



ST JAMES SEALS INVITATIONAL

Short Course 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 : January 24-26, 2025

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, January 24, 2025 (Session 1)	15:00 (3:00pm)	16:00 (4:00pm)
Saturday, January 25, 2025 (Session 2)	07:00 (7:00am)	08:00 (8:00am)
Saturday, January 25, 2025 (Session 3)	15:00 (3:00pm)	16:00 (4:00pm)
Sunday, January 26, 2025 (Session 4)	08:00 (8:00am)	09:00 (9:00am)

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 14:10.00 (800m Freestyle) & 27:50.00 (1500m Freestyle) as guidelines for entering distance events. These are the bare minimum standards for Junior Provincial Championships.

EVENT LIST

Friday, January 24, 2025

SESSION ONE (1)
101 Girls – 200 IM – 102 Boys
103 Girls – 50 Freestyle <i>Preliminary</i> – 104 Boys
105 Girls – 800 Freestyle – 106 Boys
107 Girls – 1500m Freestyle – 108 Boys

Saturday, January 25, 2025

SESSION TWO (2)	SESSION THREE (3)
209 Girls – 400 IM – 210 Boys	319 Girls – 200 Butterfly – 320 Boys
103 Girls – 50 Freestyle <i>Semifinal</i> – 104 Boys	321 Girls – 100 Freestyle – 322 Boys
211 Girls – 100 Butterfly – 212 Boys	323 Girls – 200 Breaststroke – 324 Boys
213 Girls – 50 Breaststroke – 214 Boys	325 Girls – 50 Butterfly – 326 Boys
215 Girls – 100 Backstroke – 216 Boys	327 Girls – 100 IM – 328 Boys
217 Girls – 200 Freestyle – 218 Boys	

Sunday, January 26, 2025

SESSION FOUR (4)
429 Girls – 400 Freestyle – 430 Boys
431 Girls – 50 Backstroke – 432 Boys
433 Girls – 100 Breaststroke – 434 Boys
103 Girls – 50 Freestyle <i>Final</i> – 104 Boys
435 Girls – 200 Backstroke – 436 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 are **2** events per swimmer per session & a maximum of **7** preliminary or timed final entries total.

50 FREESTYLE ELIMINATOR: The 50m Freestyle will be swam in three stages: Preliminary (Session 1), Semifinals (Session 2), & Finals (Session 4). The preliminaries will be completed in open heats, semifinals will be the top 16 in each age group, finals will be the top 8 in each age group. Awards will be provided to the winner of the 50 Freestyle Final in each age category. Awards will be provided to the winner of the final in each age category. Age Categories will be as follows: Girls: 12&U, 13-14, 15&O. Boys: 13&U, 14-15, 16&O.

ENTRIES: All entries must be submitted with a time. "No Time" (NT) entries will not be accepted. All entries must be uploaded to the Swim Canada web site using a Hytek Entry File. Each swimmer must have a valid swimmer ID number, a correct birth date and gender. Errors or omissions in the entry file will cause delays in accepting the file and posting the results. 50m Freestyle will be run in 3 rounds of open preliminaries, 16 swimmer semi-finals, and 8 swimmer finals. All Other Events are Timed Finals.

ENTRY DEADLINE: Thursday, January 16, 2025 – 11:59pm

MEET ENTRIES CONTACT: Sandeep Sharma
Email: sealsmeet@gmail.com
Phone: 204-293-5415

ENTRY FEES:

- Individual events: \$13.00 per event
- SNC participation fee: \$ 7.00 per swimmer
- Splash Fee: \$ 2.50 per event
 - (Made up of \$1.50 Splash & \$1.00 Officiating Fee)
- Online Meet Program fee: \$5.00 per swimmer
- Entry Fees are not subject to refunds after the Entry Deadline Date. Fees are to be paid by e-transfer to: SealsPresident@gmail.com or by cheque to payable to ST. JAMES 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 One (1) 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 **\$7.00** 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 or the maximum of seven events for the meet.
 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, be included in awards, or receive placement for finals.

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 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 ends or deep end only)
- Taping is permitted
 - Coach or swimmer must notify the referee at least 30min prior to the start of 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 events will be swam slowest to fastest by gender, with the exception of the 800 & 1500 Freestyle, 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 to the Administration Desk 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 to the Administration Desk 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:

Awards will be provided to the winner of the 50 Freestyle Final in each age category (Girls: 12&U, 13-14, and 15&O. Boys: 13&U, 14-15, and 16&O). No other awards will be provided.

HOSPITALITY:

Hospitality will be provided for coaches, officials and volunteers each session in the front lobby seating area.

PROGRAMS:

Programs will be available for download on 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. Spectators are asked to both please be mindful of the blocked off area above the electronics & starting area as well as to please filter through the railing to allow all spectators to view their swimmers. The

pool deck area is restricted to swimmers, coaches, and volunteers participating 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 and volunteers 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"

