



**Feb 3/2023 updates regarding Entry Process on Page 3 and results on page 9**

# **2023 ManSask Winter Long Course Provincial Championships March 2 – 5, 2023**



**Hosted by:  
Saskatoon Goldfins  
on behalf of Swim Sask and Swim Manitoba**





**Sanction #: 38017**

We will also be submitting for WPS competition approval  
Swimming Canada Warm-Up Competition Safety Procedures will be in effect at this competition. [LINK](#)  
Current Swimming Canada Rules will apply except as specifically modified in this meet package. [Rules](#)  
World Para Swimming Rules and Regulations will apply for Para swimmers. [Rules](#)

**Meet Information:**

**Name:** 2023 ManSask Winter Long Course Provincial Championships  
**Date:** March 2-5, 2023  
**Host Club:** Saskatoon Goldfins Swim Club

**Session Dates & Times**

|                                   |                      |         |                 |                     |
|-----------------------------------|----------------------|---------|-----------------|---------------------|
| <b>Coaches/Technical Meeting:</b> | Thursday, March 2/23 | 4:15 pm |                 |                     |
| Session #1                        | Thurs. March 2/23    | Prelims | Warm-up 4:30 pm | Competition 5:35 pm |
| Session #2                        | Fri March 3/23       | Prelims | Warm-up 8:00 am | Competition 9:05 am |
| Session #3                        | Fri March 3/23       | Finals  | Warm-up 4:00 pm | Competition 5:05 pm |
| Session #4                        | Sat March 4/23       | Prelims | Warm-up 8:00 am | Competition 9:05 am |
| Session #5                        | Sat March 4/23       | Finals  | Warm-up 4:00 pm | Competition 5:05 pm |
| Session #6                        | Sun March 5/23       | Prelims | Warm-up 8:00 am | Competition 9:05 am |
| Session #7                        | Sun March 5/23       | Finals  | Warm-up 4:00 pm | Competition 5:05 pm |

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

**Location:**

Name of Facility: Shaw Centre  
Address: 122 Bowlt Crescent, Saskatoon, SK S7M 0L1  
Phone Number: (306) 975-7744

**Facility:**

- a. One 10-lane, 50-meter competition pool
- b. One 25-meter warm-up pool will be available for the entire meet.
- c. Non-Turbulent Lane markers
- d. Daktronics Electronics system.
- e. Hy-Tek Meet Manager Computer Software
- f. Depth at start end of the pool is 4.85 m
- g. Depth at the Turn end of the pool is 3.02 m

| Meet Manager   | Co Meet Manager  | Entries Chairperson  | Meet Referee   | Officials Coordinators   |
|--|--|--|--|--|
| Kelly Burke  | Ryan MacGillivray  | Marni Caldwell   | Gary Thronberg   | Kelly Kozak and Tanya Gokavi                                     |
| <a href="mailto:meetmanager@goldfins.ca">meetmanager@goldfins.ca</a> | <a href="mailto:ryanm@goldfins.ca">ryanm@goldfins.ca</a> | <a href="mailto:beancounter1@accesscomm.ca">beancounter1@accesscomm.ca</a> | <a href="mailto:gthronberg@sasktel.net">gthronberg@sasktel.net</a> | <a href="mailto:officials@goldfins.ca">officials@goldfins.ca</a> |



### Eligibility:

- Entries will only be accepted for swimmers who are currently registered in the Swimming Canada registration database and have a Swimming Canada 9-digit registration ID number, unless the swimmer is registered with and representing a foreign **World Aquatics (formerly FINA)** affiliated federation.
- **Restriction:** Those registered in Masters-Open category are **not** eligible.
- PARA swimmers who are registered with Swimming Canada or a **World Aquatics (formerly FINA)** affiliate are eligible to compete.
- This meet is open to clubs from out of provinces of Manitoba and Saskatchewan to a maximum of 150 swimmers. Entries will be considered first come, first served as of date and time of uploading entry file.
- Swimmers must be a minimum of 7 years of age as of the 1<sup>st</sup> day of competition. Age group based on age of swimmer as March 2, 2023.

### Qualifying Times:

- All swimmers must have achieved at least one [AA\\* 2016-2024 ManSask](#) time time Short Course Standards or Long Course Standards, in any event, in their single age category; age as of first day of the competition.
- All qualifying swims must have been achieved during the qualifying period of: **Sept 1/2021 - Feb 16/2023**
- Para Swimmers must have achieved at least one Para [Junior Provincial standard](#) in one of the eligible events for their classification. (i.e. if only classified SB then must qualify in a breaststroke event for their specific classification. If classified SB4-SB9, SB11-SB14) then must qualify in 100 Breast.
- Para swimmers must have a minimum of Level 2 classification
- PARA events that do not have qualifying times may be used as bonus events, with the exception of 400 IM and 800 and 1500m Free events.

