



# 2025 ManSask

## Winter Short Course

### Provincial Championships

#### March 6 – 9, 2025



**Hosted by:**  
**Regina Optimist Dolphins**  
**on behalf of Swim Sask and Swim Manitoba**



**1. Sanction #:** 55620

- Swimming Canada Warm-up Competition Safety Procedures will be in effect at this competition. [LINK](#)
- Current Swimming Canada Rules will apply except as specifically modified in this meet package - [Rules](#)
- World Para Swimming Rules and Regulations will apply except as modified in this meet package for Para swimmers – [Rules](#)
- All participants in this event are reminded that they are bound by Swimming Canada's and Swim Saskatchewan Policies including but not limited to, the Code of Conduct and Ethics, Athlete Protection Policy, Social media policy as found in the Swim Sask's Safe Sport manual, which can be found [HERE](#)

**2. Meet Information:****Name:** 2025 ManSask Winter Short Course Provincial Championships**Date:** March 6 – 9, 2025**Host Club:** Regina Optimist Dolphins Swim Team**3. Session Dates & Times:**

Session #1	Thurs March 6/25	Prelims	Warm-up 3:30 to 4:30 pm	Competition 4:40 pm
Session #2	Fri March 7/25	Prelims	Warm-up 7:30 to 8:30 am	Competition 8:40 am
Session #3	Fri March 7/25	Finals	Warm-up 4:00 to 5 pm	Competition 5:10 pm
Session #4	Sat March 8/25	Prelims	Warm-up 7:30 to 8:30 am	Competition 8:40 am
Session #5	Sat March 8/25	Finals	Warm-up 4:00 to 5 pm	Competition 5:10 pm
Session #6	Sun March 9/25	Prelims	Warm-up 7:30 to 8:30 am	Competition 8:40 am
Session #7	Sun March 9/25	Finals	Warm-up 4:00 to 5:00 pm	Competition 5:10 pm

**Warm-up is only for swimmers registered in the competition.**

**Meet Management, in conjunction with Swim Sask, reserves the right to change session start times once entries are received. Coaches will be notified should the session start times change.**

**Coaches/Technical Meeting:** Thursday, March 6/2025 at 3:15 pm  
Further meetings may be held throughout the weekend if necessary.

**Officials Briefing:** There will be an Official's Briefing held each session, 45 minutes prior to the start of competition; Thursday at 3:55 pm and at 7:55 am and 4:35 pm on Friday, Saturday and Sunday. This briefing will take place in the new meeting room off the lobby; where the swimsuit store used to be.

There will be a Senior Officials briefing held each session; 1 hour prior to competition (Thurs at 3:40 pm and Friday to Sunday at 7:40 am and 4:10 pm).

**4. Location:** Lawson Aquatic Centre, 1717 Elphinstone Street Regina SK S4T 3N2 306 777-7529

**5. Facility:**

- One 8 lane, 25-meter competition pool
- One 8 lane, 25-meter warm-up/cool-down pool will be available during competition.
- Non-Turbulent Lane markers
- Quantum timing System
- Hy-Tek Meet Manager Computer Software
- Depth at start end of the pool is 4.9 m
- Depth at the Turn end of the pool is 2.2 m.



## 6. Meet Manager and Co Meet Manager

Meet Manager: Orenda Pelzer 306-550-2678 orendac@hotmail.com  
Co-Meet Manager: Kathleen Eisler 306-591-7960 Kathleen.eisler@gmail.com

7. **Officials Coordinator** Gabriel Becerra 306-531-4970 rods.gabe@icloud.com

## 8. Officials

- This is a provincial meet, with the Regina Optimist Dolphins hosting on behalf of Swim Sask and Swim Manitoba; officials from all clubs are requested to participate in officiating at the meet in whatever positions they are qualified in. Please contact the Officials Coordinator and include qualifications and session availability prior to the beginning of the competition.
- If you are a ROD member, please use the job signup in OnDeck or on the website
- Officials and volunteers are encouraged to bring their own water bottles; however, food and drink service will be provided to officials. If you have any special dietary requirements, please reach out to meet management.

### Officials Attire:

- Timers and Chief Timer – White Shirt, Black Bottoms and black shoes that can get wet and are safe to walk in on the pool deck.
- All other officials – Red Shirt, Black Bottoms and black shoes that can get wet and are safe to walk in on the pool deck.
- No hats please.

