

# COMPETITION HANDBOOK

**2022-2023**



**SWIM  
MANITOBA**

## Table of Contents

Goal and Objectives .....	3
Provincial Tests .....	3
General Rules that pertain to all types of meets .....	3
Mixed Gender Events .....	4
Responsibilities of Organizing Committees .....	5
Rules and Procedures .....	6
Requirements for Officials at Competitions .....	6
Penalties.....	6
Types of Meets.....	7
Hosting meets in conjunction with other meets .....	9
Sanctioning Application Deadlines: .....	9
Sanctioning Fee .....	9
Meet fees.....	10
2022-2023 Fees .....	10
Swimmer Pathway – Pyramid Skills .....	6
Swimmer Pathway – LTAD Skills .....	7
Competition Pathway .....	8
TimeTrialsvsIn-HousevsFun/MockMeet.....	9
Racing League .....	10
Age Group Invitational.....	11
Junior Provincials .....	12
ManSask Championships.....	13
Masters Invitational.....	14
Meet Schedule + Activities .....	15

## Goal and Objectives

The Swimming Program is a program that involves developing swimming athletes through training, training camps, sanctioned competitions, and any activities that enhance the performance of an athlete. The competition plan is an integral part of the swimming program.

The Novice, Development, and Age Group competition standards and templates are designed to provide an optimal competitive environment at each level for the province of Manitoba as a whole. Athletes will be challenged to progress from level to level, have the opportunity to sample new competitive events and experiences while adhering to the majority of Swimming Canada's athlete development matrix.

Each sanctioned competition listed within this document will have sanction requirements, as well as competition recommendations or option discretions which will be up to the host club. Provincial competitions, such as Junior Provincials and ManSask Championships, must follow the specified competition technical package as provided by Swim Natation Manitoba.

## Provincial Tests

For several years, the best swimmers in the world have one thing in common: an excellent kick.

All clubs and swimmers will be encouraged to participate and submit results for kick test 3 times a year- December, April and June. The distance will vary depending of the age of the swimmer:

<b>8 years old and younger</b>	<b>9-10 years old</b>	<b>11 years old and older</b>
5m under water kick	10m under water kick	15m under water kick
50m kick	50m kick	50m kick
	200m kick	400m kick

SNM will create Provincial Record for all this tests and promote it on their website. The swimmer who sets a new record will receive a special Swim Cap.

See the test protocol for all tests by following this [LINK](#).

## General Rules that pertain to all types of meets

1. Only swimmers registered as a Competitive swimmer may compete in a sanctioned competition or sanctioned time trial.
2. A swimmer registered 'Summer-Open' or 'Masters-Open' may compete in Swim Manitoba sanctioned competitions or time trials. Summer-Open may only swim in meets during the period of May 1 to August 31.
3. A swimmer registered with Swim Manitoba as Pre-Competitive may compete in 1 competition or sanctioned time trial, per swim season (Sept 1 to Aug 31). Thereafter the swimmer must be registered as a Competitive swimmer to participate in any further competitions or sanctioned time trials that season.

4. To be on deck at sanctioned swim competitions, Manitoba coaches must be members of Swim Manitoba, Swimming Canada, and CSCA.
5. The age of the competitor will be as of the first day of the competition. (SNC Rule CGR 1.2.1.4)
6. All entries must include the 9-digit SNC swimmer registration number and date of birth and must be uploaded to the National Registration Entries and results site at: <https://www.swimming.ca/meetlist.aspx>.

## Mixed Gender Events

Notwithstanding Rule SW 10.1 in the Swimming Canada Rule book, Swim Manitoba will consider requests to sanction meets that provide for mixed gender swimming, under the following circumstances:

1. Class II time Trials
2. Racing League or any development competition
3. In-House meet, Dual or Tri meets that are being hosted to offer developmental opportunities for the swimmers in those clubs.
4. When, due to a missed swim, it is necessary for a Referee to seed a swimmer in a heat of the same or shorter distance, for competitors of the opposite gender, on an exception basis.
5. Where, due to facility or time limitations, swimming separated by gender would not permit all swims to be completed while offering reasonable opportunities to swim for all participants, and in particular on an equitable basis for swimmers of each gender.

In spite of this rule, any swimmer who achieves a record time at any level (club, provincial, national etc, whether age group or open) will not be recognized for that record.

If a coach suspects that a swimmer may set a provincial record then the coach must advise the Referee prior to the start of the session that there is a possibility of the record being broken, and the Referee should do its best to insure that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted pursuant to this policy, the results must still be posted separately by the gender of swimmers.