### Entry Deadline:

- **Entry deadline is Thursday February 16, 2023, 9:59 pm**
- Entry files are to be emailed directly to Meet Entries Chair: Marni Caldwell [beancounter1@accesscomm.ca](mailto:beancounter1@accesscomm.ca)
- Direct all questions, request for additional information or requests for changes to the Meet Entries chair
- All entry files must contain the complete and accurate information as required if uploading to the national meet list site: Valid Swimmer ID#, name, correct date of birth and gender. Errors or omissions in entry files will cause delays in accepting entries.
- After entries are finalized and Meet Referee has reviewed, Meet Entries Chair will email Sask coaches with Psych sheets and will email Karen at Swim Manitoba for her to email out to all Manitoba coaches.

### Entry Fees:

- Individual: \$85.00
- Relay only swimmers: \$40.00
- Relay team event: \$20.00
- Individual deck entry: \$20.00
- Relay team deck entry: \$20.00
- Cheques should be made payable to the Saskatoon Goldfins Swim Club
- Payment must be received on or before the start of warm-ups on the first day of competition.
- No swimmer / team will be allowed to start warm-up until entry fees have been paid



### **Entries Refund Policy:**

- As per Swim Saskatchewan Winter Swimming Policy WC-4 found [here](#)

### **Entries and Limitations:**

- a. Swimmers can enter as many events as they have qualified for, up to a maximum of **SEVEN** individual events, plus relays.
- b. A maximum of 450 swimmers as the meet will be held single ended in one tank only and with only 1 preliminary session for all age groups. Entries from Manitoba and Saskatchewan clubs will be taken first, then from other clubs. There will be a maximum of 150 swimmers from clubs outside of Manitoba and Saskatchewan.
- c. Meet Management reserves the right to limit entries in individual events. If necessary, priority will be given to Manitoba and Saskatchewan club swimmers. Meet Management has the right to limit and / or remove the number of Bonus swims from non-Manitoba/Saskatchewan club swimmers. Depending on health orders, Meet Management reserves the right to limit entries to Manitoba and Saskatchewan clubs.
- d. **Converted times will *not* be accepted.**
- e. Entry times will be accepted in LC or SC meters. Meet Management will convert SC entry times.
- f. **100 IM may not be used to qualify for ManSask Championships**
- g. Para swimmers must have a minimum of Level 2 classification
- h. There are 7 Para specific events (see list of events). Para swimmers may enter these Para specific events or an Olympic stream event. Para specific events will be swum mixed. Para swimmers are to enter the event that is applicable to their sport class (i.e. 50 or 100 Breast). The top ten swimmers in either gender from preliminaries of each event that is being swum together will advance to the finals. Times achieved from preliminaries will be scored on the Swimming Canada Para Swimming Points calculator.

### **Bonus Swims:**

- All qualified swimmers may enter Bonus Swims provided they **DO NOT** exceed the entry limit of **SEVEN** individual events. (i.e. 1 QT plus 6 bonus swims; 4 QT's plus 3 bonus swims)
- No-Time (NT) entries will be accepted for Bonus swims
- Swimmers who achieve one Man/Sask (AA) qualifying time in 400m Freestyle, 800m Freestyle, and/or 1500m Freestyle shall be allowed to enter a 400m Freestyle, 800m Freestyle and/or 1500m Freestyle as a bonus event.
- Swimmers who achieve the ManSask (AA) qualifying time in 200 IM are allowed to enter the 400 IM as a bonus event.
- PARA events that do not have qualifying times may be used as bonus events, with the exception of 400 IM and 800 and 1500m Free events

### **Proof of Times:**

- Once an entry file is uploaded, the entry chairperson will email the coach their time validation report generated during the entry upload process. Clubs will have 48 hours to review the time validation report and to upload a new entry file for any individual times that did not pass validation.
- All individual entries must utilize a displayed time available in the Swimming Canada Entry system.
- Failure to prove any requested time will result in the swimmer being scratched from that event. There will be no refund of entry fees from a failure to prove a time.



