



**Power Smart Manitoba Summer Games**  
**August 10-13, 2016 Steinbach, Manitoba**  
**Sanctioned by Swim Natation Manitoba**

Meet Manager	Co-Meet Manager
Chris Harbeck <a href="mailto:chris.harbeck@gmail.com">chris.harbeck@gmail.com</a>	Chelsea Maronese <a href="mailto:chelseaklassen@hotmail.com">chelseaklassen@hotmail.com</a>
Meet Entries	Meet Referee
Ben Shewchuk <a href="mailto:swim.summer@sportmanitoba.ca">swim.summer@sportmanitoba.ca</a>	Peter Garagan <a href="mailto:pgaragan@mymts.net">pgaragan@mymts.net</a>

**Venue:**

- a) Steinbach Aquatic Centre – 330 Park Road East, Steinbach MB
- b) 6 lane - 25 meter outdoor pool
- c) Non-turbulent lane markers
- d) Starting blocks from deep end - 11 foot depth
- e) Swim Canada – Swim Manitoba Sanctioned event

**Timing:**

- a) Manual timing

**Dates & Times:**

- a) **Technical Meeting:**
  - \* Coaches, Managers technical meeting will be held on Wednesday August 10, 2016 from 6:00 to 7:00 pm TBC
  - \* A coaches meeting may be held 30 minutes prior to the start of any session, as required by meet management
- b) **Check-in:**
  - \* Arrival and Village Check in will be on Wednesday August 10, 2016 from noon - 3:30 pm
  - \* Schedules will be provided by Host Society



**c) Pre- meet training times:**

- \* Training will be available on Wednesday August 10, 2016 from 1:00 to 6:00 pm
- \* Two teams per hour
- \* Swim MB will notify teams of training times based on arrival into village

Session	Date		Times	
1	<b>Day 1</b> Thursday Aug 11, 2016	Warm-up	8:30 – 9:45 am	
		Announcement & Ceremonies	Equipment Testing	9:45 – 10:00 am
		Preliminaries	Start	10:00 am
2	<b>Day 1</b> Thursday Aug 11, 2016	Warm-up	3:30 – 4:45 pm	
		Announcement & Ceremonies	Equipment Testing	4:45 – 5:00 pm
		Finals	Start	5:00 pm
3	<b>Day 2</b> Friday Aug 12, 2016	Warm-up	8:30 – 9:45 am	
		Announcement & Ceremonies	Equipment Testing	9:45 – 10:00 am
		Preliminaries	Start	10:00 am
4	<b>Day 2</b> Friday Aug 12, 2016	Warm-up	3:30 – 4:45 pm	
		Announcement & Ceremonies	Equipment Testing	4:45 – 5:00 pm
		Finals	Start	5:00 pm

**Eligibility:**

- a) All swimmers must be registered with Swim Canada and Swim Manitoba, be pre-selected by Swim Manitoba for their region and must meet the following Year of Birth criteria to be eligible:

Category	Girls	Boys
Youth	2004-2005	2003-2004
Junior	2002-2003	2001-2002



### Age Group Categories:

- a) For all individual pool events:
  - \* Girls born: 2004-2005 Youth Category, 2002-2003 Junior Category
  - \* Boys born: 2003-2004 Youth Category, 2001-2002 Junior Category
- b) For all scoring Relay TF events 200 FR Mixed Relay and 200 Mixed Medley Relay
  - \* Mixed Youth: 2 Girls: 2004-2005 and 2 Boys 2003-2004
  - \* Mixed Junior: 2 Girls: 2002-2003 and 2 Boys 2001-2002
- c) Prelim only – FUN “Team Spirit Award” 400 Medley Relay and 400 Free Relay - 2 per gender and 2 per age category ( 8 swimmers x 50 m per swimmer)