## 9. Eligibility:

- Entries will only be accepted for swimmers currently registered with a Swimming Canada or World Aquatics affiliated club and with a registration category of '*competitive*'. Para Swimmers must have a valid classification listed on the Swimming Canada website: [Classification – Swimming Canada](#)
- PARA swimmers who are registered with Swimming Canada or a World Aquatics affiliate are eligible to compete. Para swimmers must have a minimum Level 2 classification.
- This meet is open to clubs outside Manitoba and Saskatchewan, however, there will be a limited number of swimmers from outside of ManSask. This is to ensure that the timelines provide enough time between heats and finals. Entries will be considered first come first served.
- Swimmers must be a minimum of 7 years of age as of the 1<sup>st</sup> day of competition (March 6, 2025).
- Swimmers compete in Age group based on their age as of 1<sup>st</sup> day of competition (March 6, 2025).

## 10. Qualifying Times:

- All swimmers must have achieved at least one [2024- 2028 ManSask "AA" time](#) Short Course Standards or Long Course Standards, in any event, in their single age category; age as of first day of the competition.
- Para Swimmers must have achieved at least one Para [MET Standard](#) in one of the eligible events for their Sport Class. (i.e. if only classified SB then must qualify in a breaststroke event for their specific classification. If classified SB4-SB9, SB11-SB14) then must qualify in 100 Breast.
- All qualifying swims must have been achieved during the qualifying period of: Sept 1/2023 –February 20, 2025

## 11. Entry Deadline:

- **Entry deadline is Thursday February 20, 2025, 9:59 pm**
- Clubs from outside of Manitoba & Sask Clubs are encouraged to reserve spots by emailing Marj Walton at [marjwalton@swimsask.ca](mailto:marjwalton@swimsask.ca)



## 12. Entry Fees:

- a. Individual: \$110.00
- b. Relay only swimmers: \$ 40.00
- c. Relay team event: \$ 20.00
- d. Individual deck entry: \$ 20.00
- e. Relay team deck entry: \$ 20.00
- f. Entry fees will be accepted via cheque or e-transfer, with e-transfer being the preferred method. Send e-transfers to: [payment@reginadolphins.com](mailto:payment@reginadolphins.com) the tag "ManSask" and the name of the swim club.  
**E-transfers must be received by Wednesday March 5, 2025 by 12:00pm to allow time to confirm receipt of payment prior to the start of the meet.**  
Cheques are to be made payable to: Regina Optimist Dolphins Swim Team
- g. Payment must be received on or before the start of warm-ups on the first day of the competition.
- h. No swimmer / team will be allowed to start warm-up until entry fees have been paid.

## 13. Entries Refund Policy:

- As per Swim Saskatchewan Winter Swimming Policy WC-4 found [here](#)

## 14. Entry Limit:

- a. Swimmers may enter as many events as they have qualified for, up to a maximum of **SEVEN** individual events, plus relays.
- b. This meet will have a maximum of ~350 swimmers.
- c. Meet Management reserves the right to limit entries in individual events. If necessary, priority will be given to Manitoba and Saskatchewan club swimmers. Meet Management has the right to limit and/or remove the number of Bonus swims from non-Manitoba/Saskatchewan club swimmers.

## 15. Entries:

**Should the new entries system be ready, then it will be used to submit entries. Coaches will be advised and meet package will be amended.**

- a. All entries must be emailed to [marjwalton@swimsask.ca](mailto:marjwalton@swimsask.ca) no later than **Thurs. Feb 20, 2025, 9:59pm.**
- b. **Entries MUST only be submitted for swimmers that are registered in the REMS database.**
- c. **Entries MUST contain complete and accurate information as required if uploading to the national system: Swimmer first and last name, ID #, correct date of birth, gender etc.**
- d. All coaches attending the competition, along with their email address, must be provided in the email with the entry file.
- e. If a coach from the same club as swimmers registered is not attending the meet, the coach must provide the Meet Manager with the name of the coach and club that will be responsible for coaching their swimmers.
- f. Entry times will be accepted in SC or LC meters. Meet Management will convert LC entry times.
- g. **Converted times will *not* be accepted.**
- h. There are 7 Para specific events, these all have 300 series event numbers (see list of events). Para swimmers may enter these Para specific events or an Olympic stream event. Para swimmers are to enter the event that is applicable to their sport class (i.e. 50 or 100 Breast). The top eight swimmers of each gender in each Para event will advance to the Para finals. Times achieved from preliminaries will be scored on the Swimming Canada Para Swimming Points calculator.
- i. Direct all questions regarding entries to Marj Walton – [marjwalton@swimsask.ca](mailto:marjwalton@swimsask.ca)

### Bonus Swims Entries:

- All qualified swimmers may enter Bonus Swims provided they **DO NOT** exceed the entry limit of **SEVEN** individual events. (i.e. 1 QT plus 6 Bonus Swims or 4 QT's plus 3 Bonus Swims)
- No-Time (NT) entries will be accepted for Bonus Swims.

