



2024 TPRR SPRING INVITATIONAL

Winton Pool
254 Grace Lake Rd, The Pas, MB

November 23, 2024
Short Course - Club Invitational

Sanction number: t.b.d.

Note: Due to the limited space on deck, the swimmers could possibly be kept in the cafeteria and marshaled to the deck.
We ask that all swimmers and parents respect that if you have any cold or flu symptoms at the time of the meet, you notify your coach and withdraw from the meet.

Facility & Timing: Winton Pool
6 lane pool **only 4 lanes will be in use**
25 meter
Manual Timing
No warm up and/or cool down lanes available during meet

Session 1: Warm up 9:00 - 9:40
Start: 9:45 am

Stroke Clinic: 1:30-3:30 Coach TBD
Team Dinner TBD

Eligibility:

- No qualifying time required for this meet.
- All swimmers must be registered with Swim Canada or FINA affiliated organizations.
- Age of swimmer is determined by their age as of November 23, 2024

Meet Management

Email address

Meet Management	Email address	
Meet Manager	Kelly Petryk	petrykkelly@gmail.com
Meet Entries:	As above	
Officials Coordinator:	Meghan Dunnigan	meaghandunnigan@hotmail.com

Event List:

Session	Events
Session 1 W/U: 9:00-9:45 Start: 10:00	100 free 25 fly 50 fly **10mn break*** 25 free 50 breast 100 breast **10mn break** 50 free 200 free **10mn break** 25 back 50 back ***10mn break*** 100IM 200IM ***10mn break*** Mixed 4x50 free

Entry Limitations:

- Coaches are encouraged to enter swimmers into one swim from each section for a maximum of 5 individual swims
- Entries without a current SNC registration number will not be accepted.
- Meet management reserves the right to limit the number of entries in any event, or change the sequence of events or sessions in case of time constraints.
- There will be no delay between events for swimmers who appear in consecutive events.

Relays:

- Coaches must submit the exact names and swim order of swimmers for relays to the Administration Clerk at least 30 minutes **PRIOR** to the start of the session in which relay will be swam (if not already submitted with HyTek entry file). Coaches must use the Relay Entry Sheet

provided in their coaches' information package. Additional Relay Entry Sheets will be available from the Administration Clerk.

- Mixed Relays must consist of two (2) Men and two (2) Women.
- Unattached swimmers cannot swim on relays.

Entry Fees:

Swimmers entry fees is a flat fee of \$45.00 for each swimmer regardless of how many swims they have entered..

For visiting clubs, a check for the full entry fee amount, payable to The Pas Roadrunners, must be submitted to the Administration Clerk prior to the commencement of Session 1.

Entries:

- The meet manager, Kelly Petryk, is responsible for meet entries. She can be contacted at petrykkelly@gmail.com
- **All entries must be submitted with a time.** "No Time" (NT) entries will not be accepted. If the swimmer has not previously swum the event please provide an estimated time.
- All entries must be uploaded to the Swim Canada web site using a HyTek entry file. Paper entries and digital files in formats other than HyTek are not acceptable. Each swimmer must have a valid swimmer ID number, and a correct birth date and gender. Errors or omissions in the entry file will cause delays in accepting the file and posting the results.
- Meet Management is not obligated to refund entry fees after the entry deadline date.

Entry Deadline: Midnight on Sunday November 17, 2024

No late entries will be accepted.

Deck Entries: Deck entries will be permitted if the following guidelines are met:

1. Lane space is available in the requested event.
2. Coaches must submit entries to the Administration Clerk at least 30 minutes **PRIOR** to the start of the session in which the applicable event(s) is scheduled, by completing the Deck Entry Sheet provided in their information package. Additional Deck Entry sheet will be available from the Administration Clerk. The entry must include the swimmer's name, current SNC registration number, birth date, gender and club.
3. There is no cost for deck entries if the swimmer has already paid their \$45 registration fee.
4. Number of events cannot exceed the maximum of 6 individual events.
5. No new heats will be created for deck entered swimmers.

Scratches: **SNM Provincial Scratch Rule is in effect**

Competition:

- SNC competition rules and regulations and SNM policies and regulations are in effect.
- Any changes to the competition must be approved by SNM.
- Events will be seeded open (all ages) mixed gender, slowest to fastest.
- All events will be swum as Timed Finals.
- There are no age categories for this meet.

