



Fred Rams 'B' Championships 2026

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MEET NAME	Fred Rams 'B' Championship 2026
DATE(s):	May 30 & 31, 2026
HOSTED BY:	Timmins Marlins Swim Club
LOCATION:	<i>Archie Dillon Sportsplex Pool 396 Theriault Blvd Timmins, ON</i>
FACILITY:	<i>6 lane 25m pool with small warm-down pool</i>
PURPOSE & DESCRIPTION:	<i>'B' Championships for 14 & under regional swimmers</i>
COMPETITION CONFIGURATION	Single Ended
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 2-Updates to De-Qualifying Times

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Tim Edwards	Tim.Edwards@glencore.ca	4
MEET MANAGER(S):	Jackie Noble-Chow	tmscmeetmanager@gmail.com	1
OFFICIALS COORDINATOR:	James Alexander	tmscofficials@gmail.com	1

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

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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

This facility does not allow any form of recording (cellphone, cameras, videocameras, etc). Meet management will not accept requests to access the competition deck to record. The following are approved by Swim Ontario Official Photographers/Videographers for this event:

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.

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 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.

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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 30, 2026
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, this competition Starts will be conducted as follows:</p> <p style="text-align: center;">from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from</p> <p style="text-align: center;">from deep end only</p> <p>and/or</p> <ul style="list-style-type: none"> ● In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <p style="text-align: center;">from deep end only</p>
BACSTROKE LEDGES:	Ledges will not be used in the swim meet
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"> ● Visual Start Strobe Light options <ul style="list-style-type: none"> ○ Facility-Provided Strobe Light: An external strobe light is available at this facility ○ 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.

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	<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>
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Eligibility

<p>All athletes must be registered as <u>Competitive</u> or <u>Varsity</u> 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.</p>	
ADDITIONAL ELIGIBILITY INFORMATION:	<p>This meet is a Closed Invitational for the following clubs: NEOR Clubs Preference will be given to the host club first.</p> <p>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.</p> <p>This meet has Time Standards for all individual events. Para-swimmers are exempt from the Time Standards at this competition. Para swimmers are subject to the Swim Ontario Para Invitational Recommendation Times standards for the following events: _____</p>
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> <ul style="list-style-type: none"> ● Foreign Teams' / competitors' entries will not be accepted by the host club.

Entry Process

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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 May 20, 2026 Changes to entries will be accepted until May 25, 2026</p>
ENTRY FEE:	<p>The following fees will apply for this competition: Individual Events: 16.00 Relay Events: 21.00</p> <p>Payment Method: Payment Method: Cheque, etransfer or cash E-transfers can be made to tmscfinance@gmail.com. Please make cheques payable to: Timmins Marlins Swim Club</p>
ENTRY LIMITS:	<p>The following limits are in place for this competition: The maximum number of participants per session is 200 Each club is limited to the following number of swimmers 75 The maximum number of entries per swimmer is 8 The maximum number of relays per club is 4 per session</p>
RELAY ENTRIES & MIXED RELAYS:	<p>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. For development meets: Mixed relays can be any combination of females and males. Relays will be exhibition only and no ranking, scoring or awards will be given. The first leg of these relays will not be recognized as official times. The relays will not be part of the official results to be uploaded to REMS. No relays will be offered at this competition.</p>
ENTRY TIMES & CONVERSION:	<p>Entries can be submitted with No Time (NT). Entries must be submitted using provable times (not converted), recorded during the qualifying period. Please submit times in the course achieved. Times achieved since (Qualifying Period): _____ Qualifying Standards (Time Standards) are as follows: _____ See Time Standards Section at the end of the meet package Times will not be converted by meet management.</p>



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Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	May 30,2026	9:30 AM	10:30 AM	1:30 PM	Finals
2	May 30,2026	2:00 PM	3:00 PM	6:00 PM	Finals
3	May 31,2026	7:00 AM	8:00 AM	11:00 AM	Finals
4	May 31,2026	11:00 AM	12:00 PM	3:00 PM	Finals