### Distance Events as Bonus Swims:

- Swimmers who achieve one Man/Sask (AA) qualifying time in 400m Freestyle, 800m Freestyle, and/or 1500m Freestyle will be eligible to use the 400m Freestyle, 800m Freestyle and/or 1500m Freestyle as a Bonus Swim.
- Swimmers who achieve the ManSask (AA) qualifying time in 200 IM are eligible to enter the 400 IM as a Bonus Swim.



### **Bonus Swims for Para swimmers:**

- Para athletes who have qualified for ManSask through their Para sport class qualifying standards will be eligible to swim non-sport class specific events. Para athletes entering non-para events will be seeded according to the Olympic stream entry rules. Para athletes will be eligible for finals in non-Para events.
- Para Swimmers who have achieved a Junior Standard in 400 Free for their sport class, are allowed to enter 800 Free and/or 1500 free as a Bonus Swim.

### **Proof of Times:**

- Once an entry file has been imported, there will be a random proof of time done.
- Individual entries must have a time that is provable in [Swimrankings.net](http://Swimrankings.net).
- Coaches will receive an email once their entries have been imported. Email will either indicate that entries are approved or will ask for changes and a new file.
- Failure to be able to prove any requested time will result in the swimmer being scratched from that event. There will be no refund of entry fees from a failure to prove a time.

### **16. Relay Entries:**

- Swim clubs may enter a maximum of **TWO** relay teams per event per age group, and **FOUR** for the 4 x50 Mixed Medley on Thursday night.
- There are no qualifying times for relay events. To obtain a seeding time, it is recommended that a team time be submitted.
- Clubs are encouraged to enter relays with names. If no names are submitted with entries, then Relay cards with complete swimmer names must be submitted to the Administration Desk within 30 minutes of the conclusion of the preliminary session on the day of that relay event, for relays on Friday and Saturday. Relay cards with names for the Mixed Medley relay are due by 4:30 p.m. on Thursday March 6, 2025
- Final relay order may be changed through the Administration Desk up to 30 minutes prior to the start of the finals session in which the relay is being held. Any changes made after the deadline will deem that relay as 'exhibition' and will not be eligible for points and awards.
- All relay events will be Timed Finals.
- Relay swimmers must be properly entered in at least ONE individual event.  
**EXCEPTION:** a club entering only one relay team in an event may bring out "relay only" swimmers to a maximum of two per age group to complete a relay team. "Relay only" swimmers must be listed in the entries as "relay only" swimmers. Relay only swimmers must pay the relay only swimmer fee.
- A swimmer may only participate in ONE relay team in their age group and may only swim one leg of a relay per event per age group. In addition to swimming a relay in their own age category, swimmers may swim up an age category. A maximum of 2 swimmers/relay team may swim up an age category.

### **Mixed Relay Event:**

- The 4 x 50 Mixed Medley relay **must** consist of teams comprised of 2 female and 2 male athletes and will be swum as: 14 & under and 15 & over. Athletes in the younger age group may swim up with the older relays, provided that at least 2 of the members are age appropriate.
- Only 2 teams per club can score.



## **Provincial Medley Relay Entries**

- At the conclusion of regular competition in the final meet session, the Provincial Medley Relays will be swum. The Relays for Olympic stream athletes will be held as 4 x 50 Medley for all age categories.
- Each province may enter ONE relay team in each of the male and female age groups.
- Coaches will select the swimmers to swim each stroke leg of the relay from the fastest time in that stroke **swum at the meet**. The fastest time is determined from any of the following: (i) the individual 50 event, (ii) a lead off relay split or (iii) the 50 split from an individual 100 meter event.
- The Para Provincial Relay will be run as Mixed Gender and Open age category. Ideally this should be 2 male and 2 female Para athletes, however if a province does not have 2 Para athletes in a particular gender, then the relay can be comprised of any combination of gender.
- Each province may enter ONE Para relay team.
- **Provincial Relay cards for all the Provincial Relays are due no later than 15 minutes after the conclusion of the Final of Event #44 (50 Back).**

## **17. Deck Entries:**

- Deck entries may be permitted at the discretion of Meet Management and only if space permits. Additional heats will not be created.
- Deck entries are for additional swims for swimmers already entered in the competition and have passed registration validation, to swim additional swims in empty lanes. Deck Entries are not for the day of competition entries.
  - Deck entries must not cause a swimmer to exceed the entry limit of 7 events
  - Deck entries are NOT ALLOWED in the 800FR and 1500FR events
- Deck entry fees must be presented to the Administration Desk prior to lane assignment.
  - Individual event Deck Entry fee: \$20
  - Relay Deck Entry: \$20
- Deck entries are exhibition and therefore will not be scored nor advance to finals.

