

GMAC DASH for CASH 2025

Brief Meet Information

MEET NAME	GMAC Dash for Cash
DATE(s):	December 5 – 7, 2025
HOSTED BY:	GMAC
LOCATION:	50 Stone Rd. E, Guelph Ontario N1G 2W1
FACILITY:	Gold pool, Athletic Centre, University of Guelph
PURPOSE & DESCRIPTION:	Competition
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:	November 20

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Mary Gerrard Jason Huether Connie Hayward	gmacswimclub@gmail.com	5
MEET MANAGER(S):	Dawn Larson Laura Gilmore	dlarson@uoguelph.ca	
OFFICIALS COORDINATOR:	Mary Gerrard	gmacswimclub@gmail.com	

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.

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.

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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 December 5 2025
DIVE STARTS:	As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows: from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from deep end only and/or in-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from the deep end
BACKSTROKE LEDGES:	Backstroke ledges will be available at all session Warnings <u>will</u> be given to the 12 and under swimmers. No warnings will be given to the 13 and over swimmers.
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: non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. 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> <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:	<ul style="list-style-type: none"> A. This meet is an OPEN Invitational 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. C. This meet has qualifying standards for 12 and under swimmers for all 200 and 400 distance events. Para-swimmers are exempt from the qualifying standards.
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</p>

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	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:	<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 and their competitors are welcome, subject to the following provisions.</p> <ul style="list-style-type: none"> ○ 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

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:	The online entry deadline is November 17, 2025 Minor changes (less than 10%) accepted until November 19. If more than 10%, original file will be used.
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <ul style="list-style-type: none"> A. Individual Events: \$17 (50's, 100's, 200's), \$18 (400's/800's) B. Relay Events: \$20 C. Swimmer Fee: \$5 <p>Payment Method: Cheques made payable to Guelph Marlin Aquatic Club or e-transfer to gmacswimclub@gmail.com using the password 'swimming' are due no later than the first session of the meet.</p>
ENTRY LIMITS:	The following limits are in place for this competition:

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	<p>A. The maximum number of participants per session is 300</p> <p>B. There is no limit to the number of swimmers from a club</p> <p>C. The maximum number of entries per swimmer is up to 3 per session</p> <p>D. The maximum number of relays per club is not restricted</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.</p> <p>A. Relay swimmers are not required to be entered in a non-relay event in order to compete.</p> <p>B. There are no mixed relays at this competition.</p>
ENTRY TIMES & CONVERSION:	<p>A. No Time (NT) entries are not permitted.</p> <p>B. Estimate entry times are accepted.</p> <p>C. Entry Times can be converted from LCM to SCM</p>

Meet Format & Administration

SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <p>A. Seeding for Timed Final events will be in order of entry times, slowest to fastest, with the exception that Distance Events which will be seeded fastest to slowest.</p> <p>B. Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded.</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:</p> <p>Only event deck entries are permitted for swimmers <u>already entered in the competition</u>. Fee \$20 Deck entry fee is due upon approval by admin desk/meet management.</p>
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms are available at the meet manager's desk for coaches to pick up during warm-up. The relay cards with names are to be taken to the lane.</p>
SCRATCHES & POSITIVE CHECK IN RULES:	<p>Coaches will be given a list of entries for each session (except finals) 15 min before the start of warm up.</p> <p>Please return these entry sheets with scratches to the meet manager within 10 minutes of the start of warm-up for each session</p> <p>For Finals on Friday and Saturday night, there is a 30-minute scratch deadline after the completion of prelims on Friday and Saturday morning</p> <p>There are A and B finals for 50 and 100s; 'A' finals only for 200s.</p> <p>Swimmers (initially named finalists and two alternates) must check in with Admin Desk 5 min before their scheduled event on Friday and Saturday night finals.</p>
PENALTIES:	<p>There is no penalty for late, day of, or no-shows, except for Finals on Friday and Saturday nights.</p> <p>Scratching from Finals after the scratch deadline or failure to participate in an individual final event will result in a \$25 FINE for each offense (applies to initially named finalists and 1st two alternates).</p> <p>All fines must be paid before prelims on Saturday morning or finals on Sunday morning. None of the team's swimmers will be allowed to swim until the fine(s) are paid.</p>

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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> <ul style="list-style-type: none"> A. Official Split Forms are available at the Admin Desk. B. Not all Official Split requests can be accommodated.
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 & 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> <ul style="list-style-type: none"> A. Prelim results will be posted at the meet. B. Unofficial mobile applications results will be available.
SCORING:	No Scoring
AWARDS:	<p>The following will be awarded: Ribbons 1st-8th for all individual events (except 800 FR) for 10 and under, 11-12</p> <p>Cash events: 100 Fly, 100 BK, 100 BR, 100 FR. \$50 prize for the female and male winners per age category (10 and under, 11-12, 13-14, 15 and over)</p> <p>Medals and ribbons must be picked up from the office at the last session your team is attending.</p>
OFFICIALS::	<p>If you are interested in officiating at the meet, please fill out the google form: https://forms.gle/ULzPiq2JNwWXvxCS6</p>
PARKING:	<p>The University of Guelph charges for parking on Fridays 830am-445pm. Download the Pay by Phone app. All visitors are responsible for those charges.</p>

