



**14th Annual Fast & Furious
May 29-31, 2026**

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- Hosted by:** Charlottetown Bluephins Aquatic Club
- Sanctioned by:** Swim PEI
- Location:** Bell Alliant Centre, 550 University Avenue, Charlottetown, PE
- Meet Manager:** Michael MacDonald (drmikemacd@gmail.com)
- Meet Referee:** Christine Da Prat, Level 5(christine@hhrgroup.ca)
- Officials' Coordinator:** Amber Lund-Thompson (amberlt@outlook.com)
- Safety Coordinator:** Michael MacDonald (drmikemacd@gmail.com)
- Facility:** 25 meter pool, 8 lanes.
- Timing system:** Daktronics equipped with touch pads and one display board.
- Eligibility:** Swimmers who are members of SNC or are associated with a World Aquatics affiliated country are eligible. There are no qualifying standards.
- Entries:** Hy-tek entries will be accepted via SNC web upload only on a first come, first served basis.
- The entry limit for this meet is 250 swimmers
- Deck entries will NOT be accepted.
- Meet management will not accept any request for official split times.
- Event Entry Limits:** A maximum of 10 events per swimmer (not including relays, subsequent rounds of the eliminators and IronMan/IronWoman).
- Meet Management will make every attempt to accept all entries to the 200 IM, however, reserves the right to limit entries to the fastest 48 swimmers of each gender (6 heats of each).



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Entry Deadline: Friday, May 22 at midnight ADT. Entries will not be accepted after the deadline. Once the entry file is uploaded, an email confirming the entries will be sent to the club. Once received, the club has 24 hours to review this file and make corrections/modifications to entries. Entry time, event additions or change of events will not be accepted after this period.

Entry Fees: \$95.00 fee per swimmer.
E-transfers or cheques only. E-transfer to: bluephinsetransfer@gmail.com.
Please make cheques payable to: **Charlottetown Bluephins Aquatic Club.**
The amount due is based on the entries confirmed on May 22, 2026.
(No refund for swimmers who do not attend once they have been registered).
Fees are due prior to warm-up on May 29, 2026.

Meet Format: Age Categories: 10 & under, 11-12, 13-14, 15 & Over.
A swimmer's age is determined as of the first day of the meet.
All events will be swum as timed finals with the exception of eliminators.
All events will be seeded slowest to fastest using submitted SCM times.

Backstroke ledges are available for use.
The meet program will be available on meet mobile, if feasible.
There is no penalty for scratches, no-shows, or step-downs.
The Meet Manager will need to be informed only if a scratched swimmer was seeded to swim in an eliminator 6/4/2 event 30 minutes prior to the start of the session.
Scratch forms for the eliminator races and relay change forms will be available in the Multi-Purpose Room adjacent to the pool at the start of each session.

Results will be available 24 hours after the meet barring any unforeseen circumstances.

Eliminator Rules: All athletes are eligible to enter the eliminators.
Round 1 of the eliminators will be swum as an open event.
The top 6 fastest swimmers will advance to the elimination rounds. The slowest two swimmers are eliminated in each round except the final round where the fastest swimmer is the winner.
Coaches do not enter swimmers in the elimination rounds.
The top 6 in the 10 & Under Fly for each gender will only swim one elimination round.



Round 1 Fly and Breast Eliminators will be swum on Day 1 (Friday May 29th).
Fly and Breast Eliminator rounds 2, 3 and 4 will be swum on Day 2 (Saturday May 30th).

Round 1 Back and Free Eliminators will be swum on Day 2 (Saturday May 30th).
Back and Free Eliminator rounds 2, 3 and 4 will be swum on Day 3 (Sunday May 31st).

The two slowest swimmers in rounds 2 and 3 will be eliminated.

The Starter will announce the eliminated lanes to leave the pool.

Each elimination round will be on a 30 second interval.

Prizes will be awarded immediately following the final elimination round.

IronMan / IronWoman Eliminator Rules:

Ironman Eliminator will be swum on Day 3.

The 8 fastest swimmers in each gender in the 200 IM event swum in Session #1 may participate in IronMan/IronWoman.