### Relay Entries:

- Swim clubs may enter a maximum of **TWO** relay teams per event per age group.
- There are no qualifying times for relay events. To obtain a seeding time, it is recommended that a team time be submitted.
- Clubs are encouraged to enter relays with names. If no names are submitted with entries, then Relay cards with complete swimmer names must be submitted to the Clerk of Course within 30 minutes of the conclusion of the preliminary session on the day of that relay event.
- Final relay order may be changed through the Clerk of Course up to 30 minutes prior to the start of the finals session in which the relay is being held. Failure to submit on time will deem that the relay team will be 'exhibition' and therefore, not eligible for points and awards.
- All relay events will be Timed Finals and be swum in Finals.
- 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. 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 own age category, swimmers may swim up an age category.
- Meet Management reserves the right to cancel relays depending on the COVID situation.

### Provincial Medley Relay Entries

- At the conclusion of regular competition in the final meet session, the Provincial Medley Relays will be swum. The Relays will held as 4 x 50 Medley for all age categories.
- Each province may enter ONE relay team in each of the male and female age groups.
- Coaches select the swimmers to swim each stroke leg of the relay from the fastest time in that stroke swum at the meet. The fastest time is determined from any of the following: (i) the individual 50/100 event, (ii) a lead off relay split or (iii) the 50 /100 split from an individual 100 or 200 meter event.
- **Provincial Relay cards are due no later than 15 minutes after the conclusion of all the 100 Breaststroke finals.**
- The meet manager reserves the right to cancel relays depending on the COVID situation.

### Deck Entries:

- Deck entries are for additional swims for swimmers already entered in the competition and have passed registration validation, to swim additional swims in empty lanes. Deck Entries are not for day of competition entries. Deck entries are only allowed if space permits; additional heats will not be created.
  - Deck entries are NOT ALLOWED in the 800FR and 1500FR events.
- Deck entry fees must be presented to the **Clerk of Course** prior to lane assignment
  - Deck Entry fee: \$20
  - Relay Deck Entry: \$20
- Deck entries are exhibition and therefore will not be scored nor advance to finals.



### **Meet Format/Competition:**

- The 800 FR and 1500 FR events will be swum as Timed Finals.
- All other individual pool events for all age groups will be swum as Preliminaries and Finals.
- Consolation finals will only be held for events 400 meters and under with **24 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:
  - i. Female: 12 & Under, 13 &14, 15 & Over
  - ii. Male: 13 & Under, 14 &15, 16 & Over
- Para swimmers will be fully integrated in heats and finals for any event that is 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
- Meet Management reserves the right to limit entries in the 400, 800 and 1500 Free and 400 IM if registration exceeds pool-time capacity. In such cases, priority will be given to Manitoba/Saskatchewan club swimmers.
- Meet Management reserves the right to adjust the competition pools as designated by athlete registration numbers.

### **Seeding:**

- 800FR and 1500FR distance events will be senior seeded fastest to slowest, alternating one heat of female and then one heat of male.
- Meet Management reserves the right to adjust the seeding criteria to maintain session timeline requirements and/or provide the fastest 10 swimmers with the best competition available. i.e. all heats swum with 2 swimmers per lane, or fastest heat one per lane and remaining heats 2 per lane.
- All other events: Preliminaries will be senior seeded by time alone, slowest to fastest, as per rule SW 3.1 and its sub-paragraphs, regardless of whether or not they are bonus events. The last 2 heats of 400 Free and 400 IM will be circle seeded.
- Meet Management reserves the right to adjust the seeding criteria for the 400FR event to maintain session timeline requirements. (i.e., 2 per lane)
- Para swimmers that enter Olympic stream events will be seeded according to their entry time
- Finals for Olympic stream individual events will be swum by gender & age groups.
- Para specific events will be swum as mixed classification and mixed gender. 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.

### **400m, 800m, 1500 m events - Positive Check-in (400 IM, 400, 800 & 1500 Free)**

- Positive check-in is mandatory by the conclusion of warm-ups on the day of the respective distance event. This can be done by coach or by swimmer.
- If necessary, these events will be re-seeded after positive check-in.