## **18. Meet Format/Competition:**

- The 400 IM will be swum as Timed Finals, with the slower heats of each gender in the morning preliminary session and the fastest heat of gender swimming in the final's session.
- The 800 Free and 1500 Free events will be swum as Timed Finals. All heats of 800 and 1500 free will be swum in the preliminary sessions.
- Meet Management reserves the right to limit entries in the 400, 800 and 1500 Free and 400 IM if registration exceeds pool-time capacity. In such cases, priority will be given to Manitoba/Saskatchewan club swimmers.
- All other individual events for all age groups will be swum as Preliminaries and Finals.
- Consolation finals will only be held for events 400 meters and under with 20 **or more athletes** entered **at the entry deadline** for each age category and gender.
- The 'A' final will swim before the 'B' final where there is a consolation final.
- Finals will be swum via the following Age Categories:
  - For all individual and relay events:
    - Female: 12 & Under, 13 &14, 15 & Over
    - Male: 13 & Under, 14 &15, 16 & Over
    - Mixed Medley Relay: 14 & under and 15 & Over
    - Provincial Para Relay: Open
- Para swimmers will be fully integrated in heats and finals for any event that is not offered as a specific Para event. For events that do not have a specific Para Final, Para swimmers may advance to a final in their proper gender and age category. In events that offer a specific Para Final, they may only advance to the Para final.
- Para swimmers will be judged under WPS Rules and Regulations with the **exception that Para specific events will be run as heats and finals regardless of the number of swimmers in an event. This may mean that a swimmer swims an event all by themselves.**



## 19. Seeding:

- a. 400 IM will be senior seeded, slowest to fastest with the fastest 8 swimmers of each gender, regardless of age, swimming in finals.
- b. 800 Free and 1500 Free distance events will be senior seeded fastest to slowest, alternating one heat of female and then one heat of male.
- c. Meet Management reserves the right to adjust the seeding criteria to maintain session timeline requirements and/or provide the fastest 8 swimmers with the best competition available.
- d. All other events: Preliminaries will be senior seeded by time alone, slowest to fastest.
- e. Para swimmers that enter Olympic stream events will be seeded according to their entry time.
- f. Finals for Olympic stream individual events will be swum by gender & age groups.
- g. Para specific events will be swum as mixed classification but separate genders. Heats will be seeded via time and then times achieved from preliminaries will be scored on the Swimming Canada Para Swimming Points calculator for seeding placement in finals.
- h. Para specific events will be swum as heats and finals regardless of the number of swimmers in an event. This may mean that a swimmer swims an event all by themselves.**

### Positive Check-in for Timed Final Events - 800m and 1500 m Free and 400 IM

- **Positive check-ins for the 400 IM, 800 free and 1500 free is required. Coach or swimmer can do check-in. Check-in must be done by the conclusion of warm-ups.**
  - For the 400 IM check-in must be done at the conclusion of warm-ups of the morning preliminary session to be able to determine the 8 swimmers that will swim in finals.
- If necessary, these events may be re-seeded after positive check-in.

## 20. Start:

- Starts will be conducted from Starting Platforms (blocks) as per Swimming Canada Rule 4.1
- Starts for Para swimmers as per WPS Rule 11.1 and sub clauses.

