



St. John's Legends Swim Club Spring Splash Invitational April 17th-19th, 2026

Hosted By:

St. John's Legends Swim Club

Competition Dates

Friday Apr 17th, 2026
Saturday Apr 18th, 2026
Sunday Apr 19th, 2026

Location

The Aquarena
Westerland Road, St. John's, NL
Tel: (709) 864-3798
8 Lane, 50m pool with Quantum electronic timing.

Sanctioning

Swimming Natation Canada (SNC)
Swimming Newfoundland & Labrador (SNL)

Meet Manager

Laura Mandville meets@sjlegends.com

Officials Coordinator

Jennifer Higdon officials@sjlegends.com

Referee:

TBD

Facility Rules

The pool deck area is limited to swimmers registered in the meet, registered Coaches, and Officials that are working in the current session only. Coaches are asked to strictly implement this rule with your clubs.

Entries

Entries MUST be submitted using the SNC online entry procedures using REMS no later than Wednesday April 1st by 11:59pm. All late team entries submitted after the entry deadline will incur a \$100.00 penalty WITH NO EXCEPTIONS.

Meet Manager will acknowledge team entries with a meet entry report by midnight Thursday, April 2nd.

All meet communications including the entry report will be emailed to the coach/team representative who submits

the entries on the SNC site. If another coach would like to receive communications directly from the meet manager, please email the meet manager.

Entry Fees

Meet entry fees are set by Swimming NL. Meet fees are \$100.00 per swimmer, which includes the \$2.00 levy for the Officials Development Fund and \$10.00 to the Swimmer Development Fund. Entry fees are due at the start of the warm-up of the first session.

Scratches and changes will be accepted until 5:00pm, Sunday April 5th. After this time no refunds will be issued other than in the case of cancellation due to inclement weather. New additions will be accepted no later than this date and will incur a \$100.00 penalty (payable to Swimming NL)

Meet fees can be paid via eTransfer to St. John's Legends: treasurer@sjlegends.com

Eligibility

Swimmers must be registered with SNC or World Aquatics (formerly FINA) affiliate by the meet entry deadline.

Entry Limitations

Swimmers are permitted to enter up to 6 individual events. All relay swimmers must be entered in individual events.

If a swimmer has not achieved the below noted times,

200 IM LCM Time: 3:40.00
200 Free LCM: 3:25.00

The swimmer will be limited to only the 200IM and 200 Free as well as any 50/100 they choose. Note: Converted times from SCM will be accepted.

Rules

- SNC rules and warm-up procedures will govern the meet.
- Taping will be allowed as per Swim Canada rule 15.3.1. Coaches are asked to notify referees before the sessions if swimmers are availing of taping.
- Start Before the Signal violations will be enforced as per Swim Canada Rule 4.4
- SNC Swimwear rule in effect C15.2.2.
- Starts will be conducted from Starting Platforms (blocks) as per SW 4.1 and C4.1.1



St. John's Legends Swim Club

Spring Splash Invitational

April 17th-19th, 2026

- Exhibition swims may be permitted at the discretion of Meet Management in empty lanes
- Time Trials may be added to the meet for those seeking SNC qualifying standards, if time permits, at the discretion of the meet manager.
- Official split requests must be made to the meet manager prior to the start of the session for which the request is being made.

Meet Format

Distance;

- Swimmers entering the 800 Free event must have a qualifying time of 6:00.00 in 400 Free and swimmers entering the 1500 Free must have a qualifying time of 12:00.00 in 800 Free, SCM or LCM times will be accepted. Proof of qualifying times must be available through the Swimming Canada Registration Tracking and Results System (RTR).
- The 800 and 1500 Free will be swum as timed finals and will run fastest to slowest

General;

- The meet will be run cardless for swimmers, however, for distance events (800/1500) all swimmers are required to do a positive meet check-in 30 minutes before the event in the prelim session.
- There will be a 1 hour open warm-up before each of the sessions.
- During each session, swimmers can avail of the shallow end of the pool for warm up and cool down.

Relay:

- All relays will be swum as timed final events and will be seeded by age group if timing allows.
- Teams are only allowed to enter a maximum of 2 relay teams per the following age groups, 12 and under, 13-14, and 15 and over.
- A maximum of two (2) swimmers may be from a younger age group.
- Relay cards will be distributed at the coaches meeting on April 17th. Relay cards MUST be submitted prior to that start of the session.
- Relay name changes only, not entries will be accepted 45 minutes prior to the start of the session. Relay names will not be printed in any public documents to ensure coaches right to change the relay swimmer's names up until that time.

Coaches

All coaches must be fully registered and in good standing with the SNC, NLSCA, and CSCA to coach at any sanctioned competition.

There will be a coaches' meeting at 4:30 PM Friday evening (Apr 17th).

