2026 HAC Spring Fling – Jr. Competitive

Brief Meet Information

MEET NAME	**2026 HAC Spring Fling – Jr. Competitive**
DATE(s):	**May 9, 2026**
HOSTED BY:	Hamilton Aquatic Club
LOCATION:	Westmount Recreation Centre
FACILITY:	35 Lynbrook Drive, Hamilton On L9C 2K6
PURPOSE & DESCRIPTION:	Making qualifying times for future meets
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).
LAST UPDATE:	April 13, 2026

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Scott Hunt Cynthia Meneses	Hunt4scott@gmail.com Cynthia Meneses	4
MEET MANAGER(S):	Theresa Malar Katie Kitney	theresa.malar@hacswim.ca Katie.kitney@hacswim.ca	
OFFICIALS COORDINATOR:	Katie Kitney	Katie.kitney@hacswim.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

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

The Swim Ontario Concussion Management & Swim Ontario Photography, Videography, and Cellphone Procedure will be in effect. For complete details click HERE.

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Videography & Photography Permissions
Provided the facility permits, registered club coaches on the compliance list, approved sport science contractors, and support staff may record for coaching purposes without additional authorization.
All other individuals — including club photographers, contracted photographers/videographers, and media — must apply for and receive authorization to access the competition deck before recording in any medium. All recordings must comply with Swim Ontario policies, including the Photography, Videography, and Cellphone Procedure and the Screening Requirements Procedures. Contact Meet Management for the application process. All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.

ADDITIONAL INFORMATION	A. This facility does not allow any form of recording (cellphone, cameras, video cameras, etc.). B. Meet management will not accept requests to access the competition deck to record.

Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current Swimming Canada rules will be followed. All registered para swimmers are subject to the rules defined by their current sport class and codes of exception. The stroke and turn rules apply as per Appendix B of the Swimming Canada rulebook. The Sport Class and Exception Codes should be displayed on heat sheets and must be made available to the Session Referee.

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.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include, but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

The Referee may disqualify a swimmer for such misconduct.

Please note that Swimming Canada Competition Warm-Up Safety Procedures and Swim Ontario warm-up safety rules will be in effect. Details HERE

It is incumbent on 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.

- **Warm up rules:**
  - No loitering at the end of lane
  - Swimmers must be aware of their surroundings and move over to the lane rope when stopped at the end wall to allow other swimmers to turn
  - Swimmers using sprint and pace lanes must be directly supervised by their coaches

- Deliberate kicking or striking of the starting platform, including the back plate during the sprint periods is not permitted.

Swimmers must enter the pool FEET FIRST in a cautious and controlled manner, entering from a start or turn end only and from a standing or sitting position.

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.

AGE UP DATE:	The competitor's age is as the first day of the competition May 9, 2026
DIVE STARTS:	**As per Swimming Canada Part II C4.1.2 and C4.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available. As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:** A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from a. from deep end only and/or • from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 a. from deep end and/or • In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 a. from deep end
BACSTROKE LEDGES:	A. Ledges will not be used in the swim meet
d/DEAF AND HARD OF HEARING ACCOMMODATION:	**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 from the swimmer's own club, who is registered in the REMS as support staff. • Visual Start hand signals given by the starter/referee. • Visual Start Strobe Light options A. **Personal Strobe Light**: 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. **Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.** 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.

Eligibility

All athletes must be registered as Competitive or Varsity swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the age group club or varsity team they are registered with. Registered Para Swimmers are welcome and their current Sport Class must be included in the entries. 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	
ADDITIONAL ELIGIBILITY INFORMATION:	A. This meet is an Open Invitational B. Preference will be given to the host club first. C. Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition and not be eligible for scoring or awards.
COACH & SUPPORT STAFF 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. **Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.** 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.
FOREIGN TEAMS / COMPETITORS:	**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.** A. Foreign Teams' / competitors' entries will not be accepted by the host club.

Entry Process

ENTRY SUBMISSIONS:	**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: ● not accept entries via email; ● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; ● 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 & IV sanctions) prior to the start of the competition **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.** 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.
ENTRY DEADLINE:	**The online entry deadline is April 13, 2026** A. Changes to entries will be accepted until April 27, 2026
ENTRY FEE:	**The following fees will apply for this competition:** A. Swimmer Fee: $35 **Payment Method:** A cheque made payable to Hamilton Aquatic Club OR e-transfer to theresa.malar@hacswim.ca

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ENTRY LIMITS:	**The following limits are in place for this competition:** A. The maximum number of participants per session is 300 B. Maximum 3 races per athlete
RELAY ENTRIES & MIXED RELAYS:	No relays will be offered at this competition.
ENTRY TIMES & CONVERSION:	A. No Time (NT) entries are not permitted. B. Estimate entry times are accepted. C. Entry Times can be converted (i.e. LCM to SCM)

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	May 9, 2026	5:00-5:25pm 5:30-5:55pm	6:00pm	9:30pm	

Meet Format & Administration

SEEDING:	After all times are converted as pursuant to the conversion process: A. Seeding for Timed Final events will be in order of entry times, Fastest to slowest.
DECK ENTRIES:	**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)**. The following are the Deck Entry Rules for this competition: A. Only event deck entries are permitted for swimmers already entered in the competition. a. Fee: $40
SCRATCHES & POSITIVE CHECK IN RULES:	**The following are the Scratch deadlines for this competition.** A. There is no scratch deadline for all events.
PENALTIES:	A. No penalty shall be imposed for late or day of scratches and No-Shows
OFFICIAL SPLIT TIMES:	**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 at least 30 minutes prior to the commencement of the session in which the event will take place. Requests for official splits in gendered and mixed relays are not required, however in mixed relays the official time will not be recognized as a Canadian Age Group record.** A. Official Split Forms are available at the Admin Desk. B. Not all Official Split requests can be accommodated.
DISQUALIFICATION & APPEAL PROCEDURE:	• Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems. • A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip. • If not resolved after this discussion, a written appeal may be presented to the Session Referee from the club representative. ○ A written appeal must be presented within 30 minutes after the conclusion of the event in question. ○ Appeal on Referee Decision forms are available at the Admin Desk.

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	• If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal. • The decision to go to Jury must be taken within an hour from the moment the decision of the written appeal is communicated to the club representative.
RECORDS:	A. Swim times achieved at this competition will NOT be used for applications of provincial and national records.
MEET RESULTS:	**Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca** A. Unofficial mobile applications results will be available.
AWARDS:	**The following will be awarded:** A. Best Time Ribbons
ADDITIONAL INFORMATION:	

Schedule of Events

Session 1 Saturday May 9, 2026 Warm-up: 5:00 PM -- Start: 6:00 PM		
All Heats are Mixed		
1	100 Free	
2	50 Free	
3	25 Free	
4	100 Back	
5	50 Back	
6	25 Back	
7	100 IM	
8	50 Breast	
9	25 Breast	
10	50 Fly	
11	25 Fly	
12	200 Free	