## 21. Scratch Rule:

- a. **Coaches are requested to submit scratches as a courtesy to all swimmers, coaches, officials and Meet Management as this helps run an efficient meet. When scratches are not submitted it can hold up the meet.**
- b. Coaches are encouraged to submit scratches as soon as possible.
- c. After entry deadline and prior to day of competition, coaches are requested to submit any known scratches via email to the entries chairperson and Meet Manager.
- d. Once competition commences all scratches must be submitted to the Administration Desk on official scratch cards.
- e. Scratches for events utilizing Positive Check-in - Failure to check-in by the deadline will be deemed a scratch and the swimmer will be removed from the event. There is no monetary penalty except for the loss of entry fee
- f. Scratches from preliminary events must be submitted no later than 30 minutes prior to the start of the session. There is no monetary penalty.
- g. Scratches from relay events must be submitted 30 minutes prior to the start of the finals session on the day the relay is held. There is no monetary penalty.
- h. Scratches for finals, that result from a preliminary swim, must be submitted 30 minutes following the completion of the morning prelim session on the day the final is to be held. (NOTE: Scratch deadline for 200 IM is at the completion of Saturday prelim session.)**

### Scratch Penalties:

Penalty for not scratching from final events - the offending swimmer will be scratched from all their remaining final 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. There shall be no monetary penalty fee assessed for individual swims.



### **Alternate swimmers:**

In Finals, if a swimmer has not reported to the blocks when their race is called, the Referee shall replace the swimmer with an alternate who has reported and is present and ready to swim. The alternate shall become one of the finalists.

### **22. Scoring:**

- Individual events Age Group High Point Awards: 5 – 2 – 1
- The top 16 score in all events regardless on if there is a consolation final or not.

Individual events for Provincial Age Group Awards:

50-30-20-15-14-13-12-11 / 9-7-6-5-4-3-2-1

Individual events (including PARA events that have a specific PARA Final) for team awards:

50-30-20-15-14-13-12-11 / 9-7-6-5-4-3-2-1

NOTE: Para events that swim together (i.e. events 307 & 309 Female Para 200 Free for S1-5 & S14 and Para 400 Free for (S6-S13) are considered one event and therefore only one swimmer scores the 50-30-20 etc. points. Same for Male events.

Relay events: 50-30-20-15-14-13-12-11

### **23. Awards**

#### **Individual Awards:**

- Individual awards: 1<sup>st</sup> to 3<sup>rd</sup> place for Final events: Medals  
Para awards: 1<sup>st</sup> to 3<sup>rd</sup> place for PARA Final events: Medals  
NOTE: Para events that swim together (i.e. events 307 & 309 Female Para 200 Free for S1-5 & S14 and Para 400 Free for S6-13) are considered one event and therefore only one 1, 2 & 3<sup>rd</sup> place medal awarded. Same for the Male events.

Relay events:

- 1<sup>st</sup> to 3<sup>rd</sup> place: Medals for all relay team members for all relays including the Mixed relay.
- 1<sup>st</sup> place for Provincial Relay: Medals to all relay team members

Provincial Age Group Awards:

- High point award for the top female and top male for each age category, for each: Manitoba and Saskatchewan.
- High Point award for the top female and male Saskatchewan Para swimmer.

Individual High Point Trophy:

- High point award overall for the top female and top male for each age category.

Betty Lou Dean Award: Award for best performance on the World Performance Charts.

- One award each for the top female swim of the meet and the top male swim of the meet.

Philip Clark Memorial Award: Award for the best performance on the Para Swimming Points calculator

- One award each for the top Para female swim of the meet and the top Para male swim of the meet.





### Club Awards:

- Manitoba Small Club: Awarded to the Manitoba swim club with 15 or fewer swimmers entered in the meet at entry deadline, with the highest aggregate points.
- Saskatchewan Small Club: Awarded to the Saskatchewan swim club with 15 or fewer swimmers entered in the meet at entry deadline, with the highest aggregate points.
- Top Manitoba Club: Awarded to the Manitoba swim club with the highest aggregate points.
- Top Saskatchewan Club: Awarded to the Saskatchewan swim club with the highest aggregate points.
- Overall Top Manitoba or Saskatchewan Small Club: Awarded to the Manitoba or Saskatchewan swim club with 15 or fewer swimmers entered in the meet at entry deadline, with the overall highest aggregate points.
- Overall Top Manitoba or Saskatchewan Club: Awarded to the Manitoba or Saskatchewan swim club with the overall highest aggregate points

### 24. Results

- Unofficial results will be posted in real time on meet mobile throughout the competition.
- Results will be posted in a binder near the pool deck entrance.
- The result file will be posted to the Swim Sask website.
- Results will be reported in the following Age Categories for all individual and relay events:
  - Female: 12 & Under, 13 & 14, 15 & Over
  - Male: 13 & Under, 14 & 15, 16 & Over
  - Mixed relay: 14 & under and 15 & Over
  - Para Provincial relay: Open

### 25. Officials Splits

- As per SNC Swimming Rule C13.3.3.1 - Meet Management requires, that a coach wishing to rely on a time achieved by a swimmer for an interval shorter than the total distance of the event, must advise the Referee and Meet Management prior to the commencement of the event in question.
  - Official Split requests must be submitted to the Meet Manager a minimum of 30 minutes prior to the start of the session that the event is being held. The Official Split Request Form is available through Meet Management or by downloading [here](#).
- NOTE: An Official Split cannot be requested for the 1<sup>st</sup> swimmer in a Mixed Relay event.
- The split for the lead swimmer in relays will be regarded as an official split and therefore no request by coaches is needed.
- Such Official split shall then be reported as a separate event in the meet results.

