



GOLDEN PLAINS

INVITATIONAL

May 22 - 24, 2026

**Hosted By Manitoba Marlins
Sanctioned By Swim Manitoba**

Meet Management Team	Email address
Meet Managers: Valerie Chan Dale Gustafson Anton Moyseyenko	meet_management@manitobamarlins.com
Meet Entries: Heather Nicolson	entries@manitobamarlins.com
Officials Coordinators: Nancy Champagne Laurel Harrison	officials_volunteers@manitobamarlins.com

**SNC SANCTION NUMBER
TBD**

FACILITY & TIMING

Pan Am Pool

25 Poseidon Bay, Winnipeg, Manitoba R3M 3E4

Main Tank, 50m pool

Electronic timing QUANTUM & manual watch back up

12 lanes for warm ups, 6 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	Session Start
Session #1	22-May-26	Prelims	8:00am	8:55am	9:00am
Session #2	22-May-26	Finals & Timed Final Relays	4:30pm	5:25pm	5:30pm
Session #3	23-May-26	Prelims	8:00am	8:55am	9:00am
Session #4	23-May-26	Finals & Timed Final Relays	4:30pm	5:25pm	5:30pm
Session #5	24-May-26	Prelims	8:00am	8:55am	9:00am
Session #6	24-May-26	Finals & Timed Final Relays	4:30pm	5:25pm	5:30pm

EVENT LIST

See Appendix #1

QUALIFYING TIMES

See Appendix #2

Note: Women's 11 & Under, and Men's 12 & Under 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.

Women 11 & Under swimmers will be included in Women 12 & Under age group.

Men 12 & Under swimmers will be included in Men 13 & Under age group.

ELIGIBILITY

- Open to qualified swimmers currently registered with SNC, USS, or World Aquatics.
- All swimmers must have achieved at least one qualifying time in a sanctioned race completed between January 01, 2025 and prior to entry deadline.
- PARA swimmers are eligible to compete and must be listed on Swimming Canada PARA Swimmer Registry, and will not be subject to any qualifying times.

AGE GROUP CATEGORIES

Age Group for all events heats and finals:

- Women: 12 & Under, 13-14, 15 & Over
- Men: 13 & Under, 14-15, 16 & Over

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

ENTRIES

- All entries must be uploaded to the Swimming Canada Online Entries System as a Hytek Entry file.
- All attending coaches names are requested in the entry file. If a coach from the same club as the swimmers is not attending the meet, the coach must inform the Meet Manager with the proxy coaches name and the club is responsible for coaching their swimmers.
- 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 SNC swimmer ID, correct date of birth, and 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.
- 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
- Para swimmers may enter a maximum of eight (8) individual events in total, including any combination of Para-specific and Olympic stream events, and will not be subject to any qualifying times (QT).
- Bonus swims must be flagged on the 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

- All submitted entry times will be validated via REMS validation process.
- Coaches will be notified of any times that do not pass the time validation check and they must provide proof of an actual time, and not a "custom time". The entry time must be something that can be verified on swimming.ca or swimrankings.net.

- Failure to prove any requested time to the Meet Entries 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 World Aquatic 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 Head Coach Cameron Harbeck at head_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.
 - Mixed teams must consist of two (2) women & two (2) men only.
- 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 (1) Relay team per age group per event.
- A swimmer may also only swim in one (1) leg of any Relay.
- Swimmers may also swim up an age category.
- A maximum of two (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.
- Swim clubs may enter a maximum of two relay teams per event age group.
- Relays ages:
 - Women: 12 & Under, 13-14, 15 & Over
 - Men: 13 & Under, 14-15, 16 & Over
 - Mixed: 12 & Under, 13-14, 15 & Over
 - Mixed teams must consist of two women & two men only.

ENTRY FEES

- **\$110.00 per swimmer.** (Entry fee includes SNC Participation Fee, SNM Competition Levy Fee, SNM Splash & Officials Fess, and swimmer event 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**
- 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 must be 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, birthdate and **qualified entry time.**
- 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.
- There are six (6) Para-specific events, these all have 100 series event numbers (refer to the event list), and will be swum as multi-class.
 - Para-specific events will be swum as prelims and finals regardless of the number of swimmers.
 - Para swimmers entered in Para-specific events that offer a Para-specific Final, may only advance to the Para Finals.
 - Para-specific preliminary heats will be seeded by time, and the times achieved from the preliminary heats will be scored on the Swimming Canada Para Swimming Points calculator for seeding placement in Finals.
- Para swimmers will be fully integrated in heats and finals for all Olympic stream events.
 - Para swimmers entered in an Olympic stream event may advance to a final in their proper gender and age category based on their time achieved from the preliminary heat.
- Para swimmers will be judged under WPS Rules and Regulations, except that Para-specific will be run as heats & finals regardless of the number of swimmers in the event.
- 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:
 - Coaches must submit one taping request form for each athlete before the first session.
 - Taping request forms will be available at the Administration Desk.
 - Taping reviews will take place during the first 15 minutes of warm-up, before each session.
 - Taping must be applied in the same position, or pattern, and on the same part of the body throughout the duration of the meet.
 - Any swimmer who races with taping not approved by a Referee will be disqualified.
- 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 3).
- 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.
 - Note: Scratch deadline for Sunday Finals will be 30 minutes from the completion of Event #30 Men 100m Butterfly.

