



Brief Meet Information

MEET NAME	Amanda Reason Invitational 2026
DATE(s):	May 1 - 3, 2026
HOSTED BY:	Windsor Essex Swim Team
LOCATION:	Windsor International Aquatic Training Center
FACILITY:	The pool is a 10 lane 72 meter indoor facility. Bulkhead divided will include a 50 meter competition pool. Omega Quantum Electronic Timing System and 10 lane display. Scoreboard with Hytek Meet Manager for scoring. Touchpads will be at both ends of the pool. Spectator seating will be upstairs on mezzanine level. No glass containers or outdoor shoes allowed on deck.
PURPOSE & DESCRIPTION:	To provide swimmers with the opportunities to obtain qualification times in a long course pool. There will be prelim and A&B finals(with restrictions) for the 13 & over age categories and timed finals for the 12 & Under groups.
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:	April 21, 2026

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Anita Scheffel-Woo	anita.scheffelwoo@gmail.com	5
MEET MANAGER(S):	Gavin Bee Ryan Gibbons	gavin.bee@gmail.com westmeetscoc@gmail.com	4 3
OFFICIALS COORDINATOR:	Ryan Gibbons	westmeetscoc@gmail.com	3

Safety at Competitions

Swimming Canada and Swim Ontario believe 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

The following are approved by Swim Ontario Official Photographers/Videographers for this event: BLANCO MONTOYA, Pablo Ivan

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.

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 1, 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> <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. both ends and/or <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 <ul style="list-style-type: none"> a. from both ends and/or <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 <ul style="list-style-type: none"> a. from both ends
BACSTROKE LEDGES:	Backstroke ledges will be available for all ages and sessions, and their use is optional. Swimmers and coaches are expected to know, understand, and follow rule World Aquatics II.6.1 regarding the backstroke start.
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. ● A Facility-Provided Strobe Light is available. <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.

This event is sanctioned as an Age Group Swimming Invitational including foreign competitors/teams subject to the provisions below.

**ADDITIONAL
ELIGIBILITY
INFORMATION:**

- A. Preference will be given to the host club first.
- B. 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.

**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 and their competitors are welcome, subject to the following provisions.

- **Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate.**
- All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.
- All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing.
- All competitors and coaches must be in good standing with their respective governing swim body.
- All foreign competitors and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate.
- **Foreign Team entries are not to be accepted by the host club until Swim Ontario grants approval.**



Entry Process

<p>ENTRY SUBMISSIONS:</p>	<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>
<p>ENTRY DEADLINE:</p>	<p>The online entry deadline is Tuesday April 14, 2026</p> <p>A. Changes to entries will be accepted until Sunday April 19, 2026 at 11:00 PM</p>
<p>ENTRY FEE:</p>	<p>The following fees will apply for this competition:</p> <p>A. Individual Events: \$16.00 for stroke 50's, 100's and stroke 200's. B. \$18.00 for 1500, 800, 400 Freestyle and 400 IM C. Relay Events: \$20.00 D. Swimmer Fee: \$10.00</p> <p>Payment Method:</p> <ul style="list-style-type: none"> • Etransfer to windsorsexswimteam@gmail.com. Please reference Team Name in description, • Cheque Payable to 'Windsor Essex Swim Team Inc', or • Cash
<p>ENTRY LIMITS:</p>	<p>The following limits are in place for this competition:</p> <p>A. The maximum number of participants per session is 400</p>
<p>RELAY ENTRIES & MIXED RELAYS:</p>	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</p> <p>A. Relay swimmers must be entered in a non-relay event in order to compete. B. A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification.</p>
<p>ENTRY TIMES & CONVERSION:</p>	<p>A. No Time entries will not be accepted. Estimate entry time instead of using No Time (NT). B. Entry times can be converted (i.e. SCM to LCM).</p>



Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	May 1, 2026	10:00 am - 10:50 am	11: 00 am	3:00 pm	All Ages Distance Timed Finals
2	May 1, 2026	4:00 pm - 4:50 pm	5:00 pm	8:30 pm	Prelim 13 & Over and Timed Finals for 12 & Under
3	May 2, 2026	7:00 am - 7:50 am	8:00 am	12:00 pm	13 & Over Prelim
4	May 2, 2026	12:00 pm - 12:50 pm	1:00 pm	5:00 pm	12 & Under Timed Finals
5	May 2, 2026	5:00 pm - 5:50 pm	6:00 pm	9:00 pm	13 & Over Finals
6	May 3, 2026	7:00 am - 7:50 am	8:00 am	12:00 pm	13 & Over Prelim
7	May 3, 2026	12:00 pm - 12:50 pm	1:00 pm	5:00 pm	12 & Under Timed Finals
8	May 3, 2026	5:00 pm - 5:50 pm	6:00 pm	9:00 pm	13 & Over Finals

