

# Golden Plains Invitational- MASTERS May 22-24, 2026

# Hosted By Manitoba Marlins Sanctioned By Swim Manitoba

| Meet Manage             | ment Team                           | Email address                            |  |  |
|-------------------------|-------------------------------------|--|--|--|
| Meet Managers:          | Manitoba Marlins<br>Meet Management | meet_management@manitobamarlins.com      |  |  |
| Meet Entries:           | Heather Nicolson                    | entries@manitobamarlins.com              |  |  |
| Officials Coordinators: | Nancy Champagne                     | officials_volunteers@manitobamarlins.com |  |  |
|                         | Laurel Harrison                     |  |  |  |

**SNC SANCTION NUMBER** 

# PENDING

#### **FACILITY & TIMING**

#### Pan Am Pool

25 Poseidon Bay, Winnipeg, Manitoba R3M 3E4
Main Tank, 50m pool
Electronic timing QUANTUM & manual watch back up
11 lanes for Warm – ups, 3 lanes for warm downs

#### Host to:

- 2017 Canada Summer Games
- 2018 Canadian Junior Championships
- 2019 Canadian Senior Championships
- 2023 World Police and Fire Games
- 2024 Western Canadian Championships

#### **DATES AND TIMES**

| Session #  | Date      | Format       | Warm Up<br>Start | Warm Up<br>End | Officials<br>on Deck | Session Start |
|------------|-----------|--------------|------------------|----------------|----------------------|---------------|
| Session #1 | 22-May-26 | Timed Finals | 8:00am           | 8:55am         | 8:55am               | 9:00am        |
| Session #2 | 22-May-26 | Timed Finals | 4:30pm           | 5:25pm         | 5:30pm               | 5:35pm        |
| Session #3 | 23-May-26 | Timed Finals | 8:00am           | 8:55am         | 8:55am               | 9:00am        |
| Session #4 | 23-May-26 | Timed Finals | 4:30pm           | 5:25pm         | 5:30pm               | 5:35pm        |
| Session #5 | 24-May-26 | Timed Finals | 8:00am           | 8:55am         | 8:55am               | 9:00am        |
| Session #6 | 24-May-26 | Timed Finals | 4:30pm           | 5:25pm         | 5:30pm               | 5:35 pm       |

### **EVENT LIST**

See Appendix #1

#### **ELIGIBILITY**

- All swimmers must be registered with SNC, USS or FINA affiliated organizations.
- Para swimmers do not require qualifying times to enter this competition, will be bound by the meet rules and format.

#### **AGE GROUP CATEGORIES**

Age Group for all events will be open all timed finals events:

Age group based on age of the swimmer as of May 22, 2026.

#### **ENTRIES**

- All entries must be sent directly to the Meet Entries chair as a Hytek Entry File.
- Entry files will be distributed by SNM.

Exception: When Swimming Canada's Registration and Events System (REMS) is active, all entries must be submitted via REMS in a Hytek Entry file. Coaches will be advised and meet package will be amended.

- Each club will receive confirmation that the entry was received. It is the club's responsibility to
  ensure confirmation is received and to follow up and communicate regarding the status of their
  club's entries before the deadline.
- Each swimmer must have a valid swimmer ID number, and a correct birth date, and a gender. Entries will not be accepted without this information.
- Para swimmers must have their classifications and exception codes after name in their entries.
- Errors or omissions in the entry file will cause delays in entry file acceptance and results posting on www.swimming.ca
- All entries must be submitted with a time. "No Time" (NT) entries will not be accepted.
- All submitted times should be in LCM.
- SCM and SCY times will be accepted and/or converted with the host club's Meet Manager conversion.

#### **ENTRY LIMITATIONS**

- Swimmers may enter a maximum of eight (8) individual events if they meet qualifying times (QT) for each event.
- 400m IM or 400m freestyle events must have proof of time available.
- Swimmers may enter a maximum of three (3) relay events.
- No Time (NT) entries will not be accepted for individual or relay events.

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

#### **PROOF OF TIMES**

- Once an entry file has been imported, there will be a random proof of times done.
- Individual entries must have a time that is provable in Swimrankings.net.

Exception: When Swimming Canada's Registration and Events System (REMS) is active, all times will be validated using the times in the database.

• Coaches will be notified of any times that do not pass the proof of times check.

- Failure to prove any requested time to the Meet Entry contact person 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.
- Proof of times for US and FINA swimmers must be submitted directly to the Meet Entry contact in a format that is mutually agreeable.

