



GO Polar Bear Invitational 2026

Dates: January 16-18, 2026

Meet Manager: Jocelyn Jay gojocelyn@gokingfish.ca

Comp. Coord: Karen Hogan twobroads@hotmail.com

Officials contact: Jocelyn Jay gojocelyn@gokingfish.ca

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).

Location: University of Ottawa Pool, Montpetit Hall, Ottawa, Ontario

Facility: 8 x 25m (Deep end only) or 8 x 50m Competition pool
8 x 25m continuous warm up/down pool (For 12 & U sessions only)
There is a large spectator gallery for viewing.

Description: Time Finals. All events will be swum Mixed Gender with results separated by gender and age groups. (10 & under, 11-12, 13.14, 15 & over)

Sessions:

Session #	Date	Format	Time Finals	Warm Up	Start
1	January 16	LCM (50m)	13 & over	4:20 – 5:10pm	5:15pm
2	January 17	SCM (25m)	12 & under	8:45 – 9:40am	9:45am
3	January 17	LCM (50m)	13 & over	1:30 – 2:25pm	2:30pm
4	January 18	SCM (25m)	12 & under	7:30 – 8:25am	8:30am

Entry Deadline: Entry deadline is January 6, 2026. Changes will be accepted until January 12, 2026.

Max Events: Swimmers may swim a maximum of **6 individual events**. We reserve the right to limit the 400 IM or 400 Free to 24 entries per gender, if necessary.

Age: Swimmer's age is as of January 16, 2026 (the 1st day of the meet).

Cost: Individual Events \$15.25 – **E-transfer to** billing@gokingfish.ca
Deck Entries \$15.25

Entries

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.

Scratches

All scratches must be submitted to the Meet Manager 30 minutes prior to the start of the session.

Deck Entries

Deck Entries will be accepted only for swimmers already entered in the meet, where there are empty lanes and are Exhibition Only. They are not eligible for scoring or awards. The entry fee applies.



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Seeding

Events will be seeded slowest to fastest as mixed gender. The last 2 heats of each event will be seeded as the fastest 8 of each gender.

Safety at Competition

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 [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](#).

Competition Rules

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.



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- 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.

Dive Starts

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, at this competition, Starts will be conducted as follows:

1. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from deep end only, and/or
2. from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from 25m turn end, and/or
3. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends

Backstroke Ledges

Ledges will be used and available for all ages and sessions.

d/Deaf And Hard Of Hearing Accommodation

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.

Clubs are to contact Meet Management by the Entry Deadline of the need for accommodation. 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. This competition is sanctioned as an Age Group Swimming Invitational, however, foreign swimmer/teams entries will not be accepted.

Official Splits:

Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval



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shorter than the total distance of the event shall advise the Meet Manager 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 relays are not required, however in relays the official time will not be recognized as a Canadian Age Group record.

Disqualification & Protest Procedure

- 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.
 - A written protest must be presented within 30 minutes after the conclusion of the event in question.
 - Protest forms are available at from the Meet Manager.
- 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 are not eligible for Provincial and National Records.

Time Standards: None

Live Results: Will be available on Meet Mobile and online on the GO Kingfish site.

Psych Sheet: Will be available on the GO Kingfish website.

Awards: Individual events – Medals 1st– 3rd; Ribbons 4th - 8th per age group & gender

Scoring: Individual points 9-7-6-5-4-3-2-1.

Records: Swim times achieved at this competition will NOT be used for applications of provincial and national records

Results: Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca.

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.

Hospitality: Hospitality will be offered for coaches and officials.



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SCHEDULE OF EVENTS

Session 1 – Friday, January 16, 2026		Warm-up: 4:20pm -- Start: 5:15pm
Event	Event Description – 13 & OVER	Age
1	200 Free MIXED	13 & over
2	50 Back MIXED	13 & over
3	100 Fly MIXED	13 & over
4	200 Back MIXED	13 & over
5	100 Breast MIXED	13 & over
6	50 Free MIXED	13 & over
7	400 IM MIXED **Limited**	13 & over

Session 2 – Saturday, January 17, 2026		12 & UNDER	Warm-up: 8:45am -- Start: 9:45am
Event	Event Description	Age	
8	200 Free MIXED	12 & under	
9	50 Back MIXED	12 & under	
10	100 Fly MIXED	12 & under	
11	200 Back MIXED	12 & under	
12	100 Breast MIXED	12 & under	
13	50 Free MIXED	12 & under	
14	100 IM MIXED	12 & under	

Session 3 – Saturday, January 17, 2026		13 & OVER	Warm-up: 1:30pm -- Start: 2:30pm
Event	Event Description	Age	
16	200 IM MIXED	13 & over	
17	50 Fly MIXED	13 & over	
18	200 Breast MIXED	13 & over	
19	200 Fly MIXED	13 & over	
20	100 Free MIXED	13 & over	
21	50 Breast MIXED	13 & over	
22	100 Back MIXED	13 & over	
23	400 Free MIXED	13 & over	

Session 4 – Sunday, January 18, 2026		12 & UNDER	Warm-up: 7:30am -- Start: 8:30am
Event	Event Description	Age	
24	200 IM MIXED	12 & under	
25	50 Fly MIXED	12 & under	
26	200 Breast MIXED	12 & under	
27	200 Fly MIXED	12 & under	
28	100 Free MIXED	12 & under	
29	50 Breast MIXED	12 & under	
30	100 Back MIXED	12 & under	
31	400 Free MIXED **Limited**	12 & under	

We reserve the right to limit the 400 IM or 400 Free to 24 entries per gender, if necessary.