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Winnipeg, Manitoba
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www.mantaswimming.ca



COMPETITIVE REGISTRATION **PACKAGE**

2025-2026

A MESSAGE FROM THE HEAD COACH



Szilvie Carriere
Head Coach

Let's embrace the journey, challenge ourselves daily, and continue to make Manta Swim Club the premier swimming program in Winnipeg and beyond.

Here's to another outstanding season!

Pride, Toughness, Respect

Szilvie Carriere
Head Coach

Dear Swimmers, Parents, and Coaches,

As we begin a brand-new season with Manta Swim Club, I want to take a moment to reflect on the incredible journey we shared last year. Together, we achieved remarkable milestones – from capturing the Man-Sask title, to celebrating an outstanding performance at the Canada Summer Games, highlighted by a gold medal from our elite swimmers. We also saw a significant increase in qualifiers at every meet, a clear testament to the progress, dedication, and passion within our club.

These results did not happen by chance. They were the product of outstanding coaching, teamwork, and collaboration, along with the tireless support from our parents and families. Each swimmer's commitment, every coach's effort, and the encouragement from our supporters created an environment where excellence could thrive. To everyone who contributed – congratulations and thank you.

As we look ahead, this season will be different from what we have known in the past. With new challenges come new opportunities – opportunities to grow, adapt, and raise our standard even higher. The path forward will demand resilience, focus, and teamwork. Together, we will continue to build a culture that values hard work, respect, and pride in wearing the Manta colours.

To our returning swimmers – welcome back. To those new to Manta – welcome to a club that is more than just a place to train; it is a community where friendships are built, skills are sharpened, and champions are developed both in and out of the water.

I am excited for what lies ahead and confident that, by working together, this season will be one of growth, achievement, and memories we will carry with us for years to come.

A MESSAGE FROM THE PRESIDENT



Bo West *President*

We look forward to an exciting season of training, racing, and building lifelong friendships. Thank you for being a part of the Manta Swim Club—we can't wait to share the 2025-26 season with you and your swimmers.

With gratitude,

Bo West
President, Manta Swim Club

On behalf of the Board of Directors, thank you for registering with Manta this season. We're excited to welcome back returning families and to greet those joining us for the first time. Whether this is your swimmer's first year or their last, we hope it is filled with growth, fun, and memorable experiences in and out of the pool.

This past season gave us much to celebrate in the world of swimming, with inspiring performances from Manta athletes spanning from Victoria, BC, to St. John's, NL. Our swimmers brought home the Manitoba/Saskatchewan (ManSask) Championship in a fierce battle with Saskatoon Goldfins, cementing our place as the best club on the Prairies. We also sent a large contingent of athletes and Head Coach Szilvie to the Canada Games with a highlight gold medal in the 50m Butterfly for Addi Bailey-Ross, in provincial-record time. In addition to the life skill of learning to swim, these achievements remind us of the determination, discipline, and resilience that the sport develops in our young athletes—skills they will carry into all areas of life.

We are thrilled to share that this season brings an exciting new chapter for Manta. With several pool closures across the city, our coaches are working hard to turn a challenging situation into a positive development for our athletes through a partnership with the University of Manitoba Bisons. This collaboration will elevate our training environment, giving swimmers exposure to new coaches and daily opportunities to train and race alongside new athletes, all within a supportive, high-performance culture. This partnership will strengthen the pathway for high-level competitive swimmers within our community.

There will undoubtedly be challenges, but we're pleased to announce that the financial benefit of fully utilizing our pool space has allowed the Board to approve a fee reduction for competitive groups for this season only. We also want to highlight our family discount for households with two or more swimmers in the competitive program—one more way to make the Manta experience more accessible.

Another way the club helps keep fees low is by hosting swim meets. As with every season, our meets rely on volunteers, and each family with a swimmer competing is expected to help. This year, we will host three events: Prairie Winter International, Manta Grand Prix, and Jobse Invitational. Please check the meet calendar for details and keep an eye out for the Sign-Up Genius. Volunteering may feel intimidating at first, but training is always provided, and most parents find it's the best seat in the house. Beyond meets, contributions in areas such as marketing, sponsorship, or fundraising are also welcomed and appreciated.

