

Saskatchewan Open Short Course Junior Provincials

March 17-19, 2023



Proudly hosted by:
Moose Jaw Kinsmen Flying Fins and Swim Sask



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Sanction # : 38445

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Co-hosted by the Moose Jaw Kinsmen Flying Fins and Swim Saskatchewan Inc.

- 1. FACILITY:** Kinsmen Sportsplex
855 MacDonald St., Moose Jaw, SK S6H 2W3
1 x 10 Lane, 25 meter pool
Non-turbulent lane markers
HY-TEK Meet Manager software
Swiss Timing and touch pad system
Depth at Start end of the Pool: 3.9 meters
Depth at Turn end of the Pool: 1.0 meters
Swimmers must exercise caution when doing turns as the water is shallow.

Session #1 Friday, March 17th

Warm-up: 3:30 PM - 4:30 PM Competition: 4:40 PM

Session #2 Saturday, March 18th

Warm-up: 8:00 AM – 9:00 AM Competition: 9:10 AM

Session #3 Saturday, March 18th

Warm-up: 3:30 PM – 4:30 PM Competition: 4:40 PM

Session #4 Sunday, March 19th

Warm-up: 8:00 AM – 9:00 AM Competition: 9:10 AM

All sessions are Timed Final events

Warm up and warm down lanes will not be available after the commencement of each session.

**Meet Management reserves the right to change session start times once entries are received.
Coaches will be notified should session start times change.**

- 2. COACH MEETING:** Friday March 17 @ 3:15 PM time (15 minutes prior to warm-up)
Additional coaches' meetings may be held throughout the competition if deemed necessary. Meet Management will notify coaches of any additional meetings.
- 3. OFFICIALS BRIEFING:** 45 minutes prior to the start of competition for each session.
- 4. RULES AND PROCEDURES:**
- 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](#)

WARM-UPS:

- Respective clubs will be assigned a lane or lanes based on the number of swimmers registered.
- Diving will be allowed only during the last 15 minutes of warm-ups. Lanes 1, 3, 5, 7 will become dive lanes and will have one-way swimming only.

5. ELIGIBILITY:

- Entries will only be accepted for swimmers who are members of a Year-Round Age Group Club, who are 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.
 - This competition is open to all Canadian clubs.
 - There will be an entry limit of 250 swimmers for the meet, including out of province clubs. Sask clubs will have priority for entries.
 - Entries will ***not*** be allowed for any master's swimmers that are registered in the Masters-Open category.
- Swimmers must be a minimum of 7 years of age as of the first day of competition. Age group based on age of swimmer as of March 17, 2023
- The pre-requisite for 10 & under females and 11 & under males is that a swimmer must have competed in at least one sanctioned competition during the current season; since Sept 1, 2022
- 11 & Over Females and 12 & over males must have achieved at least 1 Sask "A" qualifying time achieved since Sept 1, 2021
- Swimmers can also be de-qualified from events - see item #7 below.
- Para swimmers will be fully integrated into the meet. To be eligible, para-swimmers must be at least Level 1 classified and have participated in at least one other sanctioned competition during the current swimming season since Sept 1, 2022

7. QUALIFYING AND DEQUALIFYING TIMES:

a) 10 & under Females and 11 & under Males

- 10 & under Female and 11 & Under Males must have swum in 1 sanctioned competition during this current season to be eligible to be entered into the competition.
- There are no de-qualifying times for 10 & under Females or 11 & under Males.

b) 11 & over Females and 12 & over Males

- 11 & Over Females and 12 & Over males must have achieved at least 1 Sask "A" qualifying time and then may enter up to 7 additional events for a maximum of 8 individual swims. Saskatchewan "A" times Short Course and Long Course times 2016-2024 can be found at: [Time Standards — Swim Saskatchewan](#)
- Must have a 400m+ qualifying standard to race in a 400m+ event. Swimmers who have achieved at least one "A" time in any 400m+ event may enter any of the 400m+ events.
- De-qualifying times for 11 & Over Females and 12 & Over Males are Saskatchewan "AA" Short & Long Course Times 2016-2024. Swimmers who achieve a Short Course OR Long Course "AA" Time in an event during the qualifying period or between the entry deadline and the first day of the meet must be scratched from that event.

