



LAST CHANCE

ST. JAMES SEALS

SEALS LAST CHANCE

Short Course (SC) Swim Meet

Hosted by

ST. JAMES SEALS SWIM CLUB

LOCATION: Pan Am Pool, Training Tank
25 Poseidon Bay
Winnipeg, Manitoba R3M 3E4

Dates and Times : November 22-23, 2024

SNC Sanction number :

Facility and Timing :

- Pan Am Pool training tank
- 8 lane 25 meter competition pool
- Electronic timing Quantum with manual watch backup
- 8 lane 25 meter warm down pool

Session Times: DATE	WARM-UP	START
Friday, November 22, 2024 (Session 1)	15:00 (3:00pm)	16:00 (4:00pm)
Saturday, November 23, 2024 (Session 2)	07:00	08:00
Saturday, November 22, 2024 (Session 3)	15:00 (3:00pm)	16:00 (4:00pm)

Meet Management Team	Email Address
Meet Manager: Melissa Grenkow	SealsMeetManagement@gmail.com
Meet Entries: Sandeep Sharma	SealsMeet@gmail.com
Officials Coordinator: Jen Olson	SealsSwimVolunteer@gmail.com

Eligibility: All swimmers must be registered with Swim Canada or World Aquatics affiliated organizations.

Qualifying Times: There are no qualifying times for this meet, **however** coaches should use their professional discretion when entering athletes in events over 200m. There will not be a Racing League session as per the Swim MB Competition Calendar.

Coaches should use a maximum projected time of 14:00.00 (800 FR) & 26:00.00 (1500 FR) as guidelines for entering distance events.

EVENT LIST

FRIDAY, November 22, 2024

SESSION ONE (1)
01 Girls - 200 IM - 02 Boys
03 Girls - 100 FREESTYLE - 04 Boys
05 Girls - 50 BACKSTROKE - 06 Boys
07 Girls - 800 FREESTYLE - 08 Boys
09 Girls - 1500 Freestyle - 10 Boys

SATURDAY, November 23, 2024

SESSION TWO (2)	SESSION THREE (3)
11 Girls - 400 FREESTYLE - 12 Boys	23 Girls - 400 IM - 24 Boys
13 Girls - 50 FREESTYLE - 14 Boys	25 Girls – 100 BREASTSTROKE - 26 Boys
15 Girls - 200 BREASTSTROKE - 16 Boys	27 Girls - 200 BACKSTROKE - 28 Boys
17 Girls - 100 BACKSTROKE - 18 Boys	29 Girls - 50 BUTTERFLY - 30 Boys
19 Girls - 50 BREASTSTROKE - 20 Boys	31 Girls - 100 IM - 32 Boys
21 Girls - 100 BUTTERFLY - 22 Boys	33 Girls - 200 FREESTYLE - 33 Boys
	35 Girls - 200 BUTTERFLY - 35 Boys

Meet Management reserves the right to add sessions, change event times, or limit entries in order to maintain a timeline of no more than 4.5 hours per session or for other operational reasons. If this is necessary, notice will be provided to participating teams as soon as possible.

ENTRY LIMITATIONS: Maximum Entries is **6** Individual events & no more than **2** events per session.

ENTRIES: All entries must be submitted with a time. "No Time" (NT) entries will not be accepted. All entries must be emailed to the Entries Coordinator with a Hytek Entry File. Each swimmer must have a valid swimmer ID number, and a correct birthdates and gender. Errors or omissions in the entry file will cause delays in accepting the file and posting the results. All Events are Timed Finals.

ENTRY DEADLINE: Thursday, November 14, 2024 @ 11:59pm

MEET ENTRIES CONTACT: Sandeep Sharma
Email: SealsMeet@gmail.com
Phone: 204-793-5415

ENTRY FEES:

- Individual events: \$13.00 per event
- SNC participation fee: \$ 7.00 per swimmer
- SNM Fee: \$ 1.00 per Swimmer
- Splash Fee: \$ 2.50 per event
 - (\$1.50 Splash & \$1.00 Officiating Fee)
- Online Meet Program Fee: \$ 5.00 per swimmer

- Entry Fees are not subject to refunds after Entry Deadline Date.
- Fees are to be paid by e-transfer to SealsPresident@gmail.com or by cheque payable to ST. JAMES SEALS SWIM CLUB INC.

