

LATEST UPDATES

- **March 31** – Payment Method for Entry Fees updated.
Clubs to be invoiced via REMS.

JULY 8 - 12, 2026

ONTARIO SWIMMING CHAMPIONSHIPS

speedo 

ONTARIO SWIMMING CHAMPIONSHIPS
TORONTO PAN AM SPORT CENTRE

MEET PACKAGE



HOSTED BY
SWIM ONTARIO WITH THE HELP OF DAY HOSTS
SCAR, NYAC, LSC, MAC & ESWIM

PERFORMANCE PARTNERS AND SUPPORTERS

Swim Ontario proudly acknowledges the invaluable contributions of our partners and supporters who help advance swimming in Ontario.



VENDORS & SERVICES

The following vendors and services will be onsite at this event:

- **Apparel:** Fine Design
- **Photography:** Jeff Vogan Photography – all days
- **Livestreaming:** RecTec TV
- **Race Analysis:** RaceTek

GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Swim Ontario
- **Meet Format:** Long Course – Prelims & Finals (OPEN) with Youth (12&U) Timed Finals events
- **Location:** Toronto Pan Am Sports Centre – 875 Morningside Ave, Toronto, ON M1C 0C7
- **Facility:** 10 lane 50m competition pool - Swiss Timing electronic timing system.
- **Dates:** July 8 - 12, 2026
- **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).

PARTICIPANT SAFETY

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.

All participants in this event are reminded that they are bound by Swim Ontario Policies and Procedures, including but not limited, to 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>. Conduct that violates the Swim Ontario bylaws, policies, procedures and comprehensive code of conduct and ethics may be subject to filing a formal complaint. [Submit a Complaint](#)

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.
- Spectators will be permitted at the discretion of the facility. They are not permitted on deck. There will be no spectator fee at this event. [Parking](#) rates do apply. [Food court hours](#) (note – not open until 7 AM)

SWIM ONTARIO CONCUSSION MANAGEMENT PROCEDURE (ROWAN'S LAW)

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.

- The [Swim Ontario Concussion Management Procedure](#) is in effect at all Swim Ontario sanctioned events. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Clubs and coaches must ensure athletes are aware of this procedure.
- Meet Management will have copies of the [Concussion Management procedure](#) at the competition.
- Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the [Swim Ontario Injury reporting form](#)

OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding 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 must be in an environment or space that is both 'open' and 'observable' to others.

EVENT NOTICE – LIGHTING AND SOUND EFFECTS

Please be advised that during the competition, there will be elevated sound levels and the use of flashing lights as part of the event's production and atmosphere. Spectators and participants who may be sensitive to loud noises or light effects are encouraged to take appropriate precautions.

EVENT PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario 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, cellphones or other recording devices allowed in the area immediately behind the starting blocks during competitions, or in locker rooms, bathrooms, or any other dressing area. The [Swim Ontario Photography, Videography, and Cellphone Procedure](#) is in effect.

PROCEDURE

- Only individuals that have made an 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 and permission to do so. All individuals making application must follow the [Screening Requirements Procedures](#). Please contact Swim Ontario (nicole@swimontario.com) for application and authorization process.
 - **The official Photographer for this event is Jeff Vogan Photography.**
- Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relation to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.
- By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.
- **Live Streaming services provided by RecTec TV.**



ORGANIZING COMMITTEE

- **Chair:** Nicole Parent – nicole@swimontario.com
- **Meet Manager:** Kirsti Kontor – kirsti@swimontario.com
- **Competition Coordinator(s):** Steve Sachs, Level V - compcoordinator@whitbyswimming.ca
- **Para Technical Advisor:** Jeff Holmes
- **Officials Coordinator(s):**
 - Day Hosts will each have their own officials coordinators
 - **Link for official signup:** <https://form.jotform.com/SwimOntario/2026-OSC-Official-Sign-Up>
- **Entries & Results Coordinator:** Nicole Parent – meetentries@swimontario.com

MEET INQUIRIES:

All inquiries are to be directed to meetentries@swimontario.com

Meet Information Page: <https://www.swimontario.com/athletes/competitions/2026-ontario-swimming-championships/>

ENTRY INFORMATION

ELIGIBILITY

All athletes must be registered as Competitive or Varsity swimmers with Swimming Canada. A valid Swimming Canada registration number is required for all swimmers, and entries without a registration number will be declined. Athletes may only compete under the age group club or varsity team they are registered with.