QUALIFYING AND DEQUALIFYING TIMES CONTINUED:

c) Para-Swimmers

- Para swimmers are encouraged to only enter events that are listed for their classification on the [Junior Para Swimming Provincial Standards](#) document
- Para swimmers may enter events that are 'greyed out' in the above time standards document (i.e., 200 Free for classes S6 to S13), but may not enter any of the following events, as they do not appear on the time standards document: 800 Free, 1500 Free, 200 Back, 200 Breast, 200 Fly, 400 IM.
- While Para-Swimmers do not require a qualifying standard to enter the competition, if they have achieved a Junior Para-Swimming Provincial Standard then they are de-qualified from swimming that event.

8. ENTRY DEADLINE: Entries must be uploaded to the Swimming Canada system no later than 9:59 pm. Friday, March 3, 2023

9. ENTRY FEES:

- Swimmer Surcharge: \$15.00 per swimmer
- Individual events: \$9.00 per swimmer per event.
- Relay Teams: \$12 per relay per event
- Deck entry fees are twice the normal entry fee per event.
- Cheques for entry fees are to be made payable to **Moose Jaw Kinsmen Flying Fins**
- Payment must be received on or before the start of warm-ups on the first day of competition.
- No swimmer/club will be allowed to swim whose entry fees have not been paid.

10. ENTRIES REFUND POLICY: - [As per Winter Swimming Policy WC-4](#)

11. ENTRIES FOR ALL SWIMMERS:

- Swimmers can enter up to **8 individual events**.
- There will be a maximum of 250 swimmers allowed into the meet. Entries will be accepted by Sask clubs first, on a first come, first entered basis, by the date and time the entry file is uploaded and then out of province clubs. NOTE: the competition could exceed 250 depending on the number of swimmers in the last entry file that reaches/exceeds 250.
- Entry times will be accepted in either short course or long course. Converted times will NOT be accepted.
- NT's will be accepted for a swimmer that does not have a time or their entry time is prior to Sept 1, 2021.
- All entries must be uploaded to the Swimming Canada Online Entries System. No entries will be accepted by email. For any entry questions, please contact Marni Caldwell at beancounter1@accesscomm.ca

12. RELAY ENTRIES:

- a) Relay swimmers must be properly entered in at least one (1) individual event.
- b) Swimmers will be de-qualified from a leg of a relay based on prior individual performance. A swimmer with an "AA" entry time in 50 or 100 stroke prior to the start of the meet may not swim that stroke in a relay.
- c) A swimmer who achieves an "AA" time in an event at this meet will be permitted to swim on a relay team.
- d) Clubs may enter any number of relays but only a maximum of 2 relay teams in each age category **can score**.
- e) **Relay Names** – For clubs that submit relay names in their entry file, they will not be required to submit another relay card during the meet, unless they have a swimmer name or order change.
- f) Mixed relays *must* consist of 2 swimmers of each gender.
- g) There are no qualifying times for relay events. However, to obtain seeding, a team time should be submitted.
- h) **Friday relay** – if clubs did not submit relay names in their Entry File, then relay cards will be required to be completed and submitted by no later than the finish of all the 100 Free events - Event #6.
- i) There will be no swimmer name or order changes after submission of the relay card.
- j) **Saturday relays** - If clubs did not submit relay names in their Entry File, then relay cards will be required to be completed and submitted within 30 minutes after the conclusion of the Friday Evening session for the relay that is in the Saturday morning session and within 30 minutes after the conclusion of the Saturday morning session for the relay that will be held in the Saturday Evening Session.
- k) **Sunday Relay** – if clubs did not submit relay names in their Entry File, then relay cards will be required to be completed and submitted within 30 minutes after the conclusion of the Saturday evening session
- l) If name or swimmer order changes are required for the Saturday or Sunday Relays, then new relay cards with the changes will be accepted up to 30 minutes prior to the start competition in the session in which the relay event is held.
- m) Failure to provide the above, the relay will be considered exhibition and therefore is not eligible for points and awards.

