

**Scotiabank
Prairie Winter International 2009**



HOSTED BY
Manta Swim Club
25 Poseidon Bay
Winnipeg, Manitoba R3M 3E4
T: (204) 452-4655
www.mantaswimming.ca

Scotiabank
Prairie Winter International 2009
December 3 to 6, 2009

PAN-AM POOL
25 Poseidon Bay
Winnipeg, Manitoba R3M 3E4
T: (204) 986-5890

SANCTION No.: 8304

All current SNC Rules will be in effect.

Session Date and Time			
1	Thursday, December 3	Warm-up	1:00 p.m.
	Timed finals	Start	2:00 p.m.
2	Friday, December 4	Warm-up	7:30 a.m.
	Designated preliminaries and timed finals	Start	8:30 a.m.
3	Friday, December 4	Warm-up	4:30 p.m.
	Finals	Start	5:30 p.m.
4	Saturday, December 5	Warm-up	7:30 a.m.
	Designated preliminaries and timed finals	Start	8:30 a.m.
5	Saturday, December 5	Warm-up	4:30 p.m.
	Finals	Start	5:30 p.m.
6	Sunday, December 6	Warm-up	7:30 am.
	Designated preliminaries and timed finals	Start	8:30 a.m.
7	Sunday, December 6	Warm-up	4:30 p.m.
	Finals	Start	5:30 p.m.

Meet Manager

Sharra Hinton

E: sharrahinton@shaw.ca

T: (204) 292-9213

MSOA Representative

Jim Fleury

E: fleury1@mts.net

Meet Entries and Results

Dave Teghtsoonian

E: dtex@mts.net

Officials Coordinator

Sandie Kouritzin

E: kouritzin@shaw.ca

1. Facility:

- a. Eight lane 25 meter competition pool
- b. OMEGA ARES primary and secondary electronic timing system
- c. Warm-up/down lanes available
- d. Host to:
 - i. 1999 Pan Am Games
 - ii. 2004 Club Nationals
 - iii. 2005 Club Nationals
 - iv. 2006 Western Championships
 - v. 2008 Summer Nationals

2. Eligibility:

- a. Open to all swimmers currently registered with SNC, USS and FINA who have met the qualifying times in a sanctioned race since September 1, 2008 and prior to entry deadline.
- b. Para-swimmers and Special Olympic swimmers do not require qualifying times to enter this competition but will be bound by the meet rules and format.
- c. Para-swimmers and Special Olympic swimmers will be eligible for the Para Swim of the Meet award.
- d. Classification numbers must accompany entries for Para-swimmers and Special Olympic swimmers

3. Age Group Categories:

- a. For all events:
 - i. Girls: 12 & Under, 13 & 14, 15 & Over
 - ii. Boys: 12 & Under, 13 & 14, 15 & Over

A swimmer's age shall be as of the FIRST DAY of the competition.

4. Entry Deadline:

- a. Monday, November 23, 2009, 12:00 a.m.
- b. All entries and cheques payable to **MANTA SWIM CLUB**.
- c. The Meet Entries and Results chairperson must receive entries and proof of time by the entry deadline.

5. **Online Entries:**
 - a. Entries must be submitted as a Hytek entries file.
 - b. Entries must be submitted through the SNC online entry process by uploading on the Swim Natation Canada website at www.swimming.ca.
 - c. Direct questions or request for additional information to the **Meet Entries and Results chair**.

6. **Entry Fees:**
 - a. \$65.00 per swimmer.
 - b. Entry fees include individual events, relay events and SNM fee.
 - c. All entry fees must be received by the first day of meet.
 - d. Swimmers will not be allowed to swim if meet entry fees have not been paid.
 - e. Cheques payable to:
 - i. **MANTA SWIM CLUB, 25 Poseidon Bay, Winnipeg, Manitoba R3M 3E4.**

7. **Proof of Times:**
 - a. All individual entries must utilize a displayed time available in the Swim Natation Canada online entry system.
 - b. Times not available on the online system must be proven by sending a HY-TEK HY3 Proof of Time file that has been exported from a TEAM MANAGER 4 Database that has been maintained with the best times from all meets via email to the Meet Entries and Results chair prior to the entry deadline.

8. **Registration:**
 - a. Meet office will be open for registration starting December 3, 2009 at 10 a.m.