- This event is restricted to Ontario based athletes including UofOttawa swimmers (registered with Swimming Canada) aged
 - **Open Sessions:** All ages
 - **Youth Sessions:** 12 & Under
- Out-of-country foreign teams are not permitted to attend.
- A competitor's age is their age as of July 8, 2026

PARA SWIMMERS

- Para-swimmers must have a current Level 2 classification with Swimming Canada.
- There will be separate para-swimming finals events with WPS Approved Plus sanction.
- WPS Americas and World records will not be recognized at this event.

ENTRY FEES & PAYMENT

- **Swimmer Fee:** \$142 + HST (\$160.46)
- **Competition Administration Fee** (per club): \$100 + HST (\$113.00)
- **Relay Events:** \$30 + HST (\$33.90)
- Entry Fees must be paid prior to arrival or at team registration
- **Payment method: Payment will only be accepted via REMS and due first day of meet (July 8). Instructions to be provided when the clubs are invoiced. No other payment method will be accepted.**

ENTRY PROCESS & DEADLINE

- **Entry Deadline: Monday, June 22, 2026 at 10 PM**
- **Qualifying Period:** January 1, 2025 – Sunday, June 21, 2026
- **Qualifying Standards:**
 - Olympic Program (OP) Swimmers: 2026 Ontario Swimming Championship Standards – [TABLE view](#)
 - PARA Swimmers: 2026 Para Ontario Swimming Championship Standards (unchanged from 2025) – [PDF view](#)
- All OP swimmers must achieve at least 2 (two) 2026 Ontario Swimming Championship Standard in two separate events to attend the competition.
 - 12&U swimmers that achieve 2 (two) 13&U qualifying time in two separate events must choose to participate in all the Open sessions or all the Youth sessions. They cannot participate in both.
- All PARA swimmers must achieve at least 2 (two) 2026 Para Ontario Swimming Championship Standard in two separate events to attend the competition.
- All entries received shall be UNCONVERTED and must be provable official time on Swim Rankings (excludes split times)
 - **LCM entry times for distance events (800/1500 Free) is advised. See seeding rules for distance events.**
- No converted times will be accepted. Yards times will not be accepted.
- No Time (NT) will not be accepted.
- Maximum of 6 individual events per swimmer provided they meet the qualifying times (QT).

OP SWIMMER BONUS SWIMS

- Athletes must have achieved the [Provincial Consideration Time](#) to enter as a Bonus event (excludes non eligible bonus events)
 - **Consideration Times (CT):** These times allow athletes to enter in bonus events but do not guarantee a swim. If we cannot accommodate everyone within a reasonable session length, we will reject the slowest entries, based on time, across the different events of that day. This will be done proportionally across events in all age groups.
- Structure
 - 2 QTs = 2 Bonus swims with CT time in either SCM or LCM
 - 3 QTs = 1 Bonus swim with CT time in either SCM or LCM
 - 4 or more QTs = 0 Bonus swim
- 400 IM and 400/800/1500 Free events are NOT ELIGIBLE AS BONUS SWIMS
- **Swimmers are limited to a maximum of 1 bonus swim per day.**
- Bonus swims must be entered with provable official time on Swim Rankings (excludes split times).
- Swim Ontario reserves the right to adjust the number of bonus swims to keep sessions within reasonable timelines.
- Please indicate bonus events by the BONUS check in Hytek Team Manager or provide a Team Unify report of Bonus Swims.