13. DECK ENTRIES:

- a) Deck entries may be permitted at the discretion of Meet Management and only if space permits; additional heat will not be created.
- b) 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.
- c) Deck entries will be classified as exhibition swims and therefore will not be scored or given awards.
- d) The cost of all deck entries will be twice the normal entry fee. Payment in cash or cheque must accompany the entry when handed to the Clerk of Course or Meet Office and before being assigned a lane.
- e) De-qualifying times are still in effect for deck entries. If a swimmer has an "AA" time, then they are not allowed to deck enter.

14. MEET FORMAT/COMPETITION:

- All events are Timed Finals.
- This meet will be swum via the following Age Groups except for the 400 IM and 800 Free events:

Female events:	10 & under, 11 & 12 and 13 & over
Male events:	11 & under, 12 & 13, 14 & over
Mixed Relays:	11 & under, 12 & 13, 14 & over
- Male and Female events will swim separately.
- There are no Para specific events or entry standards

15. SEEDING:

- Time-Final events will be Senior Seeded according to CSW 3.4 and its sub-clauses. Time-Final events will be swum slowest to fastest, except for the 800 Free which will be swum fastest to slowest.
- The 800m Free will be swum senior seeded.
 - **NOTE:** 800m events will be swum during different sessions for females and males.
 - Males in Session 1 on Friday and Females in Session 3 on Saturday
- Heats maybe combined as necessary
- Meet Management has the right to limit entries should the session timelines be too long.

16. START:

- Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1

17. SCRATCHES:

- a) Clubs are requested to report any scratches no later than 30 minutes prior to the start of each session. Scratches must be submitted on a scratch form which will be available from Clerk of Course.
- b) Scratches for Male 800 Free on Friday must be submitted no later than the completion of 200 IM Event # 12
- c) Scratches for Female 800 Free on Saturday must be submitted no later than the completion of 50 Free, Event # 72
- d) Scratches simply create empty lanes, as there shall be no-reseeding except perhaps in the 800 Free. Depending on the number of scratches the 800 Free may be re-seeded.
- e) There is no scratch penalty except for loss of entry fee.
- f) Entry fees will not be refunded for scratches received after the entry deadline date.

18. OFFICIAL SPLITS:

- As per 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. Official Split requests must be submitted to Meet Management a minimum of 30 mins prior to the start of the session.
- Clubs must be prepared to provide additional timers when an Official Split is being requested.
- Official splits will be reported as a separate event in the meet results.

19. RESULTS, SCORING AND AWARDS:

- a) **Results:** Will be done via the age categories listed in #14 above.

Unofficial results may be made available on Meet Mobile

All official rulings will be made by officials on the pool deck.
Livestream will not be used to question the ruling of officials.

Final official results will be uploaded to Swimming Canada Registration, Tracking and Results site.

- b) **Scoring:** For individual and relay events as follows:

1st-10th place: 15-12-9-7-6-5-4-3-2-1.

- c) **Awards**

Individual events: Medals for placing 1st, 2nd & 3rd
Ribbons for placing 4th to 10th

Top 3 Improvement Point winner per age group & gender based on
The following improvement points:

If seed time is an NT = 1 point
0.00 to 1.00 second improvement = 1 point
1.01 to 3.00 second improvement = 2 points
3.01 to 5.00 second improvement = 3 points
5.01 to 7.00 second improvement = 5 points
7.01 to 9.00 second improvement = 7 points
9.01 to 10.00 second improvement = 9 points
10.01 to 99 second improvement = 10 points

Relay events: Medals for placing first.

- d) **Club Awards:**

Two Team Awards –Top Small Team and Top Large Team

Large team – clubs with 16 or more swimmers entered as of entry deadline date

Small team – clubs with 15 or less swimmers entered as of entry deadline date.

