



2020 MANTA GRAND PRIX

February 7th – February 9th, 2020

At

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

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

www.mantaswimming.ca



| Session | Date and Time | | |
|---------|--|------------------|------------------------|
| 1 | Friday, February 7 th , 2019 Timed Finals | Warm-up Start | 4:00 p.m. 5:00 p.m. |
| 2 | Saturday, February 8 th , 2019 Preliminaries | Warm-up Start | 7:30 a.m. 8:30 a.m. |
| 3 | Saturday, February 8 th , 2019 Finals | Warm-up Start | 4:00 p.m. 5:00 p.m. |
| 4 | Sunday, February 9 th , 2019 Preliminaries | Warm-up Start | 7:30 a.m. 8:30 a.m. |
| 5 | Sunday, February 9 th , 2019 Finals | Warm-up Start | 4:00 p.m. 5:00 p.m. |

| MEET MANAGERS | |
|---|---|
| Chris Torrance | Janene Cheung |
| E: torrancesirhc@gmail.com | E: janene.cheung@gmail.com |
| T: (204) 795-9846 | T: (204) 227-5387 |

| MEET ENTRIES & RESULTS | OFFICIALS CHAIR |
|---|---|
| Martin Hafenbrak | Christina Yang / Marlene Lang |
| E: dudleyboy@gmail.com | E: chrisyang9859@gmail.com / marlene@oasisoriginals.com |
| T: (204) 899-3509 | T: (204) 891-9859 / (204) 782-6209 |



1. Facility:

- a. One eight (8) lane 50 meter competition pool
- b. QUANTUM primary and secondary electronic timing 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 February 1, 2019 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, January 26, 2020 @ 11:59PM 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 swimmer ID; correct birth date; gender; paraswimmers 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.
- e. Direct questions or request for additional information to the Entries and Results chairperson.

6. Entry Fees:

- a. Individual: \$90.00
- b. Entry fees include all SNM competition fees and charges (\$6 participation fee per swimmer and \$1 program development fee per swim).
- c. All entry fees must be received **IN FULL** by the first day of meet.



- d. Swimmers will not be allowed to swim if meet entry fees have not been paid.
- e. 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 February 7, 2020 at 3:00PM.

9. Refunds:

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

10. Entries and Limitations:

- a. Swimmers are limited to **THREE (3)** events per session to a maximum of **NINE (9)** individual events as long as qualifying standards are met.
- b. Proof of times for all qualifying 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 swim
 - 6 QT = 0 bonus swim
- 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 & 1500 meter events **MAY NOT** be used as bonus swims.

11. Qualifying Times:

- a. Times may be submitted in SCM or LCM.
- b. YD times will be accepted and converted.



12. Relay Events:

- a. There will be no relay events at this meet.

13. Deck Entries:

- a. Entry fee of \$15.00 is payable to the **Clerk of Course** prior to lane assignment.
- b. Allowed only if space permits and swimmer does not exceed their entry limit.
- 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.

14. Scratches:

- a. SNM SCRATCH RULE IN EFFECT

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. 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 800 & 1500 FREE, will be senior seeded slowest to fastest by gender.
- c. 800 & 1500 FREE will be seeded fastest to slowest.
- d. All preliminary events will be seeded slowest to fastest by time and gender regardless of age.

16. Competition:

- a. All current SNC Rules and SNM Policies will be in effect, including the SNM Competition Code of Conduct.
- b. Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1
- c. The 50 BACK, 50 BREAST, 50 FLY, 800 FREE, 1500 FREE will be swum as Timed Finals.
- d. All other events for all age groups will be swum as Preliminaries and Finals.
- e. Consolation finals (B finals) will be held only for those events with **18 or more** swimmers entered in any age category **at the entry deadline**.
- f. Events with Preliminaries and Finals with **8 or fewer** swimmers entered will be swum as Preliminaries and Finals (A finals only).
- g. The 'A' final will swim before the 'B' final where there is a consolation final.
Positive check-in is mandatory for ALL Final Events. Swimmers must check in with Clerk of Course prior to start of finals session. In the event that a swimmer is in a final & has not checked in, it will be assumed that they are absent and an alternate may take their place.
- h. Meet Management reserves the right to limit entries in any event, change the order of events, and/or warm-up & start times in order to comply with Swim Manitoba competition sanctioning policies.