9. **Refunds:**
 - a. Meet Management is not obligated to refund entry fees after the entry deadline date.

10. **Entries and Limitations:**
 - a. Swimmers are restricted to **NINE** individual events plus relays as long as they meet the qualifying standards in those events.
 - b. Proof of time for all qualifying time events required.
 - c. All qualified swimmers may enter Bonus Swims as described below provided they **DO NOT** exceed the entry limit of **NINE** individual events.

- i. Swimmers who have a qualifying time in **ONE** event will be eligible for **FIVE** bonus swims.
- ii. Swimmers who have a qualifying time in **TWO** events will be eligible for **FOUR** bonus swims.
- iii. Swimmers who have a qualifying time in **THREE** events will be eligible for **THREE** bonus swims.
- iv. Swimmers who have a qualifying time in **FOUR** events will be eligible for **TWO** bonus swims.
- v. Swimmers who have a qualifying time in **FIVE** events will be eligible for **ONE** bonus swim.
- d. Bonus swims must be flagged as such and entered with actual times for seeding purposes.
- e. No time (NT) entries will not be accepted.
- f. 400, 800 and 1500 meter events **MAY NOT** be used as bonus swims.

11. Qualifying Times:

- a. Qualifying times as listed in this meet package apply to this competition.
- b. All submitted times should be in SCM.
- c. LCM and SCY times will be accepted and converted.
- d. Proof of qualifying times must be provided for all swimmers entered with bonus swims.

12. Relay Events:

- a. All relay events will be Timed Finals.
- b. All relay events will be seeded by age group and gender, slowest to fastest.
- c. Relay swimmers must be properly 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.

- d. A swimmer may only participate on ONE relay team per age group per event.
- e. A maximum of TWO swimmers may age up to complete an age group relay team.
- f. Unattached swimmers are NOT eligible to swim relays.
- g. There are no qualifying times for relay events.
- h. To obtain a seeding time, it is recommended that a team time be submitted.
- i. A Hytek relay proof of time will be accepted to validate a relay team’s entry time.
- j. Changes to relay line-up or entry time after the entry deadline require a new entry time be submitted and proofed.
- k. Relay cards with complete swimmer names and requests for official splits must be submitted to the Clerk of Course 30 minutes prior to the start of the preliminary session on the day of that relay event.

13. Deck Entries:

- a. Entry fee is \$15.00 per individual or relay event.
- b. Payable to the **Clerk of Course** prior to lane assignment.
- c. Allowed only if space permits.
- d. Additional heats will NOT be created.
- e. Entries will be swum as ‘**exhibition**’ only.
- f. Entries will not be scored nor advance to semi-finals or finals.

14. Scratches:

- a. Scratches from preliminary heats or timed finals may be made at any time without penalty except loss of entry fee.
- b. Scratches from semi-finals and finals must be submitted to the Clerk of Course prior to the **scratch deadline** (30 minutes after the conclusion of the respective preliminary session).
- c. Events **will not** be re-seeded to include scratches made after the **scratch deadline**.
- d. Scratches made **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 and a \$50.00 fine to the offending club.

PLEASE NOTE: in fairness to alternate swimmers and a courtesy to all other swimmers, coaches, officials and meet management, it is expected that all scratches will be submitted to the Clerk of Course, prior to the scratch deadline.

15. Seeding:

- a. After all qualifying times have been proven, Meet Management will convert all LCM and SCY times to SCM times using applicable conversion factors.
- b. All timed final events, with the exception of distance events, will be senior seeded slowest to fastest by gender.
- c. 800FR and 1500FR distance events will be senior seeded fastest to slowest by gender
- d. All preliminary events will be senior and circle seeded by gender.

16. Competition:

- a. Unless otherwise stated, current SNC rules and regulations will be in effect for this competition.
- b. The 50 FL, 50 BA and 50 BR events will be swum as Timed Finals.
- c. The 50 FR event will be swum as Preliminaries, Semi-Finals and Finals.
 - i. The top 16 swimmers from Preliminaries for each age group will proceed to Semi-Finals.
 - ii. The top eight swimmers from Semi-Finals for each age group will proceed to Finals.
- d. The 800 FR and 1500 FR events will be swum as Timed Finals.
- e. All other events for all age groups will be swum as Preliminaries and Finals.
- f. All relay events will be swum as Timed Finals.
- g. Finals age groups are:
 - i. Female: 12 & Under, 13 & 14, 15 & Up
 - ii. Male: 12 & Under, 13 & 14, 15 & Up
- h. Consolation finals will be held only for those events with **more than 17 swimmers** entered in any age category at the entry deadline.
- i. Events with Preliminaries and Finals with **eight or fewer** swimmers entered will be still be swum as Preliminaries and Finals.