20. MEET SAFETY RULE:

- a) [Swimming Canada Competition Warm-Up Safety Procedures](#) will be in effect at this meet.
- b) Safety marshals will be on the pool deck during the assigned warm-up period.
 - i. Kick boards, pull buoys and snorkels will be allowed during the warm-up period.
 - ii. Hand paddles and flippers will not be allowed, nor will tubing or cord assisted sprinting.
- c) Any individual who is sick or has COVID-like symptoms MUST NOT participate.
- d) It is coach's responsibility to inform the swimmers and ensure their discipline and adherence to the Swimming Canada Competition Warm-Up Safety Procedures as well as wearing masks properly.

21. GENERAL INFO:

- The Kinsmen Sportsplex does not permit any outside food to be brought in. There will be a canteen in operation during the meet.

22. ACCOMODATIONS: A list of accommodations can be found by visiting: [Tourism Moose Jaw](#)

23. OFFICIALS

- Officials are encouraged to bring own water bottle.
- Parents and family members from visiting clubs wanting to be present on the pool deck during competition are encouraged to volunteer as an official. Those interested can contact the official's coordinator at: jenabrahamson8@gmail.com

24. PHOTOGRAPHY/VIDEOGRAPHY

- 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.
- For full details see the Event Photography and Videography Procedure Policy found [HERE](#)**
- 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 may issue an accreditation/name tag identifying such person. If a tag is issued; then it must be worn at all times.

25. SAFE SPORT

- Swimming Canada and Swim Saskatchewan believes 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 and other Safe Sport Resources.](#)
- Only participating swimmers, officials, 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.



26. COVID-19:

- a) Covid 19 Safety Protocols will follow any current provincial, municipal, facility and Swim Sask guidelines and will be subject to change. Changes will be communicated with clubs as needed.
- b) Swimmers, coaches, officials, and volunteers are not to participate if sick or symptomatic.
- c) 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.

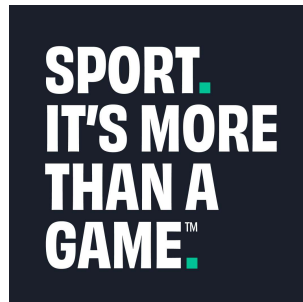
Swim meets will prioritize athletes, coaches, and officials on the pool deck.

Spectators

Spectators are allowed but space on deck is limited and will be prioritized for swimmers/teams.

Live stream feed will be available for viewing in the lobby.

Live streaming will be available and can be watched in the lobby area of the Sportplex.



EVENT LIST

SESSION 1 Friday, March 17, 2023 Warm-up: 3:30 p.m. Competition Starts: 4:40 p.m.	
100m Freestyle	
200m Individual Medley	
200m Butterfly	
50m Backstroke	
Male 12 & Over 800m Freestyle	
4 x 50m Freestyle Relay	

SESSION 2 Saturday, March 18, 2023 Warm-up: 8:00 a.m. Competition Starts: 9:10 a.m.
4 x 50m Mixed Freestyle Relay*
100m Backstroke
50m Breaststroke
100m Butterfly
400m Freestyle

SESSION 3 Saturday, March 18, 2023 Warm-up: 3:30 p.m. Competition Starts: 4:40 p.m.
200m Backstroke
50m Freestyle
200m Breaststroke
800m Freestyle
4 x 50m Medley Relay

SESSION 4 Sunday, March 19, 2023 Warm-up: 8:00 a.m. Competition Starts: 9:10 a.m.
4 x 50m Mixed Medley Relay
100m Breaststroke
200m Freestyle
50m Butterfly
400m Individual Medley (for oldest 2 age categories only)

*Mixed Relay must consist of two members of each gender

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SESSION 1 – Friday, March 17, 2023

