

Brief Meet Information

NAME OF MEET:	Kingston Blue Marlins Pentathlon
DATE(s):	October 18, 2026
HOSTED BY:	Kingston Blue Marlins
LOCATION:	Queen's Athletics & Recreation Centre, 284 Earl Street, Kingston, ON K7L 3N6
FACILITY:	10 Lane 25m Competition Pool with 4 Continuous Warm Up Lanes, Colorado Timing System
PURPOSE & DESCRIPTION:	Individual Events: All events 10 & Under, 11-12, 13-14, 15 & Over. All four 50's and 100 IM.
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:	24SEPT2026 (AMS) - Approved photographers. Maximum number of participants. 14OCT2026 (MAP) - Inclusion of new Swim Ontario statements

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Michelle Parent	parent_michelle@hotmail.com	5
MEET MANAGER(S):	Angelica Mendieta-Sweet Alisha Scott	meetofficials@swimkingston.ca oosterman@hotmail.com	
OFFICIALS COORDINATOR:	Cory Cronk	cory@swimkingston.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.

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

Not applicable.

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..11.2 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**
 - from deep end

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
BACSTROKE LEDGES:	Ledges will be used and available for all ages and sessions
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. - Visual Start hand signals given by the starter/referee. - Visual Start Strobe Light options: 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. Requesting Accommodations: Clubs requiring accommodations must contact Meet Management by the <u>Entry Deadline</u>. 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: October 18, 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. **This competition is sanctioned as an Age Group Swimming Invitational, however, foreign swimmer/teams entries will not be accepted.**

ADDITIONAL ELIGIBILITY INFORMATION:	- Usport Varsity registered swimmers are welcome to attend. They must represent the Varsity Team they are registered with. - This meet has <u>no time standards</u> for all individual events.
COACH & SUPPORT STAFF REGISTRATION:	Meet management will cross reference the <u>list of coaches submitted with entries</u> at this competition with the <u>Swim Ontario Compliance lists</u>. 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. Athletes 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 athletes 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. 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 Monday, October 5, 2026. Changes to entries will be accepted until Tuesday, October 13, 2026.
ENTRY FEE:	The following fees will apply for this competition: \$45 Payment Method: Electronic Transfer: treasurer@swimkingston.ca – indicate Club Code in notes Cheque: Payable to Kingston Blue Marlins
ENTRY LIMITS:	The following limits are in place for this competition: - The maximum number of participants per session is 225. - The maximum number of entries per swimmer is 5.

RELAY ENTRIES & MIXED RELAYS:	No relays will be offered at this competition.
ENTRY TIMES & CONVERSION:	- Estimate entry times are accepted. - Swimmers who enter with no times will be seeded based on 1:00 Free or Back, 1:15 Breast or Fly.

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
Session 1	October 18	11:30 - 12:25 PM	12:30 PM	4:30 PM	TF

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.
DECK ENTRIES:	No Deck Entries are permitted.
SCRATCHES & POSITIVE CHECK IN RULES:	The following are the Scratch deadlines for this competition. - There is no scratch deadline for all timed final or preliminary events . The following are the Positive Check-in deadlines for this competition. - There is no positive check-in required for this competition.
PENALTIES:	No penalty shall be imposed for day of withdrawals and No-Shows except loss of entry fees.
OFFICIAL SPLIT TIMES:	No official splits will be accommodated.
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: 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.
SCORING & AWARDS:	The following scoring will be applied: • No Scoring The following will be awarded: Individual events: - Ribbons for 1st to 10th place for swimmers 12 and under. - Ribbons for 1st to 3rd for swimmers 13 and over - Awards are separated into the following categories: 10 & under, 11-12, 13-14, 15 & over

**FACILITY &
HOSPITALITY
INFORMATION:**

Please access our [2026 Pentathlon Hospitality](#) document here.

On Deck Reminders

To ensure our meet runs safely and smoothly, please remind parents and swimmers of the following:

- Vents must remain clear throughout the session
- Water is in plastic or metal bottles
- Warm up lanes are for circle swimming
- Pictures are not taken behind the start blocks
- Swimmers must wear shoes and cover up when outside the pool area.

As a final reminder to parents, 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.

Schedule of Events

Session 1 Sunday, October 18, 2026 Warm-up: 11:30 - 12:25 PM -- Start: 12:30 PM		
Women		Men
1	All ages 50 Fly	2
3	All ages 50 Back	4
5	All ages 50 Breast	6
7	All ages 50 Free	8
9	All ages 100 IM	10