



October 23 - 25, 2026
Carbonear Swimming Pool
Carbonear, NL



General Information

This is an invitational meet open to all swimmers registered with Swimming Newfoundland and Labrador.

Dates:	Friday, October 23, 2026 – Sunday, October 25, 2026
Location:	Carbonear Swimming Pool 77 Valley Road Carbonear, NL A1Y 1C5
Pool:	6 lanes – 25 Meter Pool
Sanction:	Swimming Newfoundland and Labrador / Swimming Canada
Referee:	Mary Lerner – Pardy marylarnerpardy@gmail.com / (709) 427-4973
Meet Manager:	Ashley Button ashley_mercer23@hotmail.com / (709) 682-7883
Officials Coordinators:	Ashley Button ashley_mercer23@hotmail.com / (709) 682-7883

Notes:

- 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).
- Due to allergies, please ask your team not to bring any products containing nuts or fish to the facility.
- Food and refreshments will be provided for coaches and officials prior to and during each session. Note, food is uncontrolled with respect to allergies and dietary needs.
- Canteen services will be available upstairs in the pool viewing area.



Important Dates

Date	Time	Item
Sunday, October 4, 2026	1800 NST	Early Acceptance
Friday, October 9, 2026	2000 NST	Entry Deadline
Tuesday, October 13, 2026	2000 NST	Coaches Entry Review
Friday, October 16, 2026	2000 NST	Scratch Deadline
Monday, October 19, 2026	2000 NST	Confirmation of Warm-Up Times, Session Reports, and Team Entries
Friday, October 23, 2026		Age - Up Date
Friday, October 23, 2026	1530 NST*	Warm Up
Friday, October 23, 2026	1600 NST*	Coaches Meeting
Friday, October 23, 2026	1630 NST*	Officials Meeting
Friday, October 23, 2026	1700 NST *	Meet Start

*** Note: Times are approximate and will be confirmed by Monday, October 19, 2026.**

Meet Information

Competition Rules:

- A revised Swimming Canada Rulebook will be in effect for the 2026–2027 season, incorporating applicable updates to the World Aquatics Competition Regulations and World Para Swimming Rules and Regulations. Participants are responsible for reviewing the current rulebook and any related guidance before the competition. The updated rulebook will be available prior to September 1st, 2026 on the Swimming Canada Rules webpage [here](#).

Starts:

- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.1.4 (from both ends or from deep end only); **and/or**
- Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1 (from deep end); **and/or**
- In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1 (from deep end);
- For Para-swimming events starts will be conducted as per WPS rules.

**Swimwear:**

- All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by the provincial section. It is not required to declare the choice of swimwear to the Referee if 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. For more information, refer to the [Swimwear at Competitions document](#) on the Swimming Canada website.

Coach Registration Information:

- The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status.
- SNL requires that all coaches be in good standing with the CSCA, NLSCA and SNC.
- Coaches requesting information on a DQ must speak to the Referee.

Para-Swimmers:

- Para-swimmers will be classified as per Swim Canada with their names reflecting their classification. Para-swimmers will swim in able-body events and will be scored as such.

d/Deaf or Hard of Hearing Accommodations:

- 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 who is registered in the REMS as support staff.
 - Visual start hand signals given by the starter/referee.
- Facility or Swimming Canada-Provided Strobe Light: An external strobe light is available at this competition. Clubs are to connect with Meet Management prior to the competition to discuss accommodations.
- 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.

On Deck Access:

- Only participating swimmers and registered coaches plus officials are permitted on deck. The Meet Manager and referee reserve the right to request a coach to produce coaching credentials. Failure to produce credentials may result in the coach being asked to leave the pool deck.

**Age Groups:**

- Age groups for the competition will be 10 and under, 11-12, 13-14 and 15 and over.
- All swimmers must be members in good standing with SNC/SNL.

Officials:

- A sign-up sheet will be posted in the multi-purpose room on the first floor of the Carbonear pool at the beginning of each session.
- Teams are encouraged to support each session by providing officials. The Poseidon Swim Club would like to thank all volunteers for their support in advance.
- There will be an officials meeting held 30 minutes prior to the start of each session.
- Officials are to be in position 5 minutes prior to the start of the session.

Facility Information:

- Absolutely no glass is permitted on deck.
- Swim bags are permitted on deck for necessary swim equipment only.
- Lockers are available in the change rooms for coats, outdoor shoes, etc. Please bring your own lock if you are concerned about security in the change rooms. Articles may not be left in lockers overnight.
- Canteen services will be available upstairs near the pool viewing area.
- Programs will be available for purchase.

Safe Sport:

- Swimming Canada 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.
- Swimming Canada is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.
- All participants in this event are reminded that they are bound by Swimming Canada's Policies and Procedures.



- Swimming Canada would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please 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.

