



# 2025 ManSask Summer Long Course Provincial Championships

**July 10 – 13, 2025**



**Hosted by:  
Swim Natation Manitoba**

**in partnership with Swim Saskatchewan  
Sanction #: 55927**



**Sport**  
MANITOBA

**Manitoba** 



**Sanction #: TBD**

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 ManSask Summer Long Course Championship	Host: Swim Natation Manitoba
Date: Thursday, July 10 to Sunday, July 13, 2025	
Venue: <a href="#">Pan Am Pool</a> 25 Poseidon Bay, Winnipeg, Manitoba (204) 986-8590	
<ul style="list-style-type: none"> <li>Two, eight-lane, 50-metre pools</li> <li>Non-turbulent lane markers</li> </ul>	<ul style="list-style-type: none"> <li>Quantum timing System</li> <li>Hy-Tek Meet Manager Software</li> </ul>

**Key Dates and Times:**

Meet Entry Deadline	Thursday, June 26, 2025, 11:59 pm CDT			
Entry Fee Deadline	Wednesday, July 2, 2025, 11:59 pm CDT			
Technical Meeting	Thursday, July 10, 2025, 12:00 pm CDT			
Session	Date	Type	Warm-up Start Time	Competition Start Time
1	Thursday, July 10	Prelims	4:00 pm	5:30 pm
2	Friday, July 11	Prelims	7:30 am	9:00 am
3	Friday, July 11	Finals	4:00 pm	5:30 pm
4	Saturday, July 12	Prelims	7:30 am	9:00 am
5	Saturday, July 12	Finals	4:00 pm	5:30 pm
6	Sunday, July 13	Prelims	7:30 am	9:00 am
7	Sunday, July 13	Finals	4:00 pm	5:30 pm

Meet Management, in conjunction with Swim Natation Manitoba, reserves the right to change session start times once entries are received. Coaches will be notified should the session start times change.

Meet Management, in conjunction with Swim Natation Manitoba, reserves the right to run preliminary sessions in two pools based on the number of entries and/or swimmers. Coaches will be advised on the pool configuration following the Entry Deadline.

**Organizing Committee:**

Meet Manager	Ken Barnes	<a href="mailto:daleg68@icloud.com">daleg68@icloud.com</a>
Meet Manager	Dale Gustafson	
Meet Entry Coordinator	Cam Harbeck	<a href="mailto:swim.tech@sportmanitoba.ca">swim.tech@sportmanitoba.ca</a>
Meet Referee	Michelle Neilson	<a href="mailto:Michelle.neilson@hotmail.com">Michelle.neilson@hotmail.com</a>
Officials Coordinator	Karen McKay	<a href="mailto:karenjmckay@gmail.com">karenjmckay@gmail.com</a>
Office and Admin Coordinator	Charaty Rees	<a href="mailto:swim.finance@sportmanitoba.ca">swim.finance@sportmanitoba.ca</a>
Para Swimming Technical Advisor	Sandra Rousseau	<a href="mailto:sandra3_rousseau@hotmail.com">sandra3_rousseau@hotmail.com</a>



### Eligibility:

This meet is open to clubs outside Manitoba and Saskatchewan.

Out-of-province clubs, please email [swim.finance@sportmanitoba.ca](mailto:swim.finance@sportmanitoba.ca) to request acceptance before the entry deadline.

Entries will only be accepted for swimmers who are:

- Registered in the Swimming Canada database with a valid 9-digit Swimming Canada registration ID, OR
- Registered with and representing a foreign or World Aquatics-affiliated club under a "competitive" registration category.

Masters or Masters Open category swimmers are not eligible.

PARA swimmers registered with Swimming Canada or a World Aquatics affiliate are eligible, provided they have a minimum Level 2 classification.

Swimmers must be at least 8 years old as of July 10, 2024 (the first day of competition)  
Age group placement is determined by the swimmer's age as of July 10, 2025.

### Qualifying Times:

All swimmers must have achieved at least one 2024-2028 ManSask "AA" 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](#)

Para Swimmers must have achieved at least one [MET Standard](#) in an eligible event for their Sport Class. If the swimmer is classified only as SB, they must qualify in a breaststroke event for their specific classification. If classified SB4-SB9 or SB11-SB14, they must qualify in 100 Breast.

All qualifying times must have been achieved between January 1, 2024 and June 26, 2025.

### Entry Deadline:

**Entry deadline is Thursday, June 26, 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 name of the coach and 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 Wednesday, July 02, 2025, by 11:59 pm CDT.**

Individual:	\$110.00
Relay only swimmers:	\$ 40.00
Relay team event:	\$ 20.00
Individual deck entry:	\$ 20.00
Relay team deck entry:	\$ 20.00

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

No swimmer/team will be allowed to start warm-up until entry fees have been paid.

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

### Entries and Limitations:

Swimmers may enter as many events as they have qualified for, up to a maximum of seven (7) individual events, plus relays.

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.

The 100m Individual Medley (100 IM) cannot be used as a qualifying swim for ManSask Championships.

There are seven (7) Para-specific events (refer to the event list). Para swimmers may enter a Para-specific event or an Olympic stream event. Para swimmers must enter events that apply to their sport class (i.e. 50 or 100 Breast). The top eight (8) swimmers per gender in each Para event will advance to the Para finals. Final rankings will be determined using the Swimming Canada Para Points Calculator based on times from the preliminary heats.

Meet Management reserves the right to limit entries in individual events. If necessary, Manitoba and Saskatchewan swimmers will be given priority. Meet Management may also limit or remove the number of bonus swims allowed for swimmers outside Manitoba and Saskatchewan should the session timelines require such action.

### Bonus Swims:

Qualified swimmers may enter Bonus Swims as long as their total number of individual events does not exceed seven (7). Examples: 1 qualifying time + 6 bonus swims; 4 qualifying times + 3 bonus swims etc.



No-time (NT) entries are only allowed for Bonus Swims. Coaches are strongly encouraged to provide estimated times for seeding purposes.

Swimmers who achieve one Man/Sask (AA) qualifying time in 400m Freestyle, 800m Freestyle, and/or 1500m Freestyle will be eligible to use the 400m Freestyle, 800m Freestyle and/or 1500m Freestyle as a Bonus Swim.

Swimmers who achieve the ManSask (AA) qualifying time in 200 IM are eligible to enter the 400 IM as a Bonus Swim.