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.
- Limit of one Official Split per swimmer per event.
- Meet management further reserves the right to deny any requests based upon the impact to the meet.
- 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 ANY Relay will be regarded as an Official Split and therefore no request by a coach is needed.

PROTESTS

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

SCORING

- Individual event AGE group High Points: 5-2-1
- No scoring on Relays.

AWARDS

- Individual High Point Award for:
 - Women 12 & Under, 13-14, 15 & Over
 - Men 13 & Under, 14-15, 16 & Over
- Top Scoring Female (highest World Aquatic/FINA point)
- Top Scoring Male (highest World Aquatics/FINA point)
- Top PARA swimmer with the highest World Para Swimming Point Score achieved at the meet.
- Individual Events & Relay Events:
 - Medals for 1st to 3rd 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 2nd 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 5)

HOSPITALITY

- Meals / Drinks / 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 esm-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

- Hyatt House Winnipeg-South/Outlet Collection
700 Sterling Lyon Pkwy, Winnipeg, MB R3P 1E9

https://www.hyatt.com/shop/rooms/ywgxw?checkinDate=2026-05-21&checkoutDate=2026-05-25&rooms=1&adults=1&kids=0&corp_id=G-MARL&accessibilityCheck=false

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

Session #1 Friday May 22, 2026 Warm up: 08:00am Session start: 09:00am					
Format	Event #	Gender	Event Name	Event #	Gender
Prelims	1	Women	100m Backstroke	2	Men
Prelims	101	Women	100m Backstroke (S1-14) - Para	102	Men
Prelims	3	Women	50m Butterfly	4	Men
Prelims	5	Women	200m Breaststroke	6	Men
Prelims	7	Women	50m Freestyle	8	Men
Prelims	103	Women	50m Freestyle (S1-14) - Para	104	Men
Prelims	9	Women	400m Individual Medley	10	Men

Session #2 Friday May 22, 2026 Warm up: 04:30pm Session start: 05:30pm					
Format	Event #	Gender	Event Name	Event #	Gender
Finals	1	Women	100m Backstroke	2	Men
Finals	101	Women	100m Backstroke (S1-14) - Para	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	50m Freestyle (S1-14) - Para	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

Session #3 Saturday May 23, 2026 Warm up: 08:00am Session start: 09:00am					
Format	Event #	Gender	Event Name	Event #	Gender
Prelims	11	Women	100m Freestyle	12	Men
Prelims	105	Women	100m Freestyle (S1-S14) - Para	106	Men
Prelims	13	Women	200m Butterfly	14	Men
Prelims	15	Women	50m Breaststroke	16	Men
Prelims	107	Women	50m Breaststroke (SB1-SB14) - Para	108	Men
Prelims	17	Women	200m Backstroke	18	Men
Prelims	19	Women	400m Freestyle	20	Men

Session #4 Saturday May 23, 2026
Warm up: 04:30pm | Session start: 05:30pm

Format	Event #	Gender	Event Name	Event #	Gender
Finals	11	Women	100m Freestyle	12	Male
Finals	105	Women	100m Freestyle (S1-S14) - Para	106	Male
Finals	13	Women	200m Butterfly	14	Male
Finals	15	Women	50m Breaststroke	16	Male
Finals	107	Women	50m Breaststroke (SB1-SB14) - Para	108	Male
Finals	17	Women	200m Backstroke	18	Male
Finals	19	Women	400m Freestyle	20	Male
Timed Finals	307		Mixed 200m Medley Relay 12 & Under		
Timed Finals	308		Mixed 200m Medley Relay 13-14		
Timed Finals	309		Mixed 200m Medley Relay 15 & Over		

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
Prelims	109	Women	200m Freestyle (S1-S14) - Para	110	Men
Prelims	23	Women	100m Breaststroke	24	Men
Prelims	25	Women	200m Individual Medley	26	Men
Prelims	27	Women	50m Backstroke	28	Men
Prelims	111	Women	50m Backstroke (S1-S14) - Para	112	Men
Prelims	29	Women	100m Butterfly	30	Men

