



## Marina Redmond Centre

22 University Drive, Corner Brook, NL

A2H 5G4



## GENERAL INFORMATION

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

**Dates:** March 13-15, 2026

**Location:** Marina Redmond Centre  
22 University Drive, Corner Brook, NL

**Spectator Admission:** No charge.

**Pool:** 6 lanes - 25 meters.

**Referee(s):** Mike Greene (Level 5)  
[rentalmike68@gmail.com](mailto:rentalmike68@gmail.com)  
709-632-3173

Bob Edwards (Level 4)  
[cst.edwards@gmail.com](mailto:cst.edwards@gmail.com)  
709-660-4616

**Sanction:** Swimming Newfoundland and Labrador

**Meet Manager:** Jillian Carpenter  
[meetmanager@cbrapids.com](mailto:meetmanager@cbrapids.com)  
(709) 640-4771

**Officials Coordinator:** [officials@cbrapids.com](mailto:officials@cbrapids.com)

<b>Important Dates:</b>	<b>9 Feb 2026</b>	<b>1800 NST</b>	<b>Entry acceptance</b>
	<b>2 Mar 2026</b>	<b>2000 NST</b>	<b>Entry deadline</b>
	<b>5 Mar 2026</b>	<b>2000 NST</b>	<b>Coaches entry review notification</b>
	<b>9 Mar 2026</b>	<b>1700 NST</b>	<b>Scratch date</b>
	<b>11 Mar 2026</b>	<b>1800 NST</b>	<b>Confirmation of warm up times, Session Reports, and Updated Team Entries.</b>
	<b>13 Mar 2026</b>		<b>Age-up date – first day of the meet</b>
	<b>13 Mar 2026</b>	<b>1740 NST</b>	<b>Coaches meeting</b>
	<b>13 Mar 2026</b>	<b>1755 NST</b>	<b>Officials meeting</b>
	<b>13 Mar 2026</b>	<b>1830 NST</b>	<b>Meet start</b>



## MEET INFORMATION

### Rules:

- SNC rules and warm up procedures will govern the meet. FINA One-Start Rule (False Start DQ) in effect.

### Description:

- This is an open invitational meet for competitive swimmers.
- All events will be gender divided, open aged, standard seeding timed finals, slowest to fastest.
- The meet will have four sessions, two morning sessions and two evening sessions.
- All Swimmers may compete in a maximum of 6 events plus two relays.
- Swimmers may compete in **either** the 800 Freestyle **or** 1500 Freestyle events. These will be swum as mixed events and may be combined.
- Meet management reserves the right to limit entries in 200 m and 400 m events.
- Manual timing will be in use, with potential switch to electronic timing if the system is functional by the first day of the swim meet.

### Relays:

- **A maximum of 2 relay teams per age group per club per event.**
- The age of the oldest swimmer will determine the relay age group.
- Completed relay team entries (with swimmers' names) are required.
- Relay changes only, **NOT entries**, will be accepted up to the start of the session in which the relay is scheduled and the team is entered.
- Each swimmer may enter only one relay per session for the meet.
- Relays will be divided into groups, male and female. Each relay team must be composed of either 4 female or 4 male swimmers.
- If a relay team has a swimmer from another club on their relay team, their times will be listed as an exhibition time only.

### Warmups:

- SNC WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT.
- 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
- Swim Canada Warm-up procedures will be posted during the meet.

### Officials:



- Officials can sign up by emailing [officials@cbrapids.com](mailto:officials@cbrapids.com). Official Signup sheets can be found in the officials room at the Marina Redmond Centre at the beginning of each session. Officials are asked to check their name to confirm their presence.
- ***Teams are encouraged to support each session. With a 6-lane pool, there is an increased demand for on-deck officials and the Rapids kindly thank all volunteers in advance. Parents who are qualified officials that have children swimming the 800 or 1500 free are encouraged to officiate during this session.***
- There will be an official's 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.
- Food and refreshments will be provided to coaches and officials prior to and after each session. This food is uncontrolled with respect to allergies and dietary needs.

#### **Coaches:**

- There will a coaches meeting held at **1740** hours March 13, 2026, in the officials room at the Marina Redmond Centre. Each team shall send a representative.
- All Coaches must be in good standing with their respective provincial bodies.
- Coaches must submit contact information plus email address where they can receive messages from meet management. Please provide the cell phone number of the coach attending the meet to the meet manager before the start of the meet.
- Coaches requesting information on a DQ must speak to the Referee.

#### **On Deck Access:**

- Only participating swimmers and registered coaches plus officials are permitted on deck.
- Meet Management and Referees 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.

#### **Photography and Video:**

- Only meet management sanctioned photography and video recordings are permitted on deck.
- Coaching video is considered sanctioned.

## **ENTRIES & SCRATCHES**

#### **Meet Management Conditions:**

- Meet Management reserves the right to limit entries in any event, session, or the meet to maintain facility session times.
- Meet Management reserves the right to modify session times and event order as necessary to accommodate meet requirements and will notify coaches whenever possible.
- Meet Management reserves the right to combine heats and events when numbers warrant.
- Meet Management reserves the right to impose an event swim time cut-off or prohibit NT entries.