Para athletes who have qualified for ManSask through their Para sport class qualifying standards will be eligible to swim non-sport class specific events. Para athletes entering non-para events will be seeded according to the Olympic stream entry rules. Para athletes will be eligible for finals in non-Para events.

Para Swimmers who have achieved a Junior Standard in 400 Free for their sport class, are allowed to enter 800 Free and/or 1500 free as a Bonus Swim.

Meet Management reserves the right to limit entries in any bonus event if registrations exceed pool or time capacity or impact session timelines.

#### **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://swimrankings.net).

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:**

Swim clubs may enter a maximum of two relay teams per event per age group and four for the 4x50 Mixed Medley on Thursday night.

No qualifying times are required for relays, but coaches are encouraged to submit entry times for seeding.

Clubs are encouraged to submit swimmer names with their relay entries.

If names are not included, a Relay Card with names must be submitted to the Administration Desk:

- By 30 minutes after the prelim session on the day of the relay (Friday/Saturday)
- For the 4x50 Mixed Medley Relay (Thursday), cards are due by 5:00 PM CDT on July 10, 2025.

Final relay orders may be updated through the Administration Desk up to 30 minutes before the start of the finals session in which the relay is being held. Failure to submit or any changes made after the deadline will result in the relay being marked as exhibition only (not eligible for points or awards).

All relay events will be Timed Finals.

Relay swimmers must be correctly entered in at least ONE individual event. EXCEPTION: a club entering only one relay team in an event may bring out "relay only" swimmers to a maximum of two per age group



to complete a relay team. "Relay only" swimmers must be listed in the entries as "relay only" swimmers. Relay-only swimmers must pay the relay-only swimmer fee.

A swimmer may only participate in ONE relay team in their age group and may only swim one leg of a relay per event per age group. In addition to swimming a relay in their age category, swimmers may swim up an age category. A maximum of 2 swimmers/relay team may swim up an age category.

The 4 x 50 Mixed Medley relay must consist of teams comprised of two (2) female and two (2) male athletes and will be swum as 14 & under and 15 & over. Younger athletes may swim up, but each team must have at least two (2) swimmers from the correct age group.

**Provincial Medley Relay Entries: (Open to all provinces, NOT limited to MB and SK)**

The Provincial Medley Relays will occur after the final session of regular competition.

- Olympic Stream Relays
  - Format: 4x50m Medley Relay
  - Categories: All age groups
  - Open to all provinces (all provinces are encouraged to participate)
  - Each province may enter one male and one female team per age group
- Team Selection
  - Coaches will select swimmers for each stroke based on the fastest time in that stroke recorded during the meet.
  - Times can be taken from:
    - Individual 50m event
    - Lead-off split from a relay (excluding Thursday's Mixed Medley Relay)
    - 50m official split from a 100m or 200m individual event
- Para Provincial Relay
  - Format: Mixed gender, open-age
  - Ideally includes two male and two female Para swimmers
    - If not available, any gender combination is permitted
  - Each province may enter one Para relay team
- Relay Card Deadline
  - Relay cards for all Provincial Relays are due no later than 15 minutes after the conclusion of the Final of Event #44 (50 Backstroke).

**Deck Entries:**

Deck entries are available only for swimmers who have entered the meet and passed registration validation. Deck entries are only allowed to fill empty lanes—no additional heats will be created. Approval is at the discretion of Meet Management and is based on lane availability.

Swimmers may not exceed the maximum of seven (7) individual events, including deck entries.

Deck entries are prohibited for 800m Free and 1500m Free events.

Deck entries are exhibition and will not be scored or advance to finals.

Deck entry fees must be presented to the Administration Desk before lane assignment.

Individual event Deck Entry fee: \$20. Relay Deck Entry: \$20



### Meet Format/Competition:

The 400 IM will be swum as Timed Finals, with the slower heats of each gender in the morning preliminary session and the fastest heat of gender swimming in the final's session.

The 800 Free and 1500 Free events will be swum as Timed Finals. All heats of 800 and 1500 free will be swum in the preliminary sessions.

All other individual events for all age groups will swim as Preliminaries and Finals.

Consolation ("B") finals will only be held for events 400 metres and under with 20 or more athletes entered at the entry deadline for each age category and gender.

The 'A' final will swim before the 'B' final, where there is a consolation final.

Finals will be swum via 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		

Para swimmers will be fully integrated in heats and finals for any event not offered as a specific Para event. For events that do not have a specific Para Final, Para swimmers may advance to a final in their proper gender and age category. In events that offer a specific Para Final, they may only advance to the Para Final.

Para swimmers will be judged under WPS Rules and Regulations, except that Para-specific events will be run as heats and finals regardless of the number of swimmers in an event. This may mean that a swimmer swims an event alone.

### Seeding:

**400m IM** will be senior seeded, slowest to fastest with the fastest 8 swimmers of each gender, regardless of age, swimming in finals.

**800m Freestyle and 1500m Freestyle** distance events will be "senior seeded" from fastest to slowest, alternating one heat of females and then one heat of males.

Meet Management reserves the right to adjust the seeding to stay within session timelines and/or provide the fastest eight (8) swimmers with the best competition available.

### All other events (Preliminaries)

- Prelims (including Bonus swims) will be senior-seeded by time only (not by age), from slowest to fastest, by rule Swimming Rules of Swimming Canada Part II 3.1 and its sub-paragraphs.
- The last three heats in each event will be circle-seeded by time and gender, regardless of age.
- Para swimmers entered in Olympic stream events will be seeded by entry time.

Finals for Olympic stream individual events will be swum by gender and age groups.

Para-specific events will swim as a mixed classification but separate genders. Heats will be seeded via time, and then times achieved from preliminaries will be scored on the Swimming Canada Para Swimming Points calculator for seeding placement in finals.



Para-specific events will be swum as heats and finals, regardless of the number of swimmers. This may mean that a swimmer swims an event alone.

#### **Positive Check-In (400m IM, 800m Freestyle, 1500m Freestyle, Finals):**

Positive check-in is mandatory for all Finals events and 800m and 1500m Freestyle events. A team coach or the swimmer must check in with the Administration Desk before the conclusion of warm-ups.

For the 400m IM check-in must be done at the conclusion of warm-ups of the Sunday morning preliminary session to be able to determine the 8 swimmers that will swim in finals.

