

Brief Meet Information

MEET NAME	KBM Pentathlon
DATE(s):	October 19, 2025
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, Dolphin Timing System
PURPOSE & DESCRIPTION:	Meet Format: Short course. Individual Events: All events 10 & Under, 11-12, 13-14, 15 & Over. All four 50's and 100 IM.
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:	10SEPT2025

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Michelle Parent	parent_michelle@hotmail.com	5
MEET MANAGER(S):	Angelica Mendieta-Sweet	meetofficials@swimkingston.ca	3
OFFICIALS COORDINATOR:	Cory Cronk	cory@swimkingston.ca	4

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](#).

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

Any photographers who request permission and are preapproved by Swim Ontario will be permitted on deck.

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 etiquette:**

- o No loitering at the end of lane
- o 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
- o Swimmers using sprint and pace lanes must be directly supervised by their coaches

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

Swimmers witnessed by a Safety Marshal or Meet Management diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final.

AGE UP DATE:	The competitor's age is as the first day of the competition: October 19, 2025.
DIVE STARTS:	<p>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, at this competition, starts will be conducted as follows:</p> <ul style="list-style-type: none"> A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <ul style="list-style-type: none"> a. from deep end only and/or B. from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> a. from deep end only and/or C. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> a. from deep end only
BACSTROKE LEDGES:	A. Ledges will be used and available for ages 13 and over.
d/DEAF AND HARD OF HEARING ACCOMMODATION:	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> 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. <p>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</p> <p>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.</p>

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

<p>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</p>	
ADDITIONAL ELIGIBILITY INFORMATION:	This meet has NO Time Standards for all individual events.
COACH & SUPPORT STAFF REGISTRATION:	<p>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.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</p> <p>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.</p>
FOREIGN TEAMS / COMPETITORS:	<p>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.</p> <p>Foreign Teams' / competitors' entries will not be accepted by the host club.</p>

Entry Process

ENTRY SUBMISSIONS:	<p>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:</p> <ul style="list-style-type: none"> ● 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 <p>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.</p> <p>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.</p>
ENTRY DEADLINE:	<p>The online entry deadline is Wednesday, October 8, 2025.</p> <p>Changes to entries will be accepted until Tuesday, October 14, 2025.</p>
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <p>A. \$40.00 entry fee (eligible to swim all 5 events)</p>

	Payment Methods: <ul style="list-style-type: none"> • 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 300.
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	Session Start	Approximate Session End	Time Final/Heats /Finals
1	October 19	11:00 AM - 11:30 AM 12+Under DEEP END 11:30 - 12:00 PM Everyone	1:00 PM	4:30 PM	TF

Meet Format & Administration	
SEEDING:	After all times are converted as pursuant to the conversion process: <ol style="list-style-type: none"> 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. <ol style="list-style-type: none"> with the exception of Distance Events which will be seeded fastest to slowest. Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded. Non-conforming times will be seeded last <ol style="list-style-type: none"> SCM then LCM LCM then SCM
DECK ENTRIES:	The following are the Deck Entry Rules for this competition: No Deck Entries are permitted.
RELAY NAME SUBMISSION:	There are no relays at this event.
SCRATCHES & POSITIVE CHECK IN RULES:	The following are the Scratch deadlines for this competition. There is no scratch deadline for all 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 late or day of scratches and No-Shows
OFFICIAL SPLIT TIMES:	Not applicable to this meet.
SWIM OFFS:	This competition offers timed final events and there will be NO swim offs.

DISQUALIFICATION & PROTEST PROCEDURE:	<ul style="list-style-type: none"> • 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 protest may be presented to the Session Referee from the club representative. <ul style="list-style-type: none"> ◦ A written protest must be presented within 30 minutes after the conclusion of the <u>event</u> in question. ◦ Protest forms are available at the Admin Desk. • If not resolved after the decision of the written protest 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 protest is communicated to the club representative. 						
RECORDS:	<p>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.</p>						
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <p>A. Unofficial Results will be posted at the meet. B. Unofficial mobile applications results will be available.</p>						
SCORING:	<p>The following scoring will be applied: No Scoring</p>						
AWARDS:	<p>The following will be awarded:</p> <p>Individual events:</p> <p>A. Ribbons 1st to 10th for all events B. Awards are separated into the following categories: 10 & under, 11-12, 13-14, 15 & over</p>						
FACILITY & HOSPITALITY INFORMATION:	<p>Parking Queen's University offers \$15/day surface parking at lots a short walk to the Athletics and Recreation Centre. You can pay using the HONK Mobile App as well as at Pay & Display machines.</p> <table data-bbox="354 1444 1307 1512"> <tr> <td>Tindall Parking Lot</td> <td>Union & Albert Streets</td> <td>HONK Code: 5796</td> </tr> <tr> <td>KCVI Surface Lot</td> <td>235 Frontenac Street</td> <td>HONK Code: 5790</td> </tr> </table> <p>Find parking information here: https://www.queensu.ca/facilities/services/commuter/parking.</p> <p>Food Grocery stores and food outlets closest to the ARC:</p> <p>Balzac's Coffee: 251 Princess St, Kingston, ON K7L 1B4 BSE Skateboard Shop & Coffee Bar: 225 Princess St, Kingston, ON K7L 1B3 Bulk Barn: 145 Princess St Unit 143, Kingston, ON K7L 1A8 Food Basics: 33 Barrack St, Kingston, ON K7K 1E7 Grocery Checkout: Next to viewing gallery inside ARC. Juniper Café: 370 King St. W, Kingston, ON K7L 2X4 Metro: 310 Barrie St, Kingston, ON K7L 5L4</p>	Tindall Parking Lot	Union & Albert Streets	HONK Code: 5796	KCVI Surface Lot	235 Frontenac Street	HONK Code: 5790
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Starbucks: 121 Division St, Kingston, ON K7L 3M5
 Starbucks: 495 Princess St, Kingston, ON K7L 1C3

In addition, Princess Street offers many different restaurants and food options.

On Deck Reminders

To ensure our meet runs safely and smoothly, you'll see the attached posters around the deck. Please remind parents and swimmers of the following:

- Bags are to be left in change rooms
- Vents must remain clear throughout the session
- Food is consumed outside of the pool area
- Water is in plastic or metal bottles
- Warm up lanes are for safe swimming
- Pictures are not taken behind start blocks

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 19, 2025		
Warm-up: 11:00 AM - 11:30 AM 12+ Under 11:30 - 12:00 PM Everyone Start: 12:00 PM		
Female	Events	Male
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