

**'11**

**Summer Swimming**

**Handbook**



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Welcome, to another fabulous summer swim season!

The summer swim program is a Swim Manitoba initiative aimed at promoting swimming through out Manitoba. The objective is to provide communities with the opportunity to experience the sport of competitive swimming. Our season runs from the beginning of June to the end of August and consists of approximately 5 one day swim meets, including a Summer Championship held at the end of the season. These meets are hosted by various communities throughout Manitoba.

This summer will mark the 15<sup>th</sup> annual Summer Swimming Grand Prix series. The format allows swimmers to compete in Summer Swimming Meets throughout the province and earn points based on performance. At the end of the season the swimmer in each age category – 8 & under, 9/10, 11/12, 13/14, 15 & over – (male and female) will be declared the 2011 Grand Prix Champion! Each winner receives a prize package from Swim Manitoba for their achievement. The team with the highest combined points over the season also receives a trophy. Awards are presented at the conclusion of the Summer Swimming Championships in August.

Other Programs being offered by summer swimming this year include swim instruction clinics, coaching clinics and swim meet official clinics. Continue reading the handbook for more information on these clinics.

I am looking forward to having the opportunity to work closely with everyone involved this summer. Please do not hesitate to contact me if you need any help.

Good luck and have an amazing summer!

Swimmingly,  
Brett Goldhawk  
Summer Swim Coordinator

## Programs Offered Through Swim Manitoba

### Grand Prix Series

Swim Manitoba is proud to sponsor the 14<sup>th</sup> annual Summer Swimming Grand Prix. The Grand Prix is very simple; every time a swimmer competes they earn points based on their placing towards an overall Summer Swim Team Champion. Prizes are awarded to the winner in each age category. To be part of the Grand Prix swimmers must be registered with a recognized Swim Manitoba Summer Club.

#### *Grand Prix Dates (location TBA):*

Sunday July 10, 2011  
Sunday July 24, 2011  
Sunday August 7, 2011  
Sunday August 14, 2011  
Sunday August 28, 2011

#### *Grand Prix Point Allocation*

1<sup>st</sup> Place - 6 Points  
2<sup>nd</sup> Place - 4 Points  
3<sup>rd</sup> Place - 3 Points  
4<sup>th</sup> Place - 2 Points  
5<sup>th</sup> Place - 1 Point

### Summer Swimming Clinic

A clinic is approximately a two-hour introduction to competitive speed swimming by an NCCP certified swim coach. These sessions will expose participants to the basics of the sport and allow them a chance to participate in the various skills that are required to swim competitively. This clinic would be a great first step in starting a summer swim club or build the aquatics program in your area. If your community or group is interested in hosting a Swim Clinic contact Swim Manitoba for further information and booking.

### NCCP Coaching Clinics

Anyone interested in coaching a summer swim team, must be certified by the National Coaching Certification Program (NCCP). The courses cover a wide variety of topics from skills introduction, stroke correction, practice planning, pool safety and much more. If you are interested contact Swim Manitoba for future course dates and costs. (See "Coaches Duties" for more information)

### Officials Clinic

These clinics cover various aspects of swim meet officiating including timing, stroke and turn, starting and meet managing. As you progress through the various level you are awarded badges that certify you as a qualified official. Anyone interested in learning more about officiating swim meets or wanting to become an official can contact swim Manitoba for pricing and future course dates.

## The Strokes – Introduction to Grand Prix Swimming

### Freestyle

Freestyle is just what its name implies. When freestyle is allowed in a race, a swimmer is permitted to use any style or combination of stroke. All that is required is that the swimmer swims the full distance in their lane. The swimmer may do backstroke, breaststroke, butterfly, or I.M., as long as they do not use anything to aid themselves. At each turn some part of the body must touch the wall to prove that they have gone the full distance. Usually it is the feet that touch the wall as many swimmers prefer the flip-turn as it is much faster than doing an open turn where the swimmer simply touches the wall with their hand. If the swimmer elects to do any other stroke they must execute the proper turn for the stroke. For example, the swimmer must do a proper breaststroke turn if they choose to do breast stroke. These days, most people use Front Crawl in a Freestyle race, simply because it is the fastest of the four competitive strokes.

