GMAC Winter Pentathlon 2027

Brief Meet Information Revised Oct.9th/26

NAME OF MEET:	GMAC Winter Pentathlon
DATE(s):	January 9th, 2027
HOSTED BY:	Guelph Marlin Aquatic Club
LOCATION:	Victoria Road Recreation Center, 151 Victoria Rd.N Guelph, Ontario
FACILITY:	Victor Davis Memorial Pool
PURPOSE& DESCRIPTION	Competition
COMPETITION CONFIGURATION	• Single Ended LCM
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:	Sept.1, 2026

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Mary Gerrard	gmacswimclub@gmail.com	5
MEET MANAGER(S):	Laura Gilmore	lauraashleyhiggs@gmail.com	
OFFICIALS COORDINATOR:	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

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

Coaches and athletes are reminded that deck changing is not permitted at Swim Ontario sanctioned competitions. Athletes are asked to use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to discourage deck changing and help keep the sport safe for everyone involved.

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.

Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current Swimming Canada rules will be followed. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook. 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 rule book. The "misconduct" shall include, but is not limited to (C2.5.2.1):

- 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. While warnings have previously been issued for these actions, the rule is now fully enforceable and may result in disqualification.

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.

DIVE STARTS:	As per Swimming Canada Part II C4.1.1.2 and C4.1.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available. 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.15.4.3 from ● from deep end only and/or ● from the Deck or Bulkhead as per Swimming Canada Rule C4.1.1.1 & II.C4.1.1.3 and World Aquatics II.15.4.3 ● from deep end and/or ● In-water starts will be conducted as per Swimming Canada Rule II.C4.1.1.2 and World Aquatics II.15.4.3

	• from deep end
BACSTROKE LEDGES:	• Ledges will be used and available for all ages and sessions. No warnings will be given.
d/DEAF AND HARD OF HEARING ACCOMMODATION:	This competition can provide the following accommodations for athletes 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 active as Support Staff, Coach or attending registered Swimmer. • Visual Start hand signals given by the starter/referee. • Visual Start Strobe Light options: • **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. **Requesting Accommodations:** Clubs requiring accommodations must contact Meet Management by the Entry Deadline. The support person must have active REMS registration and be listed in the entry submission. Those not listed in the entry submission will be denied deck access. Athletes approved for visual accommodation will have the "HH" designation displayed on heat sheets, which must be made available to the Session Referee, Starter, and officials responsible for the strobe light.
AGE UP DATE:	The competitor's age is as the first day of the competition: January 9th, 2026.

Eligibility

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the club or 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 athlete's club to provide proof of active registration status in a swimmer category in REMS.	
ADDITIONAL ELIGIBILITY INFORMATION:	• Pre-competitive registered swimmers are welcome to attend, but may not exceed 1 competition. At this competition, they will compete as Exhibition and are not eligible for scoring or awards.
COACH & SUPPORT STAFF REGISTRATION:	Coaches and Support Staff must have active REMS registration and be included in the club's event entry submission. Those not listed in the entry submission will be denied deck access. Athletes must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.

	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. Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing athletes must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions.
FOREIGN TEAMS / COMPETITORS:	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. ● Foreign Teams and their competitors are welcome, subject to the following provisions. ○ 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:	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 not accept entries via email. ● Meet management will notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries. ● Meet management will 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 Failure to inform meet management of a no-show / withdrawal prior to the deadline for changes to entries will result in loss of entry fees.

	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.
ENTRY DEADLINE:	**The online entry deadline is December 11th, 2026** • Minor changes (less than 10%) will be accepted until December 14th. If more than 10%, original file will be used.
ENTRY FEE:	The following fees will apply for this competition: • 5 Individual Events Total: $95 • Swim Ontario Fee per swimmer: $4.70 (includes HST/REMS fees) 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. We will also take credit card with no incurred service fee. Reach out to us independently if you wish to pay by credit card.
ENTRY LIMITS:	The following limits are in place for this competition: • The maximum number of participants per session is 300 • The maximum number of entries per swimmer is 5
RELAY ENTRIES & MIXED RELAYS:	• No relays will be offered at this competition.
ENTRY TIMES & CONVERSION:	• No Time (NT) entries are not permitted. • Estimate entry times are accepted. • Entry Times can be converted (i.e. LCM to SCM)

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
Session 1	**Sat. Jan 9**	**10:00-10:45am**	**10:50am**	**3:00pm**	**Timed Finals**

Meet Format & Administration

SEEDING:	After all times are converted as pursuant to the conversion process: • Seeding for Timed Final events will be in order of entry times, slowest to fastest.

DECK ENTRIES:	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). The following are the Deck Entry Rules for this competition: ● Only event deck entries are permitted for swimmers already entered in the competition. ● Fee: $20, due upon approval by admin desk/meet management
SCRATCHES & POSITIVE CHECK IN RULES:	The following are the Scratch deadlines for this competition. ● Coaches will be given a list of entries for the session 15 min before the start of warm up. Please return these entry lists with scratches marked to meet management within 10 minutes of the start of warm up. The following are the Positive Check-in deadlines for this competition. ● There is no positive check-in required for this competition.
PENALTIES:	● No penalty shall be imposed for day of withdrawals and No-Shows except loss of entry fees.
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 Admin Desk. 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. ● Official Split Forms are available at the Admin desk. ● Not all Official Split requests can be accommodated.
DISQUALIFICATION & APPEAL PROCEDURE:	The Athlete or Coach must be informed of the particulars of the disqualification within fifteen (15) minutes of the Athlete's race. If that deadline is missed, the disqualification stands only if all reasonable efforts were made to inform them. A public address announcement of the disqualification satisfies this requirement. ● The Coach or Team Leader should first discuss the disqualification with the Session Referee, and may ask to view the disqualification slip. ● If the matter is not resolved, the Coach or Team Leader may submit a written appeal to the Session Referee or Admin Desk within 30 minutes of the result being posted. Appeal forms are available at the Admin Desk. ● If the Session Referee rejects the appeal, the Coach or Team Leader may request a Jury of Appeal. This request must be made within one hour of the Referee's written decision being communicated. ● Video from personal devices will not be accepted at any stage of the appeal process. Only official video approved by the Competition Coordinator before the start of the competition may be consulted (II.C12.5.2). The following are approved as video evidence:

	A. No approved video • The Appeals & Jury of Appeal Standard Operating Procedure will be followed.
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 via REMS. • Unofficial mobile applications results will be available.
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 Drink (except for water in a plastic bottle) are not permitted on the pool deck. Athletes, coaches, volunteers or other participants eating on 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 meet.
SCORING & AWARDS:	The following scoring will be applied: • No Scoring The following will be awarded: • Ribbons 1st-6th 10&U, 11-12, 13-14, 15&O for each individual event • Ribbons will be made available at the end of the session and will need to be picked up. Awards will not be mailed.

Schedule of Events

Session 1

****Swimmers are allowed to enter 1 distance of each stroke for a total of 5 races.**

Women		Men
1	*100 FL*	*2*
3	*50 FL*	*4*
5	*100 BK*	*6*
7	*50 BK*	*8*

9	*100 BR*	*10*
11	*50 BR*	*12*
13	*100 FR*	*14*
15	*50 FR*	*16*
17	*400 IM*	*18*
19	*200 IM*	*20*