



# Golden Plains Invitational

May 22-24, 2026

Hosted By Manitoba Marlins  
Sanctioned By Swim Manitoba

Meet Management Team	Email address
Manitoba Marlins Meet Management Meet Managers: Team	meet_management@manitobamarlins.com
Meet Entries: Heather Nicolson	entries@manitobamarlins.com
Officials Coordinators: Nancy Champagne Laurel Harrison	officials_volunteers@manitobamarlins.com

**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 Start	Warm Up End	Officials on Deck	Session Start
Session #1	22-May-26	Prelims	8:00am	8:55am	8:55am	9:00am
Session #2	22-May-26	Finals & Timed Final Relays	4:30pm	5:25pm	5:30pm	5:35pm
Session #3	23-May-26	Prelims	8:00am	8:55am	8:55am	9:00am
Session #4	23-May-26	Finals & Timed Final Relays	4:30pm	5:25pm	5:30pm	5:35pm
Session #5	24-May-26	Prelims	8:00am	8:55am	8:55am	9:00am
Session #6	24-May-26	Finals & Timed Final Relays	4:30pm	5:25pm	5:30pm	5:35 pm

## EVENT LIST

See Appendix #1

## QUALIFYING TIMES

See Appendix #2.

**Note:** Women's 11U and Men's 12U qualifying times are only for meet entry and determination of qualified versus bonus swims. No new Age Group for events in heats & finals or awards will be made. Swimmers will be included in Women: 12 & Under and Men: 13 & Under age group categories respectively.

## ELIGIBILITY

- All swimmers must be registered with SNC, USS or FINA affiliated organizations who meet the qualifying times in a sanctioned race between January 01, 2025 and May 14, 2026.
- 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 heats and finals:

- Women: 12 & Under, 13 & 14, 15 & Over
- Men: 12 & Under, 13 & 14, 15 & Over

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.

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**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.**

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- 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](http://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.
- Swimmers who have fewer than eight (8) qualifying times (QT) are eligible for bonus swims based on the following:
  - 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

- Bonus swims must be flagged on entry file and entered with LCM times (conversions will be accepted) for seeding purposes.
- 400m IM or 400m freestyle events cannot be entered as a bonus swim. Entries for those events must meet the qualifying times.
- 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.

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

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- 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 [assistant\\_coach@manitobamarlins.com](mailto:assistant_coach@manitobamarlins.com)

*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 ages:
  - Women: 12 & Under, 13 & 14, 15 & Over
  - Men: 12 & Under, 13 & 14, 15 & Over
  - Mixed: 12 & Under, 13 & 14, 15 & Over
    - 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: [billing@manitobamarlins.com](mailto:billing@manitobamarlins.com)**
- 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 **ALREADY ENTERED** in the competition.
- Swimmers may be deck entered for **qualified swims only (including 400m freestyle or 400m IM) to the swimmer's maximum of eight (8) total QT swims, or six total swims of QT and bonus swims.**
- **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

- Preliminary and Finals format.
- In all preliminary 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.
- Any event with a minimum of 18 swimmers in an age group at time of entry deadline will have a B final (consolation final) for that age group.
  - Exception: 400m Freestyle and 400m IM will only have A finals,
- Events with preliminaries and finals with eight (8) or fewer swimmers entered will still be swum as preliminaries and finals.
- The A final will precede B final (when there is a consolation final).
- Positive check-ins are mandatory for ALL finals events. All swimmers must check-in with the Administration Desk by the start of the finals session. Failure to check in may result in the swimmer being deemed a “NO SHOW” and may be disqualified from all finals events including Relays.
- Para athletes will swim integrated in all preliminary sessions. There will not be any para-designated events or finals. Para athletes will be eligible for finals if qualified as top 18 in their age group.
- PARA athletes are eligible to race and must conform to all entry and eligibility requirements as written in the meet package.
- PARA athletes (S1 to S14, SB1 to SB14) will swim integrated in all preliminary sessions.
- PARA athletes (S1 to S14, SB1 to SB14) will be judged under IPC Rules and Regulations.
- 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 3) can be obtained at the Administration desk, or pre-printed on SNC website at <https://www.swimming.ca/wp-content/uploads/2024/08/Swimming-Canada-Taping-Review-Form-April-9-2024.pdf>
- 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 6).
- 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 and 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.
  - High point Awards will be given for all top scorers in each category following the conclusion of the meet.
  - 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](http://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)

## 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](mailto: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](mailto: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 [csm-advertising@winnipeg.ca](mailto:csm-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.



## 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.

## Appendix 1

<b>Session #1    Friday May 22, 2026</b> <b>Warm up: 08:00am   Session start: 09:00am</b>					
Format	Event #	Gender	Event Name	Event #	Gender
Prelims	1	Women	100m Backstroke	2	Men
Prelims	3	Women	50m Butterfly	4	Men
Prelims	5	Women	200m Breaststroke	6	Men
Prelims	7	Women	50m Freestyle	8	Men
Prelims	9	Women	400m Individual Medley	10	Men

<b>Session #2    Friday May 22, 2026</b> <b>Warm up: 04:30pm   Officials walk on, O Canada: 5:30pm   Session start: 05:35pm</b>					
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
Finals	5	Women	200m Breaststroke	6	Men
Finals	7	Women	50m Freestyle	8	Men
Finals	103	Women	PARA 50 Freestyle	104	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

<b>Session #3    Saturday May 23, 2025</b> <b>Warm up: 08:00am   Session start: 09:00am</b>					
Format	Event #	Gender	Event Name	Event #	Gender
Prelims	11	Women	100m Freestyle	12	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