RELAY ENTRIES

- Clubs may enter a maximum of two (2) relay teams per event for 4x50 & 4x100 relays.
- Clubs may enter a maximum of one (1) relay team per event for the 4x200 relay.
- Relay Only swimmers are not permitted at this event. All relay participant must be entered in at least two (2) individual events.
- 12&Under swimmers may only participate in the relays taking place in the sessions they choose to compete in, i.e. if competing in the Youth sessions, they may only participate in the Youth relays.
- Relays can include OP & PARA swimmers provided they are from the same club.
- All Relay Entries must have 4 declared swimmers with valid entry time using either LCM or SCM times. No Time Entries are not permitted.

EVENT NUMBERING

- All Open Session individual events: 1 – 99 (PARA 150IM 229/230)
- All Open Session Relay events: 101 – 199
- All Youth Session events: 401 - 499

PARA ENTRIES

- **Entry Deadline: June 22, 2026 at 10 PM**
- **Qualifying Period:** January 1, 2025 – Sunday, June 21, 2026
- Para-swimmers must have a current Level 2 classification with Swimming Canada
- Para-swimmers must achieve a minimum of 2 (two) 2026 Para Ontario Swimming Championship Standards in two separate events to attend the competition – [PDF view](#)
- Swimmers may enter any PARA event on the Ontario chart for which they have achieved a [Para Ontario Swimming Championship Standards](#) in their disability class up to a maximum of 6 events.
- Para Eligible events are listed below. Swimmers may only swim in the eligible events for their classification. For preliminaries they will be integrated with OP swimmers and have separate PARA finals.

50 Free	S1-S14	100 Free	S1-S14
200 Free	S1-S5 & S14	400 Free	S6-S13
50 Back	S1-S5	100 Back	S1-S2 & S6-S14
50 Breast	SB1-SB3	100 Breast	SB4-SB9 & SB11-SB14
50 Fly	S1-S7	100 Fly	S8-S14
150 IM	SM2-SM4	200 IM	SM5-SM14

- A PARA relay will be offered on Day 3. Details to follow. PARA swimmers may compete in Olympic program relays offered at this event provided the relay team members are all from the same club.
- Para Bonus Structure
 - If necessary, Swim Ontario reserves the right to remove bonus events should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.
 - 2 QTs= 2 Bonus swims
 - 3 or more QTs = 1 Bonus swim

- Olympic Program only events are not eligible for bonus swims for para swimmers (200 Bk, Br, Fly, 400 IM, 800/1500Fr)
- SB9 only swimmers may enter S10/SM10 para events as EXHIBITION
- PARA 400 Free event is NOT ELIGIBLE AS BONUS SWIMS

SUBMISSION

- **Entries MUST** be submitted via the Swimming Canada Registration and Events System (REMS).
- **Attending domestic coaches and support staff must be listed when uploading the entries via REMS and confirmed on the [2026 Team Registration Online Form](#)**
- A successful entry file upload is only the validation of membership entry information against the national membership and entry validation does not guarantee a club's entries will be accepted by Swim Ontario.
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the event.
- Accepted or rejected entries will be identified with a second notification from Swim Ontario.
- Swim Ontario reserved the right to reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline or any other lack of compliance with Swim Ontario meet policy and procedure.
- Pre-Scratch Entry Lists will be posted online at www.swimontario.com by **June 29, 2026**
- All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com
- Deck entries and time trial events will not be permitted.

CONFIRMATION REPORT

- The confirmation report will list all entries for all swimmers. Rejected entries will also be listed.
- It is the club's responsibility to provide proof of time **within the qualifying period** for any rejected entries.
 - Unofficial split times will not be accepted as proof of time
 - Meet Mobile screenshots will not be accepted as proof of time
 - Best times reports will not be accepted as proof of time
 - Any official results document or website must be in English or French or translation provided by the club.
- Any rejected entries without proof of time for qualifying events by the posting of final Entry List will be removed or be designated as a bonus event with a provable time if permissible under the bonus swim rules.
- Any rejected entries without proof of time for qualifying events may result in the swimmer not being eligible to attend the competition.
- Any rejected entries without proof of time for bonus events:
 - Will be removed for bonus events unless a validated time meets the Ontario Consideration Time within the qualification period.
- Relays without 4 declared swimmers will be marked as NT.