### Backstroke

Backstroke has no specific rules as to form except that the swimmer must remain on their back while swimming. There are two types of turns, the easiest being ‘an open turn’. The swimmer executes this turn by simply touching the wall on their back, turning around and pushing off on their back again. The second turn that is faster and more difficult to master is a flip-turn, similar to the one used in freestyle, the main difference being that once the swimmer rolls on to their fronts they must do their flip turn. Timing the distance to the wall is the tricky part. With lots of practice this turn can be very easy and much faster than the open turn.

### Breaststroke

Breaststroke is considered to be the most difficult stroke to master. Rules for this stroke are usually strict. The swimmer must swim perfectly on their front; all movements of the arms and legs must be simultaneous. At the start of the race and after each turn the swimmer is allowed to perform an underwater pullout, which consists of one full pull and one whip kick, and the swimmer must break the surface before taking the next stroke. For the remainder of the length the swimmer must surface at least once during each complete stroke cycle (one arm pull and one kick).

The turns in breaststroke are one of the easiest places to get disqualified. At each turn and at the finish of the race the competitor must touch the wall with both hands simultaneously.

## Butterfly

Butterfly like breaststroke is a hard stroke to master. It requires a lot of coordination and rhythm before it begins to look like a reasonable stroke. The swimmer must be on their front; all forward motion of the arms (the recovery) must be made over the water, while the shoulders remain relative to one another. The leg actions are by a 'dolphin kick,' which requires the legs to execute an undulating movement in the vertical plane. The alternating movement of the legs, such as in Freestyle is not permitted, and neither is the breaststroke kick. The head may submerge while executing the stroke; many of the world's fastest butterfly-ers dip their heads in and out as to almost sew their way down the pool. The swimmer must touch the wall with both hands in the same fashion as breaststroke.

## Individual Medley

Often referred to as the "I.M.," it combines all four strokes. The Individual Medley requires the swimmer to swim one-quarter of the race using each of the four different strokes. The strokes must be done in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle. The most common I.M.'s are the 200-meter and 400 meter, for novice or younger age swimmers there is the 100-meter I.M.

## Relays

There are two types of relays, the Freestyle and the Medley relay. In each case the team consists of four swimmers, with each swimmer swimming one quarter of the distance.

In the Freestyle relay each swimmer may swim any stroke or any combination of strokes. In the Medley relay each swimmer swims a different stroke. The order of strokes is different than that of the Individual Medley. In the Medley relay Backstroke is first, followed by Breaststroke, then Butterfly, and Freestyle.

When one swimmer is finished their leg of the relay the next swimmer cannot leave the block until they have touched the wall. The swimmer taking over may be 'winding up' or in the process of diving as long as they are still touching the block when the incoming swimmer 'touches out'. Relay swimmers must swim in the order in which their names appear on the entry card. If one of the swimmers is disqualified because of their action during their leg of the race the entire team is disqualified.

## HOW TO START A SUMMER CLUB

### REQUIREMENTS

- Preferably a 25 meter or yard pool;
- Youth who love to swim;
- A coach – NCCP Fundamentals Coach certified (Courses Available)
- Lots of parents who are willing to devote time to the sport.

It is important to understand that competitive swimming is truly a family affair and a community affair. Families and groups of families travel to meets together, you have time to sit back and relax around the pool, and you get time to socialize with other family member from other communities. Swimmers develop lasting friendships with their fellow competitors.

### TO GET STARTED – Hold a Meeting

Hold a meeting of interested adults (probably the parents of future swimming club members). Advertise your meeting through:

- Existing swimming programs (Red Cross, YMCA, I Can Swim, Municipal Summer Swimming Programs, etc.)
- Local recreation department
- Schools and school newsletters
- Civic centers
- Other places where youth or their parents are apt to be
- Community service space on your local radio/TV/newspaper
- Word-of-mouth

Prepare your agenda. It may include:

- Coaching availability (volunteer or paid)
- Available pool time (hours and cost)
- Available funding assistance (service clubs, Provincial Regional Offices, Kid Sport Manitoba, etc.)
- Fund-raising possibilities - contact other clubs to see what they do.
- Plans for a visit to the nearest existing competitive swimming club

## PREPARE A BUDGET

### Income:

- Swimmer fees
- Fund-raising activities

### Expenses:

- Pool rental - Note: for swimmers to develop into strong swimmers, they should have 1 to 2 hours of training time per day, at least 4 days per week
- Equipment (flutter boards, pace-clock, lane-ropes, etc)
- Coaching costs (salary, travel expenses, certification cost etc.)
- Club membership with Swim Manitoba (\$20/year)
- Swimmer membership with Swim Manitoba (\$20.00/swimmer/year)

## FIND A COACH

Check for availability of local swimming coaches willing to work with a new club and ideally having appropriate coaching certification. Someone already involved in aquatics (lifeguard, swim instructors, etc.) may be a likely candidate

It is required that all clubs should have at least one coach with NCCP certification. Courses can be requested through Swim Manitoba. All other coaches must have atleast Water Safety Instructor (WSI) certification.