**Start:** Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1  
Starts for Para swimmers as per WPS Rule 11.1 and sub clauses



### **Scratches and Penalties:**

- Coaches are requested to submit scratches as a courtesy to all swimmers, coaches, officials and meet management as this helps run an efficient meet. When scratches are not submitted it can hold up the meet.
- Coaches are encouraged to submit scratches as soon as possible.
- After entry deadline date and prior to day of competition - Coaches are requested to submit any known scratches via email to the entries chairperson and meet manager.
- Once competition commences all scratches must be submitted on official scratch cards available at the Clerk of Course and must be submitted to the Clerk of Course.
- 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.
- Scratches from preliminary events are requested to be submitted by the conclusion of warm-ups on the day the event is held. There is no monetary penalty.
- Scratches from relay events are required 30 minutes prior to the start of the finals session on the day the relay is held. There is no monetary penalty.
- **Scratches for finals, that result from a preliminary swim, must be submitted 30 minutes following the completion of the preliminary events on the day the final is to be held.**  
**Saturday scratch deadline, including the 200 IM, is 30 minutes after the completion of the 50 Breaststroke event (Event # 28)**

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 that has an unexcused late scratch, no show, step down etc. would also be prohibited from swimming. Relay team would have loss of entry fee. There shall be no monetary penalty fee assessed for individual swims.

**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 20 score in all events regardless on if there is a consolation final or not.

Individual pool events for Provincial Age Group Awards:  
50-30-20-18-17-16-15-14-13-12 10-9-8-7-6-5-4-3-2-1

Individual pool events (including PARA events that have a specific PARA Final) for team awards:  
50-30-20-18-17-16-15-14-13-12 10-9-8-7-6-5-4-3-2-1

NOTE: Para events that swim together (i.e. events 304 & 305 Para 200 Free for S1-5 & 14 and Para 400 Free for S6-13) are considered one event and therefore only one swimmer scores the 50-30-20 etc. points

Relay events: 50-30-20-18-17-16-15-14-13-12

### **Individual Awards:**

- Individual awards: 1<sup>st</sup> to 3<sup>rd</sup> place for Final events: Medals
  - PARA awards: 1<sup>st</sup> to 3<sup>rd</sup> place for PARA Final events: Medals
- NOTE: Para events that swim together (i.e. events 304 & 305 Para 200 Free for S1-5 & 14 and Para 400 Free for S6-13) are considered one event and therefore only one 1, 2 & 3<sup>rd</sup> place medal awarded

### **Relay events:**

- 1<sup>st</sup> to 3<sup>rd</sup> place: Medals for all relay team members on club relays.
- 1<sup>st</sup> place for Provincial Relay: Medals to all relay team members

### **Provincial Age Group Awards:**

- High point award for the top female and top male for each age category, for each: 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:**

- The single best swim by a PARA (S1 to S14) swimmer, male or female, scored on the Para Swimming Points calculator.

### **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 entered in the meet at entry deadline, with the highest aggregate points.
- 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





### Coaches/Technical Meeting:

- Technical meeting will be held Thursday afternoon as indicated on page two.
- Further meetings may be held throughout the weekend if necessary.

### Results:

- Unofficial results will be posted in real time on meet mobile throughout the competition.
- Final results will be posted and may be downloaded from the Swimming Canada meet list site. Should the Swimming Canada site still be down, then meet management will email Sask coaches the result file and send to Karen at Swim Manitoba to email out to Manitoba coaches.
- Splits may not be available for distance events if they are swum two per lane.
- Results will be reported in the following Age Categories for all individual and relay events:  
Female: 12 & Under, 13 &14, 15 & Over  
Male: 13 & Under, 14 &15, 16 & Over

### Official Splits:

- As per SNC Swimming Rule CSW 13.3.1.1 - 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 prior to the commencement of the event in question will be held.
- Official Split requests must be submitted to the Meet Manager a minimum of ½ hour prior to the start of the session that the event is being held. The Official Split Request Form is available through Meet Management or by [downloading](#)
- The split for the lead of leg in relays will be regarded as an official split and therefore no request by coaches is needed.
- Such official split shall then be reported as a separate event in the meet results.

### Officials

- As this is a provincial meet, with the Saskatoon Goldfins hosting on behalf of Swim Sask, officials from all clubs are requested to participate in officiating at the meet in whatever positions they are qualified in.
- If you are a Goldfins member, please sign into your Team Unify account to sign up.
- Officials from other clubs are asked to contact the Goldfins Officials Coordinators at: [officials@goldfins.ca](mailto:officials@goldfins.ca)

### Officials Meeting

- There will be an Official's Briefing 45 minutes prior to each session. This briefing will take place in the meeting room attached to the pool. **Masking at these briefings is recommended.** Please do your best to social distance during these meetings. Officials are encouraged to mask at all times

### Officials Attire:

- Timers and Chief Timer – White Shirt, Black Bottoms and black shoes that can get wet.
- All other officials – Red Shirt, Black Bottoms and black shoes that can get wet.

### Hospitality:

- There will be hospitality provided for officials and coaches during this competition.