Our History

Manta Swim Club has delivered quality professional coaching to swim athletes, since its inception in 1981 when the Cardinal and Dolphin Swim Clubs merged. The vision of the original membership was to encourage and inspire age group swimmers to compete successfully on the national stage. That has been accomplished and more! Many Manta alumni have competed at national and international meets. To date, Manta has been the major Manitoba competitive swim program to qualify athletes for the Olympic and Paralympic Games, World Championships, Commonwealth Games, Pan Pacific Championships, Pan Am Games and many Junior National Teams. As well, in recent years, many Manta graduate swimmers have earned athlete scholarships and chosen to compete at major universities across Canada and the USA. Membership has steadily grown to almost 350, from aspiring novice to inspired elite athletes. A history of professional, competent leadership over the span of 37 years has been a major reason for its success. As a not-for-profit organization, an always energetic elected board has governed its members. A professional coaching staff recalling the exemplary past coaching leadership, continues to deliver a progressive program designed for personal best performance.

Mission, Vision, and Core Values

Vision

To inspire and enable our members to achieve excellence in the sport of swimming and in life while creating an environment where excellence is inevitable and fun!

Mission

This will be accomplished by:

- Fostering trust, consistency, collaboration and the pursuit of excellence.
- Mainlining a positive team and club environment.
- Providing competitive programs that allow swimmers to maximize their potential through dedication and hard work.
- Ensuring a high quality of communication, education and participation of all in Manta
- Consistently delivering on commitments.

Values

The creation of the Manta Swim Club set the vision in motion

- Honesty - is a part of several facets that makes one's moral character, such as, having integrity being dependable, and showing a high set of principles.
- Integrity - Knowing and doing what is right, moral uprightness. It is a personal choice to hold one's self to consistent standards.
- Competitiveness – having a strong desire to win together, personal accountability to the collective group.
- Resiliency - is our ability to adapt and bounce back when things don't go as planned. - don't wallow or dwell on failures; they acknowledge the situation, learn from their mistakes, and then move forward.
- Respect – Staff and members will treat each other and associates of our club with the utmost respect – while recognizing and accepting individual differences.

Meet Our Competitive Coaches



Szilvie Carriere

Head Coach

Elite



Ian Grunewald

Assistant Head Coach

Age Group Elite



Adam Naylor

Academy Coordinator

Manta Swim Academy



Joel Guillemain

Coach

Development

Meet Our Competitive Coaches



Jasmine Cheung

Coach

Prospects Pan Am



Diego Barcena

Coach

Prospects Pan Am



Ana Barcena

Coach

Prospects Pan Am



Nat Wallace

Coach

Prospects Elmwood Kildonan

Meet Our Board



Bo West

President

president@mantaswimming.ca



Andrea Saj

Treasurer



John Snively

Secretary



Craig Rowbotham

Director at Large



Deanna Harvey

Director at Large



Sam Jin

Director at Large



Marshall Pitz

Director at Large

Financial Commitments

Swim Canada Membership

Every year, members pay a separate fee for their swimmer(s) to be registered with Swimming Natation Canada or SNC, which is the Canadian amateur swimming sport governing body.

SNC:

- registration provides swimmers with nationally and internationally recognized amateur status in the sport
- registration will provide swimmers with an SNC number, which is required before they can compete
- is the body that sets the rules for swimming competitions, within which the provincial and local organizations must operate
- governs the coaching of amateur swimmers and sets standards for coaching behavior
- sets the standards for officiating, and maintains the roster of Master Officials who can be called upon to officiate at major international events

Meet Fees

Meet fees will be charged to each swimmers account as the meets happen.

Any program fees outstanding from the year prior must be paid in full before registration. Swimmers will not be permitted to register for the current swim season if their dues are in arrears. Registration forms for the current swim season must be accompanied by a credit card authorization (which is entered during online registration).

Fundraising Fee

This fee is a one time fee per family that should be sent to our General Manager following registration via e transfer to gm@mantaswimming.ca or cheque, that can be earned back throughout the year participating in our fundraising raffles.

Swim Dues

Manta Swim Fees are a yearly fee, based off each groups pool time, coaching, dryland, administration etc. This fee we break up between 10 months (September-June), to allow families the opportunity to pay monthly on a plan instead of in full. This may mean you will be paying a fee in September even though you do not swim this month if you select the monthly payment plan option.