It is also mandatory that coaches in Manitoba become certified in the “Respect in Sport” course. This course is very simple to take as it is available online at <http://www.sportmanitoba.ca/respectinsport.php> and can be finished at your own pace. It takes approximately 3 hours.

Many Summer Clubs have volunteer coaches, who work with the swimmers on a rotational base. For example, some coaches may work the morning session, while another coach works with them in the evening.

## HOLD REGISTRATION

- All swimmers must register with Swim Manitoba, registration forms can be obtained from the summer swim coordinator.

## BEGIN TRAINING

- Head Coach and Team Manager set up a practice schedule, establish communications system with swimmers and parents (phone committee, Newsletter, etc.).
- While the swimmers and coaches get to work, it is time to start training the parents as swimming officials; each meet requires between 35 and 40 adults on check and in the office to run a competition. Other clubs will more be willing to assist and officiating clinics can be set up in your area. Contact Swim Manitoba for more information.

## BEGIN COMPETING

- Competitions occur each Sunday beginning in early July and winds-up with the provincial finals at the end of August. See Swim Manitoba's web page ([www.swimmanitoba.mb.ca](http://www.swimmanitoba.mb.ca)) Summer Swimming current year's meet schedule or contact the Summer Coordinator.
- Not all swimmers need to attend all competitive meets, however to attend the provincial final, a swimmer must compete in at least one other meet.
- Swimmers should compete as much as possible. With regular training, major improvement in your swimmers occurs very quickly! **This is the swimmer's reward!** Competition shows them how much they improved. Encourage them, especially when they don't do well the first time or two. Also, don't let your swimmer get discouraged if they can't keep up with more experienced swimmers.
- Swimmers who do swim in a couple of swim meets will train harder to improve their strokes.

## ASK FOR HELP!

Swim Manitoba will have an employee dedicated to the Summer Swimming in Manitoba. We will be more than willing to assist a new club in becoming involved in our provincial activities!

Promoting Summer Swimming in Your Community and neighboring communities.

- Send letters home from school - breakdown the cost of registration to so much per hour of swimming. For example: \$40/5 hours/week/6 weeks is equal to \$1.33 per hour and compare it to the cost of swimming lessons. Letter should appeal to kids and parents.
- Allow one week free coaching at the beginning of the year and have a mini meet at the end of the week - Note: if the child is not registered with Swim Manitoba, he/she is not covered by the Swim Manitoba insurance and therefore unable to compete at the swim meets. Registration can be done one week before the meet.
- Encourage swimmers to bring a friend during the first week.
- Coordinate speed swimming with school phys-ed classes. Swim Manitoba offers Swim Clinics that can be organized around the school day.
- Spread the club responsibilities around - the more people involved with running the club, the more ideas and sense of responsibility to the club.
- Use your local newspapers to advertise your club by giving them competitor's results to publish.

## INDIVIDUAL RESPONSIBILITIES

### COACHES' DUTIES

As coaches you have many responsibilities both on and off the pool deck. Being on time for all team functions (practices, meets, etc.) is extremely important. It is also important that you know what you are doing and are always prepared. Remember *your swimmers and their parents are putting all their trust in you* to ensure that the program you are implementing is safe and rewarding.

There are a few administrative duties that go along with being a swim coach. Keeping an accurate team roster and making the appropriate upgrades as new swimmers join your team. Overseeing that meet entries are done properly and submitted prior to the entry deadline. Reading all information carefully and sharing the appropriate information with swimmers, parents, etc. It is also the responsibility of the coach/team manager to be familiar with the rules governing the sport. Rulebooks are available for purchase from Swim Manitoba. For the Summer Swim Season only a general knowledge of the rules will be needed.

Although this may seem like a lot of responsibility, by staying on top of things and keeping organized, this experience will be that much more enjoyable for yourself as well as your team.

As of May 2012, Swim Canada and Swim Manitoba require that all coaches be certified. The ruling requires that at least one coach on pool deck must have the minimum certification of "NCCP Fundamentals Coach" – courses available from Swim Manitoba. The minimum requirement for all other coaches on pool deck is NCCP Swimming Teacher certification – Red Cross WSI + Online application.