### Entry Deadline:

- a) Wednesday July 27, 2016
- b) Entries must be submitted on excel spreadsheet provided by Swim MB by each region
- c) Direct questions or request for additional information to the Meet Entries and Results chair.
- d) Email Entry Excel Spreadsheet to: [swim.summer@sportmanitoba.ca](mailto:swim.summer@sportmanitoba.ca)

### Entries & Limits:

- a) A swimmer is limited to 3 individual events per session (total of 6 individual pool events) plus relays
- b) No Time (NT) entries are allowed, but best estimates are recommended
- c) Entry times are preferred for seeding purposes and timing out the meet
- d) Entries must include the swimmer’s SNC ID number and date of birth (DOB)
- e) Summer Swimmers SNC registration will be handled and processed by Swim MB

### Competition:

- a) This competition will be conducted according to: SNC rules, SNC regulations and SNM policies and regulations.
- b) All individual pool events for all categories will be swum as Preliminaries and Finals.
- c) All individual pool events will have an “A” (1-6) and “B” (7-12) final with the “A” final swimming before the “B” final.
- d) All relay pool events are timed final
  - 400m Fun Relays during Preliminary Sessions
  - 200m Mixed Relays during Final Sessions



#### Seeding:

- a) All preliminary individual pool events will be senior seeded by gender and time
- b) All final individual pool events will be seeded by gender, category and time
- c) All 200m relay events will be seeded by category and time
- d) All 400m fun relays will be seeded by draw – 2 heats of 4 teams. “Team Spirit” awards
- e) Times will be seeded slowest to fastest
- f) If NT is submitted they will be seeded last

#### Relays:

- a) All 200m relay events will be mixed gender with two girls and two boys as a Time Final
- b) Regions can enter a maximum of ONE relay team per category
- c) A swimmer may only participate in ONE relay team in their category and may only swim one leg of a relay per event per age group
- d) To obtain a seeding time, it is recommended that a team time be submitted
- e) 200m Relay cards with complete swimmer names must be submitted to the Clerk of Course within 30 minutes of the conclusion of the preliminary session on the day of the relay event
- f) Final relay order and names may be changed at the Clerk of Course up to 30 minutes prior to the start of the finals session in which the relay is being held
- g) 400 m Fun Relay cards must be submitted to clerk of course by 11:00 AM of the Prelims on the day of the relay event.
- h) The 400m fun relays will be seeded by draw – 2 heats of 4 teams
- i) Only one fun relay team per region– spirit award will be judged by Announcer, Referee and Meet Manage. *Their decision is final.*

#### Deck Entries:

- a) Deck entries are not allowed in any events at this meet



### Scratch Rules: SNM Scratch Rule in effect

- a) Preliminary Events and Relays
  - \* There will be no re-seeding during the meet, scratches from preliminary heats simply create empty lanes
  - \* Scratches from preliminary heats and relays may be made at any time without penalty
  - \* Regions are requested to report any scratches 30 minutes prior to the start of the session
- b) Final Events (see Appendix 3)
  - \* The Scratch Deadline for Finals shall be 30 minutes following the conclusion of preliminaries session.
  - \* Penalties: Unexcused 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 scheduled for that day. At the discretion of the meet manager.
  - \* No monetary penalty fee is to be assessed.
  - \* ALTERNATE SWIMMERS: In Finals, if a contestant 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 Clerk of Course and is present and ready to swim. The alternate shall become one of the finalists. Alternates **MUST** report to the Clerk of Course when the event is called and be ready to swim if necessary. B Finals will run with or without an alternate. The meet will not be delayed to “find” alternates.

### Marshalling and Check In:

- a) Prelims – all prelims will have marshalling. Swimmers should be in the marshalling area 5 minutes prior to their event.
- b) Finals – all finals will have positive check in. Please ensure all individual and relay teams’ positive check in at clerk of course 15 minutes prior to the start of each Finals session.
- c) Finals – all finals will have marshalling. Swimmers should be in the marshalling area 10 minutes prior to their event.