Withdrawal Policy

- Money owed will be reviewed as a result of withdrawing due to medical concerns, injury, or relocation.
- If you decide to withdraw from the club, you must provide written notification to the General Manager. After the intent to withdraw is received by the General Manager, a refund will be calculated as described on your fee schedule and as follows:
 1. Swim Canada fees are non refundable.
 2. Refund future month's swim dues and volunteer commitment LESS 1-month penalty of swim dues and volunteer commitment.
 3. Withdrawals after March 31st, will receive no refund.

Swimmer Move Ups

The groups are determined based on the level of development, performance, attitude, and commitment. For optimal swimmer development, it is necessary to advance a swimmer from one group to another. The Manta approach is to be patient and make sure that the athlete has had time to flourish in their current level before moving into the next one.

Age plays an important role in move-ups; for lengthening the improvement curve of swimmers, as young move-ups often have short term gains with long term pains. Before swimmers enter the top groups in the club, it is important for them to start understanding that improvement is ultimately their own responsibility through their behaviour, goals and work ethic.

Advancement is typically restricted to the end of each championship season – January, April or September. The swimmer is provided with a transitional period to experience a few training sessions a week in the next group. This allows for an assessment by the coaching staff as well as an adjustment period for the swimmer and parents to the commitment level, training intensity, schedule and peer group.

When it comes to finding the best fit for each athlete this model is a guide not a set requirement. Many factors are in play when it comes to group placement, with the most important piece being where will each individual athlete get the most out of our program. Coachability, peer age, and experience in the club are the major factors we look at when it comes to making placement decisions and we always make these decisions thinking of the swimmers first, where they will best perform is vital to streaming things properly.

Groups

Please visit our Website for Group Descriptions under Competitive Program - Group Structure.

Group	Age	Annual Fee
Elite	13 and over	\$5100.00
Age Group Elite	12-14	\$4100.00
Development Purple	10-12	\$3300.00
Development Black	10-12	\$2850.00
Prospects Purple	8-11	\$2000.00
Prospects Black	8-11	\$1800.00
Swim Academy	8 and under	2x \$1200.00 3x \$1400.00

*Not Included is Swim Canada Fees and Fundraising Fee in Annual Fee

Equipment



**Black Swimsuit, goggles
and Manta swim cap**



**Manta shirt, shorts,
running shoes and water
bottle**



**Kickboard, pull buoy
snorkel, fins, paddles and
mesh bag**

Please note: It is the responsibility of each swimmer to obtain the required Manta swim wear, team wear and swim equipment. Parents are asked to clearly label all equipment/clothing with their swimmer's name. The facilities that Manta uses are public facilities, and the club cannot be held responsible for items that go missing.

Equipment can be purchased online through Team Aquatics Supplies (www.team-aquatic.com/collections/manta-swim-club) using our Team Discount MAN125 or at Swimming Matters in Winnipeg (1389 Grant Avenue).

MANTA SWIM CLUB TRAINING EQUIPMENT LIST

Arriving at workout with the appropriate training equipment is part of every swimmer's responsibility. Equipment adds variety, differing stimulus and corrective measures for technique. Swimming equipment can and should become as personalized as any piece of equipment in any sport. If treated well, the below items should provide years of service to you in your sport and will help you to achieve your goals. Without the appropriate training equipment, you will miss out on optimizing your training and may get 'left behind'...

KICKBOARD



Speedo Junior Kickboard



TAS Rigid Kickboard (Jr)

Kickboards are best when they are smaller. Too long a kickboard can lead to poor body position and possibly shoulder/back injuries. Ideally swimmers should choose a compact kickboard for traveling purposes as well. Here are two examples we recommend

PULL BUOY



TAS 2-Piece PB.



Speedo PB - Jr. or Sr.



Band

Pull buoys are intended to provide floatation. However too large a pull buoy will create too much floatation at the mid-point of the body and create poor body position. 12 year and younger athletes should get a junior sized pull buoy.

FINS



Arena Powerfin Pro 2



Speedo Short Blade Training Fins TAS



Short Fin

Fins are a great tool for helping to maintain propulsive forces from the lower body, developing underwater speed and developing technique under lower intensities. The best choice are the Arena Powerfin. Without a full 'heel cup' swimmer can have better ankle flexibility as well as minimal water damming in the fin itself. Short Fins are the only choice. Long fins slow down kick rates and produce too much stress at the ankle.