Awards: There will be no performance awards.
There will be random bell heats for prizes.

Safety: SNC Competition Warm-up Safety Procedures are in effect
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.

Covid Safety Measures:

- We just request if your swimmer or family member is sick they do not attend the meet or come on deck.

Code of Conduct: SNM Competition Code of Conduct is in effect

Officials/Volunteers: Anyone interested in volunteering may contact the Officials Coordinator, Meghan Dunnigan, at the email address above.

Concussions: All coaches, officials and swimmers will follow the SNM Concussion policy.
<http://www.swimmanitoba.mb.ca/admin/files/SNM%20Manitoba%20Concussion%20Policy.pdf>

Hospitality: Hospitality will most likely *not* be provided for coaches and volunteers due to covid-safety measures. Bottled water will be available.

Programs: will be available for coaches and displayed on deck, if you require one they can be found in the email provided to you by your coach.

Accommodations:

Anderson Inns
1717 Gordon Avenue, The Pas MB
1-800-536-1212 or 204-623-1888

Kikiwak Inn
Highway 10, Opaskwayak MB
1-888-878-7925

Wescana Inn
439 Fischer Avenue, The Pas MB
204-623-5446



SWIM MANITOBA

www.swimmanitoba.mb.ca

Swim Natation Manitoba Provincial Scratch Rule

This Scratch rule will be in effect at all Swim Manitoba sanctioned meets, in accordance with Swimming Canada rule CSW 3.6.

It is superseded by:

- Swimming Canada (SNC) rule **SNC 3 (3.1 to 3.4)** at SNC designated meets held in Manitoba.
- The scratch rule for ManSask Championships, when they are held in Manitoba.

SCRATCHES:

1. Time Final Events

- a. There is no scratch deadline for time final events. Coaches are encouraged to report scratches to the Administration Clerk as soon as possible.
- b. **Penalties:** Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee.

2. Prelims/Final Events

- a. Scratches from **preliminary heats:**
 - i. May be made at any time.
 - ii. Scratches, no-shows, and unexcused incomplete swims simply create empty lanes, as there shall be no re-seeding.
 - iii. Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee
- b. Scratches from **finals:**
 - i. Must be made within 30 minutes after the end of the preliminary session.
 - ii. **Penalties:** Scratches after the scratch deadline and all step-downs, no shows, and unexcused incomplete swims (as determined by the referee) will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day. No monetary penalty fee is to be assessed.
 - iii. **ALTERNATE SWIMMERS:** Alternates **MUST** report to the Administration Clerk at least 10 minutes prior to the event and be ready to swim if necessary.
 - iv. If a swimmer has not reported to the blocks when the race is called, the Referee

shall replace the contestant with an alternate who has reported to the Administration Clerk and is present and ready to swim. The alternate shall become one of the finalists.

3. Relay Events

- a. For time final events scratch rules for **Time Final Events** apply.
- b. For prelims/final events scratch rules for **Prelims/Final Events** apply.
- c. Relay names can be changed up to 30 minutes prior to start of relay event.



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- Meet Management has the discretion to split warm-up, as they see fit, to ensure a safe warm up environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for national events or senior competitions.

At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.



VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

SAFETY MARSHALS:

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

- Be visible by safety vest;
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled;
- Actively monitor all scheduled warm-up periods;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swimming Canada sanctioned meet

information and posted notices:

“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES
WILL BE IN EFFECT AT THIS MEET.”

August 3, 2020

**SWIM
MANITOBA**



COMPETITION CODE OF CONDUCT

All sanctioned Manitoba swim meets are under the jurisdiction of SNM and shall be governed by its current policies and rules, including SNM 2011 Harassment and Abuse Policy.

The deck shall be reserved solely for SNM approved personnel, swimmers, coaches,

officials and volunteers assigned specific tasks in the running of the meet.

By Swimming Canada rule and policy, the referee and meet management have full authority over the competition, the deck and the spectator areas during swim meets. The spectator area is considered part of the field of play, and as such, it falls under SNM authority and all SNM bylaws, policies, and rules, apply.

Referencing the SNM Harassment and Abuse policy, the referee and meet management will require an individual to leave, if the actions of the individual are perceived to be interfering with the peace and security required for any athlete to achieve his/her best performance.

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