Failure to check in may result in the swimmer being deemed a “NO SHOW” for that session and may be scratched from all finals events, including relays, scheduled for that day.

If necessary, these events may be re-seeded after positive check-in.

#### **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:**

From after the entry deadline until the start of the Technical Meeting (Thursday, July 10 at noon CDT), coaches are asked to submit any known scratches via email to the Meet Entry Coordinator and Meet Manager.

#### **Scratch deadlines:**

##### **Preliminaries & Timed-Final events**

- Day 1: Preliminaries and Timed-Final events: 30 minutes following the completion of the Technical Meeting
- Day 2, 3 and 4: Preliminaries and Timed-Final events: 60 minutes following the start of Finals the previous evening.

##### **Finals**

- 30 minutes following the completion of the Preliminary events (excluding timed-final events).
- NOTE: The scratch deadline for Saturday, July 12, Finals, including the 200IM, is 30 minutes after the completion of the 50m Breaststroke.

Following the completion of the Technical Meeting, all scratches must be submitted to the Administration Desk on official scratch cards.

**Scratches for events utilizing Positive Check-in:** Failure to check in by the deadline will be deemed a scratch, and the swimmer will be removed from the event. There is no monetary penalty except for the loss of entry fee.

**Penalty for not scratching from Final events:** the offending swimmer will be scratched from all their remaining final events, including relays, scheduled for that day. A relay team that includes a swimmer with an unexcused late scratch, no-show, step down, etc., would also be prohibited from swimming. The relay team would have a loss of entry fee. There shall be no monetary penalty fee assessed for individual swims.



**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.

**Alternate swimmers:**

In Finals, if a swimmer has not reported to the blocks when their race is called, the Referee shall replace the swimmer with an alternate who has reported and is present and ready to swim. The alternate shall become one of the finalists.

**Scoring:**

Individual pool events for Age Group High Point Awards: 5 – 2 – 1

The top 16 score in all events, regardless of whether there is a consolation final.

Individual events for Provincial Age Group Awards:

50-30-20-15-14-13-12-11 / 9-7-6-5-4-3-2-1

Individual events (including PARA events that have a specific PARA Final) for team awards:

50-30-20-15-14-13-12-11 / 9-7-6-5-4-3-2-1

NOTE: Para events that swim together (i.e. events 307 & 309 Female Para 200 Free for S1-5 & S14 and Para 400 Free for (S6-S13) are considered one event, and therefore, only one swimmer scores the 50-30-20, etc. points. Same for Male events.

Relay events: 50-30-20-15-14-13-12-11. The 4x50 Mixed Medley relay held Thursday is not scored.

**Awards:**

Individual Awards:

1st to 3rd place for Final events: Medals

Para awards: 1st to 3rd place for PARA Final events: Medals

Para events that swim together (i.e. events 307 & 309 Female Para 200 Free for S1-5 & S14 and Para 400 Free for S6-13) are considered one event, and therefore, only one 1, 2 & 3rd place medal awarded. Same for the Male events.

Relay events:

1st to 3rd place: Medals for all relay team members for all relays, including the Mixed relay.

1st place for Provincial Relay: Medals to all relay team members



**Provincial Age Group Awards:**

High point award for the top female and male for each age category for each of Manitoba and Saskatchewan.

**Individual High Point Trophy:**

High point award overall for the top female and top male for each age category.

**Betty Lou Dean Award:** Award for best performance on the World Performance Charts.

One award each for the top female swim of the meet and the top male swim of the meet.

**Philip Clark Memorial Award:** Award for the best performance on the Para Swimming Points calculator

One award each for the top Para female swim and the top Para male swim of the meet.

**Club Awards:**

**Manitoba Small Club:**

Awarded to the Manitoba swim club with 15 or fewer swimmers entered in the meet at entry deadline, with the highest aggregate points.

**Saskatchewan Small Club:**

Awarded to the Saskatchewan swim club with 15 or fewer swimmers with the highest aggregate points, entered in the meet at the entry deadline.

**Top Manitoba Club:**

Awarded to the Manitoba swim club with the highest aggregate points.

**Top Saskatchewan Club:**

Awarded to the Saskatchewan swim club with the highest aggregate points.

**Overall Top Manitoba or Saskatchewan Small Club:**

Awarded to the Manitoba or Saskatchewan swim club with 15 or fewer swimmers entered in the meet at entry deadline, with the overall highest aggregate points.

**Overall Top Manitoba or Saskatchewan Club:**

Awarded to the Manitoba or Saskatchewan swim club with the overall highest aggregate points

**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 also 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.

Safety Marshals will be stationed around the pool deck during general warm-up. The coach is responsible for informing the swimmers and ensuring their discipline and adherence to the Meet Safety Rules.

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 45 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 noon CDT on Thursday, July 10, 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:**

This is a Championship meet, with Swim Natation Manitoba as host; all participating clubs are welcomed and encouraged to have their qualified officials volunteer for roles they are qualified in. An online officials sign-up link will be provided where volunteers can indicate their availability and other information as required.

#### **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.

A Senior Official's debriefing will be held at the conclusion of each session.

All briefings will occur in the multi-purpose room, main floor, Pan Am pool.

#### **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. No hats, please.

#### **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 Pan Am pool. Lockers: 25¢ coin-operated lockers

#### **Community, Travel, and Accommodation Information:**

Swim Natation Manitoba is pleased to offer discount promo codes for flights to/from Winnipeg via WestJet Airlines. For details, please contact Meet Manager Dale Gustafson at [daleg68@icloud.com](mailto:daleg68@icloud.com).



### **Spectators:**

**Main Tank:** Spectator seating is available on the north and south sides of the pool. If necessary, swimmers, coaches, and officials will take priority, and as a result, spectator seating on the pool's north side may be reduced.

**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.

Live streaming of the meet may be offered. Further information and links will be provided at a later date.

### **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.

### **Swimwear:**

All swimmers are permitted to race in the swimwear they choose at all competitions sanctioned by Swim Natation Manitoba. The choice of swimwear is not required to be declared to the Referee if the fabric is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

**Taping:**

A committee will review and approve taping requests as per the Swimming Rules of Swimming Canada Part II C15.3.1 and aligned with the World Para Swimming Rules and Regulations 6.6.2.1.

Taping reviews will take place during warm-ups before each session. All reviews must be completed no later than 15 minutes before the start of the session.