Visit <http://www.nccpswimming.org/> for more information.

Contact Swim Manitoba 925-5780 for information on coaching courses and required certification.

## SWIMMERS' RESPONSIBILITY

As a summer club swimmer you have responsibilities no matter how old you are, or how well you swim. You have certain responsibilities to yourself, to your coach, to your teammates, and to those in the parent group who work on your behalf.

A speed-swimming club is a group of individuals, swimmers and parents, who have joined together to pursue a common interest.

### SWIMMERS AT PRACTICES

1. Obey all pool rules; keeping your club's good relations with pool staff.
2. Be on time for all club activities; be ready to swim at least five minutes prior to the start of practice sessions.
3. Be cheerful and co-operative; even though swimming is physically demanding, remember you are coming to the pool to improve yourself.
4. Be quiet and listen when the coach is talking; you just might learn something! As well, the other swimmers have a right to hear what the Coach's instructions are.

### SWIMMERS AT SWIM MEETS:

1. Report to your coach or team manager upon arrival at the pool. If you are entered in a swim meet and cannot attend, notify your coach as soon as possible so that he/she can scratch you from the meet and rearrange any relays that you were scheduled to swim.
2. Sit with your team in your team area. Be a part of your team.
3. Be organized! Come to the meet prepared. You want to be warm and comfortable, so learn from the great swimmers and dress warmly while waiting for your event. A team track suit, sweatshirts, deck shoes or running shoes, towels (two), a robe or deck coat, two or more bathing suits, extra goggles and team caps, are all a part of every serious swimmer's kit. Mark all items with your name and club. Do not leave valuables in your swim bag or unlocked locker.
4. Respect the decision of the meet officials. Any protest on an interpretation of the rules should come through your coach or team manager.
5. When watching races, stay well back from the edge of the pool. There are rules covering this. The rules are designed to allow the officials to get a better view.
6. In individual events, stay in the water until all competitors in your race have finished. Stay in your lane, in the water. It's just good sportsmanship and it allows the place judge to do their job better.

## Summer Swimming Technical Package '09

### 1. Introduction

- 1.1.** *The goal of the Summer Swimming program is to enable communities to take their current swim programs one step further by providing children with the opportunity to use their swimming skills in a fun, competitive nature.*

### 2. General Rules

- 2.1.** *The Summer Swimming Technical Package will govern the general running of Summer Swimming Grand Prix Series competitions.*

### 3. Management of competitions

- 3.1.** The Management Committee appointed by the governing body shall have jurisdiction over all matters not assigned by the rules to the referee, judges or other officials and shall have power to postpone events and give directions consistent with rules adopted for conducting any event.

#### 3.2. Duties of Officials – Canada

- 3.2.1.** For each session there shall be a minimum of the following certified officials:

Referee	Chief Finish Judge	2 Judges of Stroke
Starter	Safety Marshal	Clerk of Course
Chief Timekeeper	False-Start rope operator	Marshal
2 Timekeepers per lane	2 inspectors of Turns	Recorder-Scorer

Note: In some meets, the officials may perform in several capacities where the duties of each position are not in conflict with one another.

### 4. Officials

#### 4.1. Referee

- 4.1.1.** The referee shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or regulations related to the competitions. He shall enforce all rules and decisions of FINA and shall decide all questions relating to the actual conduct of the meet, and event or the competition, the final settlement of which is not otherwise covered by the rules.
- 4.1.2.** The referee may intervene in the competition at any stage to ensure that the FINA regulations are observed, and shall adjudicate all protests related to the competition in progress.
- a) The referee shall have the authority to call off or postpone (to a future time and date) all or any portion of a meet or any event even though it has actually started, providing

the meet or an event cannot be conducted or completed in a satisfactory manner or in fairness to the swimmers.