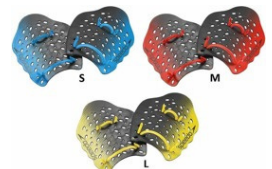
PADDLES



Finis Agility Paddles



Strokemaker Paddles



Speedo Power Paddle Plus

Paddles are a key component to increasing stroke length and force. Paddles are only necessary for 12 and older swimmers starting at Age Group Elite level.

Competitive Training Schedule

Please visit our Website for Group Descriptions under Competitive Program - Group Structure.

Meet Schedule

Please visit our Website for Group Descriptions under Meets & Events - Meets and Events Schedule

Swim Meets

Manta Hosted Meets

The costs to provide these services are substantial. We try very hard to keep swimming affordable for everyone. A big % of the total revenue generated for the club comes from the swim meets we host. Since hosting meets is an integral part of our fundraising model we have two main goals:

- 1) To ensure adequate numbers of trained officials for each Manta hosted meet
- 2) To improve communications with parents with respect to club commitment expectations and benefits of officiating.

Where the money comes from for Meets

The main reason we host meets is to save you money. Hosting meets at home means less travel, no hotel/overnight costs and an opportunity to raise money for our club, which in turn helps keep competitive swimming more affordable for you! The largest source of revenue are the fees we charge. We offer great value and have calculated the fees based on our operating costs.

Other sources of revenue for the club come from:

- Community Grants
- Operation Red Nose
- General fundraising (50/50)

Where the Money Goes To

- The two biggest expenditures are the costs of the coaching staff and pool rentals.
- We have a staff of 14 coaches providing training in our competitive and non-competitive programs.
- Pool rentals for training amounts to upwards of 8-10 hours per day collectively! A swim meet can run up to 40 hours. Time trials, our popular Skills and Thrills for younger swimmers, and other events can require 3-6 hours of pool time.
- Swim Manitoba fees are fixed, and we have no control over these fees.

- 01 Manta PWI
- 02 Manta Grand Prix
- 03 Jobse Invitational



General Information about Meets

Swim meets are long, but they are a lot of fun for swimmers and families. Meets usually begin around 8 am, with warm-ups starting as early as 7 am. The morning/preliminary session usually ends around 12:30 pm. If there are finals, that session usually begins around 5 pm, with warm-ups starting around 4 pm, and ends around 8 pm. Coaches usually want their swimmers at the pool anywhere from 15-30 minutes before warm-ups begin. Swimmers warm-up as a team with their coaches, beginning with activation on the deck followed by warm-up in the pool.

Swimmers are under the care of their coaches on deck. Parents are not allowed on the deck during swim meets, unless they are volunteering. Swimmers should have all of their gear, (food, water, warm clothing, etc.) with them. They talk to their coaches before and after races and are expected to be in the team area in between their races. Swim meets are classified by the length of the pool. A Short Course (SC) meet will be held in a 25 meter pool whereas a Long Course (LC) meet will be held in a 50 meter pool.

Types of Meets

As part of Swim Canada we participate in 3 types meets:

Timed Finals- These are the most common meet that swimmers will compete in, they're your typical weekend meet and occasional 3-day meet. A timed final meet means that your swimmer will race their assigned events once throughout the weekend and that will be only opportunity for that competition.

Time Trial- Time Trials are meets that the Club creates to give swimmers either the opportunity to achieve a qualifying time or swim an event that isn't offered frequently on the competition calendar. These will typically only be done at the request of the coaching staff and will not be posted on the competition calendar. They will also be run within practice slots.

Prelims/Finals- Prelims/Finals meets are typically for swimmers in the development Groups and up. These meets are swum as a prelim session (a morning swim) where a swimmer has a chance to qualify for a finals session against the top group of athletes in the set age group of the meet. In Manitoba we only run up to 16 qualify at most in each age group for finals, but in other provinces if we travel this number can be higher. These meets are scoring meets, so we really try and bring the team atmosphere out for them. Every swim' matters and every place you can get in a final counts towards the teams overall score at the end of the meet. These are super fun and great preparation meets for what high performance swimming is.

Signing Up for Meets

Information on swim meets for the year will be available through your child's coach and the Manta website. Generally, the coach will sign your swimmer up for the meet and email you asking if they are attending or not.