The committee will consist of the Meet Referee, the session referee, and the Para Technical Advisor.

Coaches must submit one taping request form for each athlete before their first session.

Taping Request Forms available at the Administration Desk must be submitted to the Meet Referee by 4:00 pm CDT Thursday, July 10; 7:30 am CDT for prelims and 4:00 pm CDT for finals for the rest of the competition.

The committee's decision will be final.

Any swimmer who races with taping not approved by a Taping Review Committee will be disqualified.

Any swimmer wearing taping not approved by a Taping Review Committee is ineligible to set a Canadian Record.

**Meet Event List:**

Session 1	Warm up: 4:00 pm.		Thursday July 10, 2025 - Prelims	Start time: 5:30 pm	
Prelims	1	Female	200 Individual Medley	2	Male
Prelims	301	Female	Para 150 IM (SM1-4)	302	Male
Prelims	303	Female	Para 200 IM (SM5-14)	304	Male
*Events 301 & 303 will be swum together			*Events 302 & 304 will be swum together		
Timed Finals	3	Female	1500 Freestyle	4	Male
*1500 Free will be swum alternating one heat of female then one heat male					
Timed Finals	5	MIXED	200 Medley Relay 14 & under**		
Timed Finals	6	MIXED	200 Medley Relay 15 & over**		
**200 Medley Relay must consist of 2 swimmers of each gender					

Session 2	Warm up: 7:30 am.		Friday July 11, 2025 - Prelims	Start time: 9:00 am	
Prelims	7	Female	100 Butterfly	8	Male
Prelims	9	Female	200 Breaststroke	10	Male
Prelims	305	Female	Para 50 Free (S1-14)	306	Male
Prelims	11	Female	50 Free	12	Male
Prelims	13	Female	100 Backstroke	14	Male
Prelims	307	Female	Para 200 Free (S1-5 & 14)	308	Male
Prelims	309	Female	Para 400 Free (S6-13)	310	Male
*Events 307 & 309 will be swum together			*Events 308 & 310 will be swum together		
Prelims	15	Female	400 Freestyle	16	Male



Session 3		Warm up: 4:00 pm.	Friday July 11, 2025 - Finals	Start time: 5:15 pm	
Finals	7	Female	100 Butterfly	8	Male
Finals	9	Female	200 Breaststroke	10	Male
Finals	305	Female	Para 50 Free (S1-S14)	306	Male
Finals	11	Female	50 Freestyle	12	Male
Finals	13	Female	100 Backstroke	14	Male
Finals	307	Female	Para 200 Free (S1-5 & 14)	308	Male
Finals	309	Female	Para 400 Free (S6-13)	310	Male
*Events 307 & 309 will be swum together			*Events 308 & 310 will be swum together		
Finals	15	Female	400 Freestyle	16	Male
Timed Finals	17	Female	200 Freestyle Relay 12 & under		
Timed Finals			200 Freestyle Relay 13 & under	18	Male
Timed Finals	19	Female	200 Freestyle Relay 13 – 14		
Timed Finals			200 Freestyle Relay 14 – 15	20	Male
Timed Finals	21	Female	200 Freestyle Relay 15 & over		
Timed Finals			200 Freestyle Relay 16 & over	22	Male

Session 4		Warm up: 7:30 am.	Saturday July 12, 2025 - Prelims	Start time: 9:00 am	
Prelims	23	Female	200 Butterfly	24	Male
Prelims	311	Female	Para 100 Free (S1-S14)	312	Male
Prelims	25	Female	100 Free	26	Male
Prelims	27	Female	200 Backstroke	28	Male
Prelims	313	Female	Para 50 Breast (SB1-3)	314	Male
Prelims	315	Female	Para 100 Breast (SB4-14)	316	Male
*Events 313 & 315 will be swum together			*Events 314 & 316 will be swum together		
Prelims	29	Female	50 Breaststroke	30	Male
Timed Finals	31	Female	800 Freestyle*	32	Male
*800 Free will be swum alternating one heat of female then one heat male					

Session 5		Warm up: 4:00 pm.	Saturday July 12, 2025 - Finals	Start time: 5:15 pm	
Finals	23	Female	200 Butterfly	24	Male
Finals	311	Female	Para 100 Free (S1-S14)	312	Male
Finals	25	Female	100 Freestyle	26	Male
Finals	27	Female	200 Backstroke	28	Male
Finals	313	Female	Para 50 Breast (SB1-3)	314	Male
Finals	315	Female	Para 100 Breast (SB4-14)	316	Male
*Events 313 & 315 will be swum together			*Events 314 & 316 will be swum together		
Finals	29	Female	50 Breaststroke	30	Male
Finals	1	Female	200 Individual Medley	2	Male
Finals	301	Female	Para 150 IM (SM1-4)	302	Male
Finals	303	Female	Para 200 IM (SM5-14)	304	Male
*Events 301 & 303 will be swum together			*Events 302 & 304 will be swum together		



Timed Finals	33	Female	200 Medley Relay 12 & under		
Timed Finals			200 Medley Relay 13 & under	34	Male
Timed Finals	35	Female	200 Medley Relay 13 – 14		
Timed Finals			200 Medley Relay 14 – 15	36	Male
Timed Finals	37	Female	200 Medley Relay 15 & over		
Timed Finals			200 Medley Relay 16 & over	38	Male

Session 6		Warm up: 7:30 am.		Sunday July 13, 2025 - Prelims		Start time: 9:00 am	
Prelims	317	Female		Para 50 Butterfly (S1-S7)	318	Male	
Prelims	319	Female		Para 100 Butterfly (S8-S14)	320	Male	
*Events 317 & 319 will be swum together				*Events 318 & 320 will be swum together			
Prelims	39	Female		50 Butterfly	40	Male	
Prelims	41	Female		200 Freestyle	42	Male	
Prelims	321	Female		Para 50 Back (S1 – S5)	322	Male	
Prelims	323	Female		Para 100 Back (S6-S14)	324	Male	
*Events 321 & 323 will be swum together				*Events 322 & 324 will be swum together			
Prelims	43	Female		50 Backstroke	44	Male	
Prelims	45	Female		100 Breaststroke	46	Male	
<b>Timed Finals</b>	47	Female		400 Individual Medley <b>Slower Heats</b>	48	Male	

