

Brief Meet Information

MEET NAME	SSAT Invitational - NEOR 1
DATE(s):	October 25-26, 2025
HOSTED BY:	Sault Surge Aquatic Team
LOCATION:	John Rhodes Community Centre Pool
FACILITY:	8 lane, 25 m, Colorado System
PURPOSE & DESCRIPTION:	NEOR 1 is a short course competition, providing developmental opportunities for swimmers from NEOR
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:	August 26, 2025

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Erin Banton	ssat.officials.chair@gmail.com	4
MEET MANAGER(S):	Taryn Reid	ssat.meetmanager@gmail.com	
OFFICIALS COORDINATOR:	Leila Park	ssat.officials.coordinator@gmail.com	

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

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 etiquette:**
 - 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

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 25, 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, this competition Starts will be conducted as follows:</p> <p>from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from from deep end only</p> <p>and/or</p> <ul style="list-style-type: none"> from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from ___deep___ end <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 from ___deep___ end
BACSTROKE LEDGES:	Ledges will be used and available for all ages and sessions
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"> 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 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:

This meet is a Closed Invitational for the following clubs: all NEOR clubs____
Preference will be given to the host club first.

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.

- 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 <u>October 15, 2025</u> Changes to entries will be accepted until <u>October 19, 2025</u>
ENTRY FEE:	The following fees will apply for this competition: Individual Events: <u>15</u> Relay Events: <u>20</u> No Fees Payment Method: e-transfer to ssat.treasurer@gmail.com or by cheque to Sault Surge Aquatic Team
ENTRY LIMITS:	The following limits are in place for this competition: The maximum number of participants per session is <u>150</u> The maximum number of entries per swimmer is <u>12</u> (8 individual, 4 relay)
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.
ENTRY TIMES & CONVERSION:	Entries can be submitted with No Time (NT). Estimate entry times are accepted.

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	October 25	10:00-11:00am	11:05am	2:30pm	Timed Finals
2	October 25	3:00 - 4:00pm	4:05pm	7:00pm	Timed Finals
3	October 26	8:00-9:00am	9:05am	12:00pm	Timed Finals
4	October 26	12:00-1:00pm	1:05pm	4:00pm	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. with the exception of Distance Events which will be seeded 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: Only event deck entries are permitted for swimmers <u>already entered in the competition</u> . Fee: <u>\$10</u> Swimmer Deck entries are permitted provided proof of active registration status with valid Swimming Canada ID is provided to Meet Management. Fee: <u>\$10</u>
RELAY NAME SUBMISSION:	Relay Cards or Forms must be returned to the Admin Desk. Relay Cards are available at <u>Administration Desk</u>

	The Relay Name submission deadline is 30 mins before the start of the session.
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <p>There is a scratch deadline for:</p> <p style="padding-left: 40px;">All events</p> <p style="padding-left: 40px;">Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.</p> <p>The following are the Positive Check-in deadlines for this competition.</p> <p>There is no positive check-in required for this competition.</p>
PENALTIES:	No penalty shall be imposed for late or day of scratches and No-Shows
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.</p> <p>Official Split Forms are available at the Admin Desk. Not all Official Split requests can be accommodated.</p>
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:	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.</p>
SCORING:	<p>The following scoring will be applied:</p> <p>No Scoring</p>
AWARDS:	<p>The following will be awarded:</p> <p>Ribbons for places 1-6 in age groups 8 & Under, 9-10, 11-12, 13-14, 15 & Over</p>

**ADDITIONAL
INFORMATION:**

Schedule of Events

Session 1 - 13 & Over Saturday, October 25, 2025 Warm-up: 10:00 AM -- Start: 11:00 AM		
35	200m Free Relay	13 & Over Girls
36	200m Free Relay	13 & Over Boys
1	200m Free	13 & Over Mixed
2	100m Back	13 & Over Mixed
3	50m Breast	13 & Over Mixed
4	200m Breast	13 & Over Mixed
5	50m Free	13 & Over Mixed
6	100m IM	13 & Over Mixed
7	100m Fly	13 & Over Mixed
8	800m Free	13 & Over Mixed

