

DATE:	04/25/2026	REGION:	Western
HOSTED BY:	Cambridge Aquajets		
LOCATION:	John Dolson Centre, 212 South Street, Cambridge, Ontario		
FACILITY:	25M Pool, Short Course, 6 Lanes with Dolphin Timing		
PURPOSE:	In-House Development Meet		
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).		
COMPETITION COORDINATOR:	Darren Richer	darren.richer@gmail.com	Level: 5
	If Level 3 Referee is serving as CC, please indicate that Swim Ontario approval has been granted		
MEET MANAGER:	Bridget Heeley	Email:	bridget.heeley@gmail.com
SAFETY AT COMPETITION:	Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The Swim Ontario Concussion Management procedure and the Swim Ontario Photography, Videography, and Cellphone procedure will be in effect. For complete details click HERE .		
COMPETITION:	Sanctioned as	In-House Competition	by Swim Ontario.
	All current Swimming Canada (SC) rules will be followed. Seeding for all swims will be optimized by distance and stroke, seeded either slowest to fastest or fastest to slowest as communicated by Meet Management. Please note that Swimming Canada Competition Warm-Up Safety Procedures and the Swim Ontario warm-up safety rules will be in effect. Events are Timed Finals. There will be no entry fee, scoring or awards permitted.		
	Starts will be conducted from Starting Platforms (blocks), the deck or bulkhead or in-water Clubs are to contact Meet Management by the Entry Deadline of the need for accommodation for d/Deaf and Hard of Hearing swimmers.		
ELIGIBILITY:	This event includes participants from the following clubs:	Cambridge Aquajets	
	All athletes must be registered as Competitive swimmers with Swimming Canada. The participant is responsible to ensure all facility and club requirements have been met. If permitted to attend, pre-competitive swimmers will compete as Exhibition.		
AGE UP DATE:	Ages submitted are to be as	04/25/2026	
ENTRY LIMITS:	The maximum number of participants per session is		130
	Each club is limited to	130	swimmers
	A maximum of	3	entries per swimmer
ENTRY SUBMISSIONS:	Entries must be submitted through the REMS. Meet Management will not accept entries via email.		
	Entries must include all attending coaches and support staff.		
ENTRY DEADLINE:	04-19-2026		

COACH'S REGISTRATION:	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.
SESSION:	This event is limited to 1 session with session length not exceeding 3 hours.

<u>Warm-up period</u>	<u>Start</u>	<u>Finish</u>
6:00 am - 6:35 am	6:40 am	8:15 am

SCHEDULE OF EVENTS:

400 Free Mixed	4x50 Free Relay Mixed
200 Free Mixed	800M Free Mixed
100M Free Mixed	1500M Free Mixed
50M Free Mixed	4x50 Medley Relay Girls
25M Free Mixed	4x50 Medley Relay Boys
200M Breast Mixed	4x50 Free Relay Girls
100M Breast Mixed	4x50 Free Relay Boys
50M Breast Mixed	
25M Breast Mixed	
200M Back Mixed	
100 Back Mixed	
50M Back Mixed	
25M Back Mixed	
200M Butterfly Mixed	
100M Butterfly Mixed	
50M Butterfly Mixed	
25M Butterfly Mixed	
400M IM Mixed	
200M IM Mixed	
100M IM Mixed	
4x50 Medley Relay Mixed	

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 prior to the commencement of the session in question.

Mixed gender swimming is permitted.

Swim times achieved at this competition will NOT be used for applications of provincial and national records.

Official Results will be posted within 2 days of completion of the meet to www.swimming.ca