Session 7		Warm up: 4:00 pm.		Sunday July 13, 2025 - Finals		Start time: 5:15 pm	
Finals	317	Female		Para 50 Butterfly (S1-S7)	318	Male	
Finals	319	Female		Para 100 Butterfly (S8-S14)	320	Male	
*Events 317 & 319 will be swum together				*Events 318 & 320 will be swum together			
Finals	39	Female		50 Butterfly	40	Male	
Finals	41	Female		200 Freestyle	42	Male	
Finals	321	Female		Para 50 Back (S1 – S5)	322	Male	
Finals	323	Female		Para 100 Back (S6-S14)	324	Male	
*Events 321 & 323 will be swum together				*Events 322 & 324 will be swum together			
Finals	43	Female		50 Backstroke	44	Male	
Finals	45	Female		100 Breaststroke	46	Male	
<b>Timed Finals</b>	47	Female		400 Individual Medley <b>Fastest Heat</b>	48	Male	
<b>Timed Finals</b>	325	MIXED		Para 200 Mixed Medley Provincial Relay			
Timed Finals	49	Female		200 Medley Provincial Relay 12 & under			
Timed Finals				200 Medley Provincial Relay 13 & under	50	Male	
Timed Finals	51	Female		200 Medley Provincial Relay 13 & 14			
Timed Finals				200 Medley Provincial Relay 14 & 15	52	Male	
Timed Finals	53	Female		200 Medley Provincial Relay 15 & over			
Timed Finals				200 Medley Provincial Relay 16 & over	54	Male	





### Qualifying Times:

Attached

### Competition Warm-up Safety Procedures:

Attached

### Package Edit log:

02 May 2025: Sanction #55927 added to package



*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.*



# SWIM MANITOBA

## 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	<b>50Fr</b>	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	<b>100Fr</b>	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	<b>200Fr</b>	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	<b>400Fr</b>	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	<b>800Fr</b>	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	<b>1500Fr</b>	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	<b>50Bk</b>	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	<b>100Bk</b>	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	<b>200Bk</b>	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	<b>50Br</b>	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	<b>100Br</b>	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	<b>200Br</b>	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	<b>50FL</b>	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	<b>100FL</b>	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	<b>200FL</b>	03:03.84	03:05.70	03:08.53	03:14.36	03:23.51	03:38.83
						<b>100IM</b>	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	<b>200IM</b>	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	<b>400IM</b>	06:21.54	06:25.39	06:31.26	06:43.36	07:02.37	07:34.16



# SWIM MANITOBA

## 2024 - 2025 Manitoba Provincial Female "AA" 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
00:35.98	00:33.46	00:31.95	00:30.99	00:30.53	00:30.22	<b>50Fr</b>	00:29.52	00:29.82	00:30.27	00:31.21	00:32.68	00:35.14
01:18.65	01:13.14	01:09.85	01:07.76	01:06.74	01:06.07	<b>100Fr</b>	01:04.95	01:05.60	01:06.60	01:08.66	01:11.90	01:17.31
02:51.10	02:39.12	02:31.96	02:27.40	02:25.19	02:23.74	<b>200Fr</b>	02:21.23	02:22.65	02:24.83	02:29.30	02:36.34	02:48.11
06:03.34	05:37.90	05:22.70	05:13.02	05:08.32	05:05.24	<b>400Fr</b>	04:57.86	05:00.86	05:05.45	05:14.89	05:29.73	05:54.55
12:34.94	11:42.09	11:10.50	10:50.38	10:40.63	10:34.22	<b>800Fr</b>	10:18.08	10:24.32	10:33.83	10:53.43	11:24.22	12:15.72
24:40.53	22:56.90	21:54.94	21:15.49	20:56.36	20:43.79	<b>1500Fr</b>	20:13.55	20:25.81	20:44.48	21:22.97	22:23.42	24:04.54
00:41.47	00:38.57	00:36.83	00:35.73	00:35.19	00:34.84	<b>50Bk</b>	00:34.09	00:34.44	00:34.96	00:36.04	00:37.74	00:40.58
01:28.34	01:22.16	01:18.46	01:16.11	01:14.97	01:14.22	<b>100Bk</b>	01:12.60	01:13.33	01:14.45	01:16.75	01:20.36	01:26.41
03:12.36	02:58.90	02:50.85	02:45.72	02:43.24	02:41.60	<b>200Bk</b>	02:36.52	02:38.10	02:40.51	02:45.47	02:53.27	03:06.31
00:46.12	00:42.90	00:40.97	00:39.74	00:39.14	00:38.75	<b>50Br</b>	00:38.09	00:38.48	00:39.06	00:40.27	00:42.17	00:45.34
01:40.83	01:33.77	01:29.55	01:26.86	01:25.56	01:24.70	<b>100Br</b>	01:22.37	01:23.20	01:24.47	01:27.08	01:31.19	01:38.05
03:38.16	03:22.89	03:13.76	03:07.95	03:05.13	03:03.28	<b>200Br</b>	02:58.31	03:00.11	03:02.85	03:08.51	03:17.39	03:32.25
00:38.84	00:36.12	00:34.50	00:33.46	00:32.96	00:32.63	<b>50FL</b>	00:32.42	00:32.74	00:33.24	00:34.27	00:35.88	00:38.59
01:27.02	01:20.93	01:17.29	01:14.97	01:13.84	01:13.10	<b>100FL</b>	01:12.25	01:12.98	01:14.09	01:16.38	01:19.98	01:26.00
03:19.62	03:05.65	02:57.29	02:51.97	02:49.39	02:47.70	<b>200FL</b>	02:43.41	02:45.06	02:47.58	02:52.76	03:00.90	03:14.52
03:15.40	03:01.72	02:53.55	02:48.34	02:45.81	02:44.16	<b>200IM</b>	02:39.50	02:41.11	02:43.56	02:48.62	02:56.57	03:09.86
06:54.38	06:25.38	06:08.03	05:56.99	05:51.64	05:48.12	<b>400IM</b>	05:39.15	05:42.57	05:47.79	05:58.54	06:15.44	06:43.70



# SWIM MANITOBA

## 2024 - 2025 Manitoba Provincial Male "A" Time Standards

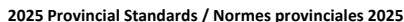
12&U	13	14	15	16	17&O	Events	17&O	16	15	14	13	12&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:38.08	00:35.22	00:33.46	00:32.29	00:31.48	00:31.01	<b>50Fr</b>	00:30.07	00:30.52	00:31.31	00:32.44	00:34.15	00:36.92
01:22.80	01:16.59	01:12.76	01:10.22	01:08.46	01:07.44	<b>100Fr</b>	01:05.70	01:06.70	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



