

### Brief Meet Information

<b>MEET NAME</b>	<b>Thunderbolts NWO Long Course Invitational 2026</b>
<b>DATE(s):</b>	<b>January 31 - February 1, 2026</b>
<b>HOSTED BY:</b>	Thunder Bay Thunderbolts
<b>LOCATION:</b>	Canada Games Complex, 420 Winnipeg Avenue, Thunder Bay, ON
<b>FACILITY:</b>	8 Lane, 50 Meter Pool with Electronic Timing
<b>PURPOSE &amp; DESCRIPTION:</b>	This meet is designed to give athletes a chance to achieve personal best times, qualify for higher-level competitions, and gain valuable racing experience in a supportive setting.
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a> and the Swimming Canada Registration and Event Management System (REMS).
<b>LAST UPDATE:</b>	

### Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
<b>COMPETITION COORDINATOR(S):</b>	Daryle Martin Rob Kavanagh	<a href="mailto:darylelmartin@gmail.com">darylelmartin@gmail.com</a> <a href="mailto:kavanagh@tbaytel.net">kavanagh@tbaytel.net</a>	V
<b>MEET MANAGER(S):</b>	Laura Dennis Matt Agar Arlene Brown Phil Brown Adrienne Igo Adrienne Lix	<a href="mailto:boltsmeets@gmail.com">boltsmeets@gmail.com</a>	
<b>OFFICIALS COORDINATOR:</b>	Laura Dennis	<a href="mailto:boltscoc@gmail.com">boltscoc@gmail.com</a>	

### 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](http://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.

<b>ADDITIONAL INFORMATION</b>	Meet management will not accept requests to access the competition deck to record.
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#### **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.

<b>AGE UP DATE:</b>	The competitor's age is as the first day of the competition: <b>January 31, 2026</b>
<b>DIVE STARTS:</b>	<p><b>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:</b></p> <ul style="list-style-type: none"> <li>● from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 or</li> <li>● from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 or</li> <li>● in-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1</li> </ul> <p>All starts will be from the deep end only.</p>
<b>BACSTROKE LEDGES:</b>	Ledges will be used and available for all ages and sessions
<b>d/DEAF AND HARD OF HEARING ACCOMMODATION :</b>	<p><b>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</b></p> <ul style="list-style-type: none"> <li>● non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.</li> <li>● Visual Start hand signals given by the starter/referee. All current <a href="#">Swimming Canada rules</a> 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.</li> </ul> <p>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.</p>

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- 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.

- Visual Start Strobe Light options

**Facility-Provided Strobe Light:** An external strobe light is available at this facility

**Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.**

**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.**

## 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.

<b>ADDITIONAL ELIGIBILITY INFORMATION:</b>	<p>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>
<b>COACH &amp; SUPPORT STAFF REGISTRATION:</b>	<p>Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a>. 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><b>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</b></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>
<b>FOREIGN TEAMS / COMPETITORS:</b>	<p><b>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.</b></p> <p>Foreign Teams and their competitors are welcome, subject to the following provisions.</p> <ul style="list-style-type: none"> <li>○ <b>Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate.</b></li> <li>○ All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.</li> <li>○ All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing.</li> <li>○ All competitors and coaches must be in good standing with their respective governing swim body.</li> <li>○ 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 <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate.</li> <li>○ <b>Foreign Team entries are not to be accepted by the host club until Swim Ontario grants approval.</b></li> </ul>

## Entry Process

<b>ENTRY SUBMISSIONS:</b>	<p><b>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.</b></p> <p>Meet management will:</p> <ul style="list-style-type: none"> <li>• not accept entries via email;</li> <li>• notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li> <li>• 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 &amp; IV sanctions) prior to the start of the competition</li> </ul> <p><b>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.</b></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>
<b>ENTRY DEADLINE:</b>	<p><b>The online entry deadline is <u>January 14, 2026 at 23:59 EST</u>. Changes to entries will be accepted until <u>January 24, 2026 at 23:59 EST</u>.</b></p>
<b>ENTRY FEE:</b>	<p>The following fees will apply for this competition:</p> <p><b>Relay Events: \$20 CAD per relay team</b>  <b>Swimmer Fee: \$140 CAD per athlete</b></p> <p><b>Payment Method:</b> Cheques can be made to Thunderbolts Swim Club or via e-transfer to <a href="mailto:finance@thunderbolts.ca">finance@thunderbolts.ca</a>. Meet entry fees must be paid by <u>January 25, 2026 at 23:59 EST</u>.</p>
<b>ENTRY LIMITS:</b>	<p><b>The following limits are in place for this competition:</b></p> <p>The maximum number of participants per session is <u>250</u>  The maximum number of entries per swimmer is <u>9 (not including relays)</u></p>
<b>RELAY ENTRIES &amp; MIXED RELAYS:</b>	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</p> <p>Swimmers are only allowed to swim on one relay team.</p> <p>Relay swimmers must be entered in a non-relay event in order to compete.</p> <p>Relays will be swum senior seeded and mixed gender.</p> <p>Mixed relays can be any combination of females and males. The first leg of mixed relays will not be recognized as official times. Mixed relays will be swum as exhibition and no ranking, scoring or awards will be given. Mixed relays will not be part of the results file.</p>
<b>ENTRY TIMES &amp; CONVERSION:</b>	<p>Entries can be submitted with No Time (NT). Entry Times will be converted (i.e. SCM to LCM), which will be completed by meet management to LCM.</p>

## Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	January 31, 2026	7:30-8:20am	8:30am	1:00pm	Timed Finals
2	January 31, 2026	3:30-4:20pm	4:30pm	8:30pm	Timed Finals
3	February 1, 2026	7:30-8:20am	8:30am	12:30pm	Timed Finals