## **Meet Safety Rules:**

- Swimming Canada Warm-up Competition Safety Procedures will be in effect.
- Safety Marshalls will be stationed around the pool deck during general warm-up
- Entry into the pool must be feet-first at all times during general warm-up.
- During warm-ups, one lane will be set aside for para swimmers only
- During the last 30 minutes of warm-up, a minimum of two lanes will be designated as sprint lanes where an entrance dive is permitted. During this period, one-way swimming only is allowed.
- During the last 35 minutes of warm-up a minimum of two lanes will be designated as pace lanes, as required.
- Running on deck is NOT permitted.
- No fins, hand paddles or tubing may be used during warm-up.
- No 'deck changing' is allowed. All swimmers must use the change rooms.
- **It is the coach's responsibility to inform the swimmers and ensure their discipline and adherence to the *Meet Safety Rules*.**

## **General Info:**

- Any changes to the meet information or format will be provided to the coaches via email prior to the meet or at the coaches meeting.
- All swimmers are asked to please use the change room and not change on deck.
- Glass containers and breakables are not allowed on the pool deck.
- Clubs will be responsible for their personal valuables. The Shaw Centre and Saskatoon Goldfins Swim Club will not accept responsibility for any lost or stolen items.
- All clubs are responsible for the conduct of their swimmers. Inappropriate behavior at the pool may result in disciplinary action by meet management.
- Please have your club's area in the stands and on-deck clean up before you leave each session.
- Swimmers caught vandalizing pool property or using offensive language will be disqualified from the meet and any expenses incurred as a result of the vandalism will be billed to their club.
- Smoking is prohibited in all areas of the pool, according to City of Saskatoon Bylaws. Food is also prohibited on the pool deck, including sunflower seeds with shells.
- Only the host club 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.
- Only approved photographers with meet credentials will be permitted on deck, contact meet manager for more information.

## **Safe Sport:**

- Swimming Canada and Swim Saskatchewan believe that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment, and discrimination.
- **Swimming Canada Safe Sport Policy found [HERE](#) and other Safe Sport Resources [HERE](#).**
- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- Swim Saskatchewan and Swimming Canada have signed onto the Responsible Coaching Movement, which means that all interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment that is both "open" and "observable" to others.



### **Photography/Videography:**

- a) In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Saskatchewan sanctioned competitions, whether 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, or in locker rooms, bathrooms, or any other dressing area.
- b) For full details see the Event Photography and Videography Procedure Policy found [HERE](#)
- c) Clubs may appoint one official photographer for their club to be granted access to a designated area/working deck. Please contact Meet Manager prior to the competition for permission. Meet Management will issue an accreditation/name tag identifying such person. This tag must be worn at all times.

### **Covid 19 Safety:**

- Covid 19 Safety Protocols will follow provincial, municipal, and Swim Sask guidelines and will be subject to change. Changes will be communicated with clubs as needed.
- Swimmers, coaches, officials, and volunteers MUST not participate if sick or symptomatic.
- Swimmers, coaches, officials, and volunteers are encouraged to follow SHA guidance and the Living with COVID (Government of Sask) :
  - Know your Risk – personal risk assessment
  - Self-Monitor
  - Practice frequent hand washing and cough/sneeze etiquette.
  - Get fully vaccinated (and get a booster when eligible)
  - Wearing a mask is an added layer of protection.
  - Test and self-isolate if you test positive
  - physically distance whenever possible
  - Stay home even with mild symptoms

### **Masking**

- Swim Sask supports a mask friendly environment. Mask use is a personal choice. Everyone must be kind and respectful of individuals' choices.

### **Rapid Tests**

- If not feeling well, even if it is just cold symptoms, then all swimmers, coaches, officials and volunteers are asked to administer a home rapid test prior to attending a swim meet and stay home if test is positive. If test is negative but are feeling sick/symptomatic, then please stay home.

Swim meets will prioritize athletes, coaches, officials and other authorized staff on the pool deck.

### **Spectators:**

- Spectators will be allowed in the bleacher stands/upper viewing area according to Shaw Centre capacity limits. The spectator bleacher area will be reduced to allow swim clubs to use a portion of the stands as their seating/staging area.
- No spectators are allowed on pool deck.
- Live streaming of the meet will be offered through the Goldfins YouTube Account. Specific link to be provided at a later date.