## Responsibilities of Organizing Committees

**To organize ANY sanctioned competition, the organizing committees commit themselves to the following:**

### Before the meet:

- Read and follow the Swim NatationManitoba (SNM) [Meet Sanctioning Reference Booklet](#). More meet resources on the [SNM website](#).
- All meets must be sanctioned by SNM.
- Comply fully with the regulations put in place by Swimming Natation Manitoba (SNM).
- Comply with all Swimming Canada and SNM regulations governing the holding of a competition.
- Do not make any modifications or changes to the meet package of the competitions listed and sanctioned in the Swimming Canada website, without written authorization from SNM staff.
  - In the case of modifications without authorization or in the case of publication of information by an organizing committee, other than the information contained in the competition handbook, it is the updated information of the competition handbook, as well as the latest version of the an online meet package to the Swimming Canada website on the SNM website that will prevail in the event of a dispute.
- Ensure that the software used in the competition will be up-to-date with the latest version of the Hytek Meet Manager software for meet management.
- Provide the Heat Sheets and Timeline to the SNM office at least 4 days prior the meet.
- It is recommended that all organizing committees make the results available on these platforms: MeetMobile and Live Results, for provincial invitationals.
- Ensure that all Canadian club swimmers register mandatory via Swimming Canada's online competition platform with valid affiliation and a nine (9) digit number, **including the host club**.
- Meet Package must be uploaded to the Swimming Canada Meet Sanctioning, Entries and Results system no later than 30 days prior to the meet.

### After the meet:

- Export and download the results of the competition on the Swimming Canada website, within 24 hours when possible (no later than 7 days after the competition) in the usual format (SDIF / CL2 file) to validate registered swimmers and publish official results online.
- Send the results and all protest forms by email to [swim@sportmanitoba.ca](mailto:swim@sportmanitoba.ca) (no later than 7 days after the competition). Submit the complete backup, the hytek backup file of Meet Manager, to SNM after having passed the validation and deposited the results file on the Swimming Canada website. Prepare and send the official experiences file to the following address: [swim@sportmanitoba.ca](mailto:swim@sportmanitoba.ca) (no later than 7 days after the competition), using the form provided for this purpose and available on the SNM website.
- Collect the SNM fees (\$6 per swimmer (except Time Trials) and \$1 per event entry). The SNM will invoice the organizing club following receipt of the results of the competition. Registration fees are billed at the same time as swimmer registration and are non-refundable.
- Send the accident forms completed and signed by the officials.

**All competitions must be held in the presence of a certified Meet Manager and a certified Referee. Failure to do so will result in the cancellation of all swimmers 'times and officials' experiences will not be recognized.**

**The Referee must ensure that all coaches and participants respect the standards included in the Swimming Canada Rule Book and the Swim Natation Manitoba Rules and Policies.**

## Rules and Procedures

It is important to follow the following rules and procedures at all times:

- ✓ Swimming and Para Swimming Rules: [LINK](#)
- ✓ SNM Competition Code of Conduct: [LINK](#)
- ✓ Competition warm-up safety procedures: [LINK](#)
- ✓ SNM Provincial Scratch Rules: [LINK](#)

## Requirements for Officials at Competitions

It is very important to have the minimum staff required to hold a competition and especially at provincial meet. Please refer to Swimming Canada Rules CSW1.2.1 for details.

- In some meets, officials may combine various functions if they are not incompatible.
- It is important to remember that all Level II and higher officer positions must be filled by officials who have completed at least the theoretical internship.
- The organizing committee of each competition must ensure in advance that it has sufficient numbers of competent officials or that it plans to train the officials it intends to assign to each of the major positions (Level II) at each competition session.
- The SNM may support clubs in the training of officials, on request, if the request is made within 7 working days. If requested less than two working days before, there is no obligation on the part of SNM staff to respond to the need in such a short time.

## Penalties

### Penalties for Non-Registered Swimmers

- For a swimmer not registered in the national registration site, the club will have the obligation to register the swimmer in the following days and a penalty of \$ 50 per swimmer will be sent to the club at fault.
- For a swimmer who is already registered on the national registration site, the SNM will make a change of status when it receives the validation report from Swimming Canada. The swimmer will be registered as a competitive swimmer. An administrative fee of \$ 20 will be charged by the SNM for the change of category.
- The SNM will bill the club at fault according to the billing procedures provided for in this policy.
- A club that fails to pay penalties, 90 days after the billing date, may be suspended from all rights and privileges.

### Penalties for Accepting Swimmers Who Do Not Meet the Meet Package Criteria

- For a swimmer who does not meet the requirement from the meet package (example: qualifying time, bonus swim or age) a penalty of \$ 50 per swimmer will be sent to the offending club.
- The SNM will bill the club at fault according to the billing procedures provided for in this policy.
- A club that fails to pay penalties, 90 days after the billing date, may be suspended from all rights and privileges.

## Types of Meets

### Man/Sask Provincial Championships

The host club must abide by the competition package provided by the Man/Sask Committee.

### Junior Provincials

The host club must abide by the competition package provided by Swim Manitoba.

### Club Invitationals

- All clubs must submit an application to host invitational meets and have the event listed on the provincial calendar.
- All clubs must list their meet on the national meet list.
- Sanction application and follow-up protocol must be followed.
- Clubs may set the meet entry deadline date up to 15 days prior the start of the meet.

### Time Trials

#### a) Types of Time Trails

- i) Class 1 (Swimming Canada Rule CSW 3.5.1) - used for record attempts only.
  - (1) Must be publicly advertised 3 days in advance
  - (2) Conducted in a way that all the swimming rules apply
  - (3) Can only be used to achieve Province of Manitoba records, Canadian Records or World Records.
  - (4) Shall not be permitted if in the opinion of SNM the participating swimmers do not have a reasonable expectation of achieving the record.
  - (5) Limited to one session of up to 30 minutes.
  - (6) In the absence of extenuating circumstances a Class 1 Time Trial shall not be permitted if a SNM sanctioned meet that includes one or more of the proposed Class 1 Time Trial events is on the SNM schedule within two weeks of the Time Trial sanction request date.
    - (a) Such extenuating circumstances shall include but not be limited to;
      - (i) The aging up of a swimmer designated to swim in the Class I Time Trial prior to the next SNM scheduled meet that includes a proposed Class 1 Time Trial event,
      - (ii) The facility to be used for the Class 1 Time Trial is not the same as the facility to be used by any SNM sanctioned swim meets scheduled during the two weeks after the Class 1 Time Trial request date,
      - (iii) A circumstance deemed to be extenuating in the opinion of Swim Manitoba.