Session #6 Sunday May 24, 2026
Warm up: 04:30pm | Session start: 05:30pm

Format	Event #	Gender	Event Name	Event #	Gender
Finals	21	Women	200m Freestyle	22	Men
Finals	109	Women	200m Freestyle (S1-S14) - Para	110	Men
Finals	23	Women	100m Breaststroke	24	Men
Finals	25	Mixed	200m Individual Medley	26	Men
Finals	27	Women	50m Backstroke	28	Men
Finals	111	Women	50m Backstroke (S1-S14) - Para	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

Appendix 2

2026 QUALIFYING TIMES – LONG COURSE

Note: Women's 11U times 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 Long Course							Men Long Course					
11U LCM	12 LCM	13 LCM	14 LCM	15 LCM	16O LCM	EVENT	17O LCM	16 LCM	15 LCM	14 LCM	13 LCM	12U LCM
40.00	37.50	36.00	35.00	34.00	33.50	50 Fr	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	100 Fr	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	200 Fr	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	400 Fr	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	50 Bk	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	100 Bk	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	200 Bk	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	50 Br	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	100 Br	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	200 Br	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	50 Fl	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	100 Fl	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	200 Fl	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	200 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	400 IM	6:00.00	6:10.00	6:20.00	6:35.00	6:50.00	6:55.00

Appendix 2

2026 QUALIFYING TIMES – SHORT COURSE

Note: Women's 11U t 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 Short Course						EVENT	Men Short Course					
11U SCM	12 SCM	13 SCM	14 SCM	15 SCM	16O SCM		17O SCM	16 SCM	15 SCM	14 SCM	13 SCM	12U SCM
39.00	36.50	35.00	34.00	33.00	32.00	50 Fr	30.00	31.00	32.00	33.00	34.50	37.00
1:28.00	1:20.00	1:16.50	1:14.00	1:12.00	1:10.00	100 Fr	1:06.00	1:08.00	1:10.00	1:12.00	1:15.00	1:25.00
3:07.00	2:57.00	2:47.00	2:42.00	2:37.00	2:32.00	200 Fr	2:26.00	2:30.00	2:35.00	2:39.50	2:43.00	3:00.00
6:35.00	6:10.00	5:50.00	5:40.00	5:30.00	5:20.00	400 Fr	5:00.00	5:10.00	5:20.00	5:30.00	5:45.00	6:25.00
45.50	42.50	40.50	39.00	37.50	36.00	50 Bk	34.00	35.00	36.00	37.00	39.50	43.50
1:37.00	1:30.50	1:26.50	1:23.50	1:20.50	1:17.50	100 Bk	1:13.00	1:16.00	1:19.00	1:22.00	1:25.00	1:29.50
3:30.00	3:18.00	3:08.00	3:02.00	2:56.00	2:50.00	200 Bk	2:38.00	2:46.00	2:52.00	2:58.00	3:06.00	3:20.00
50.00	47.00	45.00	42.50	41.00	40.00	50 Br	37.50	38.50	39.50	40.50	44.00	48.00
1:50.00	1:43.00	1:38.00	1:35.00	1:32.00	1:29.00	100 Br	1:25.00	1:28.00	1:31.00	1:34.00	1:38.00	1:45.00
3:45.00	3:38.00	3:33.00	3:28.00	3:23.00	3:18.00	200 Br	3:10.00	3:18.00	3:22.00	3:27.00	3:32.00	3:40.00
42.50	39.50	37.50	36.00	34.50	33.50	50 Fl	32.00	33.00	34.00	35.00	37.50	41.50
1:33.00	1:29.00	1:24.00	1:21.00	1:18.00	1:15.00	100 Fl	1:13.00	1:16.00	1:19.00	1:22.00	1:25.00	1:31.00
3:20.00	3:15.00	3:10.00	3:05.00	3:00.00	2:55.00	200 Fl	2:46.00	2:51.00	2:56.00	3:01.00	3:06.00	3:18.00
3:20.00	3:15.00	3:10.00	3:05.00	3:00.00	2:55.00	200 IM	2:46.00	2:51.00	2:56.00	3:01.00	3:06.00	3:18.00
7:00.00	6:45.00	6:35.00	6:25.00	6:15.00	6:05.00	400 IM	5:50.00	6:00.00	6:10.00	6:20.00	6:30.00	6:45.00

Appendix 3

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 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.

Appendix 5

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 their remaining finals events, including relays, scheduled for that day. A relay team that includes a swimmer that has an unexcused late scratch, no show, step down etc would also be prohibited from swimming. Relay team would have loss of entry fee. 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.