**ManSask Championship Meet Event List**

**Coaches meeting at 4:15 p.m. Thursday March 2, 2023**

| <b>Session 1</b>   |          | <b>Warm up: 4:30 pm</b> |   | <b>Thursday March 2, 2023 - Prelims</b> |               | <b>Start time: 5:35 pm</b> |  |
|--|----------|-------------------------|---|---|---------------|----------------------------|--|
|  | <b>#</b> | <b>Gender</b>           | <b>Event</b>                                    | <b>#</b>                                | <b>Gender</b> |                            |  |
| Prelims  | 1        | Female                  | 200 IM  | 2                                       | Male          |                            |  |
|  |          |                         | Events 301 and 302 will be swum together        |   |               |                            |  |
| Prelims  | 301      | Mixed                   | Para 150 IM (SM1-4)                             | 301                                     | Mixed         |                            |  |
| Prelims  | 302      | Mixed                   | Para 200 IM (SM5-14)                            | 302                                     | Mixed         |                            |  |
| Timed Finals   | 3        | Female                  | 1500 Freestyle*                                 | 4                                       | Male          |                            |  |
| *1500 Free will be swum alternating one heat of female then one heat of male |          |                         |   |   |               |                            |  |
| <b>Session 2</b>   |          | <b>Warm up: 8:00 am</b> |   | <b>Friday March 3, 2023 - Prelims</b>   |               | <b>Start time: 9:05 am</b> |  |
|  | <b>#</b> | <b>Gender</b>           | <b>Event</b>                                    | <b>#</b>                                | <b>Gender</b> |                            |  |
| Prelims  | 5        | Female                  | 100 Butterfly                                   | 6                                       | Male          |                            |  |
| Prelims  | 7        | Female                  | 200 Breaststroke                                | 8                                       | Male          |                            |  |
|  |          |                         | 3 min break to test starting equipment for 50's |   |               |                            |  |
| Prelims  | 303      | Mixed                   | Para 50 Free (S1-14)                            | 303                                     | Mixed         |                            |  |
| Prelims  | 9        | Female                  | 50 Free   | 10                                      | Male          |                            |  |
|  |          |                         | 5 min break to put in backstroke ledges         |   |               |                            |  |
| Prelims  | 11       | Female                  | 100 Backstroke                                  | 12                                      | Male          |                            |  |
|  |          |                         | Events 304 and 305 will be swum together        |   |               |                            |  |
| Prelims  | 304      | Mixed                   | Para 200 Free (S1-5 & 14)                       | 304                                     | Mixed         |                            |  |
| Prelims  | 305      | Mixed                   | Para 400 Free (S6-13)                           | 305                                     | Mixed         |                            |  |
| Prelims  | 13       | Female                  | 400 Freestyle                                   | 14                                      | Male          |                            |  |
| <b>Session 3</b>   |          | <b>Warm up: 4:00 pm</b> |   | <b>Friday March 3, 2023 – FINALS</b>    |               | <b>Start time: 5:05 pm</b> |  |
|  | <b>#</b> | <b>Gender</b>           | <b>Event</b>                                    | <b>#</b>                                | <b>Gender</b> |                            |  |
| Finals   |          | Female                  | 100 Butterfly                                   |   | Male          |                            |  |
| Finals   |          | Female                  | 200 Breaststroke                                |   | Male          |                            |  |
|  |          |                         | 3 min break to test starting equipment for 50's |   |               |                            |  |
| Finals   | 303      | Mixed                   | 50 Free (S1-S14) - Para                         | 303                                     | Mixed         |                            |  |
| Finals   |          | Female                  | 50 Freestyle                                    |   | Male          |                            |  |
|  |          |                         | 5 min break to put in backstroke ledges         |   |               |                            |  |
| Finals   |          | Female                  | 100 Backstroke                                  |   | Male          |                            |  |
|  |          |                         | Events 304 and 305 will be swum together        |   |               |                            |  |
| Finals   | 304      | Mixed                   | Para 200 Free (S1-5 & 14)                       | 304                                     | Mixed         |                            |  |
| Finals   | 305      | Mixed                   | Para 400 Free (S6-13)                           | 305                                     | Mixed         |                            |  |
| Finals   |          | Female                  | 400 Freestyle                                   |   | Male          |                            |  |
| Timed Finals   | 15       | Female                  | 200 Freestyle Relay 12 & Under                  |   |               |                            |  |
| Timed Finals   |          |                         | 200 Freestyle Relay 13 & Under                  | 16                                      | Male          |                            |  |
| Timed Finals   | 17       | Female                  | 200 Freestyle Relay 13 - 14                     |   |               |                            |  |
| Timed Finals   |          |                         | 200 Freestyle Relay 14 - 15                     | 18                                      | Male          |                            |  |
| Timed Finals   | 19       | Female                  | 200 Freestyle Relay 15 & Over                   |   |               |                            |  |
| Timed Finals   |          |                         | 200 Freestyle Relay 16 & Over                   | 20                                      | Male          |                            |  |