- 4.1.3.** The referee shall ensure that all necessary officials are in their respective posts for the conduct of the competition. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.
- 4.1.4.** At the commencement of each event, the referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions on the starting platform (or for backstroke swimming and medley relays to immediately enter the water). A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the referee shall gesture to the start with a stretched out arm, indicating that the swimmers are under the starter's control. The stretched out arm shall stay in that position until the start is given.
- 4.1.5.** The referee shall disqualify any swimmer for any violation of the rules that he personally observes. The referee may also disqualify any swimmer for any violation reported to him by other authorized officials. All disqualifications are subject to the decision of the referee.
- a) A disqualification shall only be made by an official who personally observes a rule infraction within his/her assigned sphere of responsibility.
  - b) Infractions shall be reported immediately through channels established by the meet manager and approved by the referee. The reason for and the time of the infraction shall be recorded on the disqualification form and signed by the official.
  - c) The swimmer, or the club coach, shall be informed of the full particulars of the disqualification within fifteen (15) minutes after the swimmer's race. However, the disqualification shall stand, even though the swimmer or coach is not informed within the fifteen (15) minute period, providing all the reasonable efforts have been made to do so.
  - d) Mounting the blocks after the referee has turned the race over to the Starter shall be treated as a late scratch, and the offending swimmer shall be disqualified.
  - e) Interfering with an official on duty, using obscene or abusive language in the pool area, or exhibiting other irresponsible behavior may cause a swimmer to be scratched from the rest of the meet.
  - f) The physical or verbal assaulting of an official, or causing willful damage in the pool area by a swimmer, coach, or anyone else associated with a team or club is a major offense. The offender(s) shall be excluded from the meet, ordered from the pool area and/or building at the discretion of the referee, and barred from re-entry for the remainder of the meet.

## **4.2. Starter**

- 4.2.1.** The starter shall have full control of the swimmers from the time the referee turns the swimmers over to him until the race has commenced.
- 4.2.2.** The starter shall report a swimmer to the referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the referee may disqualify a swimmer for such delay, willful disobedience or misconduct. Such disqualification shall not be counted as a false start.
- 4.2.3.** The starter shall have power to decide whether the start is fair, subject only to the decision of the referee.

**4.2.4.** When starting an event, the starter shall stand on the side of the pool within approximately five meters of the starting edge of the pool where the timekeepers can see and/or hear the starting signal and the swimmers can hear the signal.

#### **4.3. Clerk of Course**

**4.3.1.** The clerk of course shall assemble swimmers prior to each event.

**4.3.2.** The clerk of course shall report to the referee if a swimmer is not present when called.

- a) Shall be responsible for “checking in” swimmers at the marshaling area prior to each event;
- b) Shall have control of the swimmers from the time they are “checked in” until they are turned over to the referee;
- c) Shall have full charge of the working deck insofar as control of the swimmers is concerned. He/she shall report undisciplinatory acts to the referee and shall have the power to disqualify any swimmer who engages in an undisciplinatory act while under his/her control;
- d) Shall have the authority, if instructed by the referee, to scratch swimmers who fail to report to the marshaling area when their heat or event is called for marshaling;
- e) Shall seed swimmers in deck-seeded meets, inform swimmers of their heat and the lane assignments, and distribute time cards;
- f) In pre-seeded meets, he/she may be given the authority by the referee to combine heats and move swimmer from one heat to another.

#### **4.4. Inspectors of Turns**

**4.4.1.** One inspector of turns shall be assigned to each end of the pool.

**4.4.2.** Each inspector of turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after turning. The inspector of turns at the starting end of the pool shall ensure that the swimmers comply with the relevant rules from the start and ending with the completion of the first arm stroke. The inspectors of turns at the finish end shall also ensure that the swimmers finish their race according to the current rules.

**4.4.3.** Each inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall.

**4.4.4.** Inspectors of turns shall report any violation on signed cards detailing the event, lane number, and the infringement delivered to the referee.

#### **4.5. Judges of Stroke**

**4.5.1.** Judges of stroke shall be located on each side of the pool.

**4.5.2.** Each judge of stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns to assist the inspectors of turns.

**4.5.3.** Judges of stroke shall report any violation to the referee on signed cards detailing the event, lane number, and the infringement.

- 4.5.4.** Each judge of stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns and the finishes to assist the inspectors of turns.

**4.6. Chief Timekeeper**

- 4.6.1.** The chief timekeeper shall assign the seating positions for all timekeepers and the lanes for which they are responsible. There shall be two (2) timekeepers for each lane.
- a) The final time and placing shall be determined by time.
- 4.6.2.** The chief timekeeper shall have two (2) watches and start them as a timekeeper would. In the case that a timekeeper's watch malfunctions during a race, the chief timekeeper shall replace the watch with his/her own.