Becoming an Official

Manta hosts several swim meets during the season which are an important source of revenue for the Club. Parent participation is the key to a successful meet. Families are expected to volunteer for several shifts based on the level of their swimmer. Officiating at swim meets includes the “on deck” positions such as Timers, Strokes and Turn Judges, Starter and Referee and “off deck” positions such as program sales, concession helpers, and runners.

Officials are present at all competitions to implement the technical and administrative rules of swimming, thus ensuring that the competition is fair and equitable to everyone. Without this commitment from the families of swimmers, the sport could not survive.

Better officiating means better and more efficient meets.

One of the best and most supporting actions a parent can take is to become an official and help at our swim meets. Officials are present at all competitions. Many of the clinics are now offered online, and you can contact Manta's Officials Coordinator at officialscoordinator@mantaswimming.ca to get registered with Swimming Canada to take these clinics at your leisure. They will send you a link and you can do the course at your leisure. Here is the link to register for the courses:

. You will first need an account which you will get from our Officials Coordinator at officialscoordinator@mantaswimming.ca.

LEVEL 1 COURSES – Can be completed online

LEVEL 2 COURSES - Such as Head Lane Timer or Stroke and Turn will be in-person or online held by an instructor 2 or 3 times a year. We will do our best to have them earlier in the year so you can have more options to volunteer as an official.

What order do I need to take the courses in?

Swim Canada details the official's pathway that you will follow. <https://www.swimming.ca/content/uploads/2015/06/officials-certification-pathway-september-11-2017.pdf>

Note: Manta hosted swim meets have a minimum requirement for volunteering.

With the number of meets that we host each year and the quality of competition at these meets, it is essential that Manta has a large contingent of qualified officials; so, it is expected that Manta parents will support the Club whenever we host a meet.

Group Suggested Certifications

Prospects: Certified Level 1 official or above. Attend Timers and Safety Marshall, and Strokes and Turns Judges Clinics

Development: Certified Level 2 official or above. Attend Timers and Safety Marshall, Strokes and Turns Judges, and 1 more clinic (Chief Timer, Clerk of Course, Chief Finish Judge, etc.)

Performance, Age Group Elite and Elite: Certified Level 2 or 3 official and above.

Families that attend official clinics will receive volunteer points.

Level 1 clinic = 10 points

Level 2 clinic = 15 points

Level 3 clinic = 25 points.

Participation Opportunities

Manta is a non-profit organization that would not be able to meet its goals without a strong commitment to participation from its members. To ensure the continued success of Manta, it is expected that all members are actively involved in participating with the Club. Members can be involved at every level of the organization from helping with planning social events, becoming parent representatives, joining the Board, chaperoning out of town travel meets, officiating at Manta hosted meets. To maintain fundraising endeavours and other events we have a Participation Point System in place. Each group is required to earn a certain amount of points throughout the year. Each volunteer commitment is allotted a certain amount of points. Commitments can be one time or full/multi-year commitments. Please visit the Manta website to read the Participation Points Policy and the points breakdown matrix therein. Participation points are required to be earned for all competitive swim groups (Prospects and above).

Members participation will benefit in many ways:

- Helping to shape and support your Club's future
- Capitalizing on your experiences and expertise by giving to others
- Showing your children how important their efforts are through your support to the Club
- Setting a great example for your children
- Helping to lower costs of the membership
- Help build a strong community within Winnipeg, and build a strong swimming community within Manitoba and Canada.

Manta Participation Policy

Participation in Manta's sponsored events and our supporting programs is part of being a Manta family. More than a swim team, we consider Manta a community, and although a requirement, family participation is a great way to bolster support for the club, have some fun, and bond with our other member-families. The Manta Swim Club runs several club-hosted swim meets and activities throughout the season.

In order to do this, we rely heavily on the participation of our swimmers' parents and families. Support is welcome from all members of the family (parents, grandparents, siblings, etc.), providing that they meet any necessary qualifications for the activity.

As a means of supporting the club fairly, Manta has developed this Participation Points System to manage the various volunteer efforts of its members. This policy details the mandatory participation in our club-hosted meets and fundraising activities, as well as how participation points are allocated for each activity. This document clearly states volunteer point requirements and ways to achieve points.