#### **ENTRY DEADLINE**

- Entry deadline is Wednesday, May 13, 2026 at 11:59PM Central time.
- Clubs from outside of Manitoba are encouraged to reserve spots by emailing Acting Head Coach Cameron Harbeck at <a href="mailto:assistant\_coach@manitobamarlins.com">assistant\_coach@manitobamarlins.com</a>

Official Meet Program will be available to download and print from the Manitoba Marlins website. http://www.manitobamarlins.com/GPI.aspx

#### **RELAYS**

- Relay events will be seeded by age group and gender, slowest to fastest.
- Relay events will be Timed Finals and be swum in finals sessions.
- Each Relay swimmer must be entered in at least one individual event in the meet.
- A swimmer may only participate in one Relay team per age group.
- A swimmer may also only swim in one leg of any Relay.
- Swimmers may also swim up an age category.
- A maximum of 2 swimmers per Relay team may swim up an age category for gender specific or mixed Relays.
- Unattached swimmers are not eligible to participate in Relays.
- Clubs are encouraged to submit Relay entries with names.
- If names are not submitted with entries, Relay Cards with swimmer names, ages, and swimmer relay order must be submitted to the Administration Desk within 30 minutes following the conclusion of the preliminary session.
- Relay names and/or Relay swimmer order can be changed up to 30 minutes prior to the start of the Relay events in the session it is being held.
- There are no qualifying times for Relay events. To obtain a seeding time, a team time should be submitted. NT will not be accepted.
- Unlimited number of Relays may be entered in an event by a club.
- Relays will be swum as open
  - Mixed teams must consist of two women & two men only.

#### **ENTRY FEES**

- \$130.00 per swimmer which includes \$7.00 SNM/SNC Participation Fee, \$1.00 SNM Competition Levy, \$2.00 Online Meet Program Fee, and \$2.50 per event SNM Program Development Fees (Splash & Official Fees).
- Relays are \$20.00 per team per event.

#### **PAYMENT**

Payment must be received on or before the start of warm-ups by the Meet Office or Treasurer
on the first day of the competition.

- No swimmer / team will be allowed to start warm-up until entry fees have been paid.
- Accepted payment tender includes:
  - Cheque Payable to: MANITOBA MARLINS SWIM CLUB
  - EFT (Electronic Funds Transfer) to: <a href="mailto:billing@manitobamarlins.com">billing@manitobamarlins.com</a>
- Entry fees are not subject to refunds after entry deadline date.

#### **DECK ENTRIES**

May be permitted if the following guidelines are met:

- Deck entries for additional swims will only be allowed for swimmers <u>ALREADY ENTERED</u> in the competition.
- No 400 FR or 400IM deck entries will be permitted for masters swimmers
- Deck entries for Bonus swims will not be permitted.
- No new heats will be created for deck entered swimmers.
- Lane space is available.
- Deck entries must be submitted 15 minutes prior to the end of warm up with a deck entry fee of \$20.00 per qualified event.
- Swimmer/Coach must present deck entry fee (Cash, cheque, or e-transfer) to the Administration Desk prior to being assigned a lane.
- All deck entries must include the swimmer's SNC ID number, gender, and birthdate.
- All Deck entries will be **EXHIBITION only** and cannot advance to finals.

#### **COMPETITION**

- Timed Finals format.
- In all sessions:
  - Swimmers will be senior seeded, with the last 3 heats circle seeded by time and gender.
  - 400m Freestyle and 400m IM will be senior seeded by time and by gender.
- All masters events will be mixed in between age group events as listed in Appendix 1.
- SNM policies and regulations are in effect.
- Any changes to the competition must be approved by SNM.
- Swim Canada rules apply.
  - Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 (from both end or deep end only).
- Taping is permitted under the following conditions:
  - Taping Review Form must be completed and submitted by the Coach and Swimmer to the Referee at least 30 minutes prior to each session where the Swimmer has taping on their body.
  - Taping must be applied in the same position, or pattern, and on the same part of the body throughout the duration of the meet.
  - If the two (2) requirements above have not been met, the swimmer shall be disqualified from their event/events.
  - Taping Review Form (Appendix 2) can be obtained at the Administration desk, or preprinted on SNC website at <a href="https://www.swimming.ca/wp-content/uploads/2024/08/Swimming-Canada-Taping-Review-Form-April-9-2024.pdf">https://www.swimming.ca/wp-content/uploads/2024/08/Swimming-Canada-Taping-Review-Form-April-9-2024.pdf</a>
- Swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by SNM. It is not required to declare the choice of swimwear to the Referee if the

fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

#### **SCRATCHES**

- SNM Scratch Rule in effect. (Appendix 5).
- Coaches are encouraged to submit scratches to the Administration Desk no later than 30 minutes before the start of the session.
- Scratches from finals, that result from a preliminary swim, must be submitted to the Administration Desk 30 minutes following the completion of the preliminary session on the day that final is to be held.

