



# 2025 Manitoba Open Summer Junior Provincials Long Course

**June 13 – 15, 2025**



**Hosted by:  
Swim Natation Manitoba**



**Sanction #: 56011**

Swimming Canada rules govern this competition. Competition Rules or procedures in this Meet Information Package supersede those in the Swimming Canada Rulebook. This meet is open to qualified Swimming Canada registered swimmers and World Aquatics, and World Para Swimming registered foreign swimmers (swimmers registered with foreign swimming federations). Please reference the [Swimming Canada Rulebook](#) for eligibility rules (Part I C5.1.1 and Part I C5.1.2).

For Paralympic Program events, the Competition Rules or procedures in this Meet Information Package supersede those in the [World Para Swimming Technical Rules and Regulations](#).

**Meet Information:**

Name: 2025 ManitobaOpen Summer Junior Provincials	Host: Swim Natation Manitoba
Date: Friday, June 13 to Sunday, June 15, 2025	
Venue: <a href="#">Pan Am Pool</a> 25 Poseidon Bay, Winnipeg, Manitoba (204) 986-8590	
<ul style="list-style-type: none"> <li>• Eight-lane, 50-metre pool Training Tank</li> <li>• 4 lanes x 25-metre warm-up/warm-down in Main Tank</li> </ul>	<ul style="list-style-type: none"> <li>• Non-turbulent lane markers</li> <li>• Quantum timing System</li> <li>• Hy-Tek Meet Manager Software</li> </ul>
All events are swum as timed finals	

Meet management reserves the right to restrict the number of lanes open in the warm-up/cool-down pool.

**Key Dates and Times:**

Meet Entry Deadline	Wednesday, June 4, 2025, 11:59 pm CDT			
Entry Fee Deadline	Wednesday, June 4, 2025, 11:59 pm CDT			
Technical Meeting	Friday, June 13, 2025, 5:00 pm CDT			
Session	Date	Type	Warm-up Start Time	Competition Start Time
1	Friday, June 13	Timed Finals	4:30 pm	5:35 pm
2	Saturday, June 14	Timed Finals	8:00 am	9:05 am
3	Saturday, June 14	Timed Finals	3:30 pm	4:35 pm
4	Sunday, June 15	Times Finals	8:00 am	9:05 am

Meet Management, in conjunction with Swim Natation Manitoba and the MSOA, reserves the right to adjust the timelines to preserve acceptable session length and/or balance the timelines and to change session start times once entries are received. Coaches will be notified should the session start times change.

**Organizing Committee:**

Meet Manager	Dale Gustafson	<a href="mailto:daleg68@icloud.com">daleg68@icloud.com</a>
Meet Manager		
Meet Entry Coordinator	Cam Harbeck	<a href="mailto:swim.tech@sportmanitoba.ca">swim.tech@sportmanitoba.ca</a>
Officials Coordinator		
Office and Admin Coordinator	Charaty Rees	<a href="mailto:swim.finance@sportmanitoba.ca">swim.finance@sportmanitoba.ca</a>



### Eligibility:

Open to **qualified Swimming Canada-registered swimmers, Manitoba and non-Manitoba clubs, and World Aquatics/World Para Swimming-registered foreign swimmers.**

- Swimmers must have achieved **at least one (1) 2024–2028 ManSask "A" standard** between **January 1, 2024 and June 4, 2025.**
- **Masters and Masters Open swimmers are not eligible.**
- **Para swimmers** must meet entry eligibility and will swim **integrated** with no separate events or awards.
- **Age as of June 13, 2025,** determines the swimmer's age group placement.

### Qualifying Times:

All qualifying times must have been achieved between January 1, 2024 and June 4, 2025.

All swimmers must have achieved at least **one (1)** 2024-2028 ManSask "A" time standard – either Short Course or Long Course – in any event within their single-age category (based on age as of the first day of the competition).

[Female \(AA\) and \(A\) qualifying times](#), [Male \(AA\) and \(A\) qualifying times](#)

Times are to be submitted in the course they were achieved.

Para swimmers are eligible to compete and must meet all entry and eligibility requirements outlined in the meet package. Para swimmers will be integrated into eligible events; there will be no separate Para events or awards.