<b>Session #4    Saturday May 23, 2026</b> <b>Warm up: 04:30pm   Officials Walk On, O' Canada: 5:30pm   Session start: 05:35pm</b>					
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	Men
Finals	15	Women	50m Breaststroke	16	Men
Finals	107	Women	PARA 50 Breaststroke	108	Men
Finals	17	Women	200m Backstroke	18	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			

<b>Session #5    Sunday May 24, 2026</b> <b>Warm up: 08:00am   Session start: 09:00am</b>					
Format	Event #	Gender	Event Name	Event #	Gender
Prelims	21	Women	200m Freestyle	22	Men
Prelims	23	Women	100m Breaststroke	24	Men
Prelims	25	Women	200m Individual Medley	26	Men
Prelims	27	Women	50m Backstroke	28	Men
Prelims	29	Women	100m Butterfly	30	Men

<b>Session #6    Sunday May 24, 2026</b> <b>Warm up: 04:30pm   Officials Walk On, O' Canada: 5:30pm   Session start: 05:35pm</b>					
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
Finals	25	Women	200m Individual Medley	26	Men
Finals	27	Women	50m Backstroke	28	Men
Finals	111	Women	PARA 50 Backstroke	112	Men
Finals	29	Women	100m Butterfly	30	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

# 2026 QUALIFYING TIMES

**Note: Women's 11U and Men's 12U times are for meet entry and determination of qualified versus bonus swims only. No new age group for events heats & finals or awards will be made.**

WOMEN							MEN					
11U	12	13	14	15	160	EVENT	170	16	15	14	13	12U
LCM	LCM	LCM	LCM	LCM	LCM		LCM	LCM	LCM	LCM	LCM	LCM
40.00	37.50	36.00	35.00	34.00	33.50	50m Free	31.00	32.00	33.00	34.00	35.50	39.00
1:30.00	1:22.00	1:18.50	1:16.00	1:14.00	1:12.00	100m Free	1:08.00	1:10.00	1:12.50	1:15.00	1:17.00	1:28.00
3:10.00	3:00.00	2:50.00	2:45.00	2:40.00	2:36.00	200m Free	2:28.00	2:32.00	2:37.00	2:42.00	2:48.00	3:05.00
6:45.00	6:20.00	6:00.00	5:50.00	5:45.00	5:35.00	400m Free	5:10.00	5:20.00	5:30.00	5:40.00	5:55.00	6:30.00
46.50	43.50	41.00	39.50	38.50	37.00	50m Back	35.00	36.00	37.50	39.00	40.50	45.50
1:39.00	1:32.50	1:28.00	1:24.00	1:22.00	1:20.00	100m Back	1:15.00	1:18.00	1:21.00	1:24.00	1:27.00	1:31.50
3:35.00	3:21.00	3:12.00	3:05.00	3:00.00	2:54.00	200m Back	2:42.00	2:50.00	2:56.00	3:02.00	3:10.00	3:25.00
51.00	48.00	46.00	44.50	43.00	42.00	50m Breast	38.50	40.00	42.00	43.50	46.00	49.00
1:52.00	1:45.00	1:39.00	1:36.00	1:33.00	1:31.00	100m Breast	1:27.00	1:29.00	1:31.50	1:34.00	1:37.00	1:48.00
3:55.00	3:45.00	3:35.00	3:30.00	3:25.00	3:20.00	200m Breast	3:13.00	3:17.50	3:21.00	3:27.00	3:32.00	3:50.00
43.50	40.50	38.50	37.00	36.50	35.50	50m Butterfly	33.00	34.50	35.50	36.50	37.50	41.00
1:35.00	1:31.00	1:26.50	1:24.00	1:21.00	1:19.00	100m Butterfly	1:15.00	1:17.00	1:20.00	1:23.00	1:25.50	1:31.00
3:30.00	3:20.00	3:15.00	3:10.00	3:05.00	3:00.00	200m Butterfly	2:52.00	2:56.00	3:02.00	3:07.00	3:14.00	3:20.00
3:30.00	3:20.00	3:15.00	3:10.00	3:05.00	3:00.00	200m IM	2:51.00	2:55.00	3:01.00	3:07.00	3:14.00	3:20.00
7:15.00	7:00.00	6:50.00	6:40.00	6:30.00	6:20.00	400m IM	6:00.00	6:10.00	6:20.00	6:35.00	6:50.00	6:55.00

## **Appendix 3**

**SWIMMING  
CANADA  
NATATION**



### **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:

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**Please note: Any record achieved outside a Canadian Record may not be ratified by the applicable governing body.**

Coach/Representative: \_\_\_\_\_

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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 Check <i>(admin use only)</i>

### TAPING REVIEW COMMITTEE

**Supporting documents: Please provide all supporting documents.**

Committee Approval: Yes ☐ No ☐

Committee Members:

Committee Signatures:

_____	_____
_____	_____
_____	_____
_____	_____

Committee Comments:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Please be aware that International records (WR/WJR/WPS/Commonwealth) may not be ratified if taping is worn for record-breaking swims. It is advised to remove the taping in such instances.**

## **Appendix 4**

### **SNC COMPETITION WARM-UP SAFETY PROCEDURES**

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

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

- Swimmers must enter the pool **FEET FIRST** in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

#### **EQUIPMENT:**

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions

#### **VIOLATIONS:**

***It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.***

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.



- In 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."**

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## ***Appendix 5***

### **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.

## **Appendix 6**

### **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.

**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.

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 **MUST** report to the Administration Desk at least 10 minutes prior to the event and be ready to swim if necessary.