| <b>Session 4</b> |                | <b>Warm up: 8:00 am</b> |   | <b>Saturday, March 4, 2023 - Prelims</b> |               | <b>Start time: 9:05 am</b> |  |
|------------------|----------------|-------------------------|---|--|---------------|----------------------------|--|
|                  | <b>Event #</b> | <b>Gender</b>           | <b>Event</b>                                    | <b>Event #</b>                           | <b>Gender</b> |                            |  |
| Prelims          | 21             | Female                  | 200 Butterfly                                   | 22                                       | Male          |                            |  |
| Prelims          | 306            | Mixed                   | 100 Free - Para (S1-S14)                        | 306                                      | Mixed         |                            |  |
| Prelims          | 23             | Female                  | 100 Free  | 24                                       | Male          |                            |  |
|                  |                |                         | 5 min break to put in backstroke ledges         |  |               |                            |  |
| Prelims          | 25             | Female                  | 200 Backstroke                                  | 26                                       | Male          |                            |  |
|                  |                |                         | Events 307 & 308 will be swum together          |  |               |                            |  |
| Prelims          | 307            | Mixed                   | Para 50 Breast (SB1-3)                          | 307                                      | Mixed         |                            |  |
| Prelims          | 308            | Mixed                   | Para 100 Breast (SB4-14)                        | 308                                      | Mixed         |                            |  |
|                  |                |                         | 3 min break to test starting equipment for 50's |  |               |                            |  |
| Prelims          | 27             | Female                  | 50 Breaststroke                                 | 28                                       | Male          |                            |  |
| Timed Finals     | 29             | Female                  | 800 Freestyle*                                  | 30                                       | Male          |                            |  |

\*800 Free will be swum alternating one heat of female then one heat male

| <b>Session 5</b> |                | <b>Warm up: 4:00 pm</b> |   | <b>Saturday, March 4, 2023 - Finals</b> |               | <b>Start time: 5:05 pm</b> |  |
|------------------|----------------|-------------------------|---|---|---------------|----------------------------|--|
|                  | <b>Event #</b> | <b>Gender</b>           | <b>Event</b>                                    | <b>Event #</b>                          | <b>Gender</b> |                            |  |
| Finals           | 21             | Female                  | 200 Butterfly                                   | 22                                      | Male          |                            |  |
| Finals           | 306            | Mixed                   | 100 Free - Para (S1-S14)                        | 306                                     | Mixed         |                            |  |
| Finals           | 23             | Female                  | 100 Freestyle                                   | 24                                      | Male          |                            |  |
|                  |                |                         | 5 min break to put in backstroke ledges         |   |               |                            |  |
| Finals           | 25             | Female                  | 200 Backstroke                                  | 26                                      | Male          |                            |  |
|                  |                |                         | Events 307 & 308 will be swum together          |   |               |                            |  |
| Finals           | 307            | Mixed                   | Para 50 Breast (SB1-3)                          | 307                                     | Mixed         |                            |  |
| Finals           | 308            | Mixed                   | Para 100 Breast (SB4-14)                        | 308                                     | Mixed         |                            |  |
|                  |                |                         | 3 min break to test starting equipment for 50's |   |               |                            |  |
| Finals           | 27             | Female                  | 50 Breaststroke                                 | 28                                      | Male          |                            |  |
| Finals           | 1              | Female                  | 200 IM  | 2                                       | Male          |                            |  |
|                  |                |                         | Events 301 & 302 will be swum together          |   |               |                            |  |
| Finals           | 301            | Mixed                   | Para 150 IM (SM1-4)                             | 301                                     | Mixed         |                            |  |
| Finals           | 302            | Mixed                   | Para 200 IM (SM5-14)                            | 302                                     | Mixed         |                            |  |
| Timed Finals     | 31             | Female                  | 200 Medley Relay 12 & Under                     |   |               |                            |  |
| Timed Finals     |                |                         | 200 Medley Relay 13 & Under                     | 32                                      | Male          |                            |  |
| Timed Finals     | 33             | Female                  | 200 Medley Relay 13 - 14                        |   |               |                            |  |
| Timed Finals     |                |                         | 200 Medley Relay 14 - 15                        | 34                                      | Male          |                            |  |
| Timed Finals     | 35             | Female                  | 200 Medley Relay 15 & Over                      |   |               |                            |  |
| Timed Finals     |                |                         | 200 Medley Relay 16 & Over                      | 36                                      | Male          |                            |  |



