

## Brief Meet Information

**APPROVED**

By Swim Ontario at 11:41 pm, Feb 25, 2025

<b>MEET NAME</b>	GMAC Splash and Dash LC Invitational
<b>DATE(s):</b>	May 9-11, 2025
<b>HOSTED BY:</b>	Guelph Marlin Aquatic Club
<b>LOCATION:</b>	151 Victoria Road N, Victoria Road Recreation Centre, Guelph,
<b>FACILITY:</b>	Victor Davis Memorial Pool, 6 lanes, 50m pool
<b>PURPOSE &amp; DESCRIPTION:</b>	Competition
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a> and the Swimming Canada Registration and Event Management System (REMS).
<b>LAST UPDATE:</b>	February 24

## Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
<b>COMPETITION COORDINATOR(S):</b>	Mary Gerrard Jason Huether	gmacswimclub@gmail.com	5 4
<b>MEET MANAGER(S):</b>	Dawn Larson Connie Hayward	dlarson@uoguelph.ca	
<b>OFFICIALS COORDINATOR:</b>	Mary Gerrard	gmacswimclub@gmail.com	

## Safety at Competitions

Swimming Canada and Swim Ontario 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.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or [www.swimming.ca/safesport](http://www.swimming.ca/safesport)

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) will be in effect. For complete details click [HERE](#).

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

## Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

<b>AGE UP DATE:</b>	The competitor's age is as the first day of the competition May 9, 2025
<b>DIVE STARTS:</b>	<b>As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</b> from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from deep end and/or in-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from deep end
<b>d/DEAF AND HARD OF HEARING ACCOMMODATION :</b>	<p><b>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</b></p> <ul style="list-style-type: none"> <li>• non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.</li> <li>• <b>Personal Strobe Light:</b> a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit.</li> </ul> <p><b>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</b></p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

## Eligibility

All athletes must be registered as **Competitive** swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.

<b>ADDITIONAL ELIGIBILITY INFORMATION:</b>	<p>A. This meet is an OPEN Invitational</p> <p>B. Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition and not be eligible for scoring or awards.</p>
<b>COACH &amp; SUPPORT STAFF</b>	Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a> . If a coach is not on this list, meet

<b>REGISTRATION:</b>	<p>management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.</p> <p><b>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</b></p> <p>Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>
<b>FOREIGN TEAMS / COMPETITORS:</b>	<p><b>The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.</b></p> <p>A. Foreign Teams and their competitors are welcome, subject to the following provisions.</p> <ul style="list-style-type: none"> <li>○ <b>Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate.</b></li> <li>○ All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.</li> <li>○ All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing.</li> <li>○ All competitors and coaches must be in good standing with their respective governing swim body.</li> <li>○ All foreign competitors and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate.</li> <li>○ <b>Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.</b></li> </ul>

## Entry Process

<b>ENTRY SUBMISSIONS:</b>	<p><b>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.</b> Meet management will:</p> <ul style="list-style-type: none"> <li>● not accept entries via email;</li> <li>● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li> <li>● notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III &amp; IV sanctions) prior to the start of the competition</li> </ul> <p><b>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</b></p> <p>Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.</p>
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<b>ENTRY DEADLINE:</b>	<b>April 8, 2025</b> Minor changes (less than 10% individual entries) accepted until April 14. If more than 10%, original entry file will be used.
<b>ENTRY FEE:</b>	<p><b>The following fees will apply for this competition:</b></p> <p>A. Individual Events: \$16 (50's, 100's, 200's), \$17 (400's, 800's)</p> <p>B. Swimmer Fee: \$5</p> <p><b>Payment Method:</b> Cheques made payable to Guelph Marlin Aquatic Club or e-transfer to <a href="mailto:gmacswimclub@gmail.com">gmacswimclub@gmail.com</a> using the password swimming are due no later than the first session of the meet.</p>
<b>ENTRY LIMITS:</b>	<p><b>The following limits are in place for this competition:</b></p> <p>A. The maximum number of participants per session is 300</p> <p>B. Each club is limited to the following number of swimmers 120</p> <p>C. The maximum number of entries per swimmer is up to 3 per session</p>
<b>ENTRY TIMES &amp; CONVERSION:</b>	No Time (NT) entries are not permitted, please estimate entry times, or convert LCM to SCM.