CHANGES

- Clubs will have **48 hours after the entry deadline** to make corrections/modifications to entries. After that time, fees will be calculated; no refunds will be granted for late scratches or missed swims.
- Following the **48 hours period**, clubs requesting changes and corrections to entries may be made up until the final Entry Lists are posted **at a cost of \$100 per change or correction**.

- The per change cost is per swimmer, per event, per change; not per email sent.
- Corrections or changes requested from the Swim Ontario Entries Coordinator are NOT subject to penalties.
- **Late Entries** for swimmers not entered by the **entry deadline** may be accepted up until the end of the 48 hours grace period or the final Entry Lists are posted at a cost of double the meet entry fee (subject to swimmer cap maximum).
- **Late entries or changes are subject to the qualifying times and the qualifying period. Times achieved AFTER the entry deadline are not eligible for qualifying or upgrade of entry time.**

Swim Ontario reserves the right to not approve changes based on session timelines and capacity.

Swim Ontario reserves the right to not permit late entries for swimmers if oversubscribed.

- Final Entry Lists will be posted online at www.swimontario.com no later than **July 3, 2026**
- All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com
- Deck entries and time trial events will not be permitted at the competition.

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.
- Visual Start Strobe Light: **Facility-Provided Strobe Light:** An external strobe light is available at this facility
- **Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.**
- Support Staff must have active REMS registration. All support staff must be declared on the [2026 Team Registration Online Form](#)

LIMITS AND/OR CHANGES TO FORMAT

If necessary, Swim Ontario reserves the right to implement some or all of the following options in order to comply with Swim Ontario competition sanctioning policies and facility limits:

- Limit entries/swimmers to either the Open or Youth sessions
- Change 400m Open prelim events to timed final with fastest heat competing in finals
- Cancel Relays or restructure the Open Session Finals
- Limit relays
- Create a distance overflow session
- Move Events
- Adjust warm-up and start times

REGISTRATION INFORMATION

SWIMMING CANADA COACH REGISTRATION POLICY

The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. All teams must submit a list of coaches attending at the time of entry. Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend the meet.

- **Athletes must have a coach or designated coach (coach representative) in attendance during the event including pre-meet training sessions.**
- **All arranged coach representatives must be declared on the [Team Registration Online Form](#)**

TEAM REGISTRATION

- **Team Registration will be done through [2026 Team Registration Online Form](#) (complete on or before Monday, June 22) and in person.**
 - <https://form.jotform.com/SwimOntario/2026-prov-meets-team-registration>
 - All attending coaches, support staff contact information will be collected.
 - Support Staff will be limited to those required for Para, d/Deaf and Hard of hearing swimmers.
- Onsite Team Registration in room 2060. One club representative must collect deck accreditations for their club. Accreditations will be required to access the lower deck. Team Registration times: **Tue July 7 – 4:30 – 7:45 PM & during warmup periods on competition days.**
- **Accreditations will be required to access the lower deck.**
- Accreditations will not be distributed to swimmers without a coach present.
- The club is responsible to distribute accreditations once collected at Team Registration.

PRE-MEET TRAINING & WARM-UP/COOL-DOWN AVAILABILITY

- Pre-Meet Training : Tue July 7 - 5:00 – 7:30 PM – **restricted to OSC participants – space is limited. Clubs are asked to email nicole@swimonatrio.com with number of swimmers & time.**
- The Dive Tank will be available during the competition for cool-down.
 - During Prelims warm-up periods: the Competition pool will be designated for those that are racing in the current session. Anyone not racing is asked to use the Dive Tank during warm-up periods.
 - During Finals **warm-up periods**: the Dive tank is available. Warm-ups are restricted to swimmers racing in the current session.
- Warm-up periods will be split by clubs.

TECHNICAL BULLETIN & MEETING

- Onsite Coaches Technical Meeting – Tuesday, July 7 @ 7:30 PM in the Leadership Room.

COMPETITION RULES

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

WARM-UP SAFETY PROCEDURES

The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [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.

- **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.

SWIMWEAR

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.