**Safety:**

- a) SNC Warm Up Procedures are in effect (Appendix 1)
- b) Each athlete must be under the supervision of one of their Regional coaches
- c) It is the responsibility of the Regional Coaches to inform their swimmers of the safety rules and ensure they are followed

**General:**

- a) No deck changing is allowed at any time

**Awards:**

- a) Individual pool events in each age category and gender:
  - \* 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> place medals for "A" Final events
- b) 200m Relay pool events in each age category
  - \* 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> place medals for "A" Final events



**Meet Program:**

<b>Day 1 Thursday Aug 11, 2016 PRELIMINARIES</b>			
Warm up 8:30-9:45am	9:50-10:00 Ceremonies	(Test all equipment)	10:00-12:45 Prelim
Event	Girls	Boys	
1/2	100 Back	100 Back	
3/4	50 Breast	50 Breast	
5/6	100 Fly	100 Fly	
7/8	50 Free	50 Free	
9/10	100 IM	100 IM	
Mixed 4Youth/4Junior	400Medley Relay	Fun – <b>non scoring</b> 😊 😊	Timed Final Fun event
12:45	Lunch Break		
<b>Day 1 Thursday Aug 11, 2016 FINALS</b>			
Warm up 3:30-4:45pm	4:50-5:00 Ceremony	(Test all equipment)	5:00-7:45 pm Finals
Event	Girls	Boys	
1/2	100 Back	100 Back	
3/4	50 Breast	50 Breast	
5/6	100 Fly	100 Fly	
Medal Presentation	Events 1 – 6	On site	
7/8	50 Free	50 Free	
9/10	100 IM	100 IM	
11/12 Mixed 2Yth/2Jr	200Fr Mixed Relay (TF)	Youth & Junior	Timed Final event
Medal Presentation	Events 7 – 12	On site	

Regions may fill for the Fun Relays – gender neutral - only if short numbered in either gender



<b>Day 2 Aug 12, 2016 PRELIMINARIES</b>			
Warm up 8:30-9:50am	9:50-10:00 Ceremonies	(Test all equipment)	10:00-12:45 Pre-lim.
Event	Girls	Boys	
13/14	100 Breast	100 Breast	
15/16	50 Back	50 Back	
17/18	100 Free	100 Free	
19/20	50 Fly	50 Fly	
Mixed 4Youth/4Junior	400Free Relay (TF)	Fun – <b>non scoring</b> 😊 😊	Timed Final Fun event
12:45	Lunch Break		
<b>Day 2 Aug 12, 2016 FINALS</b>			
Warm up 3:30-4:50pm	4:50-5:00pm Ceremony	(Test all equipment)	5:00-7:45pm Finals
Event	Girls	Boys	
13/14	100 Breast	100 Breast	
15/16	50 Back	50 Back	
17/18	100 Free	100 Free	
Medal Presentation	Events 13 – 18	On site	
19/20	50 Fly	50 Fly	
21/22 Mixed 2Yth/2Jr	200 Medley Mixed R	Youth & Junior	Timed Final event
Medal Presentation	Events 19 – 22	On site	

Regions may fill for the Fun Relays – gender neutral - only if short numbered in either gender





## Appendix 1

### **SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank 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 either in pre-competition handout, 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.
- 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 scheduled warm-up time.
- Hand paddles, drag chutes, tubing, flippers / fins are not permitted during any warm-up at any time.



#### **VIOLATIONS:**

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

#### **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition tank and when applicable, similarly situated in designated warm-up tanks 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.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**“SWIMMING CANADA WARM-UP COMPETITION 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:**

##### **Time Final Events**

- a. There is no scratch deadline for time final events. Coaches are encouraged to report scratches to the clerk of course 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.
  - ii. **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.
  - iii. **ALTERNATE SWIMMERS:** Alternates **MUST** report to the Clerk of Course at least 10 minutes prior to the event and be ready to swim if necessary.
  - iv. 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 Clerk of Course and is present and ready to swim. The alternate shall become one of the finalists.