## Meet Format & Administration

<b>SEEDING:</b>	After all times are converted as pursuant to the conversion process: Seeding for 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. This meet will be mixed gender with senior seeding.
<b>DECK ENTRIES:</b>	<p><b>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).</b></p> <p>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>.</p> <p><b>Fee: \$20 CAD per event.</b></p>
<b>RELAY NAME SUBMISSION:</b>	<p>Relay Cards will be available at the Admin desk 1 hour prior to the start of the session. Relay Cards or Forms must be returned to the Admin Desk by the submission deadline.</p> <p><b>The Relay Name submission deadline: <u>30 minutes before the start of each session.</u></b></p>
<b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b>	<p><b>The following are the Positive Check-in deadlines for this competition.</b></p> <p>There is a positive check-in <b><u>30 minutes before the start of the session</u></b> at the Admin Desk for the following events: <u>400IM, 400 free, 800 free, 1500 free</u></p> <p>There is no scratch deadline for all events.</p>
<b>PENALTIES:</b>	No penalty shall be imposed for late or day of scratches and No-Shows
<b>OFFICIAL SPLIT TIMES:</b>	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 Admin Desk at least <b><u>30 minutes prior to the commencement of the session in which the event will take place.</u></b> Official Split Forms are available at the Admin Desk one hour prior to the start of the session. Please note that not all Official Split requests can be accommodated.
<b>DISQUALIFICATION &amp; APPEAL PROCEDURE:</b>	<ul style="list-style-type: none"> <li>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.</li> <li>A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.</li> </ul>

	<ul style="list-style-type: none"> <li>• 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"> <li>◦ A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> in question.</li> <li>◦ Appeal on Referee Decision forms are available at the Admin Desk.</li> </ul> </li> <li>• If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal.</li> <li>• 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.</li> </ul>
<b>RECORDS:</b>	<p>Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.</p> <p><b>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.</b> The referee can ensure that the swimmer competes with competitors of the same gender for his/her heat.</p>
<b>MEET RESULTS:</b>	<p><b>Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a>.</b> Unofficial Results will be posted at the meet and will be available on the meet mobile application.</p>
<b>AWARDS:</b>	<p><b>The following will be awarded:</b></p> <p>Medals: Individual 1st-3rd Place, Relays 1st Place (excluding mixed relays)</p> <p>Ribbons: Individual 4th - 8th Place</p> <p>Age groups will be as follows: 8 &amp; Under, 9-10, 11-12, 13-14, 15 &amp; Over</p> <p>Age groups for relays are as follows: 10 &amp; Under, 11-12, 13 &amp; Over</p>
<b>ADDITIONAL INFORMATION:</b>	<p>In support of officials' development and in order to ensure a well-staffed meet that will benefit all swimmers, we request that each club provide a minimum of three officials per session. Email the officials chair at <a href="mailto:boltsoc@gmail.com">boltsoc@gmail.com</a> with your club's availability. Thank you for your participation. Clubs entering the 800 and 1500 freestyle are required to provide a minimum of one Official per swimmer entered. Volunteer here: <a href="https://form.jotform.com/253316639108256">https://form.jotform.com/253316639108256</a></p> <p>All Clubs from outside of Ontario must provide a "Certificate of Insurance" naming the "City of Thunder Bay" and the "Thunder Bay Thunderbolts Swim Club" as insured parties. This must be received 7 days prior to meet. No Clubs will swim without proof of insurance.</p> <p>Meet entry fees are due prior to January 25, 2026 @ 23:59 EST.</p> <p>Event 16 (800 free) and 17 (1500 free) will alternate heats fastest to slowest.</p> <p>Meet management reserves the right to post Psych Sheets and Heat Sheets when they are available with no prior consent to allow for all out-of-town teams enough time to prepare for the competition. <a href="https://www.thunderbolts.ca/page/hosted-meets">https://www.thunderbolts.ca/page/hosted-meets</a></p>

### Schedule of Events

Session 1 Saturday, January 31, 2026 Warm-up: 7:30 -8:20 AM -- Session Start: 8:30 AM	
<i>Event Number</i>	<i>Event</i>
1	200 Breaststroke
2	50 Butterfly
3	100 Freestyle
4	200 Backstroke
5	50 Breaststroke
6	400 Individual Medley
101	400 Free Relay Female 13 & Over
102	400 Free Relay Male 13 & Over
103	400 Free Relay Female 11-12
104	400 Free Relay Male 11-12
105	400 Free Relay Female 10 & Under
106	400 Free Relay Male 10 & Under

Session 2 - Saturday, January 31, 2026 Warm up: 3:30 - 4:20 PM – Session Start: 4:30 PM	
<i>Event Number</i>	<i>Event</i>
7	200 Butterfly
8	50 Freestyle
9	100 Backstroke
10	200 Individual Medley
11	400 Freestyle

Session 3 - Sunday, February 1, 2026

Warm up: 7:30 – 8:20 AM -- Start: 8:30 AM

<i>Event Number</i>	<i>Event</i>
12	<i>200 Freestyle</i>
13	<i>100 Butterfly</i>
14	<i>50 Backstroke</i>
15	<i>100 Breaststroke</i>
107	<i>400 Relay Medley Female 13 &amp; Over</i>
108	<i>400 Relay Medley Male 13 &amp; Over</i>
109	<i>400 Relay Medley Female 11-12</i>
110	<i>400 Relay Medley Male 11-12</i>
111	<i>400 Relay Medley Female 10 &amp; Under</i>
112	<i>400 Relay Medley Male 10 &amp; Under</i>
16	<i>800 Freestyle (alternating heats with event 17)</i>
17	<i>1500 Freestyle (alternating heats with event 16)</i>