

Brief Meet Information

MEET NAME	GMAC Winter Pentathlon
DATE(s):	January 10, 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:	December 11

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Mary Gerrard	gmacswimclub@gmail.com	5
MEET MANAGER(S):	Dawn Larson	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 January 10, 2026
DIVE STARTS:	As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows: 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. No warnings will be given.
d/DEAF AND HARD OF HEARING ACCOMMODATION:	<p>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.</p> <p>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.</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 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:	<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.</p>
COACH & SUPPORT STAFF REGISTRATION:	<p>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.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</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>

GMAC WINTER PENTATHLON 2026

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.
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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:	<p>The online entry deadline is December 8, 2025 Minor changes (less than 10%) accepted until December 15. If more than 10%, original file will be used.</p>
ENTRY FEE:	<p>\$90 per swimmer</p> <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 B. There is no limit to the number of swimmers from a club C. The maximum number of entries per swimmer is 5 entries in the meet
ENTRY TIMES & CONVERSION:	<ul style="list-style-type: none"> A. No Time (NT) entries are not permitted. Estimate entry times are accepted. B. Entry Times can be converted from SCM to LCM

Meet Format & Administration

SEEDING:	Seeding for Timed Final events will be in order of entry times, slowest to fastest,
DECK ENTRIES:	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 <u>already entered in the competition</u> . Fee \$20 Deck entry fee is due upon approval by admin desk/meet management.
SCRATCHES & POSITIVE CHECK IN RULES:	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
PENALTIES:	There is no penalty for late, day of, or no-shows
OFFICIAL SPLIT TIMES:	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. A. Official Split Forms are available at the Admin Desk. B. Not all Official Split requests can be accommodated.
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. 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/National Records. 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 Unofficial mobile applications results will be available.
SCORING:	No Scoring
AWARDS:	No awards
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 Revised Dec 11

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	Sat Jan 10	10:00-10:45am	10:50am	2:00pm	Finals

SCHEDULE OF EVENTS Revised Dec 11

Session # 1 Swimmers are allowed to enter 1 distance of each stroke for a total of 5 races										
Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
1	100 Fly	Girls		5	100 Breast	Girls		9	400 IM	Girls
11	100 Fly	Boys		15	100 Breast	Boys		19	400 IM	Boys
2	50 Fly	Girls		6	50 Breast	Girls		10	200 IM	Girls
12	50 Fly	Boys		16	50 Breast	Boys		20	200 IM	Boys
3	100 Back	Girls		7	100 Free	Girls				
13	100 Back	Boys		17	100 Free	Boys				
4	50 Back	Girls		8	50 Free	Girls				
14	50 Back	Boys		18	50 Free	Boys				