- ii) Class 2 (Swimming Canada Rule CSW 3.5.2) - used to achieve qualifying times for entry into near term future sanction meets.
- (1) May be conducted on a less stringent basis than sanctioned meets
  - (2) Several swimmers doing different events may swim at the same time
  - (3) Genders may swim together
  - (4) 2 timekeepers per lane is sufficient
  - (5) Records will not be accepted from Class II time trials
  - (6) Limited to one session of up to 60 minutes.
  - (7) Shall not be permitted if a SNM sanctioned meet that includes the one or more of the proposed Class 2 Time Trial events is on the SNM schedule between the proposed Class 2 Time Trial sanction request date and the swim meet for which the participating swimmers are attempting to achieve qualification.
  - (8) Any exceptions to Class 2 requirements must be approved by the Swim Manitoba Executive Director
- iii) In Class 1 and Class 2 Time Trials - the following SNM rules will apply:
- (1) Swimmers limited to one event per time trial.
  - (2) Name of Swimmer, current time for event, and qualifying time being attempted required prior to time trial.
  - (3) No more than one club can participate in any given time trial.
  - (4) Timed finals format.
  - (5) Full sanctioning required.
  - (6) Fees – Sanction fee & Official's Development fee
  - (7) In Class 1 and Class 2 Time Trials no officials' evaluation or certification provided
- iv) Time trials held during SNM Sanctioned Swim Meets
- (1) At the host club's discretion, one time trial may be scheduled during a SNM sanctioned swim meet subject to the following conditions:
    - (a) Maximum time limit of 30 minutes
    - (b) Limited to events swum during the SNM sanctioned meet
    - (c) Name of Swimmer, current time for event, and qualifying time being attempted required prior to time trial
    - (d) Time trial may be scheduled to occur after any session of a SNM sanction swim meet under the following conditions;
      - (i) With the agreement of the MSOA (MSOA Advisory Referee if present or one of the Session Referees if MSOA Advisory Referee is not present,
      - (ii) The preceding session of the SNM sanction swim meet cannot exceed 4 hours.

## In-House Meet

In In-House meet the following SNM rules will apply:

- No more than one club can participate in any given In-House meet.
- Limited to one session lasting less than 4 ½ hours. (Suggest 2-3 hours)
- Timed finals format.
- Full sanctioning required.

In In-House meet no officials' evaluation or certification provided.



## Swimming Canada National Competitions

Swim Manitoba is the organization that submits national competition bids to Swimming Canada. Clubs wishing to host a Swimming Canada National Competition must follow Swim Manitoba Competition Granting Policy process.

## Hosting meets in conjunction with other meets

Clubs, if they so choose, may host a meet in conjunction with a Masters meet.

To host a meet in conjunction with a Masters meet, clubs should work with the Masters Club in their area. A separate sanction must be provided. Masters swimmers must swim in separate events/heats.

## Sanctioning Application Deadlines:

An application for sanctioning of swim meets must be received by SNM, in a form designated by SNM, within the following time frames:

- i) Time Trials Class 1 – at least 7 days prior to the date of the time trial;
- ii) Time Trials Class 2 – at least 4 days prior to the date of the time trial;
- iii) In-House swim meets – at least 14 days prior to the competition start date.
- iv) All other swim meets – at least 30 days prior to the competition start date

Host clubs wishing to **book extra/ vacant SNM pool time at Pan Am Pool**, for Fun Meets, Time Trials, or In-House sanctioned swim meets must give SNM **a minimum 14 days notice in advance of their event**. Existing user group pool time contracts WILL NOT be moved or amended unless all parties agree in writing.

## Sanctioning Fee

- a) All meet/time trial applications are subject to a sanctioning fee that is reviewed annually by the SNM Board and published in the sanctioning application.
- b) Sanction fee must be submitted to SNM, with meet fees, no more than 30 days after the meet.
- c) No sanctions will be granted until the host club has submitted all outstanding fees and reports from previous meets.

## Meet fees

- a) **Entry fee:** the meet entry fee may be either a flat fee, or a per event fee.
- b) **Participant fee:** meet entries for Provincial Invitational and higher competitions are subject to a Swimming Canada and SNM participant fee payable for each swimmer entered in the meet regardless of the number of events the swimmer is competing in. The amount of this fee is reviewed annually by Swimming Canada and SNM.
- c) **Officiating fee:** meet entries for Provincial Invitational and higher competitions are subject to a SNM officiating fee payable for each event entered by a swimmer. The funds collected from this fee are used for the education and certification of Manitoba swim officials. The amount of this fee is reviewed annually by SNM.
- All fees must be received by SNM no more than 30 days after the meet.