Meet Management reserves the right to limit entries in any event, change the order of events or session set-up if registration exceeds pool or time capacity

17. Scoring:

- a. Events for Individual age group trophies: 5-2-1
- b. Individual events for team trophy as per SNC rule 4.1.1.:
 - i. 50-30-20-15-14-13-12-11-9-7-6-5-4-3-2-1
- c. Relay events: 50-30-20-15-14-13-12-11

- d. Points will not be awarded if a swimmer fails to make a Qualifying Time in a Final or Timed Final.
- e. Preliminary events will be scored for those events that do not have Consolation Finals.

18. Results:

- a. Real-time results will be posted during the competition on the Manta Swim Club website www.mantaswimming.ca.
- b. Final results will be posted and may be downloaded from the Swim Natation Canada website www.swimming.ca.
- c. Splits may not be available for distance events swum two per lane.

19. Awards:

- a. Individual awards:
 - i. 1st to 8th place for 50 FL, 50 BA and 50 BR: Ribbons
 - ii. 1st to 3rd place for Timed Final and Final events: Medals
 - iii. 4th to 8th place for Timed Final and Final events: Ribbons
- b. Relay events:
 - i. 1st place: Medals for all relay team members
 - ii. 2nd and 3rd place: Ribbons for all relay team members
- c. Swim of the Meet:
 - i. Award for best performance on the World Performance Charts based on FINA points scoring.
- d. Para Swim of the Meet:
 - i. Award for best performance for a Para-swimmer or Special Olympics swimmer based on Canadian Para-swimmer scoring.
- e. Individual High Point Trophy:
 - i. High point award for the top female and top male for each age category based on 5-2-1 point scoring
- f. Club Trophy:
 - i. Awarded to the club with the highest aggregate points.
- g. Small Club Trophy:
 - i. Awarded to the club with 15 or fewer swimmers at registration with the highest aggregate points.
- h. "Record Setters" Awards Pot:
 - i. Swimmers who establish new meet records in individual events will split the "Record Setters" awards pot.
 - ii. The size of the award pot will be established based on the number of athletes registered in this competition, as follows:
 - (1) Fewer than 350 swimmers: \$0.00
 - (2) 350 to 449 swimmers: \$1,000.00
 - (3) 450 to 549 swimmers: \$2,000.00

(4) 550 or more swimmers: \$3,000.00

20. Coaches Prizes:

- a. Contingent on a minimum of 350 athlete entries, all head coaches will be entered into our nightly lottery draw for \$100.00. Each night's random draw is open to all head coaches who have not previously won a draw at this competition. There is no charge for entry into the prize draw.

21. Coaches Technical Meeting:

- a. A coaches technical meeting will be held at 1:30 p.m. on Thursday, December 3, 2009 (30 minutes prior to start of session) to update meet rules and answer questions.

22. Warm-up Procedures:

- a. All SNC warm-up procedures will be in effect at this meet.

23. Hospitality:

- a. Food and refreshments will be provided to coaches and officials prior to and during each session.
- b. A coaches dinner will be held on Friday, December 4, 2009. Please RSVP to Sharra Hinton at sharrahinton@shaw.ca by November 23, 2009 with the subject line: coaches' dinner.

24. Food on Deck:

- a. The City of Winnipeg maintains a "No Food on Deck" policy.
- b. Coaches are responsible for ensuring their swimmers comply with this policy.

25. Officials:

- a. Any out of town officials interested in assisting at the meet may contact Sandie Kouritzin at kouritzin@shaw.ca. All help is welcomed and greatly appreciated.

26. Lockers

- a. There are lockers available in the Pan Am Pool change rooms for daily use. Cost is 25 cents per use. Swimmers are encouraged to use them to ensure their belongings are secure to avoid loss.