DIVE STARTS

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Regulations. For Para-swimming events starts will be conducted as per WPS rules.

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 Referee may disqualify a swimmer for such misconduct. 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.

BACKSTROKE LEDGES

Backstroke ledges will be available for use. Swimmers shall be responsible for setting the device.

AGE GROUPS

- A competitor's age is their age as of the first day of the competition (July 8, 2026).
- **Individual events:**
 - **OP Open Finals Individual events:** 14&Under, 15-16, 17&Over
 - **PARA Finals Individual events:** OPEN
 - **Youth Sessions:** 11&Under, 12
- **Relay events:**
 - Restricted to swimmers entered in at least 2 individual events.
 - **Open Sessions:** 14&Under and 15&Over. Open session swimmers are not permitted to swim in Youth session relays. For the 4x200 Free the age is Open (Open session swimmers only)
 - **Youth Sessions:** 12&Under. Youth session swimmers are not permitted to swim in Open session relays.

SEEDING

- After all times have been proven, entry times will be converted to LCM using 2% conversion factor and seeded by time regardless of age & bonus swim designation for 400m events and lower.
- **All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding)**
- Swim Ontario reserves the right to limit entries and/or change events to timed final.
- If necessary, Swim Ontario reserves the right to implement some or all of the following options should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies:
 - Remove bonus events
 - Create overflow sessions
 - Combine sessions
 - Combine heats or limit the number of heats
 - Move events

PRELIMINARIES

- All **400m or less** preliminary heats will be seeded by time, slowest to fastest, with fastest 3 heats circle seeded regardless of age as per section II 3.1.
- The 150 IM will be seeded by time, slowest to fastest. No circle seeding.

YOUTH TIMED FINALS

- All events, except distance events, will be seeded slowest to fastest by gender (age combined) **with fastest heat of each age (11&U, 12) swimming together.**
- All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding) with SCM times swimming first then LCM times. The events will be swum age combined. Results will be split by age group.

OLYMPIC PROGRAM FINALS

- In each finals event all female finals will swim, followed by all male finals; Youngest to Oldest.
 - There is an “A” final only for 400m events.
 - There is an “A” and “B” final for each age group. The “A” final will swim before the “B” final.
 - Events with 35 or fewer entries in an age group (by the Final Entry List) will have an A final only
- Swim Ontario reserves the right to adjust the Finals structure to ensure reasonable timelines.

PARA FINALS

- Preliminaries and finals for all eligible events regardless of number of para swimmers.
- Finalists will be determined utilizing the 2025 Canadian Para Swimming Point System.
- A PARA final with 10 swimmers will be offered for para eligible event:
 - 150/200 IM – combined, fastest 10 swimmers based on para points
 - 50 Free, Back, Breast, Fly
 - 100 Free, Back, Breast, Fly
 - 200 Free, 400 Free
 - A maximum of three (3) swimmers per sport class are eligible to advance to the PARA Final.
 - Should empty lanes exist following the maximum of three (3) swimmers per sport class for Ontario based swimmers, additional swimmers will be added to fill the PARA Final according to the following:
 - based on para points
 - Should additional lanes remain in non-breaststroke events, SB9 swimmers will be added
 - The additional swimmers added will swim as exhibition in finals and not be eligible for awards and will be placed in empty lanes.
- PARA finals will be seeded by time with combined classification with the exception of EXH swimmers who will be placed in empty lanes.

OPEN DISTANCE SESSIONS 800 AND 1500 FREE

- **All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding)**
- All distance events will be swum as timed finals seeded fastest to slowest by gender regardless of age.
- The fastest heat by gender will compete during the finals session regardless of age. **The distance event will swim first in finals.**
- Scratches required 15 mins after the start of *prelims* session on the day the event is scheduled to allow meet management the opportunity to **ensure a full complement of swimmers for fastest heat in finals and possibly collapse heats.**
- Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.

Meet Management reserves the right to create overflow sessions, combine sessions, combine heats or limit the number of heats should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.