1. The eliminator will feature the 100 IM on 2:00 min. repeat.
2. In each of the first 3 rounds, the 2 slowest swimmers per round will be eliminated.
3. The Starter will announce the eliminated lanes to leave the pool.
4. The last two swimmers will race to determine the meet's IRONMAN and IRONWOMAN.

Relay Rules:

Each club is allowed to enter multiple relay teams per event number as long as they meet the following criteria:

1. At least two (2) of the four (4) members are qualified, entered, and swim in that age group.
2. Swimmers must not move to a younger age group (from which they are entered) to fill up the relay. However, a swimmer may move to an older age group.
3. All swimmers must be legally entered in the meet in an individual event.
4. A swimmer may only swim once per event number, with an event defined as an individual relay race assigned a specified number in the program and consisting of one or more heats.
5. Relay names for each relay team must be provided when entries are submitted.
6. Relay name changes will be accepted until 30 minutes before the start of each session.



Awards:

Eliminator Cash Prizes:

Cash prize of \$25 to the winner of each of the 10 & Under age group eliminators.
Cash prize of \$25 to the winner of each of the 11 to 12 age group eliminators.
Cash prize of \$25 to the winner of each of the 13 to 14 age group eliminators.
Cash prize of \$25 to the winner of each of the 15 & Over age group eliminators.

IronMan / IronWoman Cash Prizes:

Cash prize of \$100 to the winner of the event for each gender.

Ribbons:

Best time ribbons will be awarded for 10 & Under and 11-12 age groups.

Meet package:

The only valid meet package is the most current one found on www.swimming.ca.

Meet Rules:

Swimming Canada rules govern this competition. Competition Rules or procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook. All current Swimming Canada (SC) rules will be followed. View here: <https://www.swimming.ca/wp-content/uploads/2025/12/Swimming-Canada-Rulebook-Dec-8-2025.pdf>

Swimming Canada Competition Warm-Up Safety Procedures will be in effect. View here: <https://www.swimming.ca/wp-content/uploads/2025/09/Swimming-Canada-Competition-Warm-Up-Safety-Procedures-2025.pdf>

Dive Starts:

As per the Facility Rules for Dive Starts, this competition will be conducted as follows: starts will generally be conducted from Starting Platforms (blocks) but in age group swimming, it is permissible for a swimmer to start from a standing position on the deck or bulkhead as per SNC 4.1.3.

Safety & Liability:

Swimming Canada and Swim PEI 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. For additional resources click <https://www.swimming.ca/safesport/>.



Access to the pool deck is only for registered participants of the event. All members on the pool deck must be registered with a club, PSO, or Swimming Canada

Open and Observable Environment:

Swimming Canada and Swim PEI 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.

Photography/Videography:

- a. In order to minimize risk, all photographs and video taken at Swimming Canada/PSO 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.
- b. The full details on the Event Photography and Videography Procedure can be found [HERE](#)
- c. Only individuals that have made application and received authorization to record the event in any manner, in any medium or context now known or hereafter developed, shall be granted access to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

Facility Rules:

Proper footwear and clothing must be worn throughout the building (outside pool area). No outdoor footwear is allowed on deck. All swimmers must shower before entering pool. In case of a building emergency (power failure, etc.) swimmers are asked to clear the pool immediately and exit the building. All coaches shall meet in a designated area with the meet management for further instructions. Bell Aliant lifeguards will be on duty. The leisure pool will be available for warm-up and cool-down. The hot tub is strictly off-limits. ***In respect of those with allergies, please note that the meet will be peanut and nut free.***

Coaches:

All coaches must be registered with CSCA. The CSCA certification card will be required for deck access and should be visible on the deck.

There will be a technical briefing at 3:15 pm on Friday, May 29, 2026 in the Multi-Purpose Room.



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Officials:

Officials, Level 2 certified, are encouraged to participate.

Officials may sign up at the following link:

<https://www.signupgenius.com/go/30E0F4BA5A723A6FA7-61819199-fast>

Officials briefing will convene during warm-up in the Multi-Purpose Room off the pool deck.

Safety Marshalls will be selected from the list of officials who sign up to volunteer and will need to arrive 10 minutes before the start of warm-up.

Spectators:

The viewing deck will be available for spectators. Spectators are not permitted on the pool deck. Should you require accommodation for viewing because the viewing deck is not accessible, please contact meet management.



