



**Golden Plains Invitational
May 7 - May 9, 2010
Hosted By Manitoba Marlins
Sanctioned By Swim Manitoba**

For meet package & information updates, please go to Manitoba Marlins' web site: <http://manitobamarlins.com/goldenplains.html>

SNC Sanction number:
9340

Facility & Timing:

- Pan Am Pool, Main Tank
25 Poseidon Bay
Winnipeg, Manitoba
Phone # 986-5891
- Eight Lane 50 meter competition pool
- Omega ARES primary & secondary electronic timing system
- Warm – up/down lanes available
- Host to:
 - i. 1999 Pan Am Games
 - ii. 2004 Club Nationals
 - iii. 2005 Club Nationals
 - iv. 2006 Western Championships
 - v. 2008 Summer Nationals

Dates and Times:

Friday, May 7th, 2010

Preliminaries All Ages

Warm Up: 7:30 a.m.

Start: 8:30 a.m.

Finals

Warm Up: 4:30 p.m.

Start: 5:30 p.m.

Saturday, May 8th, 2010

Preliminaries All Ages

Warm Up: 7:30 a.m.

Start: 8:30 a.m.

Finals

Warm Up: 4:30 p.m.

Start: 5:30 p.m.

Sunday, May 9th, 2010

Preliminaries All Ages

Warm Up: 7:30 a.m.

Start: 8:30 a.m.

Finals

Warm Up: 4:30 p.m.

Start: 5:30 p.m.

Note:

Depending on the number of swimmers, the preliminary sessions may be started one half hour earlier. Meet management reserves right to limit entries in any event or reschedule if necessary.

Eligibility:

- All events are open to all swimmers registered with SNC, USS or FINA who meet the qualifying times.
- Swimmers must have equaled or bettered the qualifying times prior to the deadline.
- All qualified entries must include entry times.
- No qualifying times required for SWAD swimmers. SWAD swimmers will be fully integrated (no separate heats or finals) into the meet and eligible for all awards.
- [Please see qualifying standards, \(appendix 1\), on page 7.](#)
- Age group based on age of swimmer on May 7th, 2010.

Event List:

Friday May 7, 2010:

Preliminary Session	Final Session
Warm up: 7:30AM - Start: 8:30AM	Warm up: 4:30PM - Start: 5:30PM
100 Back	100 Back
200 Breast	200 Breast
50 Free	50 Free
400 IM	400 IM
	4 X 50 Medley Relay

Saturday May 8, 2010:

Preliminary Session	Final Session
Warm up: 7:30AM - Start: 8:30AM	Warm up: 4:30PM - Start: 5:30PM
100 Free	100 Free
200 Fly	200 Fly
200 Back	200 Back
400 Free	400 Free

Sunday May 9, 2010:

Preliminary Session	Final Session
Warm up: 7:30AM - Start: 8:30AM	Warm up: 4:30PM - Start: 5:30PM
200 Free	200 Free
100 Breast	100 Breast
200 IM	200 IM
100 Fly	100 Fly
	4 X 50 Free Relay

Entry Limitations:

Age Group Categories for seeding:

1. Age Groups:

For all events:

- Girls: 12 & Under, 13 & 14, 15 & Over
- Boys: 12 & Under, 13 & 14, 15 & Over

2. Preliminary and Final Format:

- In the preliminary sessions, all swimmers will be senior seeded together by time.
- In the finals sessions each age group and Open category will have its own A & B final.
- Consolation finals will be held only for those events with more than 17 swimmers entered in any age category at the entry deadline.
- Events with Preliminaries and Finals with eight or fewer swimmers entered will be still be swum as Preliminaries and Finals.

Entries:

- Qualifying times are listed in this information package. (appendix 1)
- All submitted times should be in LCM
- SCM and SCY times will be accepted and converted
- Maximum number of entries would be limited to 400 swimmers.
- Swimmers may enter maximum of 9 events for which they qualify.
- All entries must be uploaded to the Swim Canada web site using a Hytek Entry File. Each swimmer must have a valid swimmer ID number, and a correct birth date and gender. Errors or omissions in the entry file will cause delays in accepting the file and posting the results.
- Your club will receive confirmation that the entry was received, if you do not receive such an acknowledgment, it is your responsibility to follow up on a status of your entries before the deadline.
- Full payment shall accompany entries. Late fee payments may be subject to penalty.

Entry Deadline:

- Entry deadline is **Monday, April 26th, 2010.**

Meet Entry Contact:

- **Blain McAvoy - bjmcavoy@shaw.ca**

Bonus Swims:

- Swimmers who have fewer than seven qualifying times are eligible for bonus swims based on the following:
 - 1 QT + 6 bonus swims
 - 2 QT + 5 bonus swims
 - 3 QT + 4 bonus swims
 - 4 QT + 3 bonus swims
 - 5 QT + 2 bonus swims
 - 6 QT + 1 bonus swim
- Bonus swims are to be entered with valid long course times for seeding purposes.
- Swimmers may not use 400 free and 400 I.M. as a bonus swims. Entries for the 400 free and 400 I.M. must meet the qualifying time.