***Official Meet Program will be available to download and print from the St. James Seals' official website under the Events Tab: stjamesseals.com**

- Non-payment of fees by the start of Session 1 (One) warm up will result in the removal of a team or athlete.
- Late payment of fees, if agreed to by meet management, must have a new due date and will include a \$200 penalty for the payee.

LATE OR DECK ENTRIES:

- Will be accepted provided the following conditions are met and procedures are followed:
 1. Lane space must be available for the deck entry to be accepted.
 2. Deck entries **WILL BE ACCEPTED WITHIN THE FIRST 30 MINUTES OF WARM UP.**
 3. Deck entries will be accepted by the Administration Desk on a workload permitting basis.
 4. Deck entries must be accompanied by a fee of **\$30.00** per event, which must be paid prior to lane assignment.
 5. If the swimmer is not already entered in the meet, the SNC participation fee of **\$7** must be paid in addition to the deck entry fee(s).
 6. The total number of events for the swimmer cannot exceed the maximum of two events per session.
 7. No new heats will be created for deck entered swimmers
 8. Deck entries must include the swimmer's ID number if the swimmer is not already entered in the meet.
 9. Deck entry swims are for exhibition only and will not score points or be included in awards.

SCRATCHES:

SNM Scratch Rule in effect (please click link [HERE](#) for the Swim Manitoba Scratch Policy for further details)

- Coaches are encouraged to report scratches to the Administration Desk a minimum of 30 minutes prior to the start of session, otherwise the results will show a DNS.
- Penalties: Scratches and all step-downs, no-shows, and unexcused incomplete swims, as determined by the referee, will result in loss of entry fee.

COMPETITION:

- Swim Canada rules and regulations and Swim Manitoba policies and regulations apply.
- Age of a swimmer is determined by their age on the first day of the meet.
- Backstroke wedges will be used for all backstroke events.
- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 (from both end or deep end only)

- Taping is permitted
 - Coach or Swimmer must notify the referee at least 30min prior to each session where the Swimmer has taping on their body.
 - Taping must be applied in the same position, or pattern, and on the same part of the body throughout the duration of the meet.
- All events are timed finals and will be swum slowest to fastest by gender, with the exception of 800 & 1500 FR which will be senior seeded fastest to slowest by gender.
- Swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by SNM. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.
- Swimmers are recommended to report to marshalling.

OFFICIAL SPLITS:

- Coaches must complete an Official Split Request Form no later than 30mins prior to the session in which the swim will occur.
- Official Split Swims are \$20 per swim.
- Payment for Official Split Swims are due at the time of request and prior to the approval of the swim
- Accepted payment tender is cash, cheque, or EFT.
- Meet Management reserves the right to deny any requests based upon the impact to the meet.

AWARDS:

No awards will be provided

HOSPITALITY:

Hospitality will be provided for coaches, officials, and volunteers each session.

PROGRAMS:

Programs will be available for download from the **ST. JAMES SEALS** Website under the Events tab: stjamesseals.com

SPECTATORS:

Spectators will be permitted along the yellow railing on the track area facing the Training Tank. Please filter through the railing to allow all spectators to view their swimmers. The pool deck area is restricted to swimmers, coaches, and volunteers in that session. Any other parents and/or guardians will be asked to leave the deck and return to the stands. Repeat offenders risk their swimmer being removed from the remainder of the meet.

MISCELLANEOUS:

There are lockers at Pan Am Pool at a cost of 25 cents per use. Swimmers are encouraged to ensure that their belongings are secured to avoid loss.

SAFETY:

SNC Warm Up Procedures are in effect (see link here [WARM UP](#)) for further details . Each athlete must be under the supervision of a head or deck coach. It is the responsibility of the head or deck coach to inform their swimmers of the safety rules and ensure they are followed. "Only authorized officials, swimmers and coaches are allowed on deck"