



G M A A

Greater Montreal Athletic Association – 5925 Monkland Ave, Suite 101, H4A 1G7
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General Information

The proposed dates, times and locations for all 9 GMAA Swim meets this year are:

East Meets will be held at Centre sportif Cote des Neiges (4880, ave. Van Horne)

Meet 1 - Wednesday, January 10, 2024 – 12:30pm to 3:30 pm

Meet 2 - Wednesday, January 17, 2024 – 12:30pm to 3:30 pm

Meet 3 - Wednesday, January 24, 2024 – 12:30pm to 3:30 pm

Meet 4 - Wednesday, January 31, 2024 – 12:30pm to 3:30 pm

West Meets will be held at DDO (12001 De Salaberry, H9B 2A7)

Meet 1 - Thursday, January 11, 2024 – 1:00pm to 4:00 pm

Meet 2 - Thursday, January 18, 2024 – 1:00pm to 4:00 pm

Meet 3 - Thursday, January 25, 2024 – 1:00 pm to 4:00 pm

Meet 4 - Thursday, February 1, 2024 – 1:00 pm to 4:00 pm

Championship Meet at Cote St-Luc (5794 Parkhaven)

Thursday, February 8, 2024 – 8 am – 2:30 pm

Events for Qualifying Meets

The Events for qualifying meets will be identical in the east and west.

The order of events will no longer be reversed between meet 1-3 or 2-4

Meet 1 and 3
50m Free
50m Back
100m IM
200m Free Relay
Meet 2 and 4
50 Breast
50m Fly
100m Free
200m Medley Relay

Events for Championship Meet

100m Free
50m Fly
50m Free
4 x 50 Medley Relay
100 IM
50m Back
50m Breast
4 x 50 Free Relay

Pre-Registration: All swimmers must be pre-registered for their events through S1:

<http://s1.rseq.ca/>. Any adjustments or scratches must be made through S1 a minimum of **48hours** before the meet, after that time schools will be fined for scratches. Cards will be printed in the office 48hrs prior to the meets and handed out to the coaches at the meets, swimmers will need their cards to check in at all preliminary meets in order to be assigned heats and lanes.

Team and player registration is due on S1, along with the events for Meets 1 and 2 by Wednesday December 13th. Player registrations and events for meets 3 and 4, must be submitted on S1 by Monday, Jan 22nd.

Championship Registration Deadline: The Championship Player Registration is due Monday, February 1st by 11:59pm. Please be aware that unlike in the qualifying meets students are only eligible to swim in a maximum of 4 events in the championships (2 individual + 2 relays OR 3 individual – 1 relay) coaches must complete the Championship Player Registration through S1 to register their students for the events they will be swimming. Championship meet entries are final, no substitution will be permitted. The only exception is in

the relay; free substitution is permitted in all relay events.

Championship Relay Entries – We do not always have time to swim the relays at the qualifying meets. For the championships, a minimum of 2 swimmers must qualify for individual events by meeting the standards for a school to enter a team in a relay event in the championship meet.

Provincial Meet – Coming Soon

Handbook Revision and Governing Rules

Staff Member – all schools must have at least one staff member at every meet. The other adult may be a parent or non-staff member. The staff member must be present from the beginning of warm ups to the end of the meet.

Scratches - Within 48 hours prior to and including the race, each school is allowed 5 scratches maximum per category (regardless of gender), with no carry overs. For every scratch that surpasses 5 in the appropriate category there will be a \$5.00 charge per student.

Officials - Each school is to provide at least two timers with stopwatches. The GMAA office must be called two days prior to the meet if above regulation cannot be met so that other arrangements can be made. In addition, each school should have 1 adult who will act as an official plus one staff who must supervise the students. A school not supplying their full complement of officials or helpers will be subject to a monetary fine of \$100.00.

Eligibility – ‘No boy or girl may swim outside their age classes’. Please make sure to check students’ ages when you are registering to put them into the correct category. Ex – if a student is Bantam age – they must swim in the Bantam category. Students may swim up only in the relays.

Athlete Sanctions – Carry-over suspensions, if a student is suspended from another GMAA Winter Sport (ex. basketball, hockey, etc) they are not permitted to take part in any GMAA activity until that suspension is served.

Player Registration - Deadline Dec. 13, 2023 (all player registration registrations including the students’ events for meet 1 and 2) must be completed on S1 no later than 11:59pm on Wednesday, December 13th

Events for Meets 1 and 2 are due by **Wednesday, December 13th, 2023**

Events for Meets 3 and 4 are due by **Monday, January 22nd, 2024**

Championship Play Registration are due by **Monday, February 5th, 2024**

First Aid Policy – the first aid policy at the pools will be used.

Locker-room Supervision Schedule – There will be a locker room schedule assigning coaches 30minute blocks of supervision. Coaches should monitor the locker-rooms every 10minutes during their assigned time to make sure there is nothing going on in the locker-rooms. If there is an issue, please report it to Hughanna or Ali and/or the pool staff immediately. The schedule will be sent out prior to the meets as well as posted at the pool.

GMAA Swimming Qualifying Times for Championships						
Classification	50 Free	50 Breast	50 Back	50 Fly	100 Free	100 IM
Bantam Girls	38.0	51.0	47.0	47.0	1.31.0	1.43.0
Bantam Boys	38.0	51.0	45.0	44.0	1.31.0	1.43.0
Midget Girls	37.5	49.0	44.0	44.0	1.26.0	1.38.0
Midget Boys	34.5	46.0	42.0	42.0	1.25.0	1.35.0
Juvenile Girls	37.0	48.0	43.0	43.0	1.25.0	1.33.0
Juvenile Boys	34.5	41.0	41.0	41.0	1.20.0	1.33.0