

Brief Meet Information

MEET NAME	GMAC March LC Invitational
DATE(s):	March 26-29, 2026
HOSTED BY:	GMAC
LOCATION:	Victoria Road Recreation Centre, 151 Victoria Rd N, Guelph Ontario
FACILITY:	Victor Davis Memorial pool
PURPOSE & DESCRIPTION:	Competition
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).
LAST UPDATE:	February 22

Competition Organizing Committee

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

Safety at Competitions

Swimming Canada and Swim Ontario 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.

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

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

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

Videography & Photography Permissions

Provided the facility permits, registered club coaches on the compliance list, approved sport science contractors, and support staff may record for coaching purposes without additional authorization.

All other individuals — including club photographers, contracted photographers/videographers, and media — must apply for and receive authorization to access the competition deck before recording in any medium. All recordings must comply with Swim Ontario policies, including the [Photography, Videography, and Cellphone Procedure](#) and the [Screening Requirements Procedures](#). Contact Meet Management for the application process. All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.

ADDITIONAL INFORMATION

The following are approved by Swim Ontario Official Photographers/Videographers for this event: to be named.

Competition Rules

All current [Swimming Canada rules](#) will be followed. All registered para swimmers are subject to the rules defined by their current sport class and codes of exception. The stroke and turn rules apply as per Appendix B of the Swimming Canada rulebook. The Sport Class and Exception Codes should be displayed on heat sheets and must be made available to the Session Referee.

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.

Combined (mixed) gender swimming is permitted for age group swimming competitions. Canadian Age Group records can not be set when heats involve individual mixed genders.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The “misconduct” shall include, but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

The Referee may disqualify a swimmer for such misconduct.

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

It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

- Warm up rules:
 - No loitering at the end of lane
 - Swimmers must be aware of their surroundings and move over to the lane rope when stopped at the end wall to allow other swimmers to turn
 - Swimmers using sprint and pace lanes must be directly supervised by their coaches
 - Deliberate kicking or striking of the starting platform, including the back plate during the sprint periods is not permitted.

Swimmers must enter the pool FEET FIRST in a cautious and controlled manner, entering from a start or turn end only and from a standing or sitting position.

Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager

AGE UP DATE:	The competitor's age is as the first day of the competition March 26, 2026
DIVE STARTS:	As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows: As per Swimming Canada Part II C4.1.2 and C4.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available, from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from deep end only and/or in-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from the deep end.
BACSTROKE LEDGES:	Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device No warnings will be given.
d/DEAF AND HARD OF HEARING ACCOMMODATION:	This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing: non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. Personal Strobe Light: 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. 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. 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.

Eligibility

All athletes must be registered as Competitive or Varsity swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the age group club or varsity team they are registered with. Registered Para Swimmers are welcome and their current Sport Class must be included in the entries. 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

ADDITIONAL ELIGIBILITY INFORMATION:	A. This meet is an OPEN Invitational B. Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition.
COACH & SUPPORT STAFF REGISTRATION:	Meet management will cross reference the list of coaches submitted with entries at this competition with the Swim Ontario Compliance lists . If a coach is not on this list, meet 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. Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions. 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.
FOREIGN TEAMS / COMPETITORS:	<p>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.</p> <p>Foreign Teams and their competitors are welcome, subject to the following provisions.</p> <ul style="list-style-type: none"> ○ Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate. ○ All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. ○ All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing. ○ All competitors and coaches must be in good standing with their respective governing swim body. ○ 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 Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate. ○ Foreign Team entries are not to be accepted by the host club until Swim Ontario grants approval.

Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. Meet management will:</p> <ul style="list-style-type: none"> ● not accept entries via email; ● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; ● 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 & IV sanctions) prior to the start of the competition <p>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.</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>
ENTRY DEADLINE:	The online entry deadline is February 19, 2026 Minor changes (less than 10%) accepted until March 2. If more than 10%, original file will be used.
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <ul style="list-style-type: none"> A. Individual Events: \$17 (50's, 100's, 200's), \$18 (400's, 800's, 1500's) B. Swimmer Fee: \$5 <p>Payment Method: Cheques made payable to Guelph Marlin Aquatic Club or e-transfer to gmacswimclub@gmail.com using the password 'swimming' are due no later than the first session of the meet.</p>
ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <ul style="list-style-type: none"> A. The maximum number of participants per session is 300

	<p>B. There is no limit to the number of swimmers from a club</p> <p>C. The maximum number of entries per swimmer is up to 3 entries per session</p>
ENTRY TIMES & CONVERSION:	No Time (NT) entries are not permitted, please estimate entry times, or convert SCM to LCM.

Meet Format & Administration

SEEDING:	Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded. Seeding for Timed Final events will be in order of entry times, slowest to fastest, except distance events (800 and 1500) will be fastest to slowest.
DECK ENTRIES:	<p>All accepted Deck Entries are Exhibition. No new heats will be created for deck entries (only empty lanes, if available). Only event deck entries are permitted for swimmers already entered in the competition. Fee \$20</p> <p>Deck entry fee is due upon approval by admin desk/meet management.</p>
SCRATCHES & POSITIVE CHECK IN RULES:	<p>Coaches will be given a list of entries for each session (except finals) 15 min before the start of warm up. 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, here is a 30-minute scratch deadline after the completion of prelims on Friday and Saturday morning.</p> <p>There are A and B finals for 50 and 100s; A finals for 200s. Swimmers (initially named finalists and two alternates) must check in with Admin Desk 5 min before their scheduled event on Friday and Saturday night finals.</p>
PENALTIES:	<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 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 1st two alternates).</p> <p>All fines will be required to be paid before prelims on Saturday morning or finals on Sunday morning. None of the team's swimmers will be allowed to swim until the fine(s) are paid.</p>
OFFICIAL SPLIT TIMES:	<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 <u>Admin Desk</u> at least 30 minutes prior to the commencement of the session in which the event will take place. Requests for official splits in gendered and mixed relays are not required, however in mixed relays the official time will not be recognized as a Canadian Age Group record.</p> <p>A. Official Split Forms are available at the Admin Desk.</p> <p>B. Not all Official Split requests can be accommodated.</p>
SWIM OFFS:	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.
DISQUALIFICATION & PROTEST PROCEDURE:	<ul style="list-style-type: none"> • Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems. • A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.

	<ul style="list-style-type: none"> • If not resolved after this discussion, a written protest may be presented to the Session Referee from the club representative. <ul style="list-style-type: none"> ○ A written protest must be presented within 30 minutes after the conclusion of the <u>event</u> in question. ○ Protest forms are available at the Admin Desk. • If not resolved after the decision of the written protest from the Session Referee the matter may be assigned to a Jury of Appeal. • The decision to go to Jury must be taken within an hour from the moment the decision of the written protest is communicated to the club representative.
RECORDS:	Swim times achieved at this competition will be eligible for Provincial and National Records. Coaches are advised to inform Meet Management prior to the start of the session where mixed gender individual events are taking place that there is a possibility of a Canadian Age Group record being broken. The referee can ensure that the swimmer competes with competitors of the same gender for his/her heat. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca Prelim results will be posted for Friday and Saturday morning sessions only Unofficial mobile applications results will be available.
SCORING:	No Scoring
AWARDS:	The following will be awarded: Medals 1 st -3 rd for 10 and under, 11-12, 13-14, and 15 and over. Ribbons 4 th -6 th for all individual events for 10 and under, 11-12
OFFICIALS::	If you are interested in officiating at the meet, please fill out the google form: https://forms.gle/ULzPjq2JNwWXvxCS6
FOOD on Deck::	The City of Guelph has advised that Food and drinks (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 – UPDATED FEBRUARY 22