#### OFFICIAL SPLITS

- Coaches must complete and submit an "Official Split Request Form" to the Session Referee or Meet Management no later than 30 minutes prior to the session in which the swim will occur.
- Payment for Official Split swims must be made at the Administration Desk and are due at the time of request <u>and</u> prior to the approval of the swim.
- Accepted payment tender is cash, cheque or EFT.
- Official Split swims are \$20.00 per swim.
- The split for the lead off leg in a Relay will be regarded as an Official Split and therefore no request by a coach is needed.
- Meet management reserves the right to deny any requests based upon the impact to the meet.

#### **PROTESTS**

- Coaches must submit protests in writing on a Protest Form within 30 minutes of the event's conclusion to the Referee.
- Protest Forms are available at the Administration Desk and require payment of \$20.00 fee per protest, upon submission.

#### **SCORING:**

• There will be no team or individual scoring in this meet.

#### **AWARDS**

- Individual Awards and Relay Events
  - Medals for 1<sup>st</sup> to 3<sup>rd</sup> place.
  - "A Final" and Relay winners will be presented with "stage" medals during the session for photo purposes.
  - Customized awards will be packaged by the Meet Office. Coaches may pick up awards
    after each finals sessions. Awards must be picked up by the conclusion of the meet.

#### RESULTS

Unofficial results will be updated in real time via Meet Mobile throughout the Competition.

- Official Preliminary and Finals results will be posted on the 2<sup>nd</sup> floor spectator area.
- Results will be posted and may be downloaded from Swim Natation Canada following the conclusion of the meet. www.swimming.ca

#### **COACHES TECHNICAL MEETING**

• A coaches technical meeting will be held under the East Tank scoreboard at 8:00am on Friday May 22, 2026 to update meet rules and answer questions.

#### **SAFETY**

- SNC Warm-Up Procedures are in effect (Appendix 4).
- 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.
- SNM Competition Code of Conduct are in effect (Appendix 6)
- All masters will warm up in seperate assigned lanes from the Age Group swimmers

#### HOSPITALITY

• Refreshments / Drink / Snacks will be provided for coaches and officials during this competition.

#### **OFFICIALS**

 Any out-of-town officials interested in assisting at the meet may contact our Officials Coordinators at officials volunteers@manitobamarlins.com

#### **PRE-MEET TRAINING**

• Any out-of-town officials interested in pool time for pre-meet training may contact Head Coach Cam Harbeck at head coach@manitobamarlins.com to assist with making any arrangements.

#### **ADVERTISING**

- Per 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 <u>csm-</u> advertising@winnipeg.ca
- Requests must include the following: Club, Meet name & details, picture of the banner.
- Requests should be sent as soon as possible and no later than two weeks prior to the meet.

#### **ACCOMODATIONS**

Viscount Gort Hotel
 1670 Portage Ave, Winnipeg, MB R3J 0C9
 8 rooms, Two Queen Beds, \$160 per night

To book rooms call the front desk (204) 775-0451 and say that rooms are booked at the corporate rate provided by Jodie Schuster.

Hyatt House Winnipeg-South
 700 Sterling Lyon Pkwy, Winnipeg, MB R3P 1E9
 15 rooms, Two Queen Beds, \$215 per night
 To book rooms call the front desk (204) 888-8893 and say that rooms are booked at the team rates through Jillian Kondra.

#### **GENERAL INFO**

- Any changes to the meet information or meet format will be provided to the coaches via email
  as soon as possible after entry submission and prior to the meet start, and/or at the coaches'
  technical meeting.
- All swimmers are asked to please use a 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.
- Swim MB Policy Single serve water bottles are not permitted. Please use reusable water bottles.
- Coaches are responsible for ensuring their swimmers comply with all food and water policies. Food and snacks must be eaten on the second floor or in the lounge area.
- Lockers at Pan Am Pool are 25¢ 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 the Manitoba Marlins will not accept responsibility for any lost or stolen items.
- All clubs are accountable for the behavior of their swimmers, as well as the swimmers' parents or accompanying spectators. Any inappropriate or disrespectful conduct at the pool may lead to disciplinary action by meet management.
- To ensure a fair competition, your cooperation is requested in maintaining a quiet environment during race starts.
- Please ensure your club's designated area on-deck or in the stands is cleaned up before leaving each session.
- Swimmers engaging in vandalism of pool property or using offensive language will be disqualified from the meet. Any costs arising from such vandalism will be charged to the respective club.
- Only the host club shall be allowed to sell equipment and merchandise.
- Only approved photographers with meet credentials will be permitted on deck. Contact meet management for more information.