This policy can be found on our member's site under Bylaws and Policy – Participation Policy

Team Travel Policy

The Head Coach may designate any swim meet or training camp held away from any Manta Aquatic Club scheduled pools as a Team Meet or Team Training Camp. This means that swimmers participating in this meet will be required to travel and room with the team. The Club will make arrangements for travel and accommodation for the swimmers, the costs of which are over and above the regular swim fees.

Swimmers are expected to participate in any such travel meets or training camps as required by the coach. Exceptions are to be at the approval of the Head Coach and the coach in charge of the trip. In order that our swimmers learn to travel independently, manage their sleep and dietary requirements and handle the stresses associated with meets, they will travel and stay together as a team. Parents are forbidden from staying in the same hotel as the team. Access to the swimmers in the hotel will be minimized by the event managers to allow roommates undisturbed rest periods.

Once a swimmer commits to a travel meet or training camp, they are required to make the necessary payments and complete any necessary travel forms as determined by the Club in the amounts and at the times advised by the coaches. Failure to make the payments will disallow the swimmer from travelling. All swimmers who have committed to a travel meet or training camp are liable for any non-refundable costs if they fail to attend. All swimmers/parents will be fully responsible for the payment of any costs required to send a swimmer home from a travel meet or training camp, should the swimmer contravene the Code of Conduct required of all Manta Aquatic Club swimmers.

Our Manta Team Travel Code of Conduct can be viewed in full on our website under Members Only - By Laws and Policies.

Manta Code of Conduct

It is an objective for the Manta Swim Club to project an image indicative of excellence, fair play and pride in one's team and oneself. Athletes, member families, coaches, and managers with the Manta Swim Club, represent themselves, the Club, their families and their community. The Code of Conduct is in place to protect the swimmers, their family and the club.

To that end, all individuals on the team are expected to abide by the following Code of Conduct. The Code of Conduct is in effect at all times while the swimmer is training, traveling or competing with or for the Club. The signature of the swimmer and the parent/guardian on the Member Commitment form indicates the member family and swimmer's agreement to abide by the Code of Conduct and an acknowledgement of the consequences of failing to abide by the Code of Conduct.

For designated travel meets the Code of Conduct is in effect from the time the team leaves until the team returns to its home base or the athlete is signed out at the completion of the meet.

Our Manta Athlete and Parent Code of Conduct can be viewed in full on our website under Members Only - By Laws and Policies.

FAQ's

Who is our General Manager?

Tara Miles-Abbott is Manta's GM. She can be contacted by phone or email with any questions you may have. Phone: 204.452.4655 Email: gm@mantaswimming.ca

What are the costs involved in the competitive programs?

Each level has an associated cost that will be relayed to you by Manta's GM Tara. There is a monthly swim fee, cost for equipment as well as fees for every swim meet your child participates in. Meet fees are dependent on the number of races your child swims. These fees will be sent out by Tara and must be paid prior to the swim meet.

Fees can be paid by credit card (please note there is a transaction fee on every credit card transaction), e-transfer, or post dated cheques.

There are also time costs in the form of volunteering. Please refer to the Participation Policy document sent out to members in September for more information on this.

Where do I find the group practice schedule?

A PDF of the training schedule is sent out via email in September. It can also be found on the website under Calendars.

How do I find the coaches email?

If you go to the Manta website the emails for the coaches are listed in the About Us section under Coaching staff <https://www.teamunify.com/team/canmbmsc/page/about-us/coaches>
They are also listed on the website under About Us, Coaching Staff.

If my swimmer has to miss practice, who do I contact?

Please email the coaches directly if you will be absent

How do I know if the swim suit is the right size?

When purchasing a swim suit it's important that your swimmer get the right size, especially for competitions. As a general rule, a training suit should look small when dry. Suits will stretch when wet and if it is too big it will be uncomfortable, and cause drag. Please check with your swimmer's coach before buying a racing suit. We have an age restriction on purchasing racing suits.

Where do I buy swim attire and equipment?

The Manta office has some items (shirts, caps, towels, toques, etc.) for sale. You can check out the Manta Online store for more <https://manta-swim-club.square.site/>

Team Aquatic Supplies is where Manta is ordering from this year for equipment. Their website is <https://team-aquatic.com/> and our team discount code is MAN125

Swimming Matters located at 1389 Grant Avenue (a couple blocks away from PanAm Pool) has swimsuits and equipment. They also offer a discount to Manta swimmers. <https://www.swimmingmatters.ca/>

Swimming Terms

Activation: An out of water warmup that swimmers perform before diving into the pool.