Session Information

Session #1

Friday, May 29, 2026

Split Warm-Up: Group 1 - 3:00pm – 3:40pm/ Group 2 – 3:40pm - 4:20pm

Start Time: 4:30pm

Female	Age	Event	Age	Male
1	Open	200M Individual Medley	Open	2
3	Open	50M Butterfly Eliminator – Round 1	Open	4
5	Open	100M Backstroke	Open	6
7	Open	50M Breaststroke Eliminator- Round 1	Open	8
9	Open	100M Freestyle	Open	10
11	10 & Under	4x50M Medley Relay	10 & Under	12
13	11 to 12	4x50M Medley Relay	11 to 12	14
15	13 to 14	4x50M Medley Relay	13 to 14	16
17	15 & Over	4x50M Medley Relay	15 & Over	18

Session #2

Saturday, May 30, 2026

Split Warm-Up: Group 1 – 7:30am – 8:10am / Group 2 – 8:10am – 8:50am

Start Time: 9:00am

Female	Age	Event	Age	Male
19	10 & Under	Top 6 50M Butterfly Eliminator	10 & Under	20
21 22 23	11 to 12	Top 6/4/2 50M Butterfly Eliminator	11 to 12	24 25 26
27 28 29	13 to 14	Top 6/4/2 50M Butterfly Eliminator	13 to 14	30 31 32
33 34 35	15 & Over	Top 6/4/2 50M Butterfly Eliminator	15 & Over	36 37 38
39	Open	50M Backstroke Eliminator – Round 1	Open	40
41	Open	100M Individual Medley	Open	42
43	Open	50M Freestyle Eliminator – Round 1	Open	44
45 46 47	10 & Under	Top 6/4/2 50M Breaststroke Eliminator	10 & Under	48 49 50
51 52 53	11 to 12	Top 6/4/2 50M Breaststroke Eliminator	11 to 12	54 55 56



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57	58	59	13 to 14	Top 6/4/2 50M Breaststroke Eliminator	13 to 14	60	61	62
63	64	65	15 & Over	Top 6/4/2 50M Breaststroke Eliminator	15 & Over	66	67	68
69			10 & Under	4x50M Freestyle Relay	10 & Under	70		
71			11 to 12	4x50M Freestyle Relay	11 to 12	72		
73			13 to 14	4x50M Freestyle Relay	13 to 14	74		
75			15 & Over	4x50M Freestyle Relay	15 & Over	76		

Session #3

Sunday, May 31, 2026

Split Warm-Up: Group 1 – 7:30am – 8:10am / Group 2 – 8:10am – 8:50am

Start: 9:00am

Female			Age	Event	Age	Male		
77/78/79/80			Top 8/6/4/2	Ironman/Ironwoman (100M Individual Medley)	Top 8/6/4/2	81/82/83/84		
85			Open	100M Breaststroke	Open	86		
87	88	89	10 & Under	Top 6/4/2 50M Backstroke Eliminator	10 & Under	90	91	92
93	94	95	11 to 12	Top 6/4/2 50M Backstroke Eliminator	11 to 12	96	97	98
99	100	101	13 to 14	Top 6/4/2 50M Backstroke Eliminator	13 to 14	102	103	104
105	106	107	15 & Over	Top 6/4/2 50M Backstroke Eliminator	15 & Over	108	109	110
111			Open	100M Butterfly	Open	112		
113	114	115	10 & Under	Top 6/4/2 50M Freestyle Eliminator	10 & Under	116	117	118
119	120	121	11 to 12	Top 6/4/2 50M Freestyle Eliminator	11 to 12	122	123	124
125	126	127	13 to 14	Top 6/4/2 50M Freestyle Eliminator	13 to 14	128	129	130
131	132	133	15 & Over	Top 6/4/2 50M Freestyle Eliminator	15 & Over	134	135	136
137			10 & Under	4x50M Mixed Freestyle Relay	10 & Under	138		
139			11 to 12	4x50M Mixed Freestyle Relay	11 to 12	140		
141			13 to 14	4x50M Mixed Freestyle Relay	13 to 14	142		
143			15 & Over	4x50M Mixed Freestyle Relay	15 & Over	144		