Misconduct Rule Provisions:

- Effective September 1, 2026, Rule C2.5.2.1 (was C2.3.2.1 in the previous rulebook) will be enforced. Misconduct may include deliberate or negligent spitting, spouting water or blowing the nose in the pool or on deck immediately before the start; deliberately kicking or striking the starting platform or back plate; and unsafe or uncontrolled entry into the pool. Additional information and guidance are available on the Swimming Canada Rules webpage [here](#).

Entries and Scratches

Entry Process:

- Entries **MUST** be submitted via the Swimming Canada Registration and Events System (REMS). All swimmers must have a status of Active in order to pass validation. Attending coaches and support staff must be listed when uploading the entries via REMS.

Charges and Entry Fees:

- Entry fees are \$50.00 per swimmer. Late entries cannot be assured acceptance. A \$100.00 penalty will be applied to all late entries. Payment to the Poseidon Swim Club is due at the start of the first session. Cheque or e-transfer only (cash not accepted). Please make cheque payable to Poseidon Swim Club.
- E-transfers should be sent to poseidonswimteam2024@gmail.com
- Entry fees are based on the entries confirmed on **Friday, October 16, 2026, at 2000 NST**. There will be no refunds after this time.
- Entries are to be submitted through REMS online procedures.

Scratches:

- Scratches must be made in writing to the Meet Manager at least 30 minutes prior to the start of the session. However, if at all possible, please provide these scratches the session before the race.
- There will be no refund for scratches received after **Friday, October 16, 2026 @ 2000 NST**.

**Entry Limit:**

- Swimmers may compete in the Monster Mash Dash event (100IM) plus up to 5 additional individual events.
- Swimmers who do not compete in the Monster Mash Dash event (100IM) may compete in up to 5 individual events.

Deck Entries:

- Deck entries may be requested **30 minutes** prior to start of the session. Deck entries will be accepted based on the availability of empty lanes only and at the discretion of the Meet Manager.
- A \$10.00 deck entry fee per entry (no refund) will be required. Payment is required with submission at Meet Manager Desk.
- Deck entries are exhibition swims only in accordance with Rule C 3.7.5.

Warm-up Safety Procedures:

- Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in place. The full document can be viewed [here](#).

Warm-up Schedule:

- Listed warm-up times are approximate. The finalized Warm-up Schedule will be distributed to coaches and referees once the final events have been received and session lengths are reviewed.
- Sprint lanes will be available for the last 10 minutes of warm-up. Lanes 1 and 6 will be used for sprinting and are designated as diving lanes with one way traffic only. The Safety Marshall will use their discretion to open or close sprint lanes as needed.

Results, Scoring, and Award Information

Results:

- Results will also be uploaded on Meet Mobile throughout the session.

Individual Awards:

- Medals will be awarded to the 1st place winners of the Monster Mash Dash event per gender in each age group, 10 and under, 11-12, 13-14 and 15 and over. The preliminary event will occur during the Saturday morning session (October 24, 2026) with the finals event (Top 6 swimmers) occurring during the Saturday evening session (October 24, 2026).



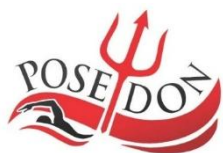
- 1st – 3rd place ribbons will also be awarded for each event (except for the 100IM Monster Mash Dash) per gender in each age group, 10 and under, 11-12, 13-14, and 15 and over.
- Coaches will receive awards at the meet or via mail.

Events/Seeding:

- All events (except the Monster Mash Dash event) will be Timed Final and Time Seeded running slowest to fastest. The Meet Manager reserves the right to combine heats and/or adjust the schedule of events when numbers/session lengths warrant (coaches will be notified).
- Psych Sheets/Session Report will be made available to coaches and referees by email by **Monday, October 19, 2026, at 2000 NST.**

Photography / Videography

- Only Meet Manager sanctioned photography/video recordings permitted on deck. Coaching video is considered sanctioned.
- In order to minimize risk, all photographs and video taken at Swimming Canada sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.
- The full details on the Event Photography and Videography Procedure can be found [here](#).



Session Information

Date	AM Session	PM Session
Friday, October 23, 2026		Tentative Warm-up: 4:00pm Officials Meeting: 4:30pm Session Start Time: 5:00pm 50 Free 100 Breast 200 IM 400 Free
Saturday, October 24, 2026	Tentative Warm-up: 8:00am Officials Meeting: 8:30am Session Start Time: 9:00am 100 IM (<i>Monster Mash Dash</i>) 200 Free 50 Back 200 Fly	Tentative Warm-up: 4:00pm Officials Meeting: 4:30pm Session Start Time: 5:00pm 100 IM (<i>Monster Mash Dash Finals</i>) 100 Free 50 Fly 200 Back 200 Breast
Sunday, October 25, 2026	Tentative Warm-up: 8:00am Officials Meeting: 8:30am Session Start Time: 9:00am 100 Fly 50 Breast 100 Back 400 IM	

- Warm-up ends 5 minutes before the start of the session. Swimmers are expected to vacate the pool at this time.
- Listed warm-up times are approximate. The finalized warm-up schedule will be distributed to coaches and referees once the final events have been received and session lengths are reviewed.