Bell Lap: In the 800m or 1500m freestyle races a bell is rung as the swimmer approaches/leaves the wall for their last lap indicating that they only have 50m (short course) or 100m (long course) to swim.

Blocks: The starting platform located behind each lane.

Bulkhead: A wall constructed to divide a pool into different courses, such as a 50 metre pool into two 25-meter courses.

Course: Designated distance (length of pool) for swimming competitions. Short Course (SC) = 25 meters / Long Course (LC) is 50 meters.

Deck: The area round the swimming pool reserved for swimmers, coaches and officials.

Deck Entry: Entries accepted into swimming events on the first day or later day of a meet.

DQ/Disqualified: This occurs when a swimmer has committed an infraction of some kind; e.g. freestyle kick in butterfly. A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

Dryland Training: Training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics and/or weight training.

Event: A race or stroke over a given distance. An event equals one preliminary with its final, or 1 timed final.

Gutter: The area along the edge of the pool in which water over rows and is recirculated through the filtration system.

False Start: Occurs when a swimmer moves prior to the sounding of the start command.

Final: The championship heat of an event in which the top six or eight swimmers from the preliminaries compete, depending on the number of lanes in the pool.

Finish: The final phase of the race: the touch at the end of the race.

Flags: Backstroke flags placed 5 meters from the end of the pool. They enable backstroke swimmers to execute a backstroke turn more efficiently since they know how close to the wall they are.

Heat Sheet: The pre-meet printed listing of swimmers' seed times and order of swimming in the various events at a swim meet.

Heats: Since there are only 8 lanes in which to race and usually many more swimmers the swimmers are divided into heats. Heats are usually swum slowest to fastest.

I.M.: Shorthand for Individual Medley. An event in which the swimmer uses all four strokes on the following order: butterfly, backstroke, breaststroke, freestyle.

Lane Assignment: The lanes are filled from fastest to slowest in the following order: lane 4, 5, 3, 6, 2, 7, 1 and 8.

Long Course (LC): A pool 50 meters in length. Most long course meets occur in the spring and summer.

Swimming Terms 2

Prelims: Slang for preliminaries, also called Heats or Trials. This races in which swimmers qualify for the championship and consolation finals in an event.

Psych Sheets: a document that is developed by the Hy-tek Timing System and shows the order in which the swimmers rank based on entry time in a specific event.

Relay: An event in which 4 swimmers compete together as a team to achieve one time.

Relay Events: Short Course: 4 x 50 free, 4 x 100 free, 4 x 200 free, 4 x 50 medley, 4 x 100 medley / Long Course: 4 x 50 free, 4 x 100 free, 4 x 200 free, 4 x 50 medley, 4 x100 medley.

Sanction: An official status allowing an organization (swim club) to hold a swim meet. Meet must abide by all aspects of the sanction. All times for all events will be official and recognized by all governing bodies.

Scratch: To withdraw from an event in a competition.

Session: Portion of meet distinctly separated from other portions by locale, time, type of competition or age group. Most PCS-hosted meets have two sessions each day - the preliminaries heats are usually held in the morning session. The fastest six to eight swimmers, and in some events, the next fastest 6-8 swimmers will swim again in finals.

Short Course (SC): A pool 25 meter in length. Most short course meets occur in the fall and winter.

Split: The time it takes for a swimmer to swim a segment of the race. Most events can be broken down into equal segments of 25 or more commonly 50 meters.

Swim Off : When two (or more) swimmers finish the preliminaries in a “finals position” with the exact same time they will race the event again at the end of preliminaries (or an agreed to time before the finals) to establish seeding or placing. Swim Off times are official times.

Swimming Strokes: Freestyle (front crawl), backstroke, breaststroke, butterfly, individual medley.

Time Standard: Also known as a Qualifying Time (QT). Some meets require swimmers to have met a qualifying standard prior to being entered in the meet. These standards are often set by the provincial section (Swim MB), the national section (SNC), the host organization, or by FINA.

Time Trial: A time-only swim that is not part of a regular meet.

Timed Final: The race is only raced once. This often happens for the longer distance races such as the 800m and/or 1500m and is done as a time saving measure. Slower heats in the preliminaries and fastest heat in the finals.

