

SPRINT DISTANCE INVITATIONAL

Hosted by:

The Manitoba Marlins Swim Club

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

SNC SANCTION NUMBER: TBD

FACILITY & TIMING:

Pan Am Pool, 25 Poseidon Bay, Winnipeg, MB R3M 3E4

Training Tank, 50m Pool

Electronic timing Quantum & manual watch back up

8 lanes for warm-ups (training tank), 3 lanes for warm-downs (main tank)

DATES AND TIMES:

April 12, 2025

Date	Sessions & Age Group	Warm – Up	Start
April 11, 2026	Session 1 - All Swimmers (Sprint events)	8:00 am	9:00 am
April 11, 2026	Session 2 - All Swimmers (Distance events)	1:00 pm	2:00 pm

EVENT LIST:

Session 1:

Saturday, April 12 (Sprint Events)

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|---|-----------------------|
| 1 | Girls 50 Butterfly |
| 2 | Boys 50 Butterfly |
| 3 | Girls 50 Backstroke |
| 4 | Boys 50 Backstroke |
| 5 | Girls 50 Breaststroke |
| 6 | Boys 50 Breaststroke |
| 7 | Girls 50 Freestyle |
| 8 | Boys 50 Freestyle |

Session 2:

Sunday, April 12 (Distance Events)

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| 9 | Girls 800 Freestyle |
| 10 | Boys 800 Freestyle |
| 11 | Girls 1500 Freestyle |
| 12 | Boys 1500 Freestyle |

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

ELIGIBILITY:

- All swimmers must be registered with Swim Canada or FINA affiliated organizations.
- The swimmer's age is determined by their age on the first day of the meet.
- No qualifying times required for this meet.

ENTRIES:

- All entries must be submitted with a time. "No Time" (NT) entries will not be accepted.
- All entries must be uploaded to the Swim Canada web site using a Hy Tek Entry File.
- Each swimmer must have a valid swimmer ID number, and a correct birth date, and a gender.
- Errors or omissions in the entry file will cause delays in entry file acceptance and results posting on www.Swimming.ca

ENTRY LIMITATIONS:

- A swimmer may compete in a maximum of three events in session 1 and one event in session 2.
- The Manitoba Marlins is responsible for filling all Level 2 on-deck positions (Inspector of Turns, Judge of Strokes, Admin Desk, Chief Timekeeper) for Session #2.

- Swimmers entered in distance events must supply/provide one timekeeper for their race; otherwise, they will not be permitted to compete."

ENTRY FEES:

- Individual Stroke 50m events: **\$12.50 per event.**
- Individual 800m or 1500m events: **\$15.00 per event.**
- SNM Program Development Fees (includes Splash & Officials fees): **\$2.50 per event.**
- SNM / SNC Participation Fee: **\$7.00 per swimmer.**
- Online Meet Program fee (see below): **\$2.00 per swimmer.**

**** Official Meet Program will be available for download & print from the Manitoba Marlins website <https://www.qomotion/team/mbmm/page/swim-meets/hosted-swimmeets> ****

ENTRY DEADLINE:

- **11:59pm - Wednesday, April 01, 2026**

COACHES' REMINDER:

Coaches are asked to use their professional discretion when entering swimmers in distance events to ensure reasonable timelines. Coaches should use the following guidelines (minimum projected times) when entering a swimmer: **(800 free: < 13:00.00 1500 free: < 25:00)**

PAYMENT:

- Payment must be received on or before the start of warm-ups, or the first day of competition at the Administration Desk.
- Accepted payment tender includes:
 - **Cheque: Payable to: MANITOBA MARLINS SWIM CLUB**
 - **EFT (Electronic Funds Transfer) to: billing@manitobamarlins.com**
- Entry fees are not subject to adjustment or refunds after entry deadline date.

DECK ENTRIES:

There will be no deck entries for distance events (Session 2).

Deck entries for sprint events (Session 1) will be permitted per the following guidelines:

- Lane space is available.
- No new heats will be created for deck entered swimmers.
- Deck entries for additional swims for swimmers **ALREADY ENTERED** in the competition must be submitted 15 minutes prior to the end of warm up with an entry fee of **\$20.00 per event.**
- Deck entries for swimmers **NOT ALREADY** entered in the competition may be permitted if entries are submitted 15 minutes prior to the end of warm up with an entry fee of **\$20.00 per event**, plus **\$2.50 per event** (SNM Program Development Fee), plus a **one-time fee of \$9.00** (\$7.00 SNC fee & \$2.00 online meet program fee)
- Swimmer's name, birthdate and SNC ID # as they are registered on Swim Canada must be provided prior to lane assignment.
- All payments for deck entries must be made prior to lane assignment.
- Accepted payment tender is cash, cheque or EFT.

- A swimmer may request additional deck entries, provided that the total number of entries (including deck entries) does not exceed three in session 1.
- Deck entry swims are for “time only” or “exhibition only” and will not be included in awards or scoring.

COMPETITION:

- SNM policies and regulations are in effect.
- Swim Canada rules apply.
- Session 1 events: 50 Fly, 50 Back, 50 Breast, and 50 Free sprint events will be senior seeded slowest to fastest by gender.
- Session 2 events: 800 Free and 1500 Free distance events will be senior seeded fastest to slowest by gender.
- **Session 2 Events will alternate event 8/9 and 10/11 until heats are finished.**

The following seeding rules will be used to seed the applicable events if needed to limit session length:

- 1500 Free events will be limited to the fastest 3 heats (24 girls and 24 boys) in each event.
 - 800 Free events will be limited to the fastest 5 heats (40 girls and 40 boys) in each event.
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- 50 metre Timed Finals
- Any changes to the competition must be approved by SNM.
- 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.
 - Coach and Swimmer must notify 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.
- 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 for this meet (Appendix 3)
- Coaches are requested to submit scratches to the Administration Desk no later than 15 minutes before the start of the session.

OFFICIAL SPLITS:

- Coaches must submit an Official Split Request Form no later than 15 minutes prior to the prior to the end of warm up in the session in which the swim will occur.
- Official split swims are **\$10.00 per swim**.
- Payment for Official Split swims are due at the time of request and prior to approval of the swim.
- Accepted payment tender is cash, cheque or EFT.

- Meet management reserves the right to deny any requests based upon the impact to the meet.

SCORING:

- There will be no team or individual scoring of the meet.

SAFETY:

- SNC Warm-up Procedures are in effect (Appendix 1).
 - 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 2)
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Appendix 1 - 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.”

Appendix 2 - 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 3 - 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

- a. There is no scratch deadline for time final events. Coaches are encouraged to report scratches to the administration desk as soon as possible.
- b. **Penalties:** Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee.

2. Prelims/Final Events

- a. Scratches from ***preliminary heats***:
 - i. May be made at 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.
- b. 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.