**100m Individual Medley Time:** Swimmers with a 100m IM 'A' time are able to swim the meet with five (5) bonus swims (proof of time required for 100m IM).

### De-Qualifying Times:

There will be **no de-qualifying standards** for the **10-and-under** age group.

#### De-qualifying times for 11 & Over:

- Swimmers will **not be eligible** to enter the swim meet if they have achieved **three (3) "AA" qualifying times** in either **SCM** or **LCM** prior to the entry deadline.

#### Swimmers with birthdays between June 13 and July 10:

- Swimmers who **age up** and **lose their "AA" qualifying time** during this period will be eligible to enter the meet and **swim as exhibition.**

#### Para swimmers:

- Para swimmers will **not be eligible** to enter any event in which they have recorded a [MET Standard \(SCM or LCM\)](#) for an eligible event in their **Sport Class** before the entry deadline.
- Para swimmers wishing to race **outside their sport class** must meet **all eligibility requirements** outlined in this meet package.

**Entry Deadline:**

**Entry deadline is Wednesday, June 4, 2025, 11:59 pm CDT.**

As the Swimming Canada online entry system is not currently available, entries for this meet will be done as follows:

Entry files must be emailed directly to Meet Entry Coordinator Cam Harbeck at [swim.tech@sportmanitoba.ca](mailto:swim.tech@sportmanitoba.ca)

Entries may only be submitted for swimmers whose registration is active in the new REMS database. All entry files must contain the complete and accurate information required (the same as if uploading to the SNC online system)—this includes the swimmer's 9-digit ID #, name, correct date of birth, and gender.

All attending coaches must be listed on the entry file email. If a coach from the same club as the swimmers registered is not attending the meet, the coach must provide the Meet Manager with the coach's name and the club responsible for coaching their swimmers.

Direct all entry questions, requests for additional entry information, or requests for entry changes to the Meet Entry Coordinator, Cam Harbeck [swim.tech@sportmanitoba.ca](mailto:swim.tech@sportmanitoba.ca)

A successful entry upload only validates a swimmer's registration information against the national registration database and entry time validation. It does not guarantee that a club's entries will be approved/accepted by Swim Natation Manitoba.

Accepted or rejected entries will be identified with a second notification from Swim Natation Manitoba.

**Entry Fees:**

**Entry Fee payment deadline is Thursday, June 26, 2025, 11:59 pm CDT.**

Individual:	\$100.00
Relay only swimmers:	\$ 35.00
Relay team event – per each entry	\$ 9.00

All entry fees must be paid via e-transfer to [swim.finance@sportmanitoba.ca](mailto:swim.finance@sportmanitoba.ca) with the tag "MB Provincials" and the name of the swim club.

Fees not paid before the start of session 1 will result in the swimmer(s) / team being removed from competition.

Meet Management is not obligated to refund any fees after the entry deadline.

**Entries and Limitations:**

Swimmers are restricted to seven (7) individual events, plus two (2) relays. For example, swimmers who have one (1) qualifying "A" time will be eligible for up to six (6) bonus swims.

Entry times will be accepted in SC or LC metres. Only Meet Management will convert SC entry times—please do not submit converted times, as they will not be accepted.

100m Individual Medley times cannot be used for entry for a long-course competition.

**Bonus Swims:**

Bonus swims must be entered with actual times for seeding purposes. No-time (NT) entries will not be Accepted – custom times will be required for all races without seed times. The 400m Freestyle, 800m Freestyle, 200m Butterfly and 400m Individual Medley events cannot be entered as bonus swims.

**Proof of Times:**

Once an entry file has been imported, a random proof of time will be conducted. Individual entries must have a time that is provable in [Swimrankings.net](https://www.swimrankings.net) or on Meet Mobile.

Coaches will receive an email once their entries have been imported and reviewed. The email will either indicate that entries are approved or will request changes and a new entry file if corrections are needed.

If a time cannot be verified when requested, the swimmer will be removed from that event. Entry fees will not be refunded.

**Relay Entries:**

**Relay swimmers** must be entered and accepted in at least **one (1) individual event**.

**Exception:**

If a club is entering only **one relay team** in an event, it may bring up to **two (2) "relay only" swimmers per age group** to complete the team.

