

# GANDER LAKERS SWIM CLUB

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## ICEBREAKER *Invitational*

January 30 - February 1, 2026

**Location:**

Joseph R. Smallwood Arts and Culture Center.  
Airport Blvd., Gander, NL

**Pool:** 6 lanes 25 meters

**Sanction:** Swimming Newfoundland and Labrador

**Meet Manager:** Jill Hartle

**Email:** [lakersmeetmanager@outlook.com](mailto:lakersmeetmanager@outlook.com)

**Officials:** Matt John

**Email:** [lakersofficials@outlook.com](mailto:lakersofficials@outlook.com)

**Referees:** Paul MacDonald

Mary Larner-Pardy

This is an invitational meet and open to all swimmers registered with SNL.

**Facility Guidelines:**

- **A maximum number of 100 swimmers on deck per session will be accepted. Additional swimmers will be accommodated in the viewing area.**
- Warm-ups will take place in 2 rounds with max of 60 swimmers per round (10 per lane)

**General Information:**

- Due to severe allergies please ask your team members not to bring products containing peanuts to this facility.
- All Entries must be uploaded onto the meet entry system at <https://www.swimming.ca/MeetList.aspx> no later than 8:00pm **Thursday, January 22, 2026**. *However, it would be appreciated if entries can be made earlier.* Late entries can not be assured acceptance. A \$100.00 penalty will be applied to all late entries.
- Coaches will receive entry reports for review by **Sunday, January 25, 2026**.
- Heat Sheets will be provided to coaches **Wednesday, January 28, 2026**.
- SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.
- SNC Warm-up Procedures will be in place (Procedures are attached)
- Swimmers and Coaches must be registered and in good standing (Swimmers with SNL and coaches with SNC, NLSCA, CSCA.)
- Deck entries will be at the discretion of the meet manager.
- Canteen services will be available upstairs in the Pool Viewing area.

**Events and Seeding**

- Sessions will be split for 12 & under and 13 & Over

<b>12 &amp; Under</b>	
Session 1 – Friday	Session 2 – Saturday
3:00 pm – Warm-up	8:00 am – Warm-up
3:10 pm – Coaches Meeting	
3:30 pm – Officials Meeting	8:30 am – Officials Meeting
3:50 pm – Warm-up End	8:50 am – Warm-up End
4:00 pm – Start	9:00 am – Start
~7:00 pm - End	~12:00 pm - End

13 & Over	
Session 1 – Saturday	Session 2 – Sunday
4:00 pm – Warm-up	8:00 am – Warm-up
4:30 pm – Officials Meeting	8:30 am – Officials Meeting
4:50 pm – Warm-up End	8:50 am – Warm-up End
5:00 pm – Start	9:00 am – Start
~8:00 pm - End	~12:00 pm - End

- Session times will be confirmed once entries have all been received.
- All races will be timed finals.
- All races will be gender divided, open seeded, and results provided by age.
- Meet manager reserves the right to combine heats and events when numbers warrant.
- Meet Management reserves the right to limit entries in any event, session, or the meet to maintain facility session times

**Entries:**

- Age is determined as the swimmer's age on the first day of the meet "per Rule C5.1.1.4 ". A swimmer's age shall be as of the first day of the meet.
- Entries will be based on gender and age groups: 10 and under, 11 - 12, 13 - 14 and 15 and over.
- Entry fees are set at \$50 per swimmer. Payment to the Gander Lakers Swim Club is due at the first meet session. (EMT preferred to [ganderlakers@outlook.com](mailto:ganderlakers@outlook.com))
- Scratch forms must be completed by the finish of the first warm-up of each session.
- There will be no refund for scratches received after **Monday, January 26, 2026 6:00pm**.
- Swimmers may participate in a maximum of **6 individual events**. The event maximum does not include relays.
- Swimmers may participate in **either** 800 or 1500m Free.