### 26. Meet Safety Rules

- [Swimming Canada Competition Warm-up Safety Procedures](#) will be in effect.
- Safety Marshalls will be stationed around the pool deck during general warm-up
- Entry into the pool must be feet-first at all times during general warm-up.
- During warm-ups, one lane will be set aside for para swimmers only
- During the last 30 minutes of warm-up, a minimum of three lanes, one of which will be designated for backstroke, will be designated as sprint lanes where an entrance dive is permitted. During this period, one-way swimming only is allowed.
- During the last 30 minutes of warm-up a minimum of two lanes will be designated as pace lanes, as required.
- Running on deck is NOT permitted.
- No fins, hand paddles or tubing may be used during warm-up.
- No 'deck changing' is allowed. All swimmers must use the change rooms.
- **It is the coach's responsibility to inform the swimmers and ensure their discipline and adherence to the Meet Safety Rules.**



## 27. General Info:

- Any changes to the meet information or format will be provided to the coaches via email prior to the meet or at the coaches meeting.
- All swimmers are required to please use the change room and not change on deck.
- Glass containers and breakables are not allowed on the pool deck.
- Clubs will be responsible for their personal valuables. The Lawson Aquatic Center and Regina Optimist Dolphins Swim Team will not accept responsibility for any lost or stolen items.
- All clubs are responsible for the conduct of their swimmers. Inappropriate behavior at the pool may result in disciplinary action by Meet Management.
- Please have your club's area in the stands and on-deck cleaned up before you leave each session.
- Swimmers caught vandalizing pool property or using offensive language will be disqualified from the meet and any expenses incurred as a result of the vandalism will be billed to their club.
- Smoking and vaping are prohibited in all areas of the pool, according to City of Regina Bylaws.
- Food is also prohibited on the pool deck, including sunflower seeds with shells.
- Only the host club shall be allowed to sell equipment and merchandise.
- Your cooperation is expected in helping the officials to provide quiet for the start of each race.
- Only approved photographers with meet credentials will be permitted on deck, contact Meet Manager for more information.

## 28. Other Meet Related Events

### Hospitality:

- There will be hospitality provided for officials and coaches during this competition. If you have specific dietary needs, please reach out to meet management so we can accommodate.

## 29. Community Information and Accommodations

Currently trying to secure a photographer to be on site to take professional photos; teams may be able to request team photos as well if interested.

This event will be LIVESTREAMED at a cost per viewer of \$15.00. Links will be provided to coaches prior to the start of the meet.

There are room blocks reserved at Days Inn Regina Airport West \$135.00/night [Days Inn by Wyndham Regina Airport West - ReservationDesk.com](#) (306)584-3297 or daysinnreginaairport@d3h.ca. Please use the code MANSASK when booking. Block available until February 6<sup>th</sup>.

## 30. Other:

### Photography/Videography

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Saskatchewan sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.

The full details of the Event Photography and Videography Procedure, can be found [HERE](#)

Clubs may appoint one official photographer for their club to be granted access to a designated area/working deck. Please contact Meet Manager prior to the competition for permission.

Meet Management may issue an accreditation/name tag identifying such person. If a tag is issued; then it must be worn at all times.



## **Safe Sport**

Swimming Canada and Swim Saskatchewan believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

Swimming Canada Safe Sport Policy found [HERE](#) and other Safe Sport Resources [HERE](#) and Swim Saskatchewan Safe Sport Policies can be found [HERE](#)

Only participating swimmers, officials, registered coaches, and authorized people are allowed on deck.

## **Swimwear**

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Saskatchewan. 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.

## **Taping**

A committee will review and approve any taping requests.