- "Relay only" swimmers must be listed as such in the entries.
- They are subject to de-qualifying rules.

**Relay Team Limits:**

- Clubs may enter a maximum of **two (2) relay teams** per relay event.
- Each swimmer may swim in a maximum of **two (2) relays**.

**Seeding:**

- There are **no qualifying times** for relay events.
- A team time should be submitted to assist with seeding.

**Relay Cards:**

- Coaches will receive **pre-seeded relay cards** before the start of the session.
- Coaches must fill in the swimmer order and return the cards to the administration desk **30 minutes before** the start of the session.

**Other Notes:**

- **Unattached swimmers** are **not permitted** to swim on relays.
- **Mixed relays** must consist of **two (2) girls and two (2) boys**.

**Deck Entries:**

Deck entries will not be accepted.

**Meet Format/Competition:**

The competition will include the following age groups:

Female	10 & under	11 & 12	13 & 14	15 & over
Male	10 & under	11 to 13	14 & 15	16 & over

The competition will include relays in the following age categories:

Female	10 & under	11 & 12	13 & 14	15 & over
Male	10 & under	11 to 13	14 & 15	16 & over
Mixed	10 & under	11 to 13	14 & 15	16 & over

Para: integrated into age groups

Note: There will be no 10 & under category for the 400m Freestyle, 800m Freestyle, 200m Butterfly, 400m Individual Medley - the youngest age category will be Girls 11&12 and Boys 11-13

Para: There will be no 800m Freestyle, 200m Butterfly or 400m Individual Medley

**Seeding:**

After all qualifying times have been proven, **Meet Management will convert all short-course times to long-course times** using a **2% conversion factor**.

- **400m Freestyle, 200m Butterfly, and 400m Individual Medley** will be **seeded by time and gender**.
- **800m Freestyle** will be **seeded by time and gender, fastest to slowest**.

**All other events:**

- In each age category and gender, the **top eight (8) swimmers** will race together in a heat.
- All remaining swimmers, regardless of age, will be **seeded by time and gender**.

**All events are timed finals**, seeded as described above, **slowest to fastest, except** for the **800m Freestyle**.

**Bonus swims** will be **seeded last** according to their entry times.

**Start:**

Starts will be conducted from Starting Platforms (blocks) per Swimming Canada Part II 4.1. Para swimmers' starts will be conducted per WPS Rule 11.1 and subclauses.

**Scratch Rule:**

Scratches will be made according to the Swim Manitoba Scratch rule. See Appendix

Meet Management requests that scratches be submitted to the administration desk 30 minutes before each session.



### **d/Deaf and Hard of Hearing:**

This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:

- Non-verbal instruction is provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.
- Visual Start hand signals given by the starter/referee.
- Facility/Swim Natation Manitoba-provided strobe light: an external strobe light is available at this competition

Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

### **Scoring:**

- Individual events for Age Group High Point Awards: 5-2-1
- Individual events for team awards: 9, 7, 6, 5, 4, 3, 2, 1
- Relay events for team awards: 18, 14, 12, 10, 8, 6, 4, 2

### **Awards:**

Individual Events:

- Medals for 1st to 3rd
- Personal Best Ribbons for all individual personal best swims.
- The medals will be given to the coaches and must be picked up from the meet office.

Relays:

Medals for 1st to 3rd

### **Awards presented at the end of Session 4**

Individual high point awards for each age category – male & female based on a 5 - 2 - 1 point score for the top three places in each event.

Marvin MacDonald Memorial Team Award – The top-performing Manitoba teams from each category will receive a Marvin MacDonald Memorial Team Award.

### **Club Awards:**

Best performing Team total based on the scoring system below

Small Clubs: 15 or fewer swimmers  
Medium Clubs: 15 to 29 swimmers  
Large Clubs: 30 or more swimmers

### **Results:**

Unofficial results will be posted in real-time on Meet Mobile throughout the competition.



Official results will be posted at various locations within the Pan Am pool and on the Swim Natation Manitoba Website.

The results file will be posted to the Swimming Canada website.

