Breakers Swim Team - Polar Plunge Team Challenge

Brief Meet Information

NAME OF MEET:	Breakers Swim Team - Polar Plunge Team Challenge
DATE(s):	**5 and 6 December 2026**
HOSTED BY:	Breakers Swim Team
LOCATION:	Port Elgin, ON
FACILITY:	Pryde Aquatics and Wellness Center (PAWC)
PURPOSE & DESCRIPTION:	Our club's first multi-session invitational in our new pool. Providing swimmers with a high end competitive swimming experience in preparation for regional championships.
COMPETITION CONFIGURATION	• Single Ended SCM
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:	Version 1 - 01 October 2026 (Initial) Version 2 - 08 October 2026 (Updated entry limits) Version 3 - 12 October 2026 (Swim Ontario rules and meet package statement updates added) Version 4 - Pivot from Invitational to team challenge

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Trevor Cowan Stewart Nutt	trevor.cowan@gmail.com stewnutt@gmail.com	5 5
MEET MANAGER(S):	Jonathan Sicord Odessa Sicord	breakersclubofficialscoordinat@gmail.com daniher.rea@gmail.com	
OFFICIALS COORDINATOR:	Jonathan Sicord	breakersclubofficialscoordinat@gmail.com	

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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.

Coaches and athletes are reminded that deck changing is not permitted at Swim Ontario sanctioned competitions. Athletes are asked to 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.

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

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	• The following are approved by Swim Ontario Official Photographers/Videographers for this event: ___TBD_____

Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current Swimming Canada rules will be followed. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook. 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.

Combined (mixed) gender swimming is permitted for age group swimming competitions. Canadian Age Group records can not be set when heats involve individual mixed genders.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada rule book. The "misconduct" shall include, but is not limited to (C2.5.2.1):

- 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. While warnings have previously been issued for these actions, the rule is now fully enforceable and may result in disqualification.

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.

DIVE STARTS:	As per Swimming Canada Part II C4.1.1.2 and C4.1.1.3 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: • from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.4.3 from • from deep end only

	and/or
	• from the Deck or Bulkhead as per Swimming Canada Rule C4.1.1.1 & II.C4.1.1.3 and World Aquatics II.15.4.3
	  • from deep end only
	and/or
	• In-water starts will be conducted as per Swimming Canada Rule II.C4.1.1.2 and World Aquatics II.15.4.3
	  • from deep end only

BACSTROKE LEDGES:	• Ledges will be used and available for all ages and sessions. Please note that PAWC has the Colorado timing retractable backstroke ledge system. • https://coloradotime.com/products/backstroke-start-device-for-competition • Backstroke Wedge Instructional • There will be opportunity during the warmups to use these Backstroke ledges
d/DEAF AND HARD OF HEARING ACCOMMODATION:	This competition can provide the following accommodations for athletes 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 active as Support Staff, Coach or attending registered Swimmer. • **Requesting Accommodations:** Clubs requiring accommodations must contact Meet Management by the Entry Deadline. The support person must have active REMS registration and be listed in the entry submission. Those not listed in the entry submission will be denied deck access. Athletes approved for visual accommodation will have the "HH" designation displayed on heat sheets, which must be made available to the Session Referee, Starter, and officials responsible for the strobe light.
AGE UP DATE:	The competitor's age is as the first day of the competition 5 December 2026

Eligibility

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the club or 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 athlete's club to provide proof of active registration status in a swimmer category in REMS.

ADDITIONAL ELIGIBILITY INFORMATION:	• Preference will be given to the host club first. • Pre-competitive registered swimmers are welcome to attend, but may not exceed 1 competition. At this competition, they will compete as Exhibition and are not eligible for scoring or awards.

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COACH & SUPPORT STAFF REGISTRATION:	Coaches and Support Staff must have active REMS registration and be included in the club's event entry submission. Those not listed in the entry submission will be denied deck access. Athletes must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions. 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. Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing athletes must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions.
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. ● 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. ● Meet management will notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries. ● Meet management will 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 / withdrawal 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 18 November 2026** ● Changes to entries will be accepted until 25 November 2026
ENTRY FEE:	The following fees will apply for this competition: ● Individual Events: $15 ● Swimmer Fee: $20 (includes participation in relays and the sleigh the 50)

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	Payment Method: E-Transfer breakersswimming@gmail.com
ENTRY LIMITS:	The following limits are in place for this competition: ● The maximum number of participants per session is 250 per session. ● The maximum number of individual entries per swimmer is 4 per session.
RELAY ENTRIES & MIXED RELAYS:	Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. ● Relay swimmers must be entered in a non-relay event in order to compete. ● A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification.
ENTRY TIMES & CONVERSION:	● Entries can be submitted with No Time (NT). ● Time Estimates will not be accepted. ● Entry Times should not be converted (i.e. LCM to SCM) ● Times will be converted by meet management.