- i. 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.
 - j. Meet management reserves the right to combine heats with two swimmers per lane in the 800 & 1500 distance events to meet timelines for completion of events.
 - k. Any changes to the meet package or competition requires the approval of Swim Manitoba (SNM).
- 17. Scoring:**
- a. There will be no scoring at this meet.
- 18. 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.
- 19. Awards:**
- a. Individual awards:
 - i. 1st to 8th place for Timed Final and Final events: Ribbons (12&U Girls, 13&U Boys)
- 20. Coaches Technical Meeting:**
- a. A coaches meeting will be held at 4:15 PM on Friday, February 7, 2020 to update meet rules and answer questions.
- 21. Safety:**
- a. SNC Warm Up Procedures are in effect. 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.
- 22. Open & Observable Environment:**
- a. Swimming Canada and the Manta Swim Club are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.
- 23. Event Photography/Videography:**
- a. In order to minimize risk, all photographs and video taken at Swimming Canada/Manta Swim Club sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. Full details provided below.



Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

24. Hospitality:

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

25. 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.

26. Officials:

- a. Any officials interested in assisting at the meet may contact the Officials Chairs at chrisyang9859@gmail.com or marlene@oasisoriginals.com. All help is welcomed and greatly appreciated.

27. 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.



| Meet Event List | | | | |
|----------------------|-------|-------------|-----|---------------|
| Session 1 | Women | Description | Men | |
| Friday, February 7 | 1 | 50 BACK | 2 | Timed Finals |
| | 3 | 50 FLY | 4 | Timed Finals |
| | 5 | 50 BREAST | 6 | Timed Finals |
| | 7 | 800 FREE | 8 | Timed Finals |
| | 9 | 1500 FREE | 10 | Timed Finals |
| Warm-up: 4:00 p.m. | | | | |
| Start: 5:00 p.m. | | | | |
| Session 2 | Women | Description | Men | |
| Saturday, February 8 | 11 | 200 IM | 12 | Preliminaries |
| | 13 | 100 BREAST | 14 | Preliminaries |
| | 15 | 100 FREE | 16 | Preliminaries |
| | 17 | 200 FLY | 18 | Preliminaries |
| | 19 | 100 BACK | 20 | Preliminaries |
| Warm-up: 7:30 a.m. | 21 | 400 FREE | 22 | Preliminaries |
| Start: 8:30 a.m. | | | | |
| Session 3 | Women | Description | Men | |
| Saturday, February 8 | 11 | 200 IM | 12 | Finals |
| | 13 | 100 BREAST | 14 | Finals |
| | 15 | 100 FREE | 16 | Finals |
| | 17 | 200 FLY | 18 | Finals |
| | 19 | 100 BACK | 20 | Finals |
| Warm-up: 4:00 p.m. | 21 | 400 FREE | 22 | Finals |
| Start: 5:00 p.m. | | | | |
| Session 4 | Women | Description | Men | |
| Sunday, February 9 | 23 | 200 BACK | 24 | Preliminaries |
| | 25 | 50 FREE | 26 | Preliminaries |
| | 27 | 200 BREAST | 28 | Preliminaries |
| | 29 | 100 FLY | 30 | Preliminaries |
| | 31 | 200 FREE | 32 | Preliminaries |
| Warm-up: 7:30 a.m. | 33 | 400 IM | 34 | Preliminaries |
| Start: 8:30 a.m. | | | | |
| Session 5 | Women | Description | Men | |
| Sunday, February 9 | 23 | 200 BACK | 24 | Finals |
| | 25 | 50 FREE | 26 | Finals |
| | 27 | 200 BREAST | 28 | Finals |
| | 29 | 100 FLY | 30 | Finals |
| | 31 | 200 FREE | 32 | Finals |
| Warm-up: 4:00 p.m. | 33 | 400 IM | 34 | Finals |
| Start: 5:00 p.m. | | | | |