# SWIM MANITOBA

## 2024 - 2025 Manitoba Provincial Male "AA" 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
00:33.85	00:31.31	00:29.74	00:28.70	00:27.98	00:27.56	<b>50Fr</b>	00:26.73	00:27.13	00:27.83	00:28.84	00:30.36	00:32.82
01:13.60	01:08.08	01:04.68	01:02.42	01:00.86	00:59.94	<b>100Fr</b>	00:58.40	00:59.29	01:00.81	01:03.02	01:06.33	01:11.71
02:41.19	02:29.10	02:21.65	02:16.69	02:13.27	02:11.27	<b>200Fr</b>	02:08.02	02:09.97	02:13.30	02:18.13	02:25.40	02:37.19
05:44.13	05:18.32	05:02.40	04:51.82	04:44.52	04:40.26	<b>400Fr</b>	04:31.63	04:35.77	04:42.84	04:53.10	05:08.52	05:33.54
12:03.15	11:08.91	10:35.46	10:13.22	09:57.89	09:48.92	<b>800Fr</b>	09:29.91	09:38.59	09:53.42	10:14.95	10:47.31	11:39.80
22:53.97	21:10.92	20:07.38	19:25.12	18:55.99	18:38.95	<b>1500Fr</b>	18:09.67	18:26.26	18:54.63	19:35.78	20:37.67	22:18.02
00:38.98	00:36.05	00:34.25	00:33.05	00:32.22	00:31.74	<b>50Bk</b>	00:30.90	00:31.37	00:32.18	00:33.35	00:35.10	00:37.95
01:23.93	01:17.63	01:13.75	01:11.17	01:09.39	01:08.35	<b>100Bk</b>	01:05.70	01:06.70	01:08.41	01:10.89	01:14.62	01:20.67
03:01.44	02:47.83	02:39.44	02:33.86	02:30.02	02:27.77	<b>200Bk</b>	02:21.88	02:24.04	02:27.74	02:33.10	02:41.15	02:54.22
00:43.00	00:39.77	00:37.78	00:36.46	00:35.55	00:35.02	<b>50Br</b>	00:34.62	00:35.14	00:36.05	00:37.35	00:39.32	00:42.51
01:34.09	01:27.03	01:22.68	01:19.78	01:17.79	01:16.62	<b>100Br</b>	01:14.24	01:15.37	01:17.30	01:20.10	01:24.32	01:31.15
03:24.88	03:09.51	03:00.03	02:53.73	02:49.39	02:46.85	<b>200Br</b>	02:41.82	02:44.28	02:48.49	02:54.60	03:03.79	03:18.70
00:36.33	00:33.60	00:31.92	00:30.80	00:30.03	00:29.58	<b>50FL</b>	00:29.42	00:29.87	00:30.63	00:31.74	00:33.41	00:36.12
01:20.70	01:14.65	01:10.92	01:08.43	01:06.72	01:05.72	<b>100FL</b>	01:05.02	01:06.01	01:07.70	01:10.15	01:13.85	01:19.83
03:03.93	02:50.13	02:41.63	02:35.97	02:32.07	02:29.79	<b>200FL</b>	02:25.53	02:27.75	02:31.54	02:37.03	02:45.30	02:58.70
03:01.38	02:47.78	02:39.39	02:33.81	02:29.96	02:27.71	<b>200IM</b>	02:24.00	02:26.19	02:29.94	02:35.38	02:43.56	02:56.82
06:31.10	06:01.76	05:43.68	05:31.65	05:23.36	05:18.51	<b>400IM</b>	05:08.32	05:13.02	05:21.04	05:32.69	05:50.20	06:18.59