Touch Pad: A large touch sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.

Wall: The edge of the pool.

Warm Down (Swim Down): Low intensity swimming used by swimmers after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

Warm-Up: Low intensity swimming used by swimmers prior to a main practice or race to get muscles loose and warm and gradually increase heart rate and respiration.

Swim Meet Q and A

Where do I find a list of yearly competition: Swim meets will be listed on the Manta home page under Meets and events. Your swimmer will not likely be in each swim meet listed but the coach will let you know. The coach generally will enrol your swimmer in each meet they would be eligible for and email you to ask if your swimmer will attend.

The major swim meets that are national level will be put on the Swim Canada page. Results and heat sheets for those events will be listed there.

How do I know which meets my child should attend: Your child's coach will determine which meets your child should attend, as well as what events (types of races) they will be swimming at each meet. Generally the events will be listed on the swim apps Meet Mobile and On Deck about a week before the meet.

Where do I find the list of events my child is in: There are 2 apps that are common to use – On Deck and Meet Mobile.

OnDeck is a free app. You will need to log in using your Manta website passwords.

On Deck: <https://support.teamunify.com/en/articles/1340-ondeck-parent-expert-in-5-minutes>

The best way is to use an app called Meet Mobile. This app has an annual fee (very minimal) and will show your swimmers events, preliminary and final times for a meet. This will usually have the psych sheets (the order in which the swimmers rank based on entry time), heats and lanes your swimmer will swim in and generally a time when the race is expected to start. This app is also not 100% reliable. The times are uploaded by the volunteers running the Hytek timing systems and sometimes can be very quick. Other times, they will be uploaded after the meet if the software is having an issue (which happens all the time). Please do not get upset if the Meet Mobile doesn't update immediately after your swimmer swims. This happens often and will eventually update.

Meet Mobile: <https://youtu.be/2MFy8B7lrSQ>

What are heat sheets: Heat sheets are developed by the meet management and software that puts your swimmer in a heat and a lane. The heat sheets used to be printed and in some cases still are but to help the environment we make them available electronically. When your swimmer is entered by the coach into an event, say the 100 Free, the time that is entered for them will place them in order – see psych sheet. The software will then place them in a heat and lane based upon where they fall in the psych sheet. Faster swimmers will swim in the middle lanes and later heats. So your swimmer may get put into Event 5 (if 100 Free is event 5) Heat 2 Lane 1. Meaning she will swim in the second race in lane 1.

Events for swim meets normally run with the female swimmers doing all their heats first and then the male swimmers will swim all their heats.

Swim Meet Q and A

What does long course and short course mean: Long course is when the swim lanes are 50 meters long and short course is 25 meters long. Typically, short course races are run September –January and in January the bulkheads at Pan Am are moved to support training for long course. Bonivital and EK Pools do not change to long course, their lanes remain 25 meters the entire year.

What should my child bring to a swim meet: Your child will eventually learn the ins and outs of the swim meet. The important items to bring are the swim equipment for a race, towel, track suit, runners or sliders, Manta shirt, snack food for between swims (food is not permitted on deck at most meets), water bottle, a winning attitude and be ready to cheer their team mates on. We ask that phones and electronic devices be put in lockers or left at home. The swimmer should be involved in the meet and a great teammate.

What are A & AA and National qualifying times; When you see and hear about A & AA times, these are referring to qualifying standard times issued by Swim Canada or Swim Manitoba.

There are 4 times standards that are updated generally every 4 years:

- 10 and under Provincial Time Standards
- Girls Provincial A & AA Time Standards
- Boys Provincial A & AA Time Standards
- National Time Standards

Each level of swim meet will have qualifying times that must be achieved in order for your swimmer to participate. These times are based on age and sex. The Junior Provincials meet that is run by various clubs but hosted by Swim Manitoba will require the qualification of 'A' times that are listed in the A time standards. The swimmer must attain a certain time given the sex and age of the swimmer. Female and male swimmers have different qualifying times at different ages.

The 'AA' level of qualifying time is for meets such as Man/Sask or PWI.

National standards such as Easterns/Westerns or Trials have their own minimum qualifying times that are published on the Swim Canada page.

Time standard link: <https://www.swimmanitoba.mb.ca/time-standards>