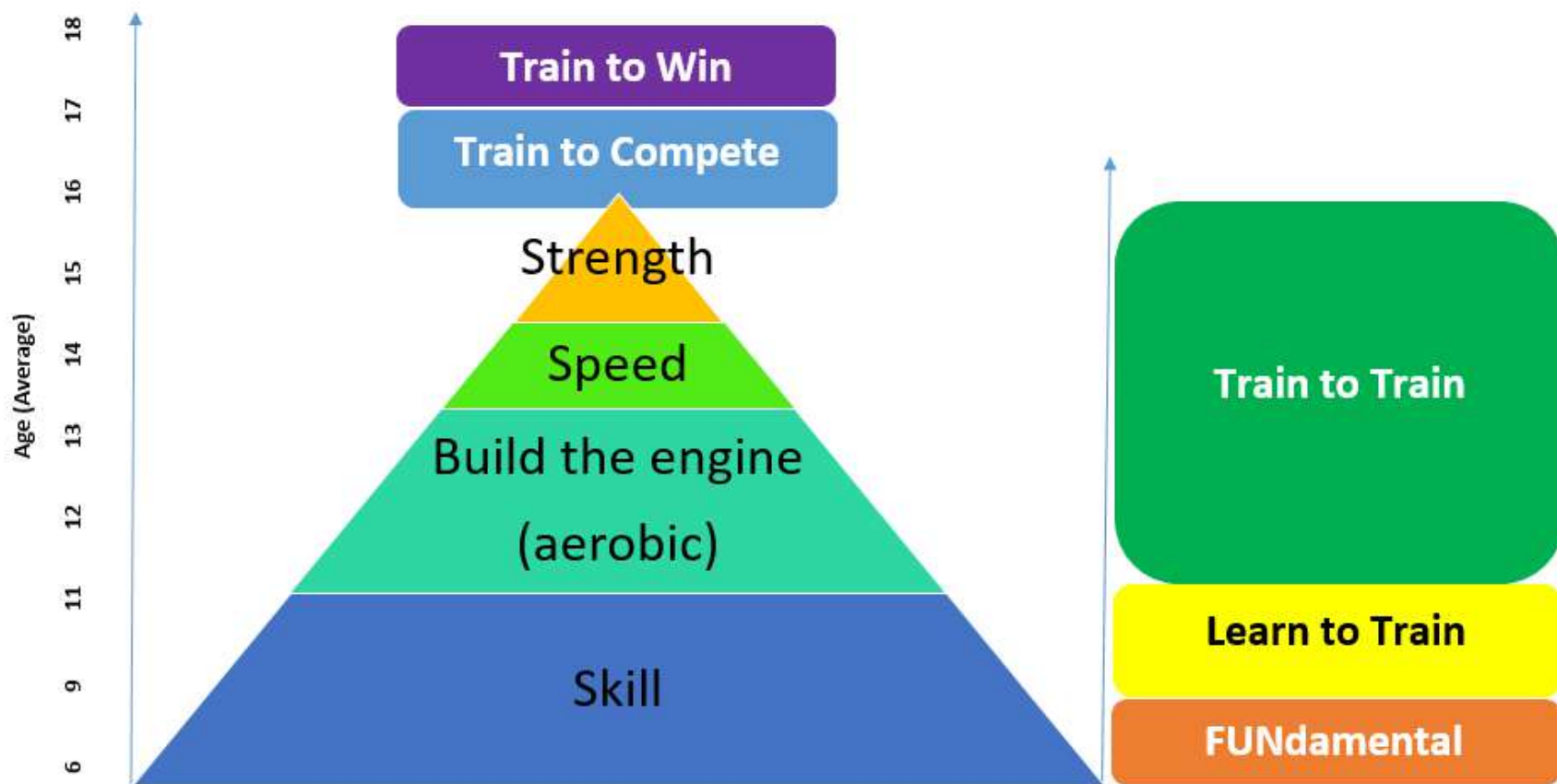
## 2022-2023 Fees

Here is a summary of the 2022-2023 competition fees including GST.

Type	Per	Fees	In-House	Time Trial	Invitation	Jr Prov	ManSask
<b>Sanction</b>	Session	\$30	✓	✓	✓		
<b>Participant fees</b>							
<b>Entry Fee</b>	Flat or per event	Host discretion	✓	✓	✓	✓	✓
<b>Participant fee</b>	Athlete	\$6			✓	✓	✓
<b>Relay fee</b>	Relay	\$1			✓	✓	✓
<b>Program development fees</b>							
<b>Splash fee</b>	Athlete	\$0.50	✓	✓	✓		
<b>Official fee</b>	Athlete	\$0.50	✓	✓	✓		

## Swimmer Pathway – Pyramid Skills

It is important to understand that for a swimmer to be successful, they must acquire several skills and physical qualities over time. The order in which these skills and qualities will be developed and acquired will also have a significant impact on the swimmer's potential for success. Developing basic skills such as physical literacy and technique at a young age is very important and will serve as a foundation for the development of other qualities such as endurance, speed, and strength. The pyramid describes the logical sequence of development of the skills and physical qualities to develop in the swimmer optimally.