**Relays:**

- **Maximum of 2 Relay Teams per age group per Swim Club, per event**
- There will be no age restriction on relays. The age of the oldest swimmer will determine the age category of that team. Minimum of 2 swimmers must be in the age category of the relay team.
- Relay entries must be submitted with entries. Changes to names are permitted 30 minutes prior to the start of that session. Relay names will not be printed in any programs.
- Swimmers may swim in all relay events, however they can only participate in their age specific sessions (i.e. All 12 & Under swimmers can only swim relays in the 12 & Under sessions.)

**Scoring**

- Individual: Points will be based on age groups 10 and under, 11 - 12, 13 - 14, and 15 and over. Timed finals will be scored 1st through 6th, using the following point system 7, 5, 4, 3, 2, 1.
- Relays will be scored using the following point system 14, 10, 8, 6, 4, 2. Only the fastest relay from each team per age group will score.

**Awards**

- Place Ribbons will be awarded for 1<sup>st</sup> - 6<sup>th</sup> place for individual events. Place Ribbons will be awarded for 1<sup>st</sup> - 6<sup>th</sup> place relay teams by age group.
- Top Achiever Gold, Silver and Bronze Medals will be awarded for the overall top aggregate point winners for the following ages: 10 and under, 11 - 12, 13 - 14, 15 and over.

**Team Award**

- A Top Team award will be given to the team with the highest total points divided by the number of swimmers entered from that team, there is a minimum of 10 swimmers required to qualify for the team award.

**Session Events:****12 & Under**

Friday PM	Saturday AM
400 Free	800/1500 Free
100 IM	50 Br
50 Back	100 Fly
200 Fly	200 Free
100 Breast	100 Back
200 Back	200 Breast
100 Free	50 Free
50 Fly	400 IM
200 IM	4 x 50 Medley Relay
4x50 Free Relay	

**13 & Over**

Saturday PM	Sunday AM
800/1500 Free	400 Free
50 Br	100 IM
100 Fly	50 Back
200 Free	200 Fly
100 Back	100 Breast
200 Breast	200 Back
50 Free	100 Free
400 IM	50 Fly
4 x 50 Medley Relay	200 IM
	4x50 Free Relay

**Warm-up and Session Times will be confirmed and sent to teams when all entries are received, and sessions are timed out.**



## **COMPETITION WARM-UP SAFETY PROCEDURES**

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent upon 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.

For all Swimming Canada sanctioned competitions, Meet Management must ensure the following warm-up safety procedures are implemented. Coaches, swimmers, and officials share responsibility for adhering to these guidelines during all scheduled warm-up periods. Coaches are encouraged to support Safety Marshals in promoting a safe environment.

### **GENERAL WARM-UP:**

- Swimmers must enter the pool FEET FIRST in a controlled manner, entering from a start or turn end only and from a standing or sitting position.
- Swimmers shall always be aware of their surroundings and keep the end walls clear.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- Meet Management has the discretion to split warm-up, as they see fit, to ensure a safe warm-up environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- When leaving sprint lanes, swimmers must be cautious and aware of their surroundings. If crossing into other lanes, they must ensure they do not interfere with ongoing sprint activity, pace work or para designated lanes.
- Coaches shall decide if their swimmer is ready to safely participate in pace work in designated pace lanes and must be directly supervised by their coaches.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts at Meet Management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety marshals will only be placed in the competition pool when warm-ups take place.



## **PARA-SWIMMER NOTIFICATION:**

- Coaches are requested to notify Meet Management of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.
- Where a para lane is designated, only classified swimmers may use it. Violations may lead to disciplinary action.

## **EQUIPMENT:**

- Only Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at Meet Management's discretion and recommended only for national events or senior competitions.
- At Meet Management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

## **VIOLATIONS:**

- 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.
- In the case of a second offense during the same competition the swimmer shall be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

*It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.*

## **SAFETY MARSHALS:**

The Safety Marshal is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official, whenever possible.

Safety Marshals shall:

- Be visible by safety vest.
- Be briefed thoroughly on the warm-up procedures
- Be situated at each end of the competition pool. Actively monitor all scheduled warm-up periods during competition days;



- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role in helping work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

**“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”**