Session 2 - 12 & Under Saturday, October 25, 2025 Warm-up: 3:00 PM -- Start: 4:00 PM		
37	200m Free Relay	12 & Under Girls
28	200m Free Relay	12 & Under Boys
9	25m Breast	12 & Under Mixed
10	200m Free	12 & Under Mixed
11	100m Back	12 & Under Mixed
12	50m Breast	12 & Under Mixed
13	200m Breast	12 & Under Mixed
14	25m Fly	12 & Under Mixed
15	50m Free	12 & Under Mixed
16	100m IM	12 & Under Mixed
17	100m Fly	12 & Under Mixed

Session 3 - 13 & Over		
Sunday, October 26, 2025		
Warm-up: 8:00 AM -- Start: 9:00 AM		
18	200m IM	13 & Over Mixed
19	100m Free	13 & Over Mixed
20	50m Back	13 & Over Mixed
21	200m Back	13 & Over Mixed
22	100m Breast	13 & Over Mixed
23	50m Fly	13 & Over Mixed
24	200m Fly	13 & Over Mixed
25	400m Free	13 & Over Mixed
39	200m Medley Relay	13 & Over Girls
40	200m Medley Relay	13 & Over Boys

Session 4 - 12 & Under		
Sunday, October 26, 2025		
Warm-up: 12:00 PM -- Start: 1:00 PM		
26	200m IM	12 & Under Mixed
27	100m Free	12 & Under Mixed
28	50m Back	12 & Under Mixed
29	200m Back	12 & Under Mixed
30	100m Breast	12 & Under Mixed
31	50m Fly	12 & Under Mixed
32	25m Free	12 & Under Mixed
33	25m Back	12 & Under Mixed
34	400m Free	12 & Under Mixed
41	200m Medley Relay	12 & Under Girls
42	200m Medley Relay	12 & Under Boys

Dave Kensit Short Course Championship Time Standards - Feb 6-8, 2026

DAVE KENSIT STANDARDS 2025-2026								
FEMALE TIME STANDARDS					MALE TIME STANDARDS			
15&O	13-14	11-12	10&U	EVENT	10&U	11-12	13-14	15&O
34.90	37.22	37.75	44.86	50 FR	45.52	40.03	35.36	32.58
1:15.58	1:20.98	1:23.18	1:39.46	100 FR	1:41.42	1:28.13	1:16.87	1:10.60
2:44.39	2:55.62	3:09.89	3:39.12	200 FR	3:45.72	3:13.61	2:50.66	2:33.84
5:49.22	6:18.00	6:44.63	7:38.98	400 FR	7:50.67	6:55.80	6:11.70	5:30.71
12:05.84	12:49.48	13:56.50		800 FR		14:34.99	12:40.79	11:32.57
23:11.22				1500FR				22:07.77
			46.88	50 BK	48.03			
1:25.37	1:32.46	1:34.10	1:53.77	100 BK	1:57.02	1:41.16	1:29.36	1:20.87
3:03.32	3:19.83	3:33.47		200BK		3:33.87	3:14.86	2:55.72
			1:01.01	50 BR	1:04.19			
1:38.99	1:45.50	1:48.03	2:08.72	100BR	2:13.93	1:57.92	1:43.64	1:33.38
3:34.15	3:48.36	3:49.45		200 BR		4:18.15	3:43.40	3:22.99
			57.87	50 FLY	1:01.00			
1:25.20	1:33.70	1:43.64	2:00.26	100 FLY	2:06.13	1:46.73	1:29.97	1:19.24
3:14.59	3:33.47	3:58.29		200FLY		4:26.85	3:30.99	3:03.63
			1:58.33	100 IM	2:00.92			
3:07.13	3:21.60	3:36.10	4:09.48	200 IM	4:13.44	3:40.50	3:15.93	2:55.81
6:36.08	7:09.66	7:39.21		400 IM		8:10.25	7:00.84	6:21.76