Gender	Course	Type	Event	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14	SB9 Only	
Men/Hommes	LCM	MET	50m Backstroke/Dos	02:57.04	01:56.52	01:32.32	01:22.33	01:05.77											
			100m Backstroke/Dos	06:06.73	04:10.38				02:12.76	02:04.33	01:51.94	01:43.70	01:38.48	02:03.41	01:47.83	01:40.95	01:38.70	01:25.05	
			50m Breaststroke/Brasse	05:26.83	05:10.09	01:28.16													
			100m Breaststroke/Brasse				03:04.74	02:50.07	02:18.42	02:15.23	02:03.21	01:54.86		02:13.70	01:59.07	01:53.62	01:49.66		
			50m Butterfly/Papillon		01:25.26	01:17.45	01:09.64	01:03.48	00:54.64	00:51.42				02:13.70	01:59.07	01:53.62	01:49.66		
			100m Butterfly/Papillon								01:43.85	01:37.17	01:35.16	02:05.38	01:39.12	01:33.24	01:31.74	01:22.19	
			50m Freestyle/Libre	02:23.15	02:07.67	01:25.22	01:07.17	00:56.57	00:51.98	00:46.80	00:44.23	00:41.16	00:39.03	00:44.51	00:39.69	00:39.14	00:39.03	00:33.71	
			100m Freestyle/Libre	05:19.73	04:41.23	03:11.84	02:32.67	02:06.14	01:51.73	01:44.76	01:36.59	01:31.49	01:24.78	01:44.72	01:30.58	01:26.83	01:24.98	01:13.23	
			200m Freestyle/Libre	11:57.60	08:32.92	07:23.45	05:39.54	04:44.84									03:05.88		
			400m Freestyle/Libre						08:49.06	08:02.97	07:24.81	06:58.59	06:39.14	08:26.07	08:17.67	07:00.83		05:44.72	
		150m I.M./Q.N.I	16:06.28	13:15.76	07:22.32	04:56.55													
		200m I.M./Q.N.I					07:19.46	04:50.46	04:27.90	03:56.32	03:45.68	03:32.95	04:25.61	04:27.19	03:36.82	03:30.99	03:03.92		
		MQS	50m Backstroke/Dos	02:44.40	01:48.20	01:25.72	01:16.45	01:01.07											
			100m Backstroke/Dos	05:40.54	03:52.49				02:03.28	01:55.45	01:43.95	01:36.29	01:31.44	01:54.60	01:40.13	01:33.74	01:31.65		
			50m Breaststroke/Brasse	05:03.48	04:47.94	01:21.86													
			100m Breaststroke/Brasse				02:51.55	02:37.92	02:08.53	02:05.57	01:54.41	01:46.65		02:04.15	01:50.56	01:45.51	01:41.83		
			50m Butterfly/Papillon		01:19.17	01:11.92	01:04.66	00:58.94	00:50.74	00:47.75									
			100m Butterfly/Papillon								01:36.43	01:30.23	01:28.36	01:56.43	01:32.04	01:26.58	01:25.19		
			50m Freestyle/Libre	02:12.93	01:58.55	01:19.13	01:02.37	00:52.53	00:48.27	00:43.46	00:41.07	00:38.22	00:36.24	00:41.33	00:36.86	00:36.35	00:36.24		
			100m Freestyle/Libre	04:56.89	04:21.14	02:58.14	02:21.77	01:57.13	01:43.75	01:37.28	01:29.69	01:24.96	01:18.73	01:37.24	01:24.11	01:20.63	01:18.91		
	200m Freestyle/Libre		11:06.34	07:56.28	06:51.78	05:15.29	04:24.50										02:52.60		
	400m Freestyle/Libre							08:11.27	07:28.47	06:53.04	06:28.69	06:10.63	07:49.92	07:42.12	06:30.77				
	150m I.M./Q.N.I	14:57.26	12:18.92	06:50.72	04:35.37														
	200m I.M./Q.N.I					06:48.07	04:29.71	04:08.77	03:39.44	03:29.56	03:17.74	04:06.64	04:08.10	03:21.33	03:15.92				
	SCM	MET	50m Backstroke/Dos	03:00.58	01:58.85	01:34.17	01:23.98	01:05.77											
			100m Backstroke/Dos	06:14.06	04:15.39				02:12.76	02:04.33	01:49.70	01:41.63	01:36.51	02:05.88	01:45.67	01:38.93	01:36.73	01:23.38	
			50m Breaststroke/Brasse	05:33.37	05:16.29	01:29.92													
			100m Breaststroke/Brasse				03:08.43	02:50.07	02:18.42	02:15.23	02:00.75	01:52.56		02:16.37	01:56.69	01:51.35	01:47.47		
			50m Butterfly/Papillon		01:26.97	01:19.00	01:11.03	01:03.48	00:54.64	00:51.42									
			100m Butterfly/Papillon								01:41.77	01:35.23	01:33.26	02:07.89	01:37.14	01:31.38	01:29.91	01:20.58	
			50m Freestyle/Libre	02:26.01	02:10.22	01:26.92	01:08.51	00:56.57	00:51.98	00:46.80	00:43.35	00:40.34	00:38.25	00:45.40	00:38.90	00:38.36	00:38.25	00:33.05	
			100m Freestyle/Libre	05:26.12	04:46.85	03:15.68	02:35.72	02:06.14	01:51.73	01:44.76	01:34.66	01:29.66	01:23.08	01:46.81	01:28.77	01:25.09	01:23.28	01:11.79	
			200m Freestyle/Libre	12:11.95	08:43.18	07:32.32	05:46.33	04:44.84										03:02.16	
			400m Freestyle/Libre						08:49.06	08:02.97	07:15.91	06:50.22	06:31.16	08:36.19	08:07.72	06:52.41		05:37.96	
		150m I.M./Q.N.I	16:25.61	13:31.68	07:31.17	05:02.48													
		200m I.M./Q.N.I					07:19.46	04:50.46	04:27.90	03:51.59	03:41.17	03:28.69	04:30.92	04:21.85	03:32.48	03:26.77	03:00.31		
		MQS	50m Backstroke/Dos	02:47.69	01:50.36	01:27.43	01:17.98	01:01.07											
			100m Backstroke/Dos	05:47.35	03:57.14				02:03.28	01:55.45	01:41.87	01:34.36	01:29.61	01:56.89	01:38.13	01:31.87	01:29.82		
			50m Breaststroke/Brasse	05:09.55	04:53.70	01:23.50													
			100m Breaststroke/Brasse				02:54.98	02:37.92	02:08.53	02:05.57	01:52.12	01:44.52		02:06.63	01:48.35	01:43.40	01:39.79		
50m Butterfly/Papillon				01:20.75	01:13.36	01:05.95	00:58.94	00:50.74	00:47.75										
100m Butterfly/Papillon										01:34.50	01:28.43	01:26.59	01:58.76	01:30.20	01:24.85	01:23.49			
50m Freestyle/Libre			02:15.59	02:00.92	01:20.71	01:03.62	00:52.53	00:48.27	00:43.46	00:40.25	00:37.46	00:35.52	00:42.16	00:36.12	00:35.62	00:35.52			
100m Freestyle/Libre			05:02.83	04:26.36	03:01.70	02:24.61	01:57.13	01:43.75	01:37.28	01:27.90	01:23.26	01:17.16	01:39.18	01:22.43	01:19.02	01:17.33			
200m Freestyle/Libre	11:19.67		08:05.81	07:00.02	05:21.60	04:24.50										02:49.15			
400m Freestyle/Libre							08:11.27	07:28.47	06:44.78	06:20.92	06:03.22	07:59.32	07:32.88	06:22.95					
150m I.M./Q.N.I	15:15.21	12:33.70	06:58.93	04:40.88															
200m I.M./Q.N.I					06:48.07	04:29.71	04:08.77	03:35.05	03:25.37	03:13.79	04:11.57	04:03.14	03:17.30	03:12.00					