OFFICIAL SPLITS & DECK ENTRIES

- Meet Management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event must advise the Admin Desk prior to the commencement of the session in question on the “Official Split Request” form.
- The Official Split Request forms are available at the Admin Desk.
- Official Split Requests must be submitted before the start of the session.
- Deck entries and time trial events will not be permitted.

SWIM OFFS

- All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.
- **Coaches are to report to the Admin Desk when a swim-off is announced.**
 - If, after reasonable efforts to contact the coach, no response is received within 20 minutes of the announcement or call, the swimmer will be deemed to have declined (forfeited) the swim-off.

OPEN SESSION RELAYS

- The fastest 10 relay teams in each event will swim in finals. All other teams will swim in prelims on the respective days.

SCRATCH RULES

TIMED FINAL EVENTS

- **Open Sessions:** Relays and 800 & 1500 Free
 - The deadline for scratches for relays events is 15 minutes after the start of the **preliminary session on the day the event is scheduled** to allow meet management the opportunity to ensure a full complement of teams for the Final session.
 - The deadline for relay name submission is 15 mins after the start of the session in which the relay will be swum. Coaches must have relay cards with names filled in and returned to the Admin Desk by the deadline. No relay name changes will be accepted after this deadline unless approved by meet management.
- **Youth Sessions events**
 - NO scratch deadline for 200m and below events including relays.
 - The deadline for scratches for the 400 Free, 400 IM and 800 Free is 15minutes after the start of the **Youth session on the day the event is scheduled** to allow meet management the opportunity to ensure a full complement of swimmers for fastest heat in the respective age groups.

PRELIMINARIES

There will be no scratch deadline for preliminary events.

FINALS

All Scratches for Finals from preliminary events results must be provided to the Admin Desk within 30 minutes after **the completion of the last preliminary event.**

PENALTY

Failure to participate in an individual **FINAL** or the time final event with a scratch deadline without meet management's knowledge and consent will result in a **\$100 fine** for each offence payable to Swim Ontario.

- Timed Final events in which a fine is applicable are 400 Free, 400 IM or 800 free of the youth sessions & 800/1500 free + relays for the open session.
- All fines for “No-Shows”, “step-downs” and “unexcused incomplete swims” will be recorded by the Admin desk. Unexcused incomplete swims shall be the sole determination of the Referee.
- Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.
- A club representative must make payment for the fine.
- All unpaid fines will be invoiced by Swim Ontario.
- Accepted payment is via the Online Penalty Form via Credit Card
<https://form.jotform.com/SwimOntario/2025-26-Prov-Meet-penalty-form>
- **All penalties must be paid to Swim Ontario before a Club entry file is accepted for the next Swim Ontario Provincial Championship meet**

TAPING & RECORDS

- No Taping Review Committee will be in place for this competition.
- Internationally classified para swimmers shall be required to comply with WPS taping rules and regulations.
 - Coaches are to submit a request for consultation with the Para Technical Advisor at the Administrative Desk 1 hour prior each session where taping will be worn.
 - The consultation will take place during the warm-up period. Both the coach and athlete need to be present for the consultation.
 - Any internationally classified swimmers wearing taping that has not been cleared by the Para Technical Advisor or failure to comply with the recommendation of the Para Technical Advisor will be disqualified.
- Swim times achieved at this competition will be eligible for provincial records without consideration for taping beyond the principles of rule II.15.3.
- Swim times achieved at this competition will be eligible for national records under the following conditions:
 - Canadian Age-Group records will be eligible without consideration for taping beyond the principles of rule II.15.3.
 - Canadian Senior/Open Canadian records will be eligible provided no taping is worn. Athletes are advised to remove taping prior to any record-breaking attempt.
 - Canadian Para records will be eligible provided no taping is worn or the protective medical taping has been cleared by the Para Technical Advisor. Para swimmers are

advised to follow the Para Technical Advisor recommendation to comply with World Para Swimming Rules and Regulations prior to any record-breaking attempt.

- Coaches are asked to inform meet management of possible record attempts and/or if records are broken to ensure meet management can process the record application. No Taping Review Committee will be in place for this competition.

