



Corner Brook Rapids

Time trial

Location

Marina Redmond Centre
22 University Drive
Corner Brook, NL

Teams Invited

Corner Brook Rapids
Stephenville Aqua Aces

Pool

6 lanes, 25 Metres

Date

Friday, October 23, 2026

Referee

Bob Edwards

Meet Manager

Jill Carpenter
meetmanager@cbrapids.com

Officials Coordinator

Paula Anderson
officials@cbrapids.com

Entry Deadline

Thursday, October 22, 2026

Session

5:50 - 7:30 pm

Warm Up

5:30 - 5:45 pm

Events

- All events will be Time Finals
- SNC Rules will govern this meet
- World Aquatics "One Start" rule will be in effect

Entry Limits

Swimmers will be limited to 2 Individual Events

ORDER OF EVENTS

October 23, 2026

200 IM
100 BACK
50 FLY
200 FREE
50 BREAST
100 FREE
100 FLY
200 BACK
100 BREAST
50 FREE
50 BACK
200 BREAST
400 FREE

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).

SAFE SPORT: Swimming Canada 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.

Swimming Canada is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

All participants in this event are reminded that they are bound by Swimming Canada's Policies and Procedures.

Swimming Canada would like to remind coaches and their athletes that deck changing is strongly discouraged. Athletes are asked to please use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to discourage deck changing and help keep the sport safe for everyone involved.

PHOTOGRAPHY/VIDEOGRAPHY: In order to minimize risk, all photographs and video taken at Swimming Canada sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.

The full details on the Event Photography and Videography Procedure can be found [HERE](#)

ENTRY PROCESS: Entries MUST be submitted via the Swimming Canada Registration and Events System (REMS). All swimmers must have a status of Active in order to pass validation. Attending coaches and support staff must be listed when uploading the entries via REMS.

D/DEAF OR HARD OF HEARING ACCOMMODATIONS:

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 who is registered in the REMS as Support Staff.
 - Visual Start hand signals given by the starter/referee.
 - Facility or Swimming Canada-Provided Strobe Light: An external strobe light is available at this competition
- Clubs are to connect with Meet Management prior to the competition to discuss accommodations.

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.

WARM-UP SAFETY PROCEDURES: Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in place. The full document can be viewed [here](#).

COACH REGISTRATION INFORMATION: The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status.

COMPETITION RULES: Swimming Canada rules govern this competition. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook.

STARTS:

- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.1.4 (from both ends or from deep end only); **and/or**
- Starts will be conducted from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1 (from both ends or from _____ end); **and/or**
- In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1 (from both ends or from _____ end);
- For Para-swimming events starts will be conducted as per WPS rules.

SWIMWEAR:

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by the provincial section. It is not required to declare the choice of swimwear to the Referee if 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. For more information, refer to the [Swimwear at Competitions document](#) on the Swimming Canada website.

Seasonal Rule highlights (2026-2027):

MISCONDUCT RULE PROVISIONS: Effective September 1, 2026, Rule C2.5.2.1 (was C2.3.2.1 in the previous rulebook) will be enforced. Misconduct may include deliberate or negligent spitting, spouting water or blowing the nose in the pool or on deck immediately before the start; deliberately kicking or striking the starting platform or back plate; and unsafe or uncontrolled entry into the pool. Additional information and guidance are available on the Swimming Canada Rules webpage at [Guidance-for-Officials-Management-of Misconduct-rule-update-C2.5.2.1-08.05.26.pdf](#)

UPDATED SWIMMING CANADA RULEBOOK: A revised Swimming Canada Rulebook will be in effect for the 2026–2027 season, incorporating applicable updates to the World Aquatics Competition Regulations and World Para Swimming Rules and Regulations. Participants are

responsible for reviewing the current rulebook and any related guidance before the competition. The updated rulebook will be available prior to September 1st, 2026, on the Swimming Canada Rules webpage at the following link [Swimming Canada Rules - Swimming Canada](#).