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
Session 1	05 Dec 2026	Group 1 - 7:00AM - 7:40AM Group 2 - 7:40AM to 8:20AM	8:30AM	12:00 PM	Timed Finals
Session 2	05 Dec 2026	Group 1 - 1:00PM - 1:30PM Group 2 - 1:30PM to 2:00PM	2:05 PM	5:30 PM	Timed Finals
Session 3	06 Dec 2026	8:00AM to 08:50AM	9:00 AM	1:00 PM	Timed Finals

Meet Format & Administration

SEEDING:	After all times are converted as pursuant to the conversion process: ● Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded last.

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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: ● Swimmer Deck entries are permitted provided proof of active registration status with valid Swimming Canada ID is provided to Meet Management. ● Fee: $20
RELAY NAME SUBMISSION:	● Relay Cards are available at Admin Desk ● Relay Cards or Forms must be returned to the Admin Desk
SCRATCHES & POSITIVE CHECK IN RULES:	The following are the Scratch deadlines for this competition. ● There is no scratch deadline. Coaches do not need to submit scratches for any reason. The following are the Positive Check-in deadlines for this competition. ● There is no positive check-in required at this meet.
PENALTIES:	● There are no penalties for this meet
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. 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. ● Official Split Forms are available at Admin Desk. ● Official Split Forms must be returned to Admin Desk 30 minutes prior to the commencement of the respective heat. ● Not all Official Split requests can be accommodated.
SWIM OFFS:	This competition offers a team 50 Free competition, swim offs will only be during this event. ● If any tie occurs for the 13&Over age groups per gender, a swim-off to break the tie may be swum. Any ties for the 12&Under age groups per gender will be awarded the same rank and award. ● All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials. ● Coaches are to report to the Admin Desk when a swim-off is announced.
DISQUALIFICATION & APPEAL PROCEDURE:	The Athlete or Coach must be informed of the particulars of the disqualification within fifteen (15) minutes of the Athlete's race. If that deadline is missed, the disqualification stands only if all reasonable efforts were made to inform them. A public address announcement of the disqualification satisfies this requirement. ● The Coach or Team Leader should first discuss the disqualification with the Session Referee, and may ask to view the disqualification slip.

	• If the matter is not resolved, the Coach or Team Leader may submit a written appeal to the Session Referee or Admin Desk within 30 minutes of the result being posted. Appeal forms are available at the Admin Desk. • If the Session Referee rejects the appeal, the Coach or Team Leader may request a Jury of Appeal. This request must be made within one hour of the Referee's written decision being communicated. • Video from personal devices will not be accepted at any stage of the appeal process. Only official video approved by the Competition Coordinator before the start of the competition may be consulted (II.C12.5.2). The following are approved as video evidence: A. No approved video • The Appeals & Jury of Appeal Standard Operating Procedure will be followed.
RECORDS:	• Swim times achieved at this competition will be eligible for Provincial and National Records. Coaches are advised to inform Meet Management prior to the start of the session where mixed gender individual events are taking place that there is a possibility of a Canadian Age Group record being broken. The referee can ensure that the swimmer competes with competitors of the same gender for his/her heat. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca via REMS. • Unofficial Results will be posted at the meet. • Unofficial mobile applications results will be available via meet mobile.
SCORING & AWARDS:	The following scoring will be applied: • All events in session 1 and 2 will be scored towards the team challenge. Scoring details will be pushed to all of the clubs in the coaches bulletin. The following will be awarded: • Sleigh the 50 Team Challenge: Medals for 1st-3rd and ribbons for 4th-8th place. Individual awards and results will be broken out by gender and the following age groups apply: 10 & Under, 11, 12, 13, 14, 15, 16 & Over. • Team Challenge: The clubs from the winning team will receive trophies to take home.

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Schedule of Events

Session 1 - All Ages Timed Finals Saturday, December 5, 2026 Warm-up: Group 1 - 7:00AM - 7:40AM Group 2 - 7:40AM to 8:20AM Start 8:30		
Women		Men
101	100 Free	102
103	50 Back	104
105	200 IM	106
107	50 Free	108
109	200 Back	110
111	100 Fly	112
113	400 Free	114
115	200 MR	116

Session 2 - All Ages Timed Finals Saturday, December 5, 2026 Warm-up: Group 1 - 1:00PM to 1:30PM Group 2 - 1:30PM to 2:00PM Start 2:05PM		
Women		Men
117	200 Free	118
119	50 Fly	120
121	100 Back	122
123	50 Breast	124
125	100 Free	126
127	200 Breast	128
129	SLEIGH THE 50 (50 Free team Challenge)	130

Session 3 - All Ages Timed Finals Sunday, December 6, 2026 Warm-up: 8:00 AM - 8:50AM Start: 9:00 AM		
Women		Men
201	400 IM	202
203	200 FLY	204
205	100 IM	206
207	1500 Free	207
208	800 Free	208