FINALS CALL ROOM PROTOCOL

A call room and check-in times will be in place for this competition.

- **Finalists & alternates are required to check-in with the Call Room Supervisor.**
 - **Para Finalists & alternates: 15 minutes prior to the scheduled start of the “Para” Final.**
 - **Olympic program “A” and “B” finalists and alternates: 15 mins prior to the scheduled start of the “A” final.**
- **Swimmer Replacement process:** Any swimmer who has not completed check-in 10 minutes prior to the scheduled check-in time outlined above will be replaced by an alternate.
- “Para” & “A” finalists will be released from the call room for their race and be introduced behind the blocks.
 - Note: strobing light show will be in effect for march-on. Any issue with athletes/coaches please let the Meet Director know.
- “B” finalists will be introduced during the race.

Back-to-Back finals events

- **Only for Athletes with back-to-back final swims within 30 mins**
- The Call Room Supervisor will be provided with a list of approved swimmers that can complete the check-in 5 mins before the scheduled start of their heat. Swimmers will be informed when they report for their first race if approved.
- Swimmer who has not completed check-in 5 minutes prior to the scheduled check-in time outlined above will be replaced by an alternate.

SCORING AND AWARDS

EVENT SCORING

ALL EVENTS

- The top ten (10) individual per age group events and relays score
- Individual Events: 50-45-40-35-30-25-20-15-12-11
- Only times that meet the qualifying standard count towards team scoring.
- Relay Events: 100-90-80-70-60-50-40-30-24-22
- The Canadian Paralympic Point system shall be used to determine awards and scoring for para events. In the event of a points tie with swimmers of the same class in a race, the swimmer who touched first will be given that position.
- Reverse scoring will be in effect for any event in which there are less than 10 swimmers or teams:
 - 10 swimmers/teams per final: 50-45-40-35-30-25-20-15-12-11/ 100-90-80-70-60-50-40-30-24-22

- 9 swimmers/teams per final: 45-40-35-30-25-20-15-12-11/ 90-80-70-60-50-40-30-24-22
- 8 swimmers/teams per final: 40-35-30-25-20-15-12-11/ 80-70-60-50-40-30-24-22
- 7 swimmers/teams per final: 35-30-25-20-15-12-11/ 70-60-50-40-30-24-22
- 6 swimmers/teams per final: 30-25-20-15-12-11/ 60-50-40-30-24-22
- 5 swimmers/teams per final: 25-20-15-12-11/ 50-40-30-24-22
- 4 swimmers/teams per final: 20-15-12-11/ 40-30-24-22
- 3 swimmers/teams per final: 15-12-11/ 30-24-22
- 2 swimmers/teams per final: 12-11/ 24-22
- 1 swimmer/team per final: 11/ 22

EVENT AWARDS

- **Medals:** first through third (regardless of qualifying times) for each individual for the following age groups:
 - **Open Session Individual:** 14&U, 15-16, 17&O PARA events
 - **Youth Session Individual:** 11&Under, 12
- **Medals:** first through third for each relay event
- The Canadian Paralympic Point system shall be used to determine rank & awards for para events. In the event of a points tie with swimmers of the same class in a race, the swimmer who touched first will be given that position.

INDIVIDUAL AWARDS

- Individual High Point Awards will be awarded in the following age categories per gender:
 - **Open Session Individual:** 14&U, 15-16, 17&O
 - **Youth Session Individual:** 11&Under, 12
- Individual high point awards will be based on High Point Aggregate by age group and gender (5-3-1)*
 - Swimmers must meet the qualifying standard to accumulate aggregate points
- *If necessary, ties will be broken by number of gold medals. If a tie still exists, then it will be broken by number of silver medals then bronze medals. If swimmers have accumulated the exact scores and numbers of each medal, two winners will be awarded.

PARA HIGH POINT AWARD

Male & Female PARA with the single highest-scoring swim in the meet using the 2025 Canadian Para Point system.

TEAM AWARDS

- **Championship Cup:** The club with the highest team points will be awarded a high point team cup
 - A second and third place team award will also be presented.