Masters events noted in **RED** and swum between age group events

|              |         |        | Session #1 Friday May 22, 2025<br>n up: 08:00am   Session start: 09:00am |         |        |
|--------------|---------|--------|--|---------|--------|
| Format       | Event # | Gender | Event Name   | Event # | Gender |
| Prelims      | 1       | Women  | 100m Backstroke  | 2       | Men    |
| Timed Finals | 201     | Women  | MASTERS 100m Backstroke  | 202     | Men    |
| Prelims      | 3       | Women  | 50m Butterfly  | 4       | Men    |
| Prelims      | 5       | Women  | 200m Breaststroke  | 6       | Men    |
| Timed Finals | 203     | Women  | MASTERS 200m Breaststroke  | 204     | Men    |
| Prelims      | 7       | Women  | 50m Freestyle  | 8       | Men    |
| Prelims      | 9       | Women  | 400m Individual Medley   | 10      | Men    |
| Timed Finals | 205     | Women  | MASTERS 400m Individual Medley   | 206     | Men    |

| Wa           | Session #2 Friday May 22, 2025 Warm up: 04:30pm   Officials walk on, O Canada: 5:30pm   Session start: 05:35pm |        |                                   |         |        |  |
|--------------|--|--------|-----------------------------------|---------|--------|--|
| Format       | Event #  | Gender | Event Name                        | Event # | Gender |  |
| Finals       | 1  | Women  | 100m Backstroke                   | 2       | Men    |  |
| Finals       | 101  | Women  | PARA 100 Backstroke               | 102     | Men    |  |
| Finals       | 3  | Women  | 50m Butterfly                     | 4       | Men    |  |
| Timed Finals | 207  | Women  | MASTERS 50 Butterfly              | 208     | Men    |  |
| Finals       | 5  | Women  | 200m Breaststroke                 | 6       | Men    |  |
| Finals       | 7  | Women  | 50m Freestyle                     | 8       | Men    |  |
| Finals       | 103  | Women  | PARA 50 Freestyle                 | 104     | Men    |  |
| Timed Finals | 209  | Women  | MASTERS 50m Freestyle             | 210     | Men    |  |
| Finals       | 9  | Women  | 400m Individual Medley            | 10      | Men    |  |
| Timed Finals | 301  | Women  | 200m Freestyle Relay 12 & Under   |         |        |  |
| Timed Finals |  |        | 200m Freestyle Relay 13 & Under   | 302     | Men    |  |
| Timed Finals | 303  | Women  | 200m Freestyle Relay 13 - 14      |         |        |  |
| Timed Finals |  |        | 200m Freestyle Relay 14 - 15      | 304     | Men    |  |
| Timed Finals | 305  | Women  | 200m Freestyle Relay 15 & Over    |         |        |  |
| Timed Finals |  |        | 200m Freestyle Relay 16 & Over    | 306     | Men    |  |
| Timed Finals | 211  | Women  | Open MASTERS 200m Freestyle Relay | 212     | Men    |  |

|              |         |        | ession #3 Saturday May 23, 2025<br>n up: 08:00am   Session start: 09:00am |         |        |
|--------------|---------|--------|---|---------|--------|
| Format       | Event # | Gender | Event Name  | Event # | Gender |
| Prelims      | 11      | Women  | 100m Freestyle  | 12      | Men    |
| Timed Finals | 213     | Women  | MASTERS 100m Freestyle  | 214     | Men    |
| Prelims      | 13      | Women  | 200m Butterfly  | 14      | Men    |
| Prelims      | 15      | Women  | 50m Breaststroke  | 16      | Men    |
| Prelims      | 17      | Women  | 200m Backstroke   | 18      | Men    |
| Prelims      | 19      | Women  | 400m Freestyle  | 20      | Men    |
| Timed Finals | 215     | Women  | MASTERS 400m Freestyle  | 216     | Men    |

