



**“Last Chance” Swim Meet  
Short Course Swim Meet  
Hosted by  
ST. JAMES SEALS SWIM CLUB**

**LOCATION:** Pan Am Pool, Training Tank  
25 Poseidon Bay  
Winnipeg, Manitoba R3M 3E4

**Dates and Times** : November 30, 2019 & Sunday, December 1, 2019

**SNC Sanction number** :

**Facility and Timing** :

- Pan Am Pool training tank
- 8 lane 25 meter competition pool
- Electronic timing Quantum with manual watch backup
- 8 lane 25 meter warm down pool

Session Times: DATE	WARM-UP	START
Saturday, November 30, 2019 (Session 1)	07:30	08:15
Saturday, November 30, 2019 (Session 2)	13:00	13:45
Sunday, December 1, 2019 (Session 3)	08:00	08:45

**Warm Up:** Will be ONLY 40 minutes in length, lanes 7 & 8 will be dedicated sprint lanes from the start to the end of warm up. With 10 minutes left in warm up lanes 1 & 2 will be opened for further dive starts.

**Eligibility:** All swimmers must be registered with Swim Canada or FINA affiliated organizations. Additionally swimmers 12 & Under holding an “A” will be accepted into the meet.

**Qualifying Times:** There are no qualifying times for this meet, however coaches are asked to adhere to the following guidelines:

In the interest of keeping to safe timelines it is recommended that coaches only put swimmers in the 400 and/or 800 freestyle events who are looking to qualify for Jr. Provincials (A) or ManSask (AA). Coaches should use a maximum projected time of 14:00:00 as a guideline when entering 800 FR.

Meet Management Team	Email address
Meet Manager: Michael Feuerstein	michaelpfeuerstein@me.com
Meet Entries: Michael Feuerstein	michaelpfeuerstein@me.com
Officials Coordinator: Janice Kostelnyk	jkostelnyk@shaw.ca

## EVENT LIST

November 30, 2019	
SESSION ONE (1)	SESSION TWO (2)
01 GIRLS 200 IM	13 4 X 50 MEDLEY RELAY GIRLS
02 BOYS 200 IM	14 4 X 50 MEDLEY RELAY BOYS
03 GIRLS 50 BACKSTROKE	15 GIRLS 100 BREASTSTROKE
04 BOYS 50 BACKSTROKE	16 BOYS 100 BREASTSTROKE
05 GIRLS 100 BUTTERFLY	17 GIRLS 200 FREESTYLE
06 BOYS 100 BUTTERFLY	18 BOYS 200 FREESTYLE
07 GIRLS 200 BACKSTROKE	19 GIRLS 50 BUTTERFLY
08 BOYS 200 BACKSTROKE	20 BOYS 50 BUTTERFLY
09 GIRLS 50 BREASTSTROKE	21 GIRLS 400 IM
10 BOYS 50 BREASTSTROKE	22 BOYS 400 IM
11 GIRLS 400 FREESTYLE	23 GIRLS 100 FREESTYLE
12 BOYS 400 FREESTYLE	24 BOYS 100 FREESTYLE

SUNDAY DECEMBER 1, 2019
SESSION THREE (3)
25 4 x 50 FREE RELAY GIRLS
26 4 x 50 FREE RELAY BOYS
27 GIRLS 200 BUTTERFLY
28 BOYS 200 BUTTERFLY
29 GIRLS 50 FREESTYLE
30 BOYS 50 FREESTYLE
31 GIRLS 200 BREASTSTROKE
32 BOYS 200 BREASTSTROKE
33 GIRLS 100 BACKSTROKE
34 BOYS 100 BACKSTROKE
35 GIRLS 800 FREESTYLE
36 BOYS 800 FREESTYLE

### ENTRY LIMITATIONS:

Maximum Entries is **3** events per swimmer per Session plus 1 Relay for Session 2 and 3. Each swim club may have a maximum of **THREE (3)** teams per Relay.

**ENTRIES:** **All entries must be submitted with a time.** "No Time" (NT) entries will not be accepted. 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 birthdates and gender. Errors or omissions in the entry file will cause delays in accepting the file and posting the results. All Events are Timed Finals.