Meet Format & Administration

SEEDING:	<p>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. with the exception of Distance Events which will be seeded fastest to slowest.</p>
DECK ENTRIES:	<p>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: No Deck Entries are permitted.</p>
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk. Relay Cards are available at the marshaling table The Relay Name submission deadline is 30 mins before the start of the session.</p>
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition. There is no scratch deadline for all events. Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session. event</p> <p>The following are the Positive Check-in deadlines for this competition. There is no positive check-in required for this competition.</p>
PENALTIES:	<p>No penalty shall be imposed for late or day of scratches and No-Shows</p>
OFFICIAL SPLIT TIMES:	<p>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 <u>Admin Desk</u> 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. Official Split Forms are available at the Admin Desk.</p>

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SWIM OFFS:	<ul style="list-style-type: none"> ●
DISQUALIFICATION & APPEAL 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 appeal may be presented to the Session Referee from the club representative. <ul style="list-style-type: none"> ○ A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> in question. ○ Appeal on Referee Decision forms are available at the Admin Desk. ● 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:	Swim times achieved at this competition will NOT be used for applications of provincial and national records.
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <p>Unofficial Results will be posted at the meet. Unofficial mobile applications results will be available. Unofficial Live Results will be available.</p>
SCORING:	<p>The following scoring will be applied:</p> <p>Team points: Individual: 7-5-4-3-2-1 Relay: 14-10-8-6-4-2</p> <p>Individual High Point Awards: 5-2-1 Para swimmers – will not be scored</p> <p>Only 1 relay team per club will be scored for each relay event, but there are no limitations for the number of teams that may be entered.</p>
AWARDS:	<p>The following will be awarded:</p> <ul style="list-style-type: none"> ● Individual Events: 1st, 2nd & 3rd – Medals, 4th, 5th & 6th – Ribbons ● Relays: 1st – Medal, 2nd & 3rd - Ribbons ● High Points Individual Trophies for each age group of Girls & Boys <ul style="list-style-type: none"> ○ <i>Age groups: 8 & under, 9-10, 11-12, 13-14</i> <p>Large and Small Team High Points – Banner</p>

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ADDITIONAL INFORMATION:	
SAFETY REQUIREMENTS FOR LCM CHASE STARTS	<p>Officials will ensure finishing swimmers clear the wall quickly, move to the lane rope, and follow Inspector of Turns direction so incoming chase swimmers can turn safely.</p> <p>Para heats must be fully cleared, no more than two heats may be in the water during LCM chase starts, and 50m events must allow full clearance before the next heat finishes.</p> <p>Coaches are responsible for ensuring swimmers remain aware of incoming chase swimmers and follow all instructions provided by the Inspector of Turns.</p>

Schedule of Events

Session 1		
Saturday, May 30, 2026		
Warm-up: 09:30 AM -- Start: 10:30 AM		
Girls		Boys
1	8 & Under, 100m Breast	2
3	9 & 10, 100m Breast	4
5	9 & 10, 200m Back	6
7	8 & Under, 50m Free	8
9	9 & 10, 50m Free	10
11	8 & Under, 100m I.M.	12
13	9 & 10, 100m I.M.	14
15	9 & 10, 100m Fly	16
17	8 & Under, 200m Free	18
19	9 & 10, 200m Free	20
21	8 & Under, 50m Back	22
23	9 & 10, 50m Back	24
25	8 & Under, 200m Medley Relay	26
27	9 & 10, 200m Medley Relay	28

Session 2		
Saturday, May 30, 2026		
Warm-up: 2:00 PM -- Start: 3:00 PM		
Girls		Boys
29	11 & 12, 200m Medley Relay	30
31	13 & 14, 200m Medley Relay	32
33	11 & 12, 200m Free	34



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35	13 & 14, 200m Free	36
37	11 & 12, 100m Breast	38
39	13 & 14, 100m Breast	40
41	11 & 12, 100m Fly	42
43	13 & 14, 100m Fly	44
45	11 & 12, 200m Back	46
47	13 & 14, 200m Back	48
49	11 & 12, 50m Free	50
51	13 & 14, 50m Free	52
53	11 & 12, 400m I.M.	54
55	13 & 14, 400m I.M.	56
57	11 & 12, 50m Back	58
59	13 & 14, 50m Back	60