**4.7. Timekeepers**

- 4.7.1.** Duties:
- a) Shall determine that the proper swimmer is in his/her lane
- b) Shall determine that the proper time card or document is being used.
- c) Shall determine that the proper times are being read and recorded
- d) Shall determine and record the official time on the time card/document.
- e) Shall determine that the members of a relay team swim in the correct order.
- f) In the absence of an inspector of turns, shall judge relay takeovers.
- g) In the absence of an inspector of turns, shall act as an inspector of turns.
- 4.7.2.** Each timekeeper shall take the time of the swimmers in the lane assigned to him/her. The watches shall be certified correct to the satisfaction of the meet Management Committee.
- 4.7.3.** Each timekeeper shall start his watch at the starting signal, and shall stop it when the swimmer in his lane has completed the race.
- 4.7.4.** Promptly after the race, the timekeepers in each lane shall record the times of their watches on the card, give it to the chief timekeeper, and if requested present their watches for inspection. They shall not clear their watches until they receive the clear watches signal from the chief timekeeper or the referee.
- 4.7.5.** In the case of a watch malfunction, prior to or during a race, the timekeeper shall signal the chief timekeeper in order to receive a replacement watch.

**4.8. Finish Judge**

- 4.8.1.** Finish judges shall be positioned in line with the finish where they have at all times a clear view of the course and the finish line.
- 4.8.2.** After each event the finish judges shall decide and report the placing of the swimmers according to the assignments given to them. Finish judges shall not act as timekeepers in the same event.

**4.9. Officials' Decision Making**

- 4.9.1.** Officials shall make their decision autonomously and independently of each other unless otherwise provided in the Swimming Rules.

#### 4.10. Meet Manager

- a) Shall be responsible for all the organizational details of the meet, shall have control of the mechanics associated with the running of the meet, and shall be responsible for having the necessary equipment and personnel available during the meet.
- b) Such appointments shall be subject to ratification by the referee.
- c) Shall be responsible for the dissemination of all meet information and all meet forms.
- d) Shall be responsible for the preparation of entry lists and/or heat sheets and have them available prior to the start of each session.
- e) Shall be responsible for issuing official results.
- f) Shall see that all record applications are processed.
- g) Shall be Chairperson of the Jury of Appeal for the meet.

#### 4.11. Safety Marshal:

Shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period. This shall include, but not be limited to:

### 5. Grand Prix Series Meets

- 5.1. All Grand Prix Series meets are invitational meets.
- 5.2. Teams must be registered with Swim Manitoba in order to compete in the meets.
- 5.3. Swimmers must be registered with Swim Manitoba in order to compete in the meets.
- 5.4. Swimmers must compete in at least one Grand Prix Series meet in the season of and prior to the Grand Prix Championship meet to be eligible for the Championship meet.

#### 5.5. Swimmer Eligibility

**5.5.1.** Swimmers that have been registered as a competitive swimmer in any provincial winter swimming program within the past 12 months prior to the beginning of the summer season will not be eligible to compete in the Grand Prix Series meets.

#### 5.6. Age Categories

- 5.6.1. Swimmers will compete with their age as of the year they were born.
- 5.6.2. Permissible age categories are now done solely as YEAR of Birth: 2003 and later, 2002-2001, 2000-1999, 1998-97, 1996 and earlier
  - a) As for the **2011 Summer Season**, the age categories are as follows:
    - 8 & Under:** those born in 2003 or later
    - 9 & 10:** those born in 2002 and 2001
    - 11 & 12:** those born in 2000 and 1999
    - 13 & 14:** those born in 1998 and 1997
    - 15 & Over:** those born in 1996 or earlier

#### 5.6.3. Age Categories for relays

- a) Up to two swimmers from a younger age group may swim in an older age group except for the 15 & over age group which is open to any age.

**5.7. Permissible events**

**5.7.1.** The following events and no others will be offered to each age group at each swim meet.

<b>Free</b>	<b>Back</b>	<b>Breast</b>	<b>Butterfly</b>	<b>I.M.</b>
25 m	25 m	25 m	25 m	--
50 m	50 m	50 m	50 m	--
100 m	100 m	100 m	100 m	100 m
200 m	200 m	200 m	--	200 m