Results will be reported in the following Age Categories for all individual and relay events:

Female, including Provincial Relay	12 & under	13 & 14	15 & over
Male, including Provincial Relay	13 & under	14 & 15	16 & over
Mixed Medley Relay	14 & under	15 & over	
Provincial Para Relay	Open		

#### Official Splits:

As per Swimming Canada 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 before the event in question.

Official Split requests must be submitted to the Meet Manager at least 30 minutes before the start of the session in which the event is being held. The Official Split Request Form is available through the Administration desk or by downloading from the [Swimming Canada website](#).

The split for the lead swimmer in relays will be regarded as an official split; therefore, coaches need not request it. An official split cannot be requested for the first swimmer in a Mixed Relay event.

Except for the Mixed Relay event, official splits will be reported separately in the meet results.

#### Meet Safety Rules:

[Swimming Canada Competition Warm-up Safety Procedures](#) will be in effect.

A head or deck coach must supervise each athlete. The head or deck coach is responsible for informing their swimmers of the safety rules and ensuring they are followed.

Safety Marshals will be stationed around the pool deck during general warm-up.

Swimmers are reminded that entry into the pool must be feet-first at all times during general warm-up. No fins, hand paddles or tubing may be used during warm-up. Running on deck is NOT permitted. No "deck changing" is allowed - all swimmers must use the change rooms.

During warm-ups, one outside lane will be set aside for para swimmers only.

During the last 30 minutes of warm-up, a minimum of two lanes, one designated for backstroke, will be designated sprint lanes where an entrance dive is permitted. During this period, one-way swimming only is allowed.

All participants in this event are reminded that they are bound by Swimming Canada's and Swim Natation Manitoba's Policies, including but not limited to the Code of Conduct and Ethics, Harassment & Abuse, Respect in Sport, and Social Media policy available on the [Swim Natation Manitoba website](#).





### **General Info:**

- Any changes to the meet information or format will be provided to the coaches via email before the meet or at the Technical Meeting.
- All meet information, including, but not limited to, Heat Sheets, results, etc., will be posted on the Swim Natation Manitoba Website.
- All swimmers must please use the change room and not change on deck.
- Glass containers and breakables are not allowed on the pool deck.
- Clubs are responsible for their valuables. The Pan Am Pool, City of Winnipeg, and Swim Natation Manitoba will not accept responsibility for lost or stolen items.
- All clubs are responsible for the conduct of their swimmers. Inappropriate behaviour at the pool may result in disciplinary action by Meet Management.
- Please clean up your club's area in the stands and deck before leaving each session.
- Swimmers caught vandalizing pool property or using offensive language will be disqualified from the meet, and their club will be billed for any expenses incurred due to the vandalism.
- According to the City of Winnipeg Bylaws, smoking and vaping are prohibited in all pool areas.
- Food on the pool deck, including sunflower seeds with shells, is also prohibited.
- Only vendors approved by Swim Natation Manitoba and Meet Management 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.

### **Coaches/Technical Meeting:**

The technical meeting will be held at 5:00 pm CDT on Friday, June 13, in the multi-purpose room on the main floor of the Pan Am pool. If necessary, further meetings may be held throughout the meeting.

### **Officials:**

Each club attending must fulfill a volunteer quota based on the number of participating athletes.

### **Officials Meeting:**

A Senior Official's briefing will be held 10 minutes after the start of each warm-up session.  
A General Official's briefing will be held 45 minutes before each session.

### **Officials Attire:**

Timekeepers and Chief Timekeepers: White shirts, Black Bottoms and black shoes that can get wet and are safe to walk in on the pool deck. No hats, please.

All other officials wear red Shirts, Black Bottoms, and black shoes that can get wet and are safe to walk in on the pool deck. Please do not wear hats.

### **Site Information:**

Hospitality will be provided for officials and coaches during this competition. If you have any dietary restrictions, please inform Meet Management to ensure appropriate accommodations. Officials and volunteers are encouraged to bring their own water bottles.

Parking: Free parking is available at the Pan Am pool. Lockers: 25¢ coin-operated lockers

**Spectators:**

**Training Tank:** spectators will be allowed in the upper viewing area, subject to Pan Am pool capacity limits. No spectators are allowed on the pool deck.