**ManSask Championship Meet Event List**

| <b>Session 6</b> |          | <b>Warm up: 8:00 am</b> |   | <b>Sunday, March 5, 2023 - Prelims</b> |          | <b>Start time: 9:05 am</b> |  |
|------------------|----------|-------------------------|---|--|----------|----------------------------|--|
|                  | <b>#</b> | <b>Gender</b>           | <b>Event</b>                                    |  | <b>#</b> | <b>Gender</b>              |  |
|                  |          |                         | Events # 309 & 310 will be sum together         |  |          |                            |  |
| Prelims          | 309      | Mixed                   | Para 50 Butterfly (S1-7)                        |  | 309      | Mixed                      |  |
| Prelims          | 310      | Mixed                   | Para 100 Butterfly (S8-14)                      |  | 310      | Mixed                      |  |
|                  |          |                         | 3 min break to test starting equipment for 50's |  |          |                            |  |
| Prelims          | 37       | Female                  | 50 Butterfly                                    |  | 38       | Male                       |  |
| Prelims          | 39       | Female                  | 200 Freestyle                                   |  | 40       | Male                       |  |
|                  |          |                         | 5 min break to put in backstroke ledges         |  |          |                            |  |
|                  |          |                         | Events # 311 & 312 will be sum together         |  |          |                            |  |
| Prelims          | 311      | Mixed                   | Para 50 Back (S1-5)                             |  | 311      | Mixed                      |  |
| Prelims          | 312      | Mixed                   | Para 100 Back (S6-14)                           |  | 312      | Mixed                      |  |
| Prelims          | 41       | Female                  | 50 Backstroke                                   |  | 42       | Male                       |  |
| Prelims          | 43       | Female                  | 100 Breaststroke                                |  | 44       | Male                       |  |
| Prelims          | 45       | Female                  | 400 IM  |  | 46       | Male                       |  |
| <hr/>            |          |                         |   |  |          |                            |  |
| <b>Session 7</b> |          | <b>Warm up: 4:00 pm</b> |   | <b>Sunday March 5, 2023 – FINALS</b>   |          | <b>Start time: 5:05 pm</b> |  |
|                  | <b>#</b> | <b>Gender</b>           | <b>Event</b>                                    |  | <b>#</b> | <b>Gender</b>              |  |
| Finals           |          |                         | Events # 309 & 310 will be sum together         |  |          |                            |  |
| Finals           | 309      | Mixed                   | Para 50 Butterfly (S1-7)                        |  | 309      | Mixed                      |  |
| Finals           | 310      | Mixed                   | Para 100 Butterfly (S8-14)                      |  | 310      | Mixed                      |  |
|                  |          |                         | 3 min break to test starting equipment for 50's |  |          |                            |  |
| Finals           | 37       | Female                  | 50 Butterfly                                    |  | 38       | Male                       |  |
| Finals           | 39       | Female                  | 200 Freestyle                                   |  | 40       | Male                       |  |
|                  |          |                         | 5 min break to put in backstroke ledges         |  |          |                            |  |
|                  |          |                         | Events # 311 & 312 will be sum together         |  |          |                            |  |
| Finals           | 311      | Mixed                   | Para 50 Back Fly (S1-5)                         |  | 311      | Mixed                      |  |
| Finals           | 312      | Mixed                   | Para 100 Back (S6-14)                           |  | 312      | Mixed                      |  |
| Finals           | 41       | Female                  | 50 Backstroke                                   |  | 42       | Male                       |  |
| Finals           | 43       | Female                  | 100 Breaststroke                                |  | 44       | Male                       |  |
| Finals           | 45       | Female                  | 400 IM  |  | 46       | Male                       |  |
| Timed Finals     | 47       | Female                  | 200 Medley Provincial Relay 12 & Under          |  |          |                            |  |
| Timed Finals     |          |                         | 200 Medley Provincial Relay 13 & Under          |  | 48       | Male                       |  |
| Timed Finals     | 49       | Female                  | 200 Medley Provincial Relay 13 & 14             |  |          |                            |  |
| Timed Finals     |          |                         | 200 Medley Provincial Relay 14 & 15             |  | 50       | Male                       |  |
| Timed Finals     | 51       | Female                  | 200 Medley Provincial Relay 15 & Over           |  |          |                            |  |
| Timed Finals     |          |                         | 200 Medley Provincial Relay 16 & Over           |  | 52       | Male                       |  |