

## Brief Meet Information

<b>MEET NAME</b>	<b>GHAC Winter Invitational</b>
<b>DATE(s):</b>	March 1-2, 2025
<b>HOSTED BY:</b>	Golden Horseshoe Aquatic Club
<b>LOCATION:</b>	McMaster University, 1280 Main Street West, Hamilton, ON L8S 4L8
<b>FACILITY:</b>	6 Lane 25 Metere Competition Pool with Electronic Timing, 25 Meter Warm-up/Cool-down Pool
<b>PURPOSE &amp; DESCRIPTION:</b>	Opportunity for a racing opportunity early in the season
<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>	Monday, January 27, 2025

## Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
<b>COMPETITION COORDINATOR(S):</b>	Dayle Knowles	dayknowles@hotmail.com	5
<b>MEET MANAGER(S):</b>	Cody Bradt Steve Sell	<a href="mailto:cody@ghacswimming.ca">cody@ghacswimming.ca</a> officials@ghacswimming.ca	
<b>OFFICIALS COORDINATOR:</b>	Steve Sell	officials@ghacswimming.ca	

## 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: March 1, 2025
<b>DIVE STARTS:</b>	<p><b>As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from</li> <li><input checked="" type="checkbox"/> from deep end only</li> </ul>
<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>• Visual Start hand signals given by the starter/referee.</li> <li>• Visual Start Strobe Light options <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> <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> </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>

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## Eligibility

<p>All athletes must be registered as <b>Competitive</b> 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.</p>	
<p><b>ADDITIONAL ELIGIBILITY INFORMATION:</b></p>	<p><input checked="" type="checkbox"/> Preference will be given to the host club first.</p> <p><input checked="" type="checkbox"/> Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition.</p>
<p><b>COACH &amp; SUPPORT STAFF REGISTRATION:</b></p>	<p>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 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>
<p><b>FOREIGN TEAMS / COMPETITORS:</b></p>	<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><input checked="" type="checkbox"/> Foreign Teams' / competitors' entries will not be accepted by the host club.</p>

## Entry Process

<p><b>ENTRY SUBMISSIONS:</b></p>	<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"> <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>
<p><b>ENTRY DEADLINE:</b></p>	<p><b>The online entry deadline is: <u>Wednesday, February 19th at 11:59 PM</u></b></p> <p><input checked="" type="checkbox"/> Changes to entries will be accepted until: <b><u>Monday, February 24th at 11:59AM</u></b></p>
<p><b>ENTRY FEE:</b></p>	<p><b>The following fees will apply for this competition:</b></p> <p><input checked="" type="checkbox"/> Individual Events:</p> <p><input checked="" type="checkbox"/> 25M \$10.00</p>

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	<input checked="" type="checkbox"/> 50-400M \$15.00 <input checked="" type="checkbox"/> 800M or more \$20.00 <input checked="" type="checkbox"/> Swimmer Fee: \$5.00 <b>Payment Method:</b> E-transfer to payments@ghacswimming.ca
<b>ENTRY LIMITS:</b>	<b>The following limits are in place for this competition:</b> <input checked="" type="checkbox"/> The maximum number of participants per session is <b>300</b> <input checked="" type="checkbox"/> Each club is limited to the following number of swimmers <b>150</b> <input checked="" type="checkbox"/> The maximum number of entries per swimmer, per session is <b>4</b>
<b>RELAY ENTRIES:</b>	<b>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.</b> <input type="checkbox"/> Relay swimmers must be entered in a non-relay event in order to compete. <input checked="" type="checkbox"/> No relays will be offered at this competition.
<b>ENTRY TIMES &amp; CONVERSION:</b>	<input checked="" type="checkbox"/> Entries can be submitted with No Time (NT). <input checked="" type="checkbox"/> Estimate entry times are accepted. <input checked="" type="checkbox"/> Entry Times must be SCM

## Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	March 1	8:30-9:10 AM	9:15 AM	12:00 PM	Time Final
2	March 1	12:00-12:40 PM	12:45 PM	3:00 PM	Time Final
3	March 2	8:30-9:10 AM	9:15 AM	12:00 PM	Time Final
4	March 2	12:00-12:40 PM	12:45 PM	3:00 PM	Time Final

## 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> <input checked="" type="checkbox"/> Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded last. <input checked="" type="checkbox"/> with the exception of Distance Events which will be seeded fastest to slowest.