Meet Event List

Session 1 Event		Description	
Thursday, Dec. 3	1	Women's 50 Butterfly	Timed Finals
Timed Finals	2	Men's 50 Butterfly	Timed Finals
Warm-up: 1:00 p.m.	3	Women's 50 Backstroke	Timed Finals
Start: 2:00 p.m.	4	Men's 50 Backstroke	Timed Finals
	5	Women's 50 Breaststroke	Timed Finals
	6	Men's 50 Breaststroke	Timed Finals
	7	Women's 800 Freestyle	Timed Finals
	8	Men's 800 Freestyle	Timed Finals
	9	Women's 1500 Freestyle	Timed Finals
	10	Men's 1500 Freestyle	Timed Finals
Session 2 Event		Description	
Friday, Dec. 4	11	Women's 200 Freestyle	Preliminaries
Preliminaries	12	Men's 200 Freestyle	Preliminaries
And Time Finals	13	Women's 100 Backstroke	Preliminaries
Warm-up: 7:30 a.m.	14	Men's 100 Backstroke	Preliminaries
Start: 8:30 a.m.	15	Women's 50 Freestyle	Preliminaries
	16	Men's 50 Freestyle	Preliminaries
	17	Women's 400 IM	Preliminaries
	18	Men's 400 IM	Preliminaries
Session 3 Event		Description	
Friday, Dec. 4	35	Women's 200 Medley Relay	Timed Finals
Semi-Finals & Finals	36	Men's 200 Medley Relay	Timed Finals
Warm-up: 4:30 p.m.	11	Women's 200 Freestyle	Finals
Start: 5:30 p.m.	12	Men's 200 Freestyle	Finals
	13	Women's 100 Backstroke	Finals
	14	Men's 100 Backstroke	Finals
	15	Women's 50 Freestyle	Semi-Finals
	16	Men's 50 Freestyle	Semi-Finals
	17	Women's 400 IM	Finals
	18	Men's 400 IM	Finals
Session 4 Event		Description	
Saturday, Dec. 5	19	Women's 200 Breaststroke	Preliminaries
Preliminaries	20	Men's 200 Breaststroke	Preliminaries

And Time Finals	21	Women's 100 Butterfly	Preliminaries
Warm-up: 7:30 a.m.	22	Men's 100 Butterfly	Preliminaries
Start: 8:30 a.m.	23	Women's 200 IM	Preliminaries
	24	Men's 200 IM	Preliminaries
	25	Women's 400 Freestyle	Preliminaries
	26	Men's 400 Freestyle	Preliminaries

Meet Event List (cont.)

Session 5 Event		Description	
Saturday, Dec. 5	15	Women's 50 Freestyle	Finals
Finals	16	Men's 50 Freestyle	Finals
Warm-up: 4:30 p.m.	19	Women's 200 Breaststroke	Finals
Start: 5:30 p.m.	20	Men's 200 Breaststroke	Finals
	21	Women's 100 Butterfly	Finals
	22	Men's 100 Butterfly	Finals
	23	Women's 200 IM	Finals
	24	Men's 200 IM	Finals
	25	Women's 400 Freestyle	Finals
	26	Men's 400 Freestyle	Finals
Session 6 Event		Description	
Sunday, Dec. 6	27	Women's 200 Backstroke	Preliminaries
Preliminaries	28	Men's 200 Backstroke	Preliminaries
And Time Finals	29	Women's 100 Breaststroke	Preliminaries
Warm-up: 7:30 a.m.	30	Men's 100 Breaststroke	Preliminaries
Start: 8:30 a.m.	31	Women's 200 Butterfly	Preliminaries
	32	Men's 200 Butterfly	Preliminaries
	33	Women's 100 Freestyle	Preliminaries
	34	Men's 100 Freestyle	Preliminaries
Session 7 Event		Description	
Sunday, Dec. 6	37	Women's 200 Freestyle Relay	Timed Finals
Finals	38	Men's 200 Freestyle Relay	Timed Finals
Warm-up: 4:30 p.m.	27	Women's 200 Backstroke	Finals
Start: 5:30 p.m.	28	Men's 200 Backstroke	Finals
	29	Women's 100 Breaststroke	Finals
	30	Men's 100 Breaststroke	Finals
	31	Women's 200 Butterfly	Finals
	32	Men's 200 Butterfly	Finals
	33	Women's 100 Freestyle	Finals
	34	Men's 100 Freestyle	Finals