MANTA GRAND PRIX LC TIME STANDARDS

| FEMALE | | | | MALE | | |
|--------------------|--------------|---------------------|--------------|---------------------|--------------|--------------------|
| <u>15&Over</u> | <u>13-14</u> | <u>12&Under</u> | <u>EVENT</u> | <u>13&Under</u> | <u>14-15</u> | <u>16&Over</u> |
| 31.05 | 32.20 | 37.12 | 50 Free | 36.27 | 29.40 | 27.28 |
| 1:10.39 | 1:13.65 | 1:22.78 | 100 Free | 1:20.65 | 1:09.37 | 1:06.16 |
| 2:22.62 | 2:35.12 | 3:12.76 | 200 Free | 3:02.95 | 2:26.73 | 2:22.47 |
| 5:07.51 | 5:33.59 | 6:34.12 | 400 Free | 6:19.20 | 5:47.36 | 4:47.00 |
| 11:30.00 | 12:00.00 | 13:30.00 | 800 Free | 13:00.00 | 11:30.00 | 10:30.00 |
| 21:00.00 | 23:00.00 | 24:30.00 | 1500 Free | 23:30.00 | 20:00.00 | 19:30.00 |
| 37.72 | 41.28 | 47.40 | 50 Back | 50.00 | 36.56 | 36.00 |
| 1:13.93 | 1:37.58 | 1:43.82 | 100 Back | 1:40.65 | 1:19.44 | 1:03.57 |
| 2:40.50 | 3:00.94 | 3:25.31 | 200 Back | 3:09.04 | 2:39.36 | 2:35.37 |
| 42.29 | 44.49 | 50.16 | 50 Breast | 49.20 | 41.04 | 39.89 |
| 1:34.79 | 1:54.25 | 1:54.82 | 100 Breast | 1:55.48 | 1:29.52 | 1:25.71 |
| 3:18.80 | 3:21.13 | 4:05.19 | 200 Breast | 3:25.07 | 3:19.93 | 2:59.95 |
| 32.89 | 36.77 | 42.85 | 50 Fly | 42.85 | 32.12 | 31.14 |
| 1:11.18 | 1:19.34 | 1:52.03 | 100 Fly | 1:50.86 | 1:15.37 | 1:13.61 |
| 2:52.21 | 3:06.41 | 3:26.96 | 200 Fly | 3:13.79 | 3:09.83 | 2:30.29 |
| 2:52.43 | 3:03.53 | 3:35.22 | 200 IM | 3:20.60 | 3:01.61 | 2:47.28 |
| 5:57.27 | 6:07.51 | 6:58.84 | 400 IM | 6:54.41 | 5:37.98 | 5:04.38 |



Event Photography and Videography Procedure

Swimming Canada believes that when used properly photography and videography are excellent tools to celebrate and promote one's involvement and achievements within the sport. We also understand that while the great majority of images are appropriate and are taken in good faith, it is fact that certain images can be misused and/or misinterpreted to put an event participant, most notably children, at risk.

Definitions

The following term has meaning in this document:

"Photography and Videography": A blanket term referring to all forms of image capture, including but not limited to still photography, video recording, social media posts and/or video streaming.

Procedure

In order to minimize risk, all photographs and video taken at Swimming Canada/Provincial Section sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency - in particular:

- Photography and videography are prohibited from behind swimming blocks at the start of a race or where otherwise posted;
- Photography and videography are prohibited in locker-rooms or bathrooms or any other dressing or prep area;
- Action shots should be a celebration of the sporting activity and not a sexualized image in a sporting context;
- Action shots should not be taken or retained where the photograph reveals a torn or displaced swim suit;
- Avoid images, camera angles and poses that may be more prone to misinterpretation or misuse by others.

Failure to adhere to these procedures are subject to the [Code of Conduct and Professional Ethics](#) as per section 4.b of that policy, stating one must "Operate within the rules and spirit of the Sport including; being aware of and complying, at all times, with Swimming Canada's bylaws, policies, procedures and rules and regulations, as adopted and amended". In addition, failure to adhere to these procedures may also result in accreditation being revoked or removal from the event.

All event participants and spectators should be made aware of these photography and videography standards with event announcements. See below for a sample announcement, which can be added to current pre-session announcements.

"A reminder to participants; Under NO circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, OR in locker rooms, bathrooms, or any other dressing area."

Approval

Reviewed: March 20, 2019

Approved: March 20, 2019

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."



**SWIM
MANITOBA**

www.swimmanitoba.mb.ca

Swim Natation Manitoba Provincial Scratch Rule

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

206-145 Pacific Avenue Winnipeg Manitoba R3B 2Z6

204-925-5778

Website

email: swim@sportmanitoba.ca

www.swimmanitoba.mb.ca





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.