**Photography/Videography:**

To minimize risk, all photos and videos taken at Swimming Canada/Swim Natation Manitoba-sanctioned competitions, 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, in locker rooms, bathrooms, or any other dressing area.

The Swimming Canada Event Photography and Videography Procedure can be found [HERE](#).

Each club may designate one official photographer to access the designated photo area or working deck. Permission must be requested in advance by contacting the Meet Manager before the competition. Once approved, Meet Management will issue an accreditation/name tag for the designated photographer. The name tag must be worn at all times while on deck.

**Safe Sport:**

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

Swimming Canada's Safe Sport Policy is found [HERE](#), and other Safe Sport Resources and Swim Natation Manitoba's Safe Sport Policies can be found [HERE](#).

Swimming Canada and Swim Natation Manitoba support the Responsible Coaching Movement, which means 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.

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

**Meet Event List:**

Session 1		Warm up: 4:30 pm.	Friday June 13, 2025	Start time: 5:35 pm	
Timed Finals	1	Female	800 Freestyle	2	Male
Timed Finals	3	Female	200 Individual Medley	4	Male
Timed Finals	5	Female	50 Backstroke	6	Male
Timed Finals	7	Female	4 x 50 Free Relay	8	Male

Session 2		Warm up: 8:00 am.	Saturday June 14, 2025.	Start time: 9:05 am	
Times Finals	9	Female	400 Individual Medley	10	Male
Times Finals	11	Female	100 Butterfly	12	Male
Times Finals	13	Female	50 Breaststroke	14	Male
Times Finals	15	Female	100 Backstroke	16	Male
Times Finals	17	Female	200 Freestyle	18	Male
Times Finals	19	MIXED	4 x 50 Free Mixed Relay		



Session 3		Warm up: 3:30 pm.	Saturday June 14, 2025.	Start time: 4:35 pm	
Timed Finals	21	Female	200 Butterfly	22	Male
Timed Finals	23	Female	100 Freestyle	24	Male
Times Finals	25	Female	200 Breaststroke	26	Male
Times Finals	27	Female	50 Butterfly	28	Male
Timed Finals	29	Female	4 x 50 Medley Relay	30	Male

Session 4		Warm up: 8:00 am.	Saturday July 12, 2025	Start time: 9:05 am	
Timed Finals	31	Female	400 Freestyle	32	Male
Timed Finals	33	Female	100 Breaststroke	34	Male
Timed Finals	35	Female	200 Backstroke	36	Male
Timed Finals	37	Female	50 Freestyle	38	Male
Timed Finals	39	MIXED	4 x 50 Medley Mixed Relay		

#### Qualifying Times:

**Appendix 1 – [Qualifying and De-qualifying times include Para](#)**

**Appendix 2 – [SNC Warm-up rules](#)**

**Appendix 3 – [SNM Competition Code of Conduct](#)**

**Appendix 4 – [SNM Scratch Rule](#)**



*We acknowledge that we live and work on Treaty One Territory, the homeland of the Anishinaabe, Cree, Dakota, Dene, and Oji-Cree peoples, and the homeland of the Metis Nation. We approach our work with humility and in hopes of contributing to an agenda of reconciliation.*



reviewed 2024-2025

2024 - 2025 10 & Under Manitoba Provincial Time Standards		
10 & Under LCM	FEMALE Event	10 & Under SCM
43.76	50 Free	42:90
1:36.49	100 Free	1:34.60
3:34.57	200 Free	3:28.32
7:20.56	400 Free	7:07.74
52.73	50 Back	51:70
1:49.96	100 Back	1:47.80
4:06.05	200 Back	3:58.89
59.19	50 Breast	58.03
2:04.88	100 Breast	2:02.43
4:29.31	200 Breast	4:21.47
53.86	50 Fly	52:80
1:57.81	100 Fly	1:55.50
	100 IM *	1:50.00
3:58.98	200 IM	3:52.01
Swimmers with a 100m IM 'A' time are able to swim Jr. Provincials with five (5) bonus swims (proof of time required for 100m IM).		