Harassment and Abuse Committee Recommendations

“All sanctioned Swim Manitoba or SNC meets under the jurisdiction of the Provincial Section shall be governed by the Swim/Natation Manitoba Harassment and Abuse Policy. A recommendation coming from the Harassment and Abuse Committee states that the deck be reserved for swimmers, coaches and volunteers assigned specific tasks in the running of the meet. The referee and meet management will have the full authority to request that any individual, who is perceived to be interfering with the peace and security required for any athlete to achieve his/her best potential, is to leave the deck, or indeed the spectator area should their conduct be viewed as having a negative impact on any athlete in the competition.”

SNC Warm-up Procedures 2005

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

General Warm-Up Rules:

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck or Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.
- Coaches and swimmers shall allow backstrokers & Para-swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

Specific/Sprint Warm-Up Period:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes. Only 'one-way' swimming

shall be permitted in Sprint Lanes.

- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.
- The following statement shall appear in the meet information and in posted notices: "SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

Equipment:

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.

**Prairie Winter International 2009
Short Course Qualifying Times**

Female			Stroke	Male		
15 & Over	13-14	12 & Under		12 & Under	13-14	15 & Over
30.00	32.00	34.00	50 FR	34.00	31.00	27.00
1:05.00	1:09.00	1:15.00	100 FR	1:15.00	1:06.00	59.00
2:20.00	2:30.00	2:40.00	200 FR	2:40.00	2:23.00	2:08.00
5:03.00	5:15.00	5:40.00	400 FR	5:40.00	5:00.00	4:40.00
10:24.00	11:12.00	11:44.00	800 FR	11:44.00	10:15.00	9:45.00
20:00.00	21:30.00	23:30.00	1500 FR	22:00.00	20:00.00	19:00.00
37.00	39.00	42.00	50 BA	41.00	37.00	35.00
1:13.00	1:20.00	1:29.00	100 BA	1:29.00	1:17.00	1:10.00
2:38.00	2:50.00	3:08.00	200 BA	3:08.00	2:44.00	2:30.00
43.00	44.00	47.00	50 BR	46.00	42.00	39.00
1:25.00	1:30.00	1:38.00	100 BR	1:38.00	1:25.00	1:17.00
3:06.00	3:10.00	3:30.00	200 BR	3:30.00	3:04.00	2:48.00
37.00	39.00	42.00	50 FL	42.00	37.00	34.00
1:14.00	1:19.00	1:26.00	100 FL	1:26.00	1:15.00	1:07.00
2:45.00	2:55.00	3:10.00	200 FL	3:10.00	2:45.00	2:32.00
2:36.00	2:50.00	3:00.00	200 IM	3:00.00	2:45.00	2:25.00
5:40.00	6:00.00	6:20.00	400 IM	6:20.00	5:45.00	5:15.00

OFFICIALS FORM

Meet: Prairie Winter International 2009

Meet dates: Thursday, December 3 through Sunday, December 6, 2009

Official's Name: _____

Address: _____

City: _____ Prov.: _____

Home phone: _____ Postal Code: _____

Email: _____ Cell phone: _____

Level of Official: I II III IV V FINA

I am available to work the following sessions:

- Thursday, December 3 Warm-up: 1:00 p.m. Start: 2:00 p.m. Timed Finals
- Friday, December 4 Warm-up: 7:30 a.m. Start: 8:30 a.m. Preliminaries
- Friday, December 4 Warm-up: 4:30 p.m. Start: 5:30 p.m. Finals
- Saturday, December 5 Warm-up: 7:30 a.m. Start: 8:30 a.m. Preliminaries
- Saturday, December 5 Warm-up: 4:30 p.m. Start: 5:30 p.m. Finals
- Sunday, December 6 Warm-up: 7:30 a.m. Start: 8:30 a.m. Preliminaries
- Sunday, December 6 Warm-up: 4:30 p.m. Start: 5:30 p.m. Finals

Please contact or return this form to the Officials Coordinator:

Sandie Kouritzin
Manta Swim Club
25 Poseidon Bay
Winnipeg, Manitoba R3M 3E4
T or F: (204) 452-4655
E: kouritzin@shaw.ca