**5.7.2.**

**5.7.3.** The following relays and no others may be offered at each swim meet.

<b>Free</b>	<b>Medley</b>
4x25 m	4x25 m
4x50 m	4x50 m

**5.8. Order of Events**

**5.8.1.** The following is a list of events in the order they will be swam at any Grand Prix Series swim meet.

<b>Women Event #</b>	<b>Event</b>	<b>Men Event #</b>
1	100 Breaststroke	2
3	50 Backstroke	4
5	200 Freestyle	6
7	25 Butterfly	8
9	100 Backstroke	10
11	50 Freestyle	12
13	100 Butterfly	14
15	25 Breaststroke	16
17	200 Backstroke	18
19	100 Individual Medley (I.M.)	20

21	25	Freestyle	22
23	200	Breaststroke	24
25	50	Butterfly	26
27	100	Freestyle	28
29	50	Breaststroke	30
31	200	Individual Medley (I.M.)	32
33	25	Backstroke	34
35	4x25	Medley Relay (mixed)	
36	4x50	Medley Relay (mixed)	
37	4x25	Freestyle Relay (mixed)	
38	4x50	Freestyle Relay (mixed)	

#### 5.9. Records

- 5.9.1. After the year 2002, Summer Swimming records may only be achieved at a Manitoba Grand Prix Series Swim Meet.
- 5.9.2. A Summer Swimming record may only be achieved by a registered, Manitoba summer swimmer.
- 5.9.3. Summer Swimming records will only be recorded for those scored events permitted by the Grand Prix Series.

#### 5.10. Meet Entries

- 5.10.1. Swimmers are restricted to 5 individual events plus relays.
- 5.10.2. No deck entries shall be allowed.
- 5.10.3. No exhibition swims shall be allowed.
- 5.10.4. Coaches are encouraged to submit their entries using Hytek Team Manager software.

#### 5.11. Meet Safety Rules

- 5.11.1. Entry into the pool must be feet-first at all times during general warm-up.
- 5.11.2. During warm-up, no swimmer shall enter the water by a dive.
- 5.11.3. Sprint lanes should be available during the final 20 minutes of warm-up. One-way swimming only in sprint lanes. Swimmers must leave the lane after their 25-meter one-way swim.
- 5.11.4. No fins or hand paddles allowed during warm-up.
- 5.11.5. Coaches are responsible to ensure that their swimmers adhere to the safety rules.
- 5.11.6. Running on deck is **not** permitted at any time.

#### 5.12. Competition

5.12.1. All individual events will be swum as timed finals.

**5.13. Scratches**

5.13.1. Scratches shall be submitted to the Clerk of Course.

5.13.2. Scratches may be submitted at anytime without penalty except for loss of entry fee. However, clubs are requested to submit their scratches at least 30 minutes prior to the start of the first event.

**5.14. Scoring at the meets**

5.14.1. 6, 4, 3, 2 and 1 point(s) will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> place, respectively, for each age category in each event.

5.14.2. Scoring shall be base on each swimmer's official time. In the case that an official time is not recorded for a swimmer, the Finish Judge will determine that swimmer's placing.

5.14.3. In the case of a tie in an event, those swimmers with identical times will receive identical placing and identical scores for that event.

5.14.4. Only swimmers aged 10 & under will score points in the 25-meter events.

5.14.5. No points will be awarded for relays.

**5.15. Awards**

5.15.1. First, second and third place medals will be awarded to both males and female swimmers achieving the most accumulated points in each age category throughout the season. This includes the points accumulated at the Grand Prix Championships.

5.15.2. A High Point trophy shall be awarded to the team earning the most points throughout the season. The winning team may keep the trophy until next championship. The trophy is accompanied by a small plaque that the winning team may keep.

5.15.3. A High Point trophy shall be awarded to the "small team" earning the most points among the "small teams" throughout the season. Small teams will be determined by first dividing the total number of registered summer swimmers by the total number of registered summer swim teams. Those teams that have less than the average number of registered swimmers per team will be designated "small teams".

**5.16. Seeding**

5.16.1. Until a system is developed to record the performance of summer swimmers for over more than one season, the first meet of the season is swam with no-times.

5.16.2. Swimmers will be circle seeded based on their entry times.

**5.17. Technical Meeting**

5.17.1. A coaches' and/or officials' meeting may be held 30 minutes prior to the start of any session, if required.

**5.18. Selection of Meet Hosts and Dates**

5.18.1. Meets shall be booked on a first come first serve basis.

5.18.2. Meets are traditionally held on Sundays.

5.18.3. Meets are generally not booked on long weekends.

#### **5.18.4. Selection of Grand Prix Series Championship host**

- a) The championship meet is the last Grand Prix Series meet of the season.
- b) Communities must apply for the championship meet at the beginning of the season.
- c) If more than one community requests the championship meet, the meet will be awarded to the community that hasn't hosted one or has not hosted one in the longer time. This decision is made based on a deadline set by the summer swim coordinator.