2024 - 2025 10 & Under Manitoba Provincial Time Standards		
10 & Under LCM	MALE Event	10 & Under SCM
43.76	50 Free	42.90
1:36.49	100 Free	1:34.60
3:31.66	200 Free	3:25.50
7:17.51	400 Free	7:04.78
52.73	50 Back	51.70
1:50.17	100 Back	1:48.01
4:00.25	200 Back	3:53.25
58.32	50 Breast	57.18
2:06.36	100 Breast	2:03.88
4:30.93	200 Breast	4:23.04
53.86	50 Fly	52.80
1:57.81	100 Fly	1:55.50
	100 IM *	1:50.02
3:57.89	200 IM	3:50.90
Swimmers with a 100m IM 'A' time are able to swim Jr. Provincials with five (5) bonus swims (proof of time required for 100m IM).		



2024 - 2025 Manitoba Provincial Female "A" Time Standards												
11 & U	12	13	14	15	16 & O	Events	16 & O	15	14	13	12	11 & U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:40.47	00:37.64	00:35.95	00:34.87	00:34.35	00:34.00	50Fr	00:33.21	00:33.55	00:34.06	00:35.11	00:36.77	00:39.53
01:28.48	01:22.29	01:18.58	01:16.23	01:15.08	01:14.33	100Fr	01:13.07	01:13.80	01:14.93	01:17.25	01:20.89	01:26.97
03:12.49	02:59.01	02:50.96	02:45.83	02:43.34	02:41.71	200Fr	02:38.88	02:40.48	02:42.93	02:47.97	02:55.88	03:09.12
06:48.75	06:20.14	06:03.03	05:52.14	05:46.86	05:43.39	400Fr	05:35.09	05:38.47	05:43.63	05:54.25	06:10.95	06:38.87
14:09.30	13:09.85	12:34.31	12:11.68	12:00.70	11:53.50	800Fr	11:35.34	11:42.36	11:53.05	12:15.11	12:49.75	13:47.68
27:45.60	25:49.01	24:39.30	23:54.92	23:33.40	23:19.27	1500Fr	22:45.25	22:59.04	23:20.04	24:03.34	25:11.35	27:05.10
00:46.65	00:43.39	00:41.44	00:40.19	00:39.59	00:39.19	50Bk	00:38.36	00:38.74	00:39.33	00:40.55	00:42.46	00:45.66
01:39.39	01:32.43	01:28.27	01:25.62	01:24.34	01:23.49	100Bk	01:21.67	01:22.50	01:23.75	01:26.34	01:30.41	01:37.22
03:36.41	03:21.26	03:12.20	03:06.44	03:03.64	03:01.80	200Bk	02:56.08	02:57.86	03:00.57	03:06.15	03:14.93	03:29.60
00:51.89	00:48.26	00:46.09	00:44.70	00:44.03	00:43.59	50Br	00:42.86	00:43.29	00:43.95	00:45.31	00:47.44	00:51.01
01:53.43	01:45.49	01:40.74	01:37.72	01:36.25	01:35.29	100Br	01:32.67	01:33.60	01:35.03	01:37.97	01:42.59	01:50.31
04:05.43	03:48.25	03:37.98	03:31.44	03:28.27	03:26.19	200Br	03:20.60	03:22.62	03:25.71	03:32.07	03:42.06	03:58.78
00:43.70	00:40.64	00:38.81	00:37.65	00:37.08	00:36.71	50FL	00:36.47	00:36.84	00:37.40	00:38.55	00:40.37	00:43.41
01:37.90	01:31.04	01:26.95	01:24.34	01:23.07	01:22.24	100FL	01:21.28	01:22.10	01:23.35	01:25.93	01:29.98	01:36.75
03:44.57	03:28.85	03:19.45	03:13.47	03:10.57	03:08.66	200FL	03:03.84	03:05.70	03:08.53	03:14.36	03:23.51	03:38.83
						100IM	01:29.56	01:29.56	01:34.90	01:34.90	01:44.20	01:44.20
03:39.83	03:24.44	03:15.24	03:09.38	03:06.54	03:04.67	200IM	02:59.44	03:01.25	03:04.01	03:09.70	03:18.64	03:33.59
07:46.18	07:13.55	06:54.04	06:41.62	06:35.59	06:31.64	400IM	06:21.54	06:25.39	06:31.26	06:43.36	07:02.37	07:34.16