## Meet Format & Administration

<b>MIXED-GENDER:</b>	<p>An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.</p> <p>In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.</p> <p>In the event that mixed gender swims are permitted; the results must still be posted separately by gender of swimmers.</p>
<b>SEEDING:</b>	<p>After all times are converted as pursuant to the conversion process:</p> <p>A. Seeding for Timed Final events will be in order of entry times, slowest to fastest, with the exception of Distance Events which will be seeded fastest to slowest.</p> <p>B. Seeding for Preliminary events will be as per Section II 3.1 with fastest 3 heats circle seeded.</p>
<b>DECK ENTRIES:</b>	<p><b>All accepted Deck Entries are Exhibition Only and are not eligible for scoring or awards. No new heats will be created for deck entries (only empty lanes, if available).</b></p> <p>Deck entries are permitted for swimmers already entered in the competition. Fee: \$20</p> <p>Deck Entry Fee of \$20 per event is due upon approval by admin desk/meet management.</p>
<b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b>	<p>Coaches will be given a list of entries for each session (except finals) 15 min before the start of warm up.</p> <p>Please return these entry sheets with scratches to the meet manager within 10 minutes of the start of warm-up for each session</p> <p>For Finals on Friday and Saturday night, there is a 30-minute scratch deadline after the completion of prelims on Friday and Saturday morning</p>

	There are A and B finals for 50 and 100s; A finals for 200s. Swimmers (initially named finalists and first two alternates) must check in with Admin Desk 15 min before their scheduled event on Friday and Saturday night finals.
<b>PENALTIES:</b>	<p>There is no penalty for late, day of, or no-shows, except for Finals on Friday and Saturday nights.</p> <p>Scratching from Finals after the final scratch deadline or failure to participate in an individual final event will result in a \$25 FINE for each offense (applies to initially named finalists and first two alternates swimming in the finals).</p> <p>All fines will be required to be paid before the start of the next session, i.e. fines from Friday 13 and over finals must be paid before the start of prelims on Saturday morning and fines from Saturday 13 and over finals must be paid before the start of 13 and over finals on Sunday morning. None of the team's swimmers will be allowed to swim until the fine(s) are paid.</p>
<b>OFFICIAL SPLIT TIMES:</b>	<p>Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee at least 30 minutes prior to the commencement of the session in which the event will take place.</p> <p>A. Official Split Forms are available at the Admin Desk.</p> <p>B. Not all Official Split requests can be accommodated.</p>
<b>SWIM OFFS:</b>	All swim-offs are to be run at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.
<b>RECORDS:</b>	Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
<b>MEET RESULTS:</b>	<p><b>Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a></b></p> <p>A. Prelim results will be posted for Friday and Saturday morning sessions only</p> <p>B. Unofficial mobile applications results will be available.</p>
<b>SCORING:</b>	No Scoring
<b>AWARDS:</b>	The following will be awarded: Medals 1 <sup>st</sup> -3 <sup>rd</sup> for 10 and under, 11-12, 13-14, and 15 and over. Ribbons 4 <sup>th</sup> -6 <sup>th</sup> for all individual events for 10 and under, 11-12
<b>OFFICIALS:</b>	If you are interested in officiating at the meet, please fill out the google form: <a href="https://forms.gle/ULzPjq2JNwWXvxCS6">https://forms.gle/ULzPjq2JNwWXvxCS6</a>
<b>BACKSTROKE LEDGES:</b>	Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device. <b>No warnings will be given.</b>
<b>COACHES MEETING:</b>	There will be no coaches' meeting. A coaches' bulletin will be provided prior to the meet.
<b>ADDITIONAL INFORMATION</b>	<b>NO FOOD OR DRINK ON DECK</b> , except for water. The City of Guelph has advised that food and drink, except for water in a plastic bottle, are NOT permitted on the pool deck. Athletes, coaches, volunteers or other participants eating on the pool deck will be asked to leave. If the same person does not vacate or is found to be eating/drinking a second time, they will not be permitted to return to the pool deck for the remainder of the swim meet.

## SCHEDULE OF SESSIONS:

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u> (i.e. 1:00pm-1:50pm)	<u># of warm-ups</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	May 9	7:05-7:30am 7:30-7:55am	2	8:00am	11:00am	Prelims
2	May 9	11:00-11:25am	1	11:30am	3:00pm	Time Finals
3	May 9	3:05-3:30pm 3:30-3:55pm	2	4:00pm	6:00pm	Time Finals
4	May 9	6:00-6:40pm	1	6:45pm	8:30pm	Finals
5	May 10	7:05-7:30am 7:30-7:55am	2	8:00am	11:30am	Prelims
6	May 10	11:30-11:55am	1	12:00pm	2:30pm	Time Finals
7	May 10	2:35-3:00pm 3:00-3:25pm	2	3:30pm	6:00pm	Time Finals
8	May 10	6:00-6:40pm	1	6:45pm	8:30pm	Finals
9	May 11	7:05-7:30am 7:30-7:55am	2	8:00am	12:00pm	Time Finals
10	May 11	12:05-12:30pm 12:30-12:55pm	2	1:00pm	4:00pm	Time Finals