- Taping review will take place prior to each session during warmups. All reviews must be completed no later than 15 minutes prior to the start of the session.
- The committee will consist of the Meet Referee, the session referee (should they be different), and one other senior official with medical training.
- Coaches must submit one taping request form for each athlete prior to their first session.
- Taping Request Forms available at the Administration Desk must be submitted to the Meet Referee by 3:30 pm Thursday and 7:30 am for prelims and 4:00pm for finals for the rest of the competition.
- The committee’s decision will be final.
- Any swimmer who races with taping not approved by a Taping Review Committee will be disqualified.
- Any swimmer wearing taping not approved by a Taping Review Committee is ineligible to set a Canadian Record.

## **Spectators:**

- There will be limited spectator seating on the north side of the pool. If required swimmers, coaches and officials will take priority and as a result spectator seating on the north side of the pool may be reduced.



### ManSask Championship Meet Event List

**Coaches meeting at 3:15 p.m. Thursday March 6, 2025**

Session 1	Warm up: 3:30 pm		Thursday March 6, 2025 - Prelims	Start time: 4:40 pm	
	#	Gender	Event	#	Gender
Prelims	1	Female	200 IM	2	Male
			Events 301 and 303 will be swum together and Events 302 and 304 will be swum together		
Prelims	301	Female	Para 150 IM (SM1-4)	302	Male
Prelims	303	Female	Para 200 IM (SM5-14)	304	Male
Timed Finals	3	Female	1500 Freestyle*	4	Male
Timed Finals	5	MIXED	200 Medley Relay 14 & under**		
Timed finals	6	MIXED	200 Medley Relay 15 & over**		
*1500 Free will be swum alternating one heat of female then one heat of male					
**200 Medley Relay must consist of 2 swimmers of each gender					



PROUDLY SUPPORTED BY



**SASK LOTTERIES**



### ManSask Championship Meet Event List

<b>Session 2</b>		<b>Warm up: 7:30 am</b>		<b>Friday March 7, 2025 - Prelims</b>		<b>Start time: 8:40 am</b>	
	<b>#</b>	<b>Gender</b>	<b>Event</b>	<b>#</b>	<b>Gender</b>		
Prelims	7	Female	100 Butterfly	8	Male		
Prelims	9	Female	200 Breaststroke	10	Male		
Prelims	305	Female	Para 50 Free (S1-14)	306	Male		
Prelims	11	Female	50 Free	12	Male		
Prelims	13	Female	100 Backstroke	14	Male		
			Events 307 and 309 will be swum together and Events 308 and 310 will be swum together				
Prelims	307	Female	Para 200 Free (S1-5 & 14)	308	Male		
Prelims	309	Female	Para 400 Free (S6-13)	310	Male		
Prelims	15	Female	400 Freestyle	16	Male		
<b>Session 3</b>		<b>Warm up: 4:00 pm</b>		<b>Friday March 7, 2025 – FINALS</b>		<b>Start time: 5:10 pm</b>	
	<b>#</b>	<b>Gender</b>	<b>Event</b>	<b>#</b>	<b>Gender</b>		
Finals	7	Female	100 Butterfly	8	Male		
Finals	9	Female	200 Breaststroke	10	Male		
Finals	305	Female	50 Free (S1-S14) - Para	306	Male		
Finals	11	Female	50 Freestyle	12	Male		
Finals	13	Female	100 Backstroke	14	Male		
			Events 307 and 309 will be swum together and Events 308 and 310 will be swum together				
Finals	307	Female	Para 200 Free (S1-5 & 14)	308	Male		
Finals	309	Female	Para 400 Free (S6-13)	310	Male		
Finals	15	Female	400 Freestyle	16	Male		
Timed Finals	17	Female	200 Freestyle Relay 12 & under				
Timed Finals			200 Freestyle Relay 13 & under	18	Male		
Timed Finals	19	Female	200 Freestyle Relay 13 – 14				
Timed Finals			200 Freestyle Relay 14 – 15	20	Male		
Timed Finals	21	Female	200 Freestyle Relay 15 & over				
Timed Finals			200 Freestyle Relay 16 & over	22	Male		