| Wai          | Session #4 Saturday May 23, 2026 Warm up: 04:30pm   Officials Walk On, O' Canada: 5:30pm   Session start: 05:35pm |                                    |                                   |         |        |  |  |
|--------------|---|------------------------------------|-----------------------------------|---------|--------|--|--|
| Format       | Event #   | Gender                             | Event Name                        | Event # | Gender |  |  |
| Finals       | 11  | Women                              | 100m Freestyle                    | 12      | Men    |  |  |
| Finals       | 105   | Women                              | PARA 100 Freestyle                | 106     | Men    |  |  |
| Finals       | 13  | Women                              | 200m Butterfly 14 M               |         |        |  |  |
| Finals       | 15  | Women                              | 50m Breaststroke                  | 16      | Men    |  |  |
| Timed Finals | 217   | Women                              | MASTERS 50m Breaststroke          | 218     | Men    |  |  |
| Finals       | 107   | Women                              | PARA 50 Breaststroke              | 108     | Men    |  |  |
| Finals       | 17  | Women                              | 200m Backstroke                   | 18      | Men    |  |  |
| Timed Finals | 219   | Women                              | MASTERS 200m Backstroke           | 220     | Men    |  |  |
| Finals       | 19  | Women                              | 400m Freestyle                    | 20      | Men    |  |  |
| Timed Finals | 307   | Mixed 200m Medley Relay 13 & Under |                                   |         |        |  |  |
| Timed Finals | 308   | Mixed 200m Medley Relay 14 - 15    |                                   |         |        |  |  |
| Timed Finals | 309   |                                    | Mixed 200m Medley Relay 16 & Over |         |        |  |  |
| Timed Finals | 221   |                                    | MASTERS 200m Mixed Medley Relay   |         |        |  |  |

|              |         | Session #5 Sunday May 24, 2026 Warm up: 08:00am   Session start: 09:00am |                                |         |        |  |
|--------------|---------|--|--------------------------------|---------|--------|--|
| Format       | Event # | Gender   | Event Name                     | Event # | Gender |  |
| Prelims      | 21      | Women  | 200m Freestyle                 | 22      | Men    |  |
| Timed Finals | 222     | Women  | MASTERS 200m Freestyle         | 223     | Men    |  |
| Prelims      | 23      | Women  | 100m Breaststroke              | 24      | Men    |  |
| Prelims      | 25      | Women  | 200m Individual Medley         | 26      | Men    |  |
| Timed Finals | 224     | Women  | MASTERS 200m Individual Medley | 225     | Men    |  |
| Prelims      | 27      | Women  | 50m Backstroke                 | 28      | Men    |  |
| Prelims      | 29      | Women  | 100m Butterfly                 | 30      | Men    |  |

|              |  | 5      | Session #6 Sunday May 24, 2026 |         |        |  |
|--------------|--|--------|--------------------------------|---------|--------|--|
| Wa           | Warm up: 04:30pm   Officials Walk On, O' Canada: 5:30pm   Session start: 05:35pm |        |                                |         |        |  |
| Format       | Event #  | Gender | Event Name                     | Event # | Gender |  |
| Finals       | 21   | Women  | 200m Freestyle                 | 22      | Men    |  |
| Finals       | 109  | Women  | PARA 200 Freestyle             | 110     | Men    |  |
| Finals       | 23   | Women  | 100m Breaststroke              | 24      | Men    |  |
| Timed Finals | 226  | Women  | MASTERS 100m Breaststroke      | 227     | Men    |  |
| Finals       | 25   | Women  | 200m Individual Medley         | 26      | Men    |  |
| Finals       | 27   | Women  | 50m Backstroke                 | 28      | Men    |  |
| Finals       | 111  | Women  | PARA 50 Backstroke             | 112     | Men    |  |
| Timed Finals | 228  | Women  | MASTERS 50m Backstroke         | 229     | Men    |  |
| Finals       | 29   | Women  | 100m Butterfly                 | 30      | Men    |  |
| Timed Finals | 229  | Women  | MASTERS 100m Butterfly         | 230     | Men    |  |
| Timed Finals | 311  | Women  | 200m Medley Relay 12 & Under   |         |        |  |
| Timed Finals |  |        | 200m Medley Relay 13 & Under   | 312     | Men    |  |
| Timed Finals | 313  | Women  | 200m Medley Relay 13 - 14      |         |        |  |
| Timed Finals |  |        | 200m Medley Relay 14 - 15      | 314     | Men    |  |
| Timed Finals | 315  | Women  | 200m Medley Relay 15 & Over    |         |        |  |
| Timed Finals |  |        | 200m Medley Relay 16 & Over    | 316     | Men    |  |
| Timed Finals | 230  | Women  | MASTERS 200m Medley Relay      | 231     | Men    |  |