Session 3 Sunday, May 31, 2026 Warm-up: 7:00 AM -- Start: 8:00 AM		
Girls		Boys
61	8 & Under, 100m Free	62
63	9 & 10, 100m Free	64
65	8 & Under, 50m Breast	66
67	9 & 10, 50m Breast	68
69	8 & Under, 100m Back	70
71	9 & 10, 100m Back	72
73	9 & 10, 400m Free	74
75	8 & Under, 200m I.M.	76
77	9 & 10, 200m I.M.	78
79	8 & Under, 50m Fly	80
81	9 & 10, 50m Fly	82
83	8 & Under, 200m Freestyle Relay	84
85	9 & 10, 200m Freestyle Relay	86
87	8 & Under, Mixed 200m Freestyle Relay	87
88	9 & 10, Mixed 200m Freestyle Relay	88
Session 4 Sunday, May 31, 2026 Warm-up: 11:00 AM -- Start: 12:00 PM		
Girls		Boys
89	11 & 12, 200m Freestyle Relay	90
91	13 & 14, 200m Freestyle Relay	92
93	11 & 12, 100m Free	94
95	13 & 14, 100m Free	96

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97	11 & 12, 200m Breast	98
99	13 & 14, 200m Breast	100
101	11 & 12, 100m Back	102
103	13 & 14, 100m Back	104
105	11 & 12, 50m Fly	106
107	13 & 14, 50m Fly	108
109	11 & 12, 400m Free	110
111	13 & 14, 400m Free	112
113	11 & 12, 200m I.M.	114
115	13 & 14, 200m I.M.	116
117	11 & 12, 50m Breast	118
119	13 & 14, 50m Breast	120

De-Qualifying Time Standards

	FEMALE TIME STANDARDS			EVENT	MALE TIME STANDARDS		
	13-14	11-12	10&U		10&U	11-12	13-14
	30.16	31.16	33.74	50 FR	33.78	31.64	27.80
	1:05.98	1:08.18	1:14.66	100 FR	1:14.77	1:10.01	1:01.07
	2:23.77	2:30.67	2:44.97	200 FR	2:44.51	2:35.60	2:50.66
	5:08.62	5:20.75	5:51.71	400 FR	5:49.84	5:30.15	4:48.10
	10:41.46	11:11.36		800 FR		10:50.25	10:11.18
				1500FR			
			41.17	50 BK	41.31		
	1:15.39	1:19.46	1:27.35	100 BK	1:27.63	1:21.74	1:09.80
	2:43.33	2:51.45		200BK		2:55.38	2:33.92
			47.34	50 BR	47.54		
	1:26.07	1:29.94	1:39.69	100BR	1:40.09	1:32.73	1:19.51
	3:07.84	3:15.86		200 BR		3:19.53	2:56.73
			42.09	50 FLY	42.37		
	1:13.32	1:16.95	1:29.19	100 FLY	1:29.75	1:22.27	1:08.14
	2:50.54	3:14.07		200FLY		3:16.64	2:38.06
			1:27.98	100 IM	128.80		
	2:43.84	2:50.10	3:05.97	200 IM	3:07.60	2:55.19	3:32.96
	2:56.16	6:16.06		400 IM		6:19.57	5:31.70

Eligibility and Participation Guidelines

14 & Under Swimmers:

1. **De-Qualification Time Eligibility:**

2.

- If a swimmer has achieved the de-qualification time for an event, they **are not eligible to enter** that event.
- Swimmers **slower than** the de-qualification time for an event, **are eligible** to participate in that event.



Para Swimmers:

- **Eligibility for Para Swimmers:**
 - Para swimmers, including those over 14 years of age, are **eligible to participate** in the meet, irrespective of the de-qualification times.
 - Para swimmers **are not subject to time standards.**

- **Note:** This applies to all para swimmers, regardless of age, as long as they meet the necessary eligibility requirements for participation.