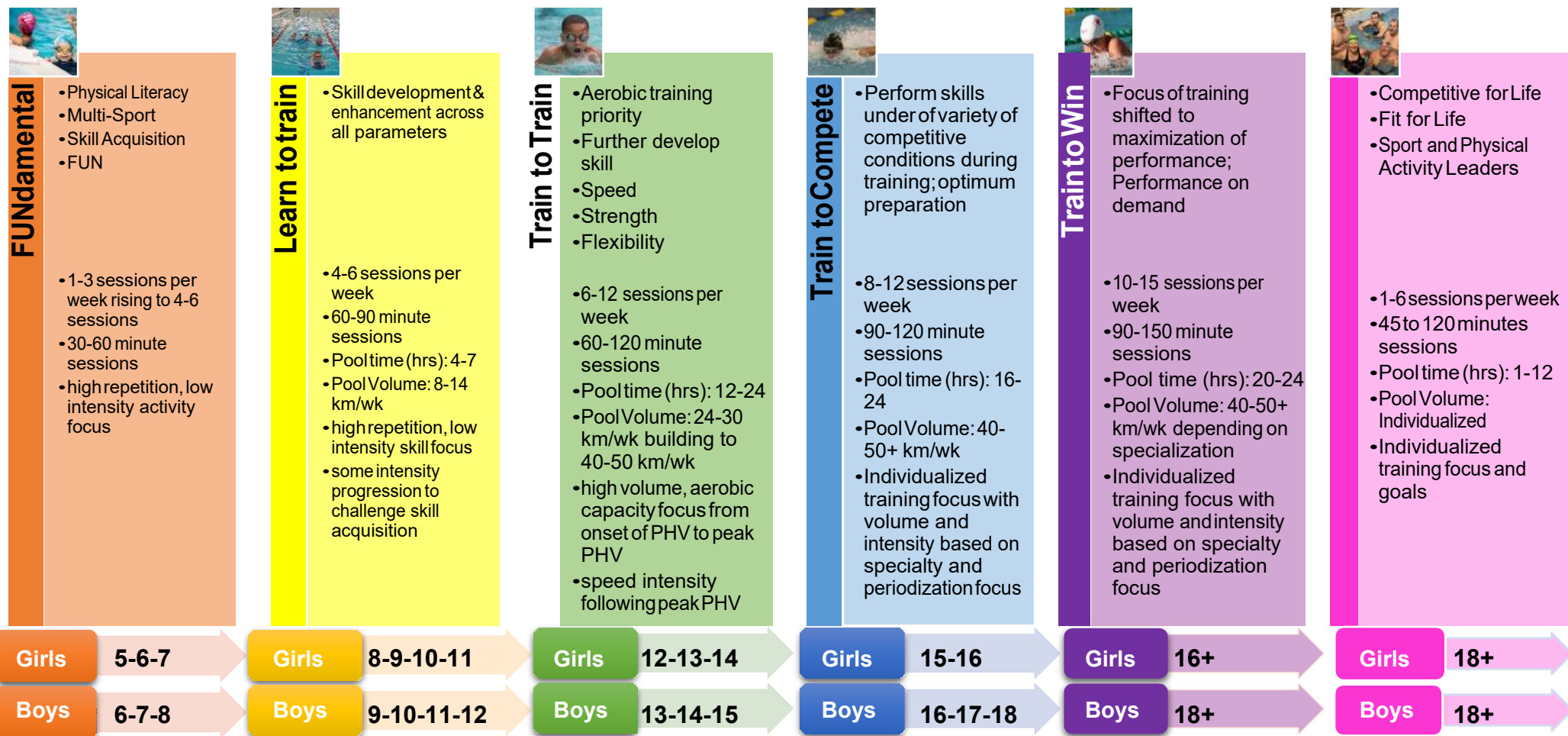


# Swimmer Pathway – LTAD Skills

Children, youth, and adults need to do the right things at the right time to develop in their sport or activity. Long-Term Athlete Development (LTAD) describes the things athletes need to be doing at specific ages and stages.