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Time (Qualifying) Standards

QUALIFYING TIMES:	<ul style="list-style-type: none"> 10&U 200 FR - 4:15.00 10&U 200 BR - 4:30.00 10&U 200 BK - 4:30.00 10&U 200 FLY - 4:30.00 10&U 200 IM - 4:30.00 10&U 400 FR - 8:00.00 10 yr old 400 IM - 8:00.00 	<ul style="list-style-type: none"> 11-12 200 FR - 3:45.00 11-12 200 BR - 4:15.00 11-12 200 BK - 4:00.00 11-12 200 FLY - 4:15.00 11-12 200 IM - 4:00.00 11-12 400 FR - 7:15.00 11-12 400 IM - 7:30.00
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SCHEDULE OF SESSIONS

<u>Session #</u>	<u>Date</u>	<u>Warm-up period</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1	Fri Dec 5	8:30-9:10am	9:15am	11:30am	Prelims
2	Fri Dec 5	11:45-12:25pm	12:30pm	3:45pm	Time Finals
3	Fri Dec 5	4:00-4:45pm	4:50pm	6:15pm	Finals
4	Sat Dec 6	8:30-9:10am	9:15am	12:00pm	Prelims
5	Sat Dec 6	12:00-12:25pm 12:25-12:50pm	12:55pm	4:50pm	Time Finals
6	Sat Dec 6	5:00-5:45pm	5:50pm	6:50pm	Finals
7	Sun Dec 7	7:30-8:10am	8:15am	10:30am	Time Finals
8	Sun Dec 7	10:30-10:55am	11:00am	12:20pm	Time Finals
9	Sun Dec 7	12:30-12:55pm 12:55-1:20pm	1:25pm	5:30pm	Time Finals

The warm-up for sessions 5 and 9 is divided into two, designated warm-up 1 and 2. Teams are assigned to each warm-up:
 Warm-up 1: GMAC, CW, MMST Warm-up 2: BAD, CCSC, HHBF, SR, WAAC, HHAC

SCHEDULE OF EVENTS

Session # 1 13 and over prelims, except time finals for 400 IM and medley relay. Maximum 3 individual events.
 25 yard pool will be available for warm-up/warm-down 8:30-11:30am

<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>	<i>Event #</i>	<i>Event</i>	<i>Gender</i>
1	200 Medley Relay	Girls	5	200 Free	Girls	9	200 Fly	Girls
2	200 Medley Relay	Boys	6	200 Free	Boys	10	200 Fly	Boys
3	100 Back	Girls	7	100 Breast	Girls	11	400 IM	Girls
4	100 Back	Boys	8	100 Breast	Boys	12	400 IM	Boys

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Session # 2 12 and under time finals. Maximum 3 individual events. 400 Free will be seeded fast to slow.

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
13	200 Medley Relay	Girls	17	200 Free	Girls	21	200 Fly	Girls
14	200 Medley Relay	Boys	18	200 Free	Boys	22	200 Fly	Boys
15	100 Back	Girls	19	100 Breast	Girls	23	400 Free	Girls
16	100 Back	Boys	20	100 Breast	Boys	24	400 Free	Boys

Session # 3 Finals Same order as session #1 Age groups for finals 13-14 and 15 and over. A and B finals for 100 distance events, A finals for 200 distance events.

Session # 4 13 and over prelims, except time finals for 400 Free Maximum 3 individual events. 400 free will be seeded fast to slow. 25 yard pool will be available for warm-up/warm-down 8:30am-12:00pm

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
25	50 Free	Girls	29	100 Fly	Girls	33	100 IM	Girls
26	50 Free	Boys	30	100 Fly	Boys	34	100 IM	Boys
27	200 Back	Girls	31	50 Breast	Girls	35	400 Free	Girls
28	200 Back	Boys	32	50 Breast	Boys	36	400 Free	Boys

Session # 5 12 and under time finals.

Maximum 3 individual events. 400 IM 10-12 only and will be seeded fast to slow.

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
37	50 Free	Girls	41	100 Fly	Girls	45	100 IM	Girls
38	50 Free	Boys	42	100 Fly	Boys	46	100 IM	Boys
39	200 Back	Girls	43	50 Breast	Girls	47	400 IM	Girls
40	200 Back	Boys	44	50 Breast	Boys	48	400 IM	Boys

Session # 6 Finals Same order as session #4 Age groups for finals 13-14 and 15 and over. A and B finals for 50 and 100 distance events; A finals for 200 distance events

Session #7 13 and over time finals. Maximum 3 individual events

25 yard pool will be available for warm-up/warm-down 7:30-11:00am

Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
49	50 Back	Girls	53	100 Free	Girls	57	50 Fly	Girls
50	50 Back	Boys	54	100 Free	Boys	58	50 Fly	Boys
51	200 Breast	Girls	55	200 IM	Girls	59	200 Free Relay	Girls
52	200 Breast	Boys	56	200 IM	Boys	60	200 Free Relay	Boys

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Session # 8 11 and over time finals. The number of heats will be restricted based on pool availability. The event will be seeded fast to slow.

Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
61	800 Free	Mixed								

Session #9 12 and under time finals. Maximum 3 individual events

Event #	Event	Gender		Event #	Event	Gender		Event #	Event	Gender
63	200 Free Relay	Girls		67	200 Breast	Girls		71	200 IM	Girls
64	200 Free Relay	Boys		68	200 Breast	Boys		72	200 IM	Boys
65	50 Back	Girls		69	100 Free	Girls		73	50 Fly	Girls
66	50 Back	Boys		70	100 Free	Boys		74	50 Fly	Boys