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u> (i.e. 1:00pm-1:50pm)	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	Mar 26	3:30-4:15pm	4:20pm	8:30pm	Time Finals
2	Mar 27	7:00-7:40am	7:45am	12:15pm	Heats
3	Mar 27	12:20-1:00pm	1:05pm	5:35pm	Time Finals
4	Mar 27	5:40-6:20pm	6:25pm	7:45pm	Finals
5A	Mar 28	7:00-7:40am	7:45am	11:00am	Heats
5B	Mar 28	11:00-11:25	11:30am	1:30pm	Time Finals
6	Mar 28	1:30-2:10pm	2:15pm	6:45pm	Time Finals
7	Mar 28	6:50-7:30pm	7:35pm	8:25pm	Finals
8	Mar 29	7:00-7:40am	7:45am	12:00pm	Time Finals
9	Mar 29	12:05-12:45pm	12:50pm	5:10pm	Time Finals

SCHEDULE OF EVENTS – UPDATED FEBRUARY 22

Session # 1: 11 and over – Time Finals Maximum one event (800 or 1500 Free)

800 and 1500 Free will be seeded fastest to slowest.

Heats of 400IM and/or 400 Free will be added to session #1 if other sessions are over-subscribed.

<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>
1	800	mixed	2	1500	mixed			

Session #2: 13 and over Prelims, except for 400 IM which is a time final. Maximum 3 events

<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>
3	50 Free	Female	7	100 Fly	Female	11	400 IM	Female
4	50 Free	Male	8	100 Fly	Male	12	400 IM	Male
5	200 Back	Female	9	200 Free	Female			
6	200 Back	Male	10	200 Free	Male			

Session #3: 12 and under Time Finals Maximum 3 events.

Heats of 400 Free will be moved to sessions #1, #6 or #9 if session is over-subscribed.

If session is over-time, there will be a 15 minute warm-up before starting the 400 Free

<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>
15	50 Back	Female	19	200 IM	Female	23	400 Free	Female
16	50 Back	Male	20	200 IM	Male	24	400 Free	Male
17	200 Free	Female	21	100 Fly	Female			
18	200 Free	Male	22	100 Fly	Male			

Session # 4 Finals Same Order as session #2

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

Four heats of GMAC 13 and over girls and boys 400 free will be swam at the beginning of this session.

Session # 5A: 13 and over – Prelims, except for 400 Free which is a time final. Maximum 3 events in session 5A and 5B.

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
25	50 Back	Female	29	200 Fly	Female			
26	50 Back	Male	30	200 Fly	Male			
27	100 Breast	Female	31	100 Back	Female			
28	100 Breast	Male	32	100 Back	Male			

Session # 5B: 13 and over – time finals. Maximum 3 event in session 5A and 5B.

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
33	400 Free	Female	34	400 Free	Male			

Session #6: 12 and under - Time Finals Maximum 3 events

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
35	50 Free	Female	39	200 Fly	Female	43	400 IM	Female
36	50 Free	Male	40	200 Fly	Male	44	400 IM	Male
37	100 Breast	Female	41	100 Back	Female			
38	100 Breast	Male	42	100 Back	Male			

Session # 7 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

Session #8: 13 and over - Time Finals Maximum 3 events.

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
47	50 Fly	Female	51	100 Free	Female	55	50 Breast	Female
48	50 Fly	Male	52	100 Free	Male	56	50 Breast	Male
49	200 Breast	Female	53	200 IM	Female			
50	200 Breast	Male	54	200 IM	Male			

Session #9: 12 and under - Time Finals Maximum 3 events.

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
57	50 Fly	Female	61	100 Free	Female	65	50 Breast	Female
58	50 Fly	Male	62	100 Free	Male	66	50 Breast	Male

59	200 Breast	Female	63	200 Back	Female			
60	200 Breast	Male	64	200 Back	Male			