**ENTRY DEADLINE:** November 22, 2019

**MEET ENTRIES CONTACT:** Michael Feuerstein  
Email : Michael Feuerstein  
Phone : 204-955-8984

**ENTRY FEES:**

- Individual events: \$10.00 per event
- 800 Freestyle: \$13.00 per swimmer
- Relay events: \$10.00 per entry
- SNC participation fee: \$ 6.00 per swimmer
- Splash Fee: \$ 1.00 per event
- Entry Fees are not subject to refunds after Entry Deadline Date. Fees are to be paid by cheque to the **CLERK OF COURSE** prior to the Start of the Session

1. Failure to submit fees on time may result in swimmers being prevented from swimming until fees have been paid.

**LATE OR DECK ENTRIES:**

- Will be accepted provided the following conditions are met and procedures are followed:

1. Lane space is must be available for the deck entry to be accepted.
2. Deck entries **WILL BE ACCEPTED WITHIN THE FIRST 10 MINUTES OF WARM UP** due to the shorten warm up.
3. Deck entries will be accepted by the Clerk of Course on a workload permitting basis.
4. Deck entries must be accompanied by a fee of **\$30.00** per event, which must be paid prior to lane assignment.
5. If the swimmer is not already entered in the meet, the SNC participation fee of **\$6** must be paid in addition to the deck entry fee(s).
6. The total number of events for the swimmer cannot exceed the maximum of three events per session (in addition to a relay events).
7. No new heats will be created for deck entered swimmers
8. Deck entries must include the swimmer's ID number if the swimmer is not already entered in the meet.
9. Deck entry swims are for exhibition only and will not score points or be included in awards.

**SCRATCHES:** SNM Scratch Rule in effect (please click link here [SWIM MANITOBA](#) for further details )

- a. Coaches are encouraged to report scratches to the clerk of course a minimum of **30 MINUTES** prior to start of session otherwise the results will show a DNS. **PLEASE BE AWARE OF THE SHORTEN WARMUP; COACHES WILL BE ALLOWED TO SCRATCH SWIMMERS WITHIN THE FIRST 15 MINUTES OF WARM UP; NO SCRATCHES WILL BE ACCEPTED AFTER THAT DEADLINE.**
- b. Penalties: Scratches and all step-downs, no-shows, and unexcused incomplete swims (as determined by the referee) will result in loss of entry fee.

**COMPETITION:** Swim Canada rules and regulations and Swim Manitoba policies and regulations apply.

- Age of a swimmer is determined by their age on the first day of the meet.
- All events are timed finals and events other than 800 FR will be swum slowest to fastest by gender.
- 800 FR distance event will be senior seeded fastest to slowest by gender.
- Meet Management reserves the right to change event times or limit entries in order to maintain a timeline of no more than 4.5 hours per session or for other operational reasons. If this is necessary, notice will be provided to participating teams as soon as possible.
- All swimmers must report to Marshalling before reporting to the blocks.

**AWARDS:** No awards will be provided

**HOSPITALITY:** Hospitality will be provided for Coaches and Volunteers prior to each session. A Canteen will be made available for spectators on the second (2<sup>nd</sup>) level. We encourage volunteers to bring with them a reusable water bottle as bottle water will not be provided.

**PROGRAMS:** Programs will be available for download from the [ST. JAMES SEALS](#) Website. A limited amount of printed programs will be available for \$25.00.

**SPECTATORS:** ***SPECTATORS ARE NOT PERMITTED ON THE POOL DECK.*** Parents will be politely asked to leave the pool deck should meet management see parents on the pool deck who are NOT VOLUNTEERING. There is a viewing area on from above the pool that can be accessed from the 2<sup>nd</sup> floor of the main pool. Should a parent be found on a pool deck for a second (2<sup>nd</sup>) time they again will be asked to leave the pool deck and their home club will be notified. Should a parent be found on the pool deck for a third (3<sup>rd</sup>) time it may result in their child being scratched from their next race.

**MISCELLANEOUS:** There are lockers at Pan Am Pool at a cost of 25 cents per use. Swimmers are encouraged to ensure that their belongings are secured to avoid loss.

**SAFETY:** SNC Warm Up Procedures are in effect (see link here [WARM UP](#)) for further details. 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. "Only authorized officials, swimmers and coaches are allowed on deck"