2024 - 2025 Manitoba Provincial Male "A" Time Standards												
12&U	13	14	15	16	17&O	Events	17&O	16	15	14	13	12&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:38.08	00:35.22	00:33.46	00:32.29	00:31.48	00:31.01	<b>50Fr</b>	00:30.07	00:30.52	00:31.31	00:32.44	00:34.15	00:36.92
01:22.80	01:16.59	01:12.76	01:10.22	01:08.46	01:07.44	<b>100Fr</b>	01:05.70	01:06.70	01:08.41	01:10.89	01:14.62	01:20.67
03:01.34	02:47.74	02:39.35	02:33.78	02:29.93	02:27.68	<b>200Fr</b>	02:24.02	02:26.21	02:29.96	02:35.40	02:43.58	02:56.84
06:27.15	05:58.11	05:40.20	05:28.30	05:20.09	05:15.29	<b>400Fr</b>	05:05.58	05:10.24	05:18.19	05:29.73	05:47.09	06:15.23
13:33.54	12:32.52	11:54.90	11:29.88	11:12.63	11:02.54	<b>800Fr</b>	10:41.15	10:50.91	11:07.60	11:31.82	12:08.23	13:07.27
25:45.71	23:49.79	22:38.30	21:50.76	21:17.99	20:58.82	<b>1500Fr</b>	20:25.88	20:44.55	21:16.46	22:02.76	23:12.37	25:05.27
00:43.85	00:40.56	00:38.53	00:37.18	00:36.25	00:35.71	<b>50Bk</b>	00:34.77	00:35.30	00:36.20	00:37.51	00:39.49	00:42.69
01:34.42	01:27.34	01:22.97	01:20.07	01:18.06	01:16.89	<b>100Bk</b>	01:13.91	01:15.04	01:16.96	01:19.75	01:23.95	01:30.76
03:24.12	03:08.81	02:59.37	02:53.09	02:48.77	02:46.24	<b>200Bk</b>	02:39.62	02:42.05	02:46.21	02:52.23	03:01.30	03:16.00
00:48.37	00:44.74	00:42.51	00:41.02	00:39.99	00:39.39	<b>50Br</b>	00:38.94	00:39.54	00:40.55	00:42.02	00:44.23	00:47.82
01:45.85	01:37.91	01:33.01	01:29.76	01:27.51	01:26.20	<b>100Br</b>	01:23.52	01:24.79	01:26.96	01:30.11	01:34.86	01:42.55
03:50.48	03:33.20	03:22.54	03:15.45	03:10.56	03:07.71	<b>200Br</b>	03:02.04	03:04.82	03:09.55	03:16.43	03:26.77	03:43.53
00:40.87	00:37.80	00:35.91	00:34.66	00:33.79	00:33.28	<b>50FL</b>	00:33.10	00:33.60	00:34.46	00:35.71	00:37.59	00:40.64
01:30.79	01:23.98	01:19.78	01:16.99	01:15.06	01:13.94	<b>100FL</b>	01:13.14	01:14.26	01:16.16	01:18.92	01:23.08	01:29.81
03:26.92	03:11.40	03:01.83	02:55.47	02:51.08	02:48.51	<b>200FL</b>	02:43.72	02:46.22	02:50.48	02:56.66	03:05.96	03:21.04
						<b>100IM</b>	01:20.65	01:20.65	01:26.57	01:26.57	01:38.96	01:38.96
03:24.05	03:08.75	02:59.31	02:53.03	02:48.71	02:46.18	<b>200IM</b>	02:42.00	02:44.47	02:48.68	02:54.80	03:04.00	03:18.92
07:19.98	06:46.99	06:26.64	06:13.10	06:03.78	05:58.32	<b>400IM</b>	05:46.86	05:52.14	06:01.17	06:14.27	06:33.97	07:05.92



## SNC 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 warmup 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 warmup 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”**





### 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 clerk of course 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 Clerk of Course 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 Clerk of Course 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.