Meet Format & Administration

COMPETITION CONFIGURATION:	LCM - Single-Ended Meet
SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> A. Seeding for Timed Final events will be in order of entry times, slowest to fastest. <ul style="list-style-type: none"> a. with the exception of Distance Events (400m IM/Fr, 800m, 1500m events) which will be seeded fastest to slowest. B. Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded.
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:</p> <ul style="list-style-type: none"> A. Only event deck entries are permitted for swimmers <u>already entered in the competition</u>. <ul style="list-style-type: none"> a. Fee: \$20.00 for Individual events (not including 1500, 800, 400 free and 400IM) and \$25.00 for relays.
RELAY NAME SUBMISSION:	<p>Relay Cards will be available at the Admin Desk at the beginning of warmups. Please review and make changes on the sheet provided. Cards with changes must be signed by the coach of record.</p> <p>Relay Cards must be returned to the Admin Desk 30 minutes before the start of the session.</p>
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <p>Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.</p> <ul style="list-style-type: none"> A. A scratch deadline will apply for finals events: <ul style="list-style-type: none"> a. 30 minutes following the posting of results of last preliminary event in that session <p>PLEASE SCRATCH TO A MINIMUM OF 30TH PLACE TO ENSURE SWIMMERS WHO ARE FURTHER DOWN THE LIST KNOW THERE IS A POSSIBILITY OF THEM SWIMMING IN FINALS.</p>



	<p>The following are the Positive Check-in deadlines for this competition.</p> <p>A. There is a positive check-in 30 minutes before the start of the session at the Admin Desk for the following events: 1500, 800, 400 freestyle and 400 IM.</p> <p>B. The timely arrival of all 10 swimmers and alternates for FINAL heats is important. Failure to check-in 2 heats before a swimmer's heat is sent behind the blocks by the Admin will count as a no show and the alternate will swim.</p>
PENALTIES:	<p>A. Failure to participate in an event with a scratch or positive check-in deadline will result in following penalty:</p> <p>a. Fee: \$20</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.</p> <p>A. Official Split Forms are available at the Admin Desk.</p>
SWIM OFFS:	<p>This competition offers preliminary events.</p> <ul style="list-style-type: none"> 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:	<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:	<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 mobile applications results will be available via Meet Mobile.</p>
SCORING:	<p>The following scoring will be applied:</p> <p>A. No Scoring</p>



AWARDS:	<p>The following will be awarded:</p> <p>Individual awards: Medals for 1st thru 3rd place. Ribbons for 4th thru 8th place. Age groups: 8&U, 9-10, 11-12, 13-14, 15-16, 17&O</p> <p>Relays: Ribbons for 1st thru 3rd Age Groups: 10 & under, 11-12, 13-14, 15 & Over</p>
ADDITIONAL INFORMATION:	<ol style="list-style-type: none"> 1) WIATC Facility has strict regulations as to NO FOOD is allowed on the pool deck at any time. This will be strictly enforced by the entire WIATC staff and lifeguards. 2) Please bring a refillable water container as there are water filling stations on deck and in the hallways in the mezzanine and main lobby. NO GLASS containers allowed. 3) There will A & B finals for all Stroke 50, 100 and 200 events in the 13 & over age group. There must be a minimum of 25 swimmers pre-registered in the event for the B final group to occur. Additional deck entries will not be taken into consideration when determining the eligibility of A & B finals. 4) 'A' Finals will swim before 'B' Finals. If a no show happens in the 'A' Final group, the fastest swimmer from the 'B' Final will move into that position. The first alternate will then fill in for the swimmer from the 'B' Final who was moved up. If the first alternate is not available, then the 2nd alternate will move into that position. If neither alternate is present, then the spot will be forfeited and will swim with no swimmer in it. 5) Teams must pick up their awards prior to leaving the event as awards will not be mailed out.