Warm-Up: 3:30pm			Heats Start: 4:40pm	
Female	Age Group	Event	Age Group	Male
1	10 & U	100m Freestyle	11 & U	2
3	11 & 12	100m Freestyle	12 & 13	4
5	13 & O	100m Freestyle	14 & O	6
7	10 & U	200m Individual Medley	11 & U	8
9	11 & 12	200m Individual Medley	12 & 13	10
11	13 & O	200m Individual Medley	14 & O	12
13	10 & U	200m Butterfly	11 & U	14
15	11 & 12	200m Butterfly	12 & 13	16
17	13 & O	200m Butterfly	14 & O	18
19	10 & U	50m Backstroke	11 & U	20
21	11 & 12	50m Backstroke	12 & 13	22
23	13 & O	50m Backstroke	14 & O	24
		800m Freestyle	12 & O	26
27	10 & U	4 x 50m Freestyle Relay	11 & U	28
29	11 & 12	4 x 50m Freestyle Relay	12 & 13	30
31	13 & O	4 x 50m Freestyle Relay	14 & O	32

SESSION 2 – Saturday, March 18, 2023

Warm-Up: 8:00am			Heats Start: 9:10am	
Female	Age Group	Event	Age Group	Male
33	11 & U	4 x 50m MIXED Freestyle Relay*	11 & U	
34	12 & 13	4 x 50m MIXED Freestyle Relay*	12 & 13	
35	14 & O	4 x 50m MIXED Freestyle Relay*	14 & O	
*Mixed relays must consist of two members of each gender				
37	10 & U	100m Backstroke	11 & U	38
39	11 & 12	100m Backstroke	12 & 13	40
41	13 & O	100m Backstroke	14 & O	42
43	10 & U	50m Breaststroke	11 & U	44
45	11 & 12	50m Breaststroke	12 & 13	46
47	13 & O	50m Breaststroke	14 & O	48
49	10 & U	100m Butterfly	11 & U	50
51	11 & 12	100m Butterfly	12 & 13	52
53	13 & O	100m Butterfly	14 & O	54
55	10 & U	400m Freestyle	11 & U	56
57	11 & 12	400m Freestyle	12 & 13	58
59	13 & O	400m Freestyle	14 & O	60

SESSION 3 – Saturday, March 18, 2023				
Warm-Up: 3:30pm		Heats Start: 4:40pm		
Female	Age Group	Event	Age Group	Male
61	10 & U	200m Backstroke	11 & U	62
63	11 & 12	200m Backstroke	12 & 13	64
65	13 & O	200m Backstroke	14 & O	66
67	10 & U	50m Freestyle	11 & U	68
69	11 & 12	50m Freestyle	12 & 13	70
71	13 & O	50m Freestyle	14 & O	72
73	10 & U	200m Breaststroke	11 & U	74
75	11 & 12	200m Breaststroke	12 & 13	76
77	13 & O	200m Breaststroke	14 & O	78
79	11 & O	800m Freestyle		
81	10 & U	4 x 50m Medley Relay	11 & U	82
83	11 & 12	4 x 50m Medley Relay	12 & 13	84
85	13 & O	4 x 50m Medley Relay	14 & O	86

SESSION 4 – Sunday, March 19, 2023				
Warm-Up: 8:00am		Heats Start: 9:10am		
Female	Age Group	Event	Age Group	Male
87	11 & U	4 x 50m MIXED Medley Relay*	11 & U	
88	12 & 13	4 x 50m MIXED Medley Relay*	12 & 13	
89	14 & O	4 x 50m MIXED Medley Relay*	14 & O	
*Mixed Relays must consist of two members of each gender				
91	10 & U	100m Breaststroke	11 & U	92
93	11 & 12	100m Breaststroke	12 & 13	94
95	13 & O	100m Breaststroke	14 & O	96
97	10 & U	200m Freestyle	11 & U	98
99	11 & 12	200m Freestyle	12 & 13	100
101	13 & O	200m Freestyle	14 & O	102
103	10 & U	50m Butterfly	11 & U	104
105	11 & 12	50m Butterfly	12 & 13	106
107	13 & O	50m Butterfly	14 & O	108
109	11 & 12	400m Individual Medley	12 & 13	110
111	13 & O	400m Individual Medley	14 & O	112

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