#### **TAPING REVIEW FORM**

| Date:  |
|--|
| The following athlete is requesting a taping review by the competition taping committee:                         |
| Name:  |
| Club:  |
| Additional Comments / Brief Rationale for Tape:  |
|  |
|  |
| Please note: Any record achieved outside a Canadian Record may not be ratified by the applicable governing body. |
| Coach/Representative:  |
|  |

If the taping is approved by the committee, the swimmer must have the taping verified at the Administration Desk after each race to confirm there were no changes. The taping must match the photos taken during the taping review. The Administration Desk will notify the referee immediately if the taping worn does not match the taping approved by the taping review committee. Failure to report to the Admin Desk after each swim may result in disqualification for that event.





| Session:         | Event #:           | Heat #:                               | Lane #:        | Post-Race Tape<br>Check (admin use only) |
|------------------|--------------------|---------------------------------------|----------------|--|
|                  |                    |                                       |                |  |
|                  |                    |                                       |                |  |
|                  |                    |                                       |                |  |
|                  |                    |                                       |                |  |
|                  |                    |                                       |                |  |
|                  |                    |                                       |                |  |
|                  |                    |                                       |                |  |
| APING REVI       | EW COMMIT          | TEE                                   |                |  |
| Supporting d     | ocuments: Pl       | ease provide a                        | all supporting | g documents.                             |
| O :44 A          |                    |                                       | _              |  |
| Committee Ap     | provai: Yes        | No                                    |                |  |
| Committee Me     | embers:            | Coi                                   | mmittee Signa  | atures:                                  |
|                  |                    |                                       | 3              |  |
|                  |                    |                                       |                |  |
|                  |                    |                                       |                |  |
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|                  |                    |                                       |                |  |
|                  |                    |                                       |                |  |
|                  |                    |                                       |                |  |
| Committee Co     | mments:            |                                       |                |  |
|                  |                    |                                       |                |  |
|                  |                    |                                       |                |  |
|                  |                    |                                       | <del></del>    |  |
|                  |                    | · · · · · · · · · · · · · · · · · · · |                |  |
| Please be aw     | are that Inter     | national recor                        | ds (WR/WJR     | /WPS/Commonwealth                        |
| =                | _                  | _                                     | ecord-break    | ing swims. It is advise                  |
|                  | aping in such      |                                       |                |  |
| Taping Review Fo | rm - April 9, 2024 |                                       |                |  |

#### SNC COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

#### **GENERAL WARM-UP:**

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warmup 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 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 wearing a 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."

# Appendix 4

#### COMPETITION CODE OF CONDUCT

All sanctioned Manitoba swim meets are under the jurisdiction of SNM and shall be governed by its current policies and rules, including SNM 2011 Harassment and Abuse Policy.

The deck shall be reserved solely for SNM approved personnel, swimmers, coaches, officials and volunteers assigned specific tasks in the running of the meet.

By Swimming Canada rule and policy, the referee and meet management have full authority over the competition, the deck and the spectator areas during swim meets. The spectator area is considered part of the field of play, and as such, it falls under SNM authority and all SNM bylaws, policies, and rules apply.

Referencing the SNM Harassment and Abuse policy, the referee and meet management will require an Individual to leave, if the actions of the individual are perceived to be interfering with the peace and security required for any athlete to achieve his/her best performance.

# SWIM MANITOBA (SNM) 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 Manitoba / Saskatchewan Championships, when they are held in Manitoba.

#### **SCRATCHES:**

#### 1. Time Final Events

- There is no scratch deadline for time final events. Coaches are encouraged to report scratches to the administration desk as soon as possible.
- **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

- Scratches from *preliminary heats*:
  - i. May be made at any time.
  - ii. Scratches, no-shows, and unexcused incomplete swims simply create empty lanes, as there shall be no re-seeding.
  - iii. Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee.
- Scratches from *finals*:
  - i. Must be made within 30 minutes after the end of the preliminary session.

<u>Penalties:</u> 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.

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 Administration Desk and is present and ready to swim. The alternate shall become one of the finalists.

**ALTERNATE SWIMMERS**: Alternates <u>MUST</u> report to the Administration Desk at least 10 minutes prior to the event and be ready to swim if necessary.