**Charges:**

- Meet management reserves the right to charge \$100.00 for all late entries or to refuse late entries.
- Meet management reserves the right to charge \$10.00 per occurrence for the following:
  - - A swimmer with greater than six individual events.

**Qualifying Standard:**

- The meet is open to competitive swimmers.

**Eligibility:**

- All athletes must be registered as Competitive Swimmers with Swim Canada, or any other amateur swimming organization recognized by AQUA.
- A valid SNC registration number is required for all Canadian swimmers, and entries without a Swim Canada registration number will be declined entry.

**Entries:**

- Swimmers are restricted to entering no more than three individual events per session.
- Age-up date is the first day of the meet, March 13, 2026.
- Email hy-tek entries will be accepted via SNC online system. Limited email entries will be accepted with justification and at the discretion of meet management.
- Entry acceptance begins 1800 hours, February 9, 2026.
- Entry deadline is 2000 hours, March 2, 2026.
- All entries will be processed after the entry deadline. Teams will have an opportunity to review their club entries.

**Para-Swimmers**

- Para-swimmers must 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.

**Psych Sheet:**

- The psych sheet will be emailed to coaches and referees no later than **Mar 11, 2026**.

**Charges and Entry Fees:**

- Entry fees are set at **\$50.00** per swimmer. Payment to the Corner Brook Rapids Swim Club is due at the start of the first meet session. Cheque or e-transfer only please (cash not accepted)
- Please make cheque payable to Corner Brook Rapids Swim Club; or send e-transfer to [treasurer@cbrapids.com](mailto:treasurer@cbrapids.com)
- **Fees due are based on the entries confirmed on March 9, 2026 by 1700 hours – Scratch deadline.**
- \$10.00 deck entry fee per entry (no refund), payment required with submission at Meet Manager Desk.

**Deck Entries:**

- Deck entries must be made 30 minutes prior to the start of the session.



- Deck entries will only be accepted based on the availability of empty lanes only and at the discretion of meet management.
- Deck entries are exhibition swims only in accordance with Rule C3.7.5

**Scratches:**

- There are no penalties for late scratches or no-shows.
- Meet Management may not accommodate swimmers who no-show.
- Meet Management may not accommodate requests to move a swimmer to another open lane.
- Any accommodations are at the sole discretion of meet management and are not tied to precedents.

## **RESULTS/SCORING & AWARDS**

**Results:**

- Results will be posted on the deck and outside the officials' area throughout the session.

**Scoring:**

- Timed finals for swimmers will be based on 1<sup>st</sup> through 16<sup>th</sup>, using the following point system: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 in individual events.
- Points will be based on age groups: 10 & under, 11-12, 13-14, 15 & over.

**INDIVIDUAL AWARDS**

- Top Achiever awards will be given to the highest 3 (three) total point scorers based on individual events, both male and female, in each age group.

**TOP TEAM AWARD**

- Teams must have at least 15 swimmers at the meet to qualify for top team award.
- Top team award will be based on total points accumulated by each swimmer on the team divided by the number of swimmers on that team at the meet.



## SESSION INFORMATION

### Session Schedule:

Session	Evening
March 13	1725 – Warm-up
	1830 Session Start
	2030 – Session End

Session	Morning	Evening
March 14	0730 – Warm-up	1600 – Warm-up
	0835 – Session Start	1705 – Session Start
	1230 – Session End	2000 – Session End

Session	Morning
March 15	0730 – Warm-up
	0835 – Session Start
	1200 – Session End

### Note

- Warm-up ends 5 minutes before the start of the session. Swimmers are expected to have vacated the pool by this time.
- Warm-up will be one 30-session March 13, 2026 and two 30-minute sessions, March 14 and 15, 2026.



**Event Schedule:**

Session	Morning	Evening
<b>March 13</b>		400 Free (12 and under) 800 Free (mixed) 1500 Free (mixed)

Session	Morning	Evening
<b>March 14</b>	200 Back 100 Breast 50 free 200 Fly 50 back 400 IM	400 Free(13 and over) 100 Fly 50 Breast 100 Free 200 IM 4 x 50 Free Relay

Session	Morning	Evening
<b>March 15</b>	200 Free 100 IM 50 Fly 200 Breast 100 Back 4 x 50 Medley Relay	No sessions

**Note**

- Swimmers are restricted to 3 **NT** entries for distances of 200-meter events.
- Swimmers may compete in a maximum of 6 events plus 2 relays.
- Swimmers may compete in **either** the 800 Freestyle **or** 1500 Freestyle events. These will be swum as mixed events and may be combined.
- Meet management reserves the right to limit entries in 200 and 400 m events.
- If a swim team adds a swimmer from another swim team – this will be added as an exhibition time and not added to overall team scoring.



## PRE-COMPETITION

- Safety Marshalls will be appointed by Meet Management prior to each swim competition, or this role can also be filled by the Meet Manager.
- Meet Management will work with the Marina Redmond Centre to confirm all facility logistics and expectations.
- All officials will be recruited and assigned positions prior to the day of competition.

## PHOTOGRAPHY/VIDEOGRAPHY

A. In order to minimize risk, all photographs and video taken at Swimming Canada/PSO 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.

B. The full details on the Event Photography and Videography Procedure can be found [HERE](#)



## **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 wearing a 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."**

September 18, 2025