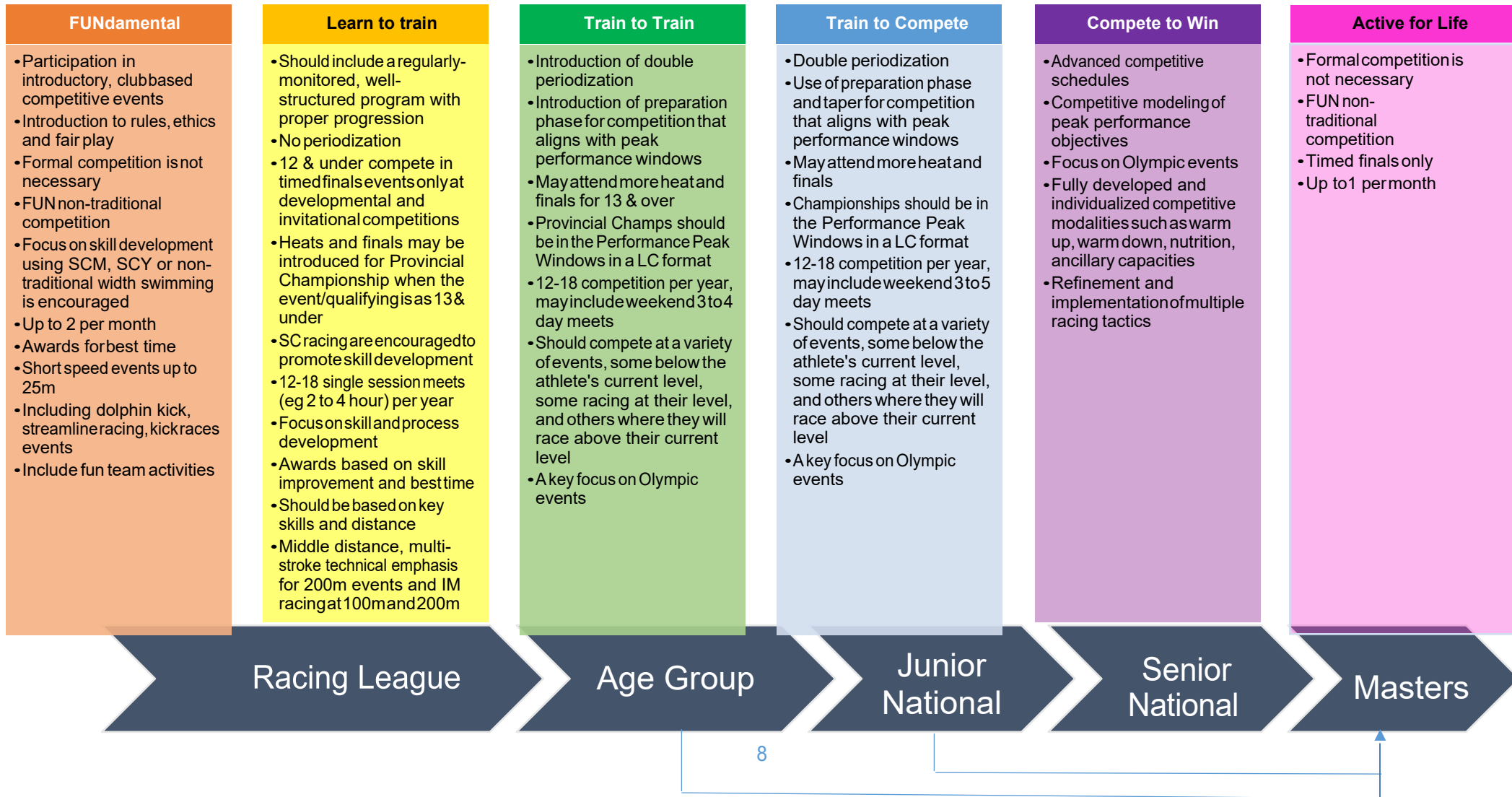
Resources:

- [Sport for Life](#)
- [Swimming Canada](#)



# Competition Pathway

As with the development of skills and physical qualities, the swimmer must go through various stages of competitive progression to progress optimally, while giving him the taste to continue in the sport. This Competition Pathway aims to allow a linear progression where the swimmer can progress by developing these competitive skills gradually and always being in competition with opponents who are at the same level of skills.



## Time Trials vs In-House vs Fun/Mock Meet

TIME TRIALS	IN-HOUSE MEET	FUN/MOCK MEET
<p><b>WHAT ARE TIME TRIALS?</b></p> <p>Time trials are reserved for situations where one or more swimmers from the same club or from different clubs wish to set standards for future competition or a new record. Time trials must follow the rules of the <a href="#">SNM Time Trials Policy</a>. They are also defined in the Swimming Canada Rules Book in CSW 3.5:</p> <p><b>CSW 3.5 Time Trials</b></p> <p><b>CSW 3.5.1 Class One Sanctioned Time Trial</b> (Sanctioned Record attempts)</p> <ul style="list-style-type: none"><li>(i) A Class One Time Trial is reserved for sanctioned record attempts. Such time trials shall be advertised at least three days prior to the attempt in order for a record to be recognized or accepted;</li><li>(ii) No advertising is necessary for record attempts at sanctioned meets;</li><li>(iii) The Time Trial shall be held in public and shall meet the minimum requirement of a PS;</li><li>(iv) No coaching is permitted during the record attempt.</li></ul> <p><b>CSW 3.5.2 Class Two Sanctioned Time Trial</b></p> <ul style="list-style-type: none"><li>(i) A Class Two Time Trial is a swimmer's attempt to achieve a time which may qualify the swimmer for entry into future meets;</li><li>(ii) Class Two Time Trials may be conducted on a less stringent basis than sanctioned meets. For example, several swimmers may swim at the same time, they need not be doing the same event or swimming the same stroke; they need not be the same sex, and two Timekeepers per lane are sufficient;</li><li>(iii) Individual Freestyle events of 800m or longer may be conducted with more than one swimmer per lane;</li><li>(iv) Records shall not be accepted from Class Two Time Trials</li></ul>	<p><b>WHAT IS AN IN-HOUSE MEET?</b></p> <p>An In-House competition is a locally organized competition for members of a single club. All swimmers of all caliber can participate (with the exception of Masters for whom a separate sanction must be requested). All times will be recognized provided the competition has received sanction by Swim Natation Manitoba.</p> <p>Each club will be able to have a maximum of 3-sanctioned In-House Meets per season. Each competition is limited to one session. No sanction will be allowed 10-days prior to or following a sanctioned competition of the same age group and/or level and/or events. An In-House competition may be sanctioned the same weekend of another sanctioned competition if the level and/or the age of the swimmers are different.</p> <p>This kind of meet is a very good opportunity to initiate new and young swimmers to the competition. It can be a good opportunity to mix younger and older swimmers for mentoring. It is also a good opportunity to train new officials.</p> <p>Therefore, we suggest clubs keep the sessions short, 2-3 hours maximum.</p>	<p><b>WHAT IS A FUN/MOCK MEET?</b></p> <p>A Fun or Mock competition is a locally organized competition for members of a single club. All swimmers of all caliber can participate. The competition should be done in the normal training time of the clubs. No times will be recognized, the competition will not be sanctioned by Swim Natation Manitoba.</p> <p>As a fun or mock meet do not require a sanction and are done during the regular training schedule of the club, there is no limitation of the number of meet a club can do during a season. As they are not sanctioned, there is no restriction of date.</p> <p>This kind of meets is a very good opportunity to initiate new and young swimmers to the competition. It can be a good opportunity to mix younger and older swimmers for mentoring. It is also a good opportunity to train new officials.</p> <p>Therefore, we suggest clubs to keep the sessions short, 2-3 hours maximum.</p>

