
| Session 7 Warm up: 4:00 pm Sunday, July 7, 2019 Finals Start time: 5:00 pm | | | | | |
| | # | Gender | Event | # | Gender |
| Finals | 43 | Female | 50 Butterfly | 44 | Male |
| Finals | 45 | Female | 200 Freestyle | 46 | Male |
| Finals | 47 | Mixed | 50 Backstroke - Para (S1-S14) | 47 | Mixed |
| Finals | 49 | Female | 50 Backstroke | 50 | Male |
| Finals | 51 | Female | 100 Breaststroke | 52 | Male |
| Finals | 53 | Female | 400 IM | 54 | Male |
| Timed Finals | 55 | Female | 200 MR Provincial Relay - 12 & Under | | |
| Timed Finals | | | 200 MR Provincial Relay - 13 & Under | 56 | Male |
| Timed Finals | 57 | Female | 400 MR Provincial Relay - 13 - 14 | | |
| Timed Finals | | | 400 MR Provincial Relay - 14 - 15 | 58 | Male |
| Timed Finals | 59 | Female | 400 MR Provincial Relay - 15 & Over | | |
| Timed Finals | | | 400 MR Provincial Relay - 16 & Over | 60 | Male |





2016-2020 ManSask Standards as of September 8, 2018

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

| 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, 2018

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

| 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 |

Accommodations:

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



WINNIPEG SOUTH

[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