Women/Femmes	LCM	MET	100m Breaststroke/Brasse				03:45.85	03:06.34	02:51.56	02:44.19	02:24.56	02:12.36		02:38.05	02:23.04	02:11.29	02:11.91	
			50m Butterfly/Papillon			02:14.99	01:53.68	01:28.45	01:06.42	01:02.92								
			100m Butterfly/Papillon								02:04.92	01:53.62	01:48.15	02:14.99	02:05.08	01:54.30	01:50.32	01:33.41
			50m Freestyle/Libre	03:04.73	02:07.53	02:07.12	01:14.79	01:10.78	00:59.05	00:56.48	00:51.51	00:46.72	00:44.44	00:52.71	00:48.45	00:44.25	00:44.44	00:38.38
			100m Freestyle/Libre	06:37.88	04:37.09	04:00.38	03:04.73	02:28.27	02:10.34	02:01.90	01:54.41	01:40.91	01:38.66	01:57.98	01:46.37	01:41.12	01:37.52	01:25.20
			200m Freestyle/Libre		09:56.82	08:53.93	07:41.82	05:34.10									03:31.79	
			400m Freestyle/Libre						09:16.35	09:02.07	08:13.09	07:45.96	07:23.56	09:18.84	10:06.90	07:38.23		06:23.09
			150m I.M./Q.N.I		11:22.07	07:06.30	05:49.43											
			200m I.M./Q.N.I					07:19.46	05:19.30	05:15.99	04:46.72	04:15.19	04:04.30	04:57.70	04:54.18	04:05.92	04:06.54	03:31.00
		MQS	50m Backstroke/Dos	03:17.91	02:44.87	01:48.45	01:31.65	01:14.14										
			100m Backstroke/Dos	06:35.85	05:14.86				02:17.53	02:10.72	01:59.89	01:50.68	01:46.04	02:09.31	01:58.98	01:43.91	01:46.13	
			50m Breaststroke/Brasse	03:57.52	02:18.54	01:39.27												
			100m Breaststroke/Brasse				03:29.72	02:53.03	02:39.30	02:32.46	02:14.24	02:02.90		02:26.76	02:12.82	02:01.91	02:02.49	
			50m Butterfly/Papillon			02:05.35	01:45.56	01:22.13	01:01.67	00:58.42								
			100m Butterfly/Papillon								01:56.00	01:45.51	01:40.42	02:05.35	01:56.14	01:46.13	01:42.44	
			50m Freestyle/Libre	02:51.54	01:58.42	01:58.04	01:09.45	01:05.73	00:54.83	00:52.44	00:47.83	00:43.38	00:41.26	00:48.94	00:44.99	00:41.09	00:41.26	
			100m Freestyle/Libre	06:09.46	04:17.30	03:43.21	02:51.54	02:17.68	02:01.03	01:53.19	01:46.24	01:33.70	01:31.61	01:49.55	01:38.77	01:33.90	01:30.56	
			200m Freestyle/Libre		09:14.19	08:15.79	07:08.83	05:10.23									03:16.66	
			400m Freestyle/Libre						08:36.61	08:23.35	07:37.87	07:12.68	06:51.88	08:38.92	09:23.55	07:05.50		
			150m I.M./Q.N.I		10:33.35	06:35.85	05:24.47											
			200m I.M./Q.N.I					06:48.07	04:56.49	04:53.42	04:26.24	03:56.96	03:46.85	04:36.43	04:33.17	03:48.36	03:48.93	
	SCM	MET	50m Backstroke/Dos	03:37.40	03:01.10	01:59.13	01:40.67	01:19.84										
			100m Backstroke/Dos	07:14.83	05:45.86				02:28.11	02:20.77	02:06.53	01:56.82	01:51.92	02:22.05	02:05.57	01:49.66	01:52.01	01:36.70
			50m Breaststroke/Brasse	04:20.91	02:32.18	01:49.04												
			100m Breaststroke/Brasse				03:50.37	03:06.34	02:51.56	02:44.19	02:21.67	02:09.71		02:41.21	02:20.18	02:08.66	02:09.27	
			50m Butterfly/Papillon			02:17.69	01:55.95	01:28.45	01:06.42	01:02.92								
			100m Butterfly/Papillon								02:02.42	01:51.35	01:45.99	02:17.69	02:02.58	01:52.01	01:48.11	01:31.58
			50m Freestyle/Libre	03:08.42	02:10.08	02:09.66	01:16.29	01:10.78	00:59.05	00:56.48	00:50.48	00:45.79	00:43.55	00:53.76	00:47.48	00:43.36	00:43.55	00:37.63
			100m Freestyle/Libre	06:45.84	04:42.63	04:05.19	03:08.42	02:28.27	02:10.34	02:01.90	01:52.12	01:38.89	01:36.69	02:00.34	01:44.24	01:39.10	01:35.57	01:23.53
			200m Freestyle/Libre		10:08.76	09:04.61	07:51.06	05:34.10									03:27.55	
			400m Freestyle/Libre						09:16.35	09:02.07	08:03.23	07:36.64	07:14.69	09:30.02	09:54.76	07:29.07		06:15.58
			150m I.M./Q.N.I		11:35.71	07:14.83	05:56.42											
			200m I.M./Q.N.I					07:19.46	05:19.30	05:15.99	04:40.99	04:10.09	03:59.41	05:03.65	04:48.30	04:01.00	04:01.61	03:26.86
		MQS	50m Backstroke/Dos	03:21.87	02:48.17	01:50.62	01:33.48	01:14.14										
			100m Backstroke/Dos	06:43.77	05:21.16				02:17.53	02:10.72	01:57.49	01:48.47	01:43.92	02:11.90	01:56.60	01:41.83	01:44.01	
			50m Breaststroke/Brasse	04:02.27	02:21.31	01:41.26												
			100m Breaststroke/Brasse				03:33.91	02:53.03	02:39.30	02:32.46	02:11.56	02:00.44		02:29.70	02:10.16	01:59.47	02:00.04	
			50m Butterfly/Papillon			02:07.86	01:47.67	01:22.13	01:01.67	00:58.42								
			100m Butterfly/Papillon								01:53.68	01:43.40	01:38.41	02:07.86	01:53.82	01:44.01	01:40.39	
			50m Freestyle/Libre	02:54.97	02:00.79	02:00.40	01:10.84	01:05.73	00:54.83	00:52.44	00:46.87	00:42.51	00:40.43	00:49.92	00:44.09	00:40.27	00:40.43	
			100m Freestyle/Libre	06:16.85	04:22.45	03:47.67	02:54.97	02:17.68	02:01.03	01:53.19	01:44.12	01:31.83	01:29.78	01:51.74	01:36.79	01:32.02	01:28.75	
			200m Freestyle/Libre		09:25.27	08:25.71	07:17.41	05:10.23									03:12.73	
			400m Freestyle/Libre						08:36.61	08:23.35	07:28.71	07:04.03	06:43.64	08:49.30	09:12.28	06:56.99		
			150m I.M./Q.N.I		10:46.02	06:43.77	05:30.96											
			200m I.M./Q.N.I					06:48.07	04:56.49	04:53.42	04:20.92	03:52.22	03:42.31	04:41.96	04:27.71	03:43.79	03:44.35	



## 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."**