## Racing League

**Competition Goal:** *To provide a fun, educational, and challenging competitive swimming experience for those swimmers during their first years of competitive swimming in their peer group, with minimum time investment required by swimmers and families. Each competition will offer a diverse set of competitive events, both in stroke and in distance, to encourage well-rounded athlete development and avoid competitive stagnation.*

<b>Training Goal:</b>	Basic training in competitive swimming and the skills required for competitive swimming.
<b>LTAD Stage:</b>	FUNdamental                      Learn to Train
<b>Competition Format and Goals:</b>	<ul style="list-style-type: none"> <li>• Brief competition duration (1-3 hours total)</li> <li>• Time Finals - Short Course (25m)</li> <li>• 1 session per day, 1-day competition</li> <li>• Swim mixed – Senior seeded</li> <li>• Focus on personal improvement rather than competition ranking</li> <li>• Develop strategies and tactics for races 50m to 200m in length</li> </ul>
<b>Sanction:</b>	All Racing League Meets must be sanctioned by the Swimming Natation Manitoba on the Swimming Canada website.
<b>Swimmers Categories:</b>	Competitive or pre-competitive (1 meet per season) registered swimmers at the Swimming Natation Manitoba are eligible.
<b>#of events per swimmer:</b>	5 individual events <ul style="list-style-type: none"> <li>○ All 4 strokes and 25 under water kick</li> <li>○ Or 3 strokes, IM event and 25 underwater kick</li> </ul>
<b>Para Swimming</b>	<ul style="list-style-type: none"> <li>• Host clubs are required to integrate para-athletes within their existing competition program.</li> <li>• Adaptations may be made to the para events within the schedule program.</li> </ul>
<b>Minimum Standard</b>	<ul style="list-style-type: none"> <li>• Be at least 6 years old.</li> </ul> Swimmers are encouraged to: <ul style="list-style-type: none"> <li>• Can legally swim up to 25m of freestyle, backstroke, and breaststroke at practice;</li> <li>• Have experience in swimming up to 100m without stopping at practice;</li> </ul>

## Age Group Invitational

**Competition Goal:** To provide a fun, educational, and challenging competitive swimming experience for those swimmers that have graduated from the Development Program within a similar peer group. Each competition will offer a diverse set of competitive events, both in stroke and in distance, to encourage well-rounded athlete development and avoid competitive stagnation. At the Age Group competition level, athletes will participate in both time final events as well as heats and final events.

<b>Training Goal:</b>	Basic and progressive training of competitive swimming.
<b>LTAD Stage:</b>	Train to Train
<b>Competition Format and Goals:</b>	<ul style="list-style-type: none"> <li>• Brief competition session duration (2 to 4.5 hours total)</li> <li>• 1 to 2 sessions per day, 1 to 4-day competitions</li> <li>• Diverse event spectrum focused on both speed and endurance in all competitive stroke</li> <li>• Develop strategies and tactics for races 50m to 1500m in length</li> </ul>
<b>Sanction:</b>	All Age Group Meet must be sanctioned by the Swimming Natation Manitoba on the Swimming Canada website.
<b>Swimmers Categories:</b>	Competitive registered swimmers at the Swimming Natation Manitoba are eligible. Swimmers from outside Manitoba must be competitive with their own swimming federation.
<b>#of events per swimmer:</b>	Maximum of 7 events (8 if it is a 4-day meet), maximum of 3 bonus swims.
<b>Para Swimming</b>	<ul style="list-style-type: none"> <li>• Host clubs are required to integrate para athletes within their existing competition program.</li> <li>• Adaptations may be made at the host club's discretion to "time match" para events within the schedule program. For example: offer a Para 200 Free within the scheduled 400 Free if both events require 6 minutes or less.</li> </ul>
<b>Minimum Standard</b>	<ul style="list-style-type: none"> <li>• Have a Manitoba "A" standard in their age group;</li> </ul> Swimmers are encouraged to: <ul style="list-style-type: none"> <li>• Have experience in swimming up to 1500m without stopping at practice; and</li> <li>• Have experience in repeated racing experiences events at successive practices to simulate heats and finals type of competition.</li> </ul>