Schedule of Events

Session 1					
Friday May 1, 2026, All Ages					
Warm Up 10:00 am – 10:50 am Start 11:00 am					
Women		Event			Men
1	All ages	800 Free	Timed Finals	All ages	2
3	All ages	1500 Free	Timed Finals	All ages	4
5	12 & Under	400 IM	Timed Finals	12 & Under	6
7	13 & Over	400 IM	Timed Finals	13 & Over	8

Session 2					
Friday May 1, 2026, All Ages					
Warm Up 4:00 pm – 4:50 pm Start 5:00 pm					
Women		Event			Men
9	12 & Under	200 Free	Timed Finals	12 & Under	10
11	13 & Over	200 Free	Prelims	13 & Over	12
13	12 & Under	50 Back	Timed Finals	12 & Under	14
15	13 & Over	50 Back	Prelims	13 & Over	16
17	12 & Under	50 Breast	Timed Finals	12 & Under	18
19	13 & Over	50 Breast	Prelims	13 & Over	20
21	12 & Under	50 Fly	Timed Finals	12 & Under	22
23	13 & Over	50 Fly	Prelims	13 & Over	24



Session 3 - Saturday May 2, 2026, 13 & Over Prelims

Warm Up 7:00 am – 7:50 am Start 8:00 am

Women		Event			Men
25	13 & Over	200 Breast	Prelims	13 & Over	26
27	13 & Over	50 Free	Prelims	13 & Over	28
29	13 & Over	200 Back	Prelims	13 & Over	30
31	13 & Over	100 Fly	Prelims	13 & Over	32
33	13 & Over	400 Free	Timed Finals	13 & Over	34
101	13 – 14	200 Medley Relay	Timed Finals	13 – 14	102
103	15 & Over	200 Medley Relay	Timed Finals	15 & Over	104

Session 4 - Saturday May 2, 2026, 12 & Under Timed Finals

Warm up 12:00 pm - 12:50 pm Start 1:00pm

Women		Event			Men
35	12 & Under	200 Breast	Timed Finals	12 & Under	36
37	12 & Under	50 Free	Timed Finals	12 & Under	38
39	12 & Under	200 Back	Timed Finals	12 & Under	40
41	12 & Under	100 Fly	Timed Finals	12 & Under	42
43	12 & Under	400 Free	Timed Finals	12 & Under	44
105	10 & Under	200 Medley Relay	Timed Finals	10 & Under	106
107	11 – 12	200 Medley Relay	Timed Finals	11 – 12	108

Session 5 - Saturday May 2, 2026, 13 & Over Finals

Warm up 5:00 pm - 5:50 pm Start 6:00 pm

Women		Event			Men
25	13 & Over	200 Breast	Finals	13 & Over	26
27	13 & Over	50 Free	Finals	13 & Over	28
29	13 & Over	200 Back	Finals	13 & Over	30
19	13 & Over	50 Breast	Finals	13 & Over	20
31	13 & Over	100 Fly	Finals	13 & Over	32
11	13 & Over	200 Free	Finals	13 & Over	12

Session 6 - Sunday May 3, 2026, 13 & Over Prelims

Warm Up 7:00 am - 7:50 am Start 8:00 am

Women		Event			Men
45	13 & Over	200 IM	Prelims	13 & Over	46
47	13 & Over	100 Back	Prelims	13 & Over	48
49	13 & Over	200 Fly	Prelims	13 & Over	50
51	13 & Over	100 Free	Prelims	13 & Over	52
53	13 & Over	100 Breast	Prelims	13 & Over	54
109	13 – 14	200 Free Relay	Timed Finals	13 – 14	110
111	15 & Over	200 Free Relay	Timed Finals	15 & Over	112



Session 7 - Sunday May 3, 2026, 12 & Under Timed Finals

Warm Up 12:00 pm - 12:50 pm Start 1:00 pm

Women		Event			Men
55	12 & Under	200 IM	Timed Finals	12 & Under	56
57	12 & Under	100 Back	Timed Finals	12 & Under	58
59	12 & Under	200 Fly	Timed Finals	12 & Under	60
61	12 & Under	100 Free	Timed Finals	12 & Under	62
63	12 & Under	100 Breast	Timed Finals	12 & Under	64
113	10 & Under	200 Free Relay	Timed Finals	10 & Under	114
115	11 – 12	200 Free Relay	Timed Finals	11 – 12	116

Session 8 - Sunday May 3, 2026, 13 & Over Finals

Warm Up 5:00 pm - 5:50 pm Start 6:00 pm

Women		Event			Men
45	13 & Over	200 IM	Finals	13 & Over	46
47	13 & Over	100 Back	Finals	13 & Over	48
49	13 & Over	200 Fly	Finals	13 & Over	50
51	13 & Over	100 Free	Finals	13 & Over	52
15	13 & Over	50 Back	Finals	13 & Over	16
53	13 & Over	100 Breast	Finals	13 & Over	54
23	13 & Over	50 Fly	Finals	13 & Over	24