#### **5.19. Weather**

- 5.19.1.** If weather prevents completion of a meet, the meet referees, in consultation with the meet manager, may "call" the meet. Such weather may be something like thunder.
- 5.19.2.** The meet manager and the pool staff will monitor weather conditions.
- 5.19.3.** If the meet is called, points will be awarded for those events that have been completed, providing half of the scoring events have been completed. Partially swam events will not be scored.
- 5.19.4.** Whether or not refunds will be given for missed events will be at the discretion of meet management.

### **6. The Start**

- 6.1.** The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.
- 6.2.** The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle, the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.
- 6.3.** Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.
  - 6.3.1.** When swimmer(s) are disqualified for a false start under this rule, the swimmer(s) shall not be allowed to swim under protest. If a protest is made and upheld by a Jury of Appeal, the swimmer(s) concerned shall swim on their own at a time determined by the referee and the coach(es) concerned.

### **7. Freestyle**

- 7.1.** Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
- 7.2.** Some part of the swimmer must touch the wall upon completion of each length and at the finish.

- 7.3. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters after the start and each turn. By that point, the head must have broken the surface.

## 8. Backstroke

- 8.1. Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter, or bending the toes over the lip of the gutter, is prohibited.
- 8.2. At the signal for starting and after turning, the swimmer shall push off and swim upon his back throughout the race except when executing a turn. The normal position on the back can include a roll movement of the body up to, but not including, 90 degrees from horizontal. The position of the head is not relevant.
- 8.3. Some part of the swimmer must break the surface of the water throughout the race. It shall be permissible for the swimmer to be completely submerged during the turn, at the finish, and for a distance of not more than 15 meters after the start and each turn. By that point the head must have broken the surface.
- 8.4. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving a wall. When executing a turn there must be a touch of the wall with some part of the swimmer's body.
- 8.5. Upon the finish of the race the swimmer must touch the wall while on the back. The body may be submerged at the touch.

## 9. Breaststroke

- 9.1. From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time.
- 9.2. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
- 9.3. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- 9.4. All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
- 9.5. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter, or downward dolphin kick is not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.
- 9.6. At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.
- 9.7. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted.

while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

## **10. Butterfly**

- 10.1.** From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at anytime.
- 10.2.** Both arms must be brought forward together over the water and brought backward simultaneously throughout the race.
- 10.3.** All up and down movements of the legs must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.
- 10.4.** At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.
- 10.5.** At the start and turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

## **11. Medley Swimming**

- 11.1.** In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.
- 11.2.** In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
- 11.3.** Each section must be finished in accordance with the rules that apply to the style concerned.

## **12. The Race**

- 12.1.** A swimmer swimming over the course alone shall cover the whole distance to qualify.
- 12.2.** A swimmer must finish the race in the same lane in which he started.
- 12.3.** In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.
- 12.4.** Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.
- 12.5.** Pulling on the lane rope is not allowed.
- 12.6.** Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.
- 12.7.** No swimmer shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn.
- 12.8.** Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled race in the meet.

- 12.9.** There shall be four swimmers on each relay team.
- 12.10.** In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall, but it shall not be necessary to return to the starting platform.
- 12.11.** Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.
- 12.12.** The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a Member for that event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.
- 12.12.1.** Whenever possible, all relays should be swum in heats to establish seeding in finals. No change of swimmers or the order of swim may be made after 'checking in' with the Clerk of Course.
- 12.12.2.** The offending swimmer(s) of a relay team disqualified in heats shall not be used as a member(s) of a relay team in the final of the same event.
- 12.13.** Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.
- 12.14.** Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, the referee may order it to be re-swum.
- 12.15.** No pace making shall be permitted, nor may any device be used or plan adopted which has that effect.
- 13. Timing**
- 13.1.** Any timing device that is terminated by an official shall be considered a watch. Such manual times must be taken by two (2) timekeepers. The manual times shall be determined as follows:
- 13.1.1.** With only two watches being used, the arithmetic average to the nearest hundredth shall be the official time.
- 13.2.** Should a swimmer be disqualified during or following an event, such disqualification should be recorded in the official results, but no time or place shall be recorded or announced.
- 13.3.** In the case of a relay disqualification, legal splits up to the time of the disqualification shall be recorded in the official results.