## FRIDAY SCHEDULE OF EVENTS:

Session #1: 13 and over Prelims. Maximum 3 events Session 1 & 2 combined 50 free is also a time final in session 9										
Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
1	50 Free	Female		5	200 Back	Female		9	200 IM	Female
2	50 Free	Male		6	200 Back	Male				
3	100 Fly	Female		7	50 Breast	Female				
4	100 Fly	Male		8	50 Breast	Male				

Session #2: 11 and Over Time Finals All distance events will be seeded fast to slow. Maximum 3 events between Session 1 & 2 combined Maximum 3 events between Session 2 & 3 combined The fastest heat of 400 IM, 400 Free, and 800 Free may be moved from session 2 to session 4.										
Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
10	400 IM	Male		11	400 Free	Female		12	800 Free	Male

Session #3: 12 and under Time Finals 400 free will be seeded fast to slow. Maximum 3 events between Session 2 & 3 combined 50 Free is also a time final in session 10										
Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
13	50 Free	Female		17	200 Back	Female		21	200 IM	Female
14	50 Free	Male		18	200 Back	Male		22	400 Free (10&U)	Male
15	100 Fly	Female		19	50 Breast	Female				
16	100 Fly	Male		20	50 Breast	Male				

Session # 4 Finals Same Order as session #1 Finals for 13-14, 15 and over for Female and Male A and B finals for 50 and 100 distance events, A finals for 200 distance events The fastest heats of 400 IM, 400 Free, and 800 Free may be moved from session 2 to session 4.										
Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
1	50 Free	Female		5	200 Back	Female		9	200 IM	Female
2	50 Free	Male		6	200 Back	Male				
3	100 Fly	Female		7	50 Breast	Female				
4	100 Fly	Male		8	50 Breast	Male				

## SATURDAY SCHEDULE OF EVENTS:

Session # 5: 13 and over Prelims. Maximum 3 events between Session 5 & 6 combined.										
Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
23	200 IM	Male		26	200 Breast	Female		30	50 Fly	Female
24	100 Free	Female		27	200 Breast	Male		31	50 Fly	Male
25	100 Free	Male		28	100 Back	Female				
				29	100 Back	Male				

<b>Session #6: 11 and Over Time Finals All distance events will be seeded fast to slow.</b> <b>Maximum 3 events between Session 5 &amp; 6 combined</b> <b>Maximum 3 events between Session 6 &amp; 7 combined</b> <b>The fastest heats of 400 IM, 400 Free, and 800 Free may be moved from session 6 to session 8.</b>										
<b>Event #</b>	<b>Event</b>	<b>Gender</b>		<b>Event #</b>	<b>Event</b>	<b>Gender</b>		<b>Event #</b>	<b>Event</b>	<b>Gender</b>
32	400 IM	Female		33	400 Free	Male		34	800 Free	Female

Session #7: 12 and under 400 free will be seeded fast to slow. Maximum 3 events between Session 2 & 3 combined										
Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
35	200 IM	Male		38	200 Breast	Female		42	50 Fly	Female
36	100 Free	Female		39	200 Breast	Male		43	50 Fly	Male
37	100 Free	Male		40	100 Back	Female		44	400 FR (10&U)	Female
				41	100 Back	Male				

Session # 8 Time Finals Same Order as session #5 Finals for 13-14, 15 and over for Female and Male A and B finals for 50 and 100 distance events, A finals for 200 distance events The fastest heat of 400 IM, 400 Free, and 800 Free may be moved from session 6 to session 8.										
Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
23	200 IM	Male		26	200 Breast	Female		30	50 Fly	Female
24	100 Free	Female		27	200 Breast	Male		31	50 Fly	Male
25	100 Free	Male		28	100 Back	Female				
				29	100 Back	Male				



## SUNDAY SCHEDULE OF EVENTS:

Session #9: 13 and over - Time Finals										
Maximum 3 events										
Heats of 400 and 800 may be moved to this session if over-subscribed on Friday or Saturday.										
Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
45	50 Free	Female		49	100 Breast	Female		53	200 Free	Female
46	50 Free	Male		50	100 Breast	Male		54	200 Free	Male
47	200 Fly	Female		51	50 Back	Female				
48	200 Fly	Male		52	50 Back	Male				

Session #10: 12 and under - Time Finals										
Maximum 3 events.										
Heat of 400 and 800 may be moved to this session is over-subscribed on Friday or Saturday										
Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
55	50 Free	Female		59	100 Breast	Female		63	200 Free	Female
56	50 Free	Male		60	100 Breast	Male		64	200 Free	Male
57	200 Fly	Female		61	50 Back	Female				
58	200 Fly	Male		62	50 Back	Male				