RELAYS:

- Each relay swimmer must swim in at least one individual event in the meet.
- Names, age and swimmers order of relay members must be submitted to the Clerk of Course within 30 minutes following the conclusion of the preliminary session.
- All relay events will be Time Finals and be swum in finals.
- There are no qualifying times for relay events. However, to obtain seeding, a team time should be submitted.
- Unlimited number of relays may be entered in an event by a club, however, only the fastest two (2) from the same club will score points per event.
- Relay's held on Friday and Sunday will be swum in the following 3 age groups: 12 & under, 13 & 14, and 15 & Over.
- Unattached swimmers are not eligible to participate in relays.

Entry Fees:

- \$65.00 per swimmer which includes the \$2.00 SNC swimmer participation fee.
- Relay entries are free.
- Payment must accompany entries.
- **Please make cheques payable to: MANITOBA MARLINS SWIM CLUB.**

Deck Entries:

- Additional swims may be permitted if empty lanes are available, but no additional heats will be created.
- Swimmer/Coach must present late entry fee prior to being assigned a lane.
- The cost of all deck entries will be **\$10.00** per individual event. Deck entries are for time only (EXHIBITION) and will not be scored or advanced to finals.

SCRATCHES:

- Scratches from preliminary events may be at any time without penalty, except loss of fee. Coaches are requested to report scratches 30 minutes prior to the start of the preliminary session.
- Scratches from finals resulting from the preliminary sessions may be made without penalty if reported to the Clerk of Course within 30 minutes following the conclusion of the preliminary session. Alternatives **MUST** report to the Clerk of Course when the event is called for marshalling and be ready to swim.
- Scratches from finals not resulting from the preliminaries may be made without penalty if reported 15 minutes prior to the event.

PENALTIES:

- All step downs, no shows and unexcused incomplete swims (as determined by the referee) at **Finals** will result in the offending swimmer being scratched from all remaining events, including relays, scheduled for that day.

Awards:

Individual Awards:

- Medals for 1st to 3rd
- Ribbons for 4th to 8th Finalists.

Relay Events:

- Medals for 1st
- Ribbons for 2nd and 3rd place

Individual High Point Trophy:

- High point trophy for top male and female in each age group based on individual event performance in the appropriate age group.

Large Club Trophy:

- Awarded to the club with the highest aggregate points.

Small Club Trophy:

- Awarded to the "small club" (15 or fewer swimmers at registration) with the highest aggregate points.

SCORING:

- Individual events for age group awards 5-2-1. (12 & under, 13 -14, and Open/Senior).
- Individual events for team trophies 9-7-6-5-4-3-2-1.
- Relay events 18-14-12-10-8-6-4-2.
- If a swimmer fails to make their qualifying time in a final or in a timed final, no points will be scored.

Meet Management Team	Email address
Meet Manager: Rob Meyer 204-633-0110	rsmeier@shaw.ca
Meet Entries: Blain McAvoy 204-896-6162	bjmcavoy@shaw.ca
Officials Coordinator: Wendy Ledger 204-489-4483	wenedger@gmail.com

Appendix 1

Golden Plains Qualifying Times 2010

Female 12 & Under	Female 13-14	Female 15 & Over	EVENT		Male 12 & Under	Male 13-14	Male 15 & Over
:40.00	:37.75	:36.95	50	Free	0:39.96	0:35.58	0:33.49
1:26.87	1:22.00	1:19.27	100	Free	1:26.33	1:17.56	1:12.22
3:09.02	2:57.20	2:51.25	200	Free	3:07.85	2:51.08	2:38.16
6:23.41	6:04.15	5:51.82	400	Free	6:26.33	5:50.10	5:25.43
1:39.92	1:33.80	1:30.40	100	Back	1:42.10	1:29.96	1:22.87
3:34.42	3:23.24	3:12.21	200	Back	3:34.77	3:13.49	2:58.24
1:53.69	1:45.70	1:42.96	100	Breast	1:52.98	1:42.23	1:32.73
4:02.97	3:48.15	3:41.75	200	Breast	4:02.98	3:41.61	3:23.05
1:38.15	1:31.73	1:27.84	100	Fly	1:39.96	1:27.54	1:18.92
3:40.24	3:20.50	3:09.37	200	Fly	3:44.54	3:11.77	2:51.62
3:34.54	3:22.05	3:14.94	200	IM	3:34.16	3:13.08	2:59.00
7:24.25	6:55.59	6:40.64	400	IM	7:24.79	6:42.20	6:15.59

Safety:

- SNC Warm Up Procedures are in effect (Appendix 2). Each athlete must be under the supervision of a head or deck coach. It is the responsibility of the head or deck coach to inform their swimmers of the safety rules and ensure they are followed.

Appendix 2:

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 & SWAD 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.



HARASSMENT AND ABUSE POLICY

“All sanctioned Swim Manitoba or SNC meets under the jurisdiction of the Provincial Section shall be governed by the Swim/Nataction 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.”