<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> The following are the Deck Entry Rules for this competition:</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Only event deck entries are permitted for swimmers already entered in the competition.             <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Fee: <b>\$20.00</b></li> <li><input type="checkbox"/> No Fee.</li> </ul> </li> </ul>
<b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b>	<p><b>The following are the Scratch deadlines for this competition.</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> There is a scratch deadline for:             <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> All events</li> <li><input checked="" type="checkbox"/> Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.</li> </ul> </li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> No penalty shall be imposed for late or day of scratches and No-Shows</li> </ul>
<b>OFFICIAL SPLIT TIMES:</b>	<p><b>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.</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Official Split Forms are available at the Admin Desk.</li> <li><input checked="" type="checkbox"/> Not all Official Split requests can be accommodated.</li> </ul>
<b>RECORDS:</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 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.</li> <li><input checked="" type="checkbox"/> Swim times achieved at this competition will NOT be used for applications of provincial and national records.</li> </ul>
<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> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Unofficial mobile applications results will be available.</li> <li><input checked="" type="checkbox"/> Unofficial Live Results will be available.</li> </ul>
<b>AWARDS:</b>	<p><b>The following will be awarded:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Ribbons for best times for 25m events</li> <li><input checked="" type="checkbox"/> Ribbons 1-6 for 50s &amp; longer             <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Olympic Stream: 10 &amp; Under, 11, 12, 13, 14, 15, 16, 17 &amp; Over</li> <li><input checked="" type="checkbox"/> Paralympic Stream- Multiclass Awards - Using Swimming Canadas Para PointSystem</li> </ul> </li> </ul>
<b>Para Swimming</b>	<b>All Para Swimmers are welcome</b>
<b>ADDITIONAL INFORMATION:</b>	

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## Schedule of Events

Session 1 Saturday, March 1, 2025 Warm-up: 8:30 AM -- Start: 9:15 AM 13 & Over		
Women	Event	Men
1	100 Freestyle	2
3	50 Butterfly	4
5	200 Backstroke	6
7	100 Breaststroke	8
9	50 Freestyle	10
11	200 Butterfly	12
13	100 Individual Medley	14
15	400 Freestyle	16

Session 2 Saturday, March 1, 2025 Warm-up: 12:00 PM -- Start: 12:45 PM 12 & Under		
Women	Event	Men
17	25 Freestyle	18
19	100 Freestyle	20
21	50 Butterfly	22
23	25 Backstroke	24
25	200 Backstroke	26
27	25 Butterfly	28
29	100 Breaststroke	30
31	50 Freestyle	32
33	200 Butterfly	34
35	25 Breaststroke	36
37	100 Individual Medley	38
39	400 Freestyle	40

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Session 3 Sunday, March 2, 2025 Warm-up: 8:30 AM -- Start: 9:15 AM 13 & Over		
Women	Event	Men
41	50 Freestyle	42
43	100 Backstroke	44
45	50 Breaststroke	46
47	200 Freestyle	48
49	100 Butterfly	50
51	200 Breaststroke	52
53	50 Backstroke	54
55	200 Individual Medley	56

Session 4 Sunday, March 2, 2025 Warm-up: 12:00 PM -- Start: 12:45 PM 12 & Under		
Women	Event	Men
57	50 Freestyle	58
59	100 Backstroke	60
61	25 Backstroke	62
63	50 Breaststroke	64
65	25 Butterfly	66
67	200 Freestyle	68
69	25 Breaststroke	70
71	100 Butterfly	72
73	200 Breaststroke	74
75	25 Freestyle	76
77	50 Backstroke	78
79	200 Individual Medley	80