### ManSask Championship Meet Event List

<b>Session 4</b>		<b>Warm up: 7:30 am</b>		<b>Saturday March 8, 2025 – Prelims</b>		<b>Start time: 8:40 am</b>	
	<b>Event #</b>	<b>Gender</b>	<b>Event</b>	<b>Event #</b>	<b>Gender</b>		
Prelims	23	Female	200 Butterfly	24	Male		
Prelims	311	Female	100 Free - Para (S1-S14)	312	Male		
Prelims	25	Female	100 Free	26	Male		
Prelims	27	Female	200 Backstroke	28	Male		
			Events 313 & 315 will be swum together, and Events 314 & 316 will be swum together				
Prelims	313	Female	Para 50 Breast (SB1-3)	314	Male		
Prelims	315	Female	Para 100 Breast (SB4-14)	316	Male		
Prelims	29	Female	50 Breaststroke	30	Male		
Timed Finals	31	Female	800 Freestyle*	32	Male		
*800 Free will be swum alternating one heat of female then one heat male							
<b>Session 5</b>		<b>Warm up: 4:00 pm</b>		<b>Saturday March 8, 2025 – Finals</b>		<b>Start time: 5:10 pm</b>	
	<b>Event #</b>	<b>Gender</b>	<b>Event</b>	<b>Event #</b>	<b>Gender</b>		
Finals	23	Female	200 Butterfly	24	Male		
Finals	311	Female	100 Free - Para (S1-S14)	312	Male		
Finals	25	Female	100 Freestyle	26	Male		
Finals	27	Female	200 Backstroke	28	Male		
			Events 313 & 315 will be swum together, and Events 314 & 316 will be swum together				
Finals	313	Female	Para 50 Breast (SB1-3)	314	Male		
Finals	315	Female	Para 100 Breast (SB4-14)	316	Male		
Finals	29	Female	50 Breaststroke	30	Male		
Finals	1	Female	200 IM	2	Male		
			Events 301 and 303 will be swum together and Events 302 and 304 will be swum together				
Finals	301	Female	Para 150 IM (SM1-4)	302	Male		
Finals	303	Female	Para 200 IM (SM5-14)	304	Male		
Timed Finals	33	Female	200 Medley Relay 12 & under				
Timed Finals			200 Medley Relay 13 & under	34	Male		
Timed Finals	35	Female	200 Medley Relay 13 – 14				
Timed Finals			200 Medley Relay 14 – 15	36	Male		
Timed Finals	37	Female	200 Medley Relay 15 & over				
Timed Finals			200 Medley Relay 16 & over	38	Male		



## ManSask Championship Meet Event List

Session 6		Warm up: 7:30 am		Sunday March 9, 2025 – Prelims		Start time: 8:40 am	
	#	Gender	Event	#	Gender		
			Events #317 & #319 will be swum together and				
			Events #318 and #320 will be swum together				
Prelims	317	Female	Para 50 Butterfly (S1-S7)	318	Male		
Prelims	319	Female	Para 100 Butterfly (S8-S14)	320	Male		
Prelims	39	Female	50 Butterfly	40	Male		
Prelims	41	Female	200 Freestyle	42	Male		
			Events #321 and #323 will be swum together and				
			Events #322 and #324 will be swum together				
Prelims	321	Female	Para 50 Back (S1 – S5)	322	Male		
Prelims	323	Female	Para 100 Back (S6-S14)	324	Male		
Prelims	43	Female	50 Backstroke	44	Male		
Prelims	45	Female	100 Breaststroke	46	Male		
<b>Timed Final</b>	47	Female	400 IM <b>slower heats</b>	48	Male		
Session 7		Warm up: 4:00 pm		Sunday March 9, 2025 - FINALS		Start time: 5:10 pm	
	#	Gender	Event	#	Gender		
			Events #317 & #319 will be swum together and				
			Events #318 and #320 will be swum together				
Final	317	Female	Para 50 Butterfly (S1-S7)	318	Male		
Finals	319	Female	Para 100 Butterfly (S8-S14)	320	Male		
Finals	39	Female	50 Butterfly	40	Male		
Finals	41	Female	200 Freestyle	42	Male		
			Events #321 and #323 will be swum together and				
			Events #322 and #324 will be swum together				
Finals	321	Female	Para 50 Back (S1 – S5)	322	Male		
Finals	323	Female	Para 100 Back (S6-S14)	324	Male		
Finals	43	Female	50 Backstroke	44	Male		
Finals	45	Female	100 Breaststroke	46	Male		
<b>Timed Final</b>	47	Female	400 IM <b>fastest heat</b>	48	Male		
Timed Finals	325	MIXED	Para 200 Mixed Medley Provincial Relay				
Timed Finals	49	Female	200 Medley Provincial Relay 12 & under				
Timed Finals			200 Medley Provincial Relay 13 & under	50	Male		
Timed Finals	51	Female	200 Medley Provincial Relay 13 & 14				
Timed Finals			200 Medley Provincial Relay 14 & 15	52	Male		
Timed Finals	53	Female	200 Medley Provincial Relay 15 & over				
Timed Finals			200 Medley Provincial Relay 16 & over	54	Male		