## Junior Provincials

*Competition Goal: To provide a fun, educational, and challenging competitive swimming experience for those swimmers that have the Manitoba “A” Standard but not the Manitoba “AA” standard. Each competition will offer a diverse set of competitive events, both in stroke and in distance, to encourage well-rounded athlete development and avoid competitive stagnation.*

<i>Training Goal:</i>	Basic and progressive training of competitive swimming.
<i>LTAD Stage:</i>	Learn to Train      Train to Train
<i>Competition Format and Goals:</i>	<ul style="list-style-type: none"> <li>• Brief competition session duration (4 hours total)</li> <li>• 1 to 2 sessions per day, 3-day competitions</li> <li>• Focus on personal improvement rather than competition ranking</li> <li>• Develop strategies and tactics for races 50m to 800m in length</li> </ul>
<i>Sanction:</i>	All Junior Provincials must be sanctioned by the Swimming Natation Manitoba on the Swimming Canada website.
<i>Swimmers Categories:</i>	Competitive registered swimmers at the Swimming Natation Manitoba are eligible. Swimmers from outside Manitoba must be competitive with their own swimming federation.
<i>#of events per swimmer:</i>	Maximum of 7 events.
<i>Para Swimming</i>	Para Swimmers must have the Manitoba Para Swimming “A” Standard. Para Swimmers must have a Level 2 Classification
<i>Minimum Standard</i>	<ul style="list-style-type: none"> <li>• Be at least 7 years old.</li> <li>• Have at least 1 Manitoba “A” standard.</li> </ul> <p>Swimmers are encouraged to:</p> <ul style="list-style-type: none"> <li>• Have experience in swimming up to 800m without stopping at practice; and</li> <li>• Have experience in legally swimming al Development Competition events at practice.</li> </ul>

## ManSask Championships

*Competition Goal: To provide a fun, educational, and challenging competitive swimming experience for those swimmers that have graduated from the Development Program within a similar peer group. Each competition will offer a diverse set of competitive events, both in stroke and in distance, to encourage well-rounded athlete development and avoid competitive stagnation. At the Age Group competition level, athletes will participate in both time final events as well as heats and final events.*

<b>Training Goal:</b>	Basic and progressive training of competitive swimming.
<b>LTAD Stage:</b>	Train to Train
<b>Competition Format and Goals:</b>	<ul style="list-style-type: none"> <li>• Short competition session duration (4 to 5 hours total)</li> <li>• Prelims-Finals format, 4-day competitions</li> <li>• Diverse event spectrum focused on both speed and endurance in all competitive stroke</li> <li>• Develop strategies and tactics for races 50m to 1500m in length</li> </ul>
<b>Sanction:</b>	The Swimming Natation Manitoba or Swim Saskatchewan will sanction all ManSask Champs on the Swimming Canada website.
<b>Swimmers Categories:</b>	Competitive registered swimmers at the Swimming Natation Manitoba are eligible. Swimmers from outside Manitoba must be competitive with their own swimming federation.
<b>#of events per swimmer:</b>	Maximum of 7 events, maximum of 3 bonus swims.
<b>Para Swimming</b>	<ul style="list-style-type: none"> <li>• Para athletes are integrate within specific events.</li> </ul>
<b>Minimum Standard</b>	<p>Swimmers are encourage to:</p> <ul style="list-style-type: none"> <li>• Have a Manitoba “AA” standard in their age group;</li> <li>• Have experience in repeated racing experiences events at successive practices to simulate heats and finals type of competition.</li> </ul>

## Masters Invitational

*Competition Goal: To provide a fun and challenging competitive swimming experience for those swimmers that have choose to stay active for life and want to challenge them self with competition. Each competition will offer a diverse set of competitive events, both in stroke and in distance. At the Masters competition level, athletes will participate in time final events.*

<i>Training Goal:</i>	Basic and progressive training of competitive swimming.
<i>LTAD Stage:</i>	Sport for Life
<i>Competition Format and Goals:</i>	<ul style="list-style-type: none"> <li>• Brief competition session duration (2 to 4.5 hours total)</li> <li>• 1 session per day, 1-day competitions</li> <li>• Diverse event spectrum focused on both speed and endurance in all competitive stroke</li> </ul>
<i>Sanction:</i>	All Masters Meet must be sanctioned by the Swimming Natation Manitoba on the Swimming Canada website.
<i>Swimmers Categories:</i>	Masters registered swimmers at the Swimming Natation Manitoba are eligible. Swimmers from outside Manitoba must be registered Masters or Masters – Open with their own swimming federation.
<i># of events per swimmer:</i>	Maximum of 7 events.
<i>Para Swimming</i>	<ul style="list-style-type: none"> <li>• Host clubs are required to integrate para athletes within their existing competition program.</li> <li>• Adaptations may be made at the host club's discretion to "time match" para events within the schedule program. For example: offer a Para 200 Free within the scheduled 400 Free if both events require 6 minutes or less.</li> </ul>
<i>Minimum Standard</i>	Swimmers are encouraged to: <ul style="list-style-type: none"> <li>• Can legally swim up to 50m of freestyle, backstroke, and breaststroke at practice;</li> <li>• Have experience in swimming up to 400m without stopping at practice;</li> </ul>

## Meet Schedule + Activities

*LINK - [Meet Schedule & Activities](#)*