Scratches

All events will be pre-seeded. Coaches may pick up their meet information package upon confirmation of entry fees from the Meet Manager at the coaches meeting. The meet referee will be available at that time. Coaches must complete scratches in writing on the provided scratch forms and present them to the Meet Manager or designate.

Awards

The below noted awards will be presented. Please note, a swimmer does not need to enter all 6 events to be eligible for the awards. Awards will be given to the swimmers with the highest combined AQUA points in the events noted below.

I.M. FAST

Top 3 in each age group/gender over 4x50m (Butterfly, Backstroke, Breaststroke, Freestyle) Races as well as 200 Freestyle, 200 I.M.
Age Groups: 10&U, 11-12, 13-14, 15&O
Top 3 placements decided by total AQUA in races mentioned above

I.M. STRONG

Top 3 in each age group/gender over 4x100m (Butterfly, Backstroke, Breaststroke, Freestyle) Races as well as 400 Freestyle, 400 I.M.
Age Groups: 11-12, 13-14, 15&O
Top 3 placements decided by total AQUA in races mentioned above

I.M. INVINCIBLE

Top 3 in each age group/gender over 4x200m (Butterfly, Backstroke, Breaststroke, Freestyle) Races as well as 800 or 1500 Freestyle, 400 I.M.
Age Groups: 13-14, 15&O



St. John's Legends Swim Club
 Spring Splash Invitational
 April 17th-19th, 2026

Top 3 placements decided by total AQUA in races mentioned above.

Officials

To assist in running a successful invitational, clubs are asked if they could provide assistance as per SNL policy 6.09 (F)
 Timers, Chief Timers, and Volunteers are asked to wear white shirts and black pants. Level Two and above officials are required to wear red shirts and black pants.

Misconduct

Under C.2.3.2.1 "Misconduct": 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 not be limited to:

- 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.

SPRING SPLASH SCHEDULE OF EVENTS **

FRIDAY APRIL 17	SATURDAY APRIL 18	SATURDAY APRIL 18	SUNDAY APRIL 19
PM SESSION	AM SESSION	PM SESSION	AM SESSION
Warm-Up: 4:30pm-5:30pm Officials Meeting: 5:00pm Session: 5:30pm-9:00pm	Warm-Up: 8:00-9:00am Officials Meeting: 8:30am Session: 9:00am-12:30pm	Warm-Up: 4:00pm-5:00pm Officials Meeting: 4:30pm Session: 5:00pm-8:30	Warm-Up: 8:00-9:00am Officials Meeting: 8:30am Session: 9:00am-12:30pm
100 Breaststroke 200 Freestyle 400 IM 50 Freestyle	200 Butterfly 100 Freestyle 200 Backstroke 50 Butterfly 1500 Freestyle	100 Backstroke 200 IM 400 Freestyle 50 Breaststroke	200 Breaststroke 100 Butterfly 50 Backstroke 800 Freestyle 4x 100 Medley Relay

**** Warm up duration and session start times are subject to change and may be adjusted by Meet Management from what is published here once final entries have been received.**



COMPETITION WARM-UP SAFETY PROCEDURES

For all Swimming Canada sanctioned competitions, Meet Management must ensure the following warm-up safety procedures are implemented. Coaches, swimmers, and officials share responsibility for adhering to these guidelines during all scheduled warm-up periods. Coaches are encouraged to support Safety Marshals in promoting a safe environment.

GENERAL WARM-UP:

- Swimmers must enter the pool FEET FIRST in a controlled manner, entering from a start or turn end only and from a standing or sitting position.
- Swimmers shall always be aware of their surroundings and keep the end walls clear.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- Meet Management has the discretion to split warm-up, as they see fit, to ensure a safe warm-up environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- When leaving sprint lanes, swimmers must be cautious and aware of their surroundings. If crossing into other lanes, they must ensure they do not interfere with ongoing sprint activity, pace work or para designated lanes.
- Coaches shall decide if their swimmer is ready to safely participate in pace work in designated pace lanes and must be directly supervised by their coaches.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts at Meet Management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety marshals will only be placed in the competition pool when warm-ups take place.

PARA-SWIMMER NOTIFICATION:

- Coaches are requested to notify Meet Management of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.



- Where a para lane is designated, only classified swimmers may use it. Violations may lead to disciplinary action.

EQUIPMENT:

- Only Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at Meet Management's discretion and recommended only for national events or senior competitions.
- At Meet Management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for national events or senior competitions.

VIOLATIONS:

- 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.
- In the case of a second offense during the same competition the swimmer shall be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context are required. This section is specific to diving violations and not equipment.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official, whenever possible.

Safety Marshals shall:

- Be visible by safety vest.
- Be briefed thoroughly on the warm-up procedures
- Be situated at each end of the competition pool. Actively monitor all scheduled warm-up periods during competition days;
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.



A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

Depending on the level of competition, Safety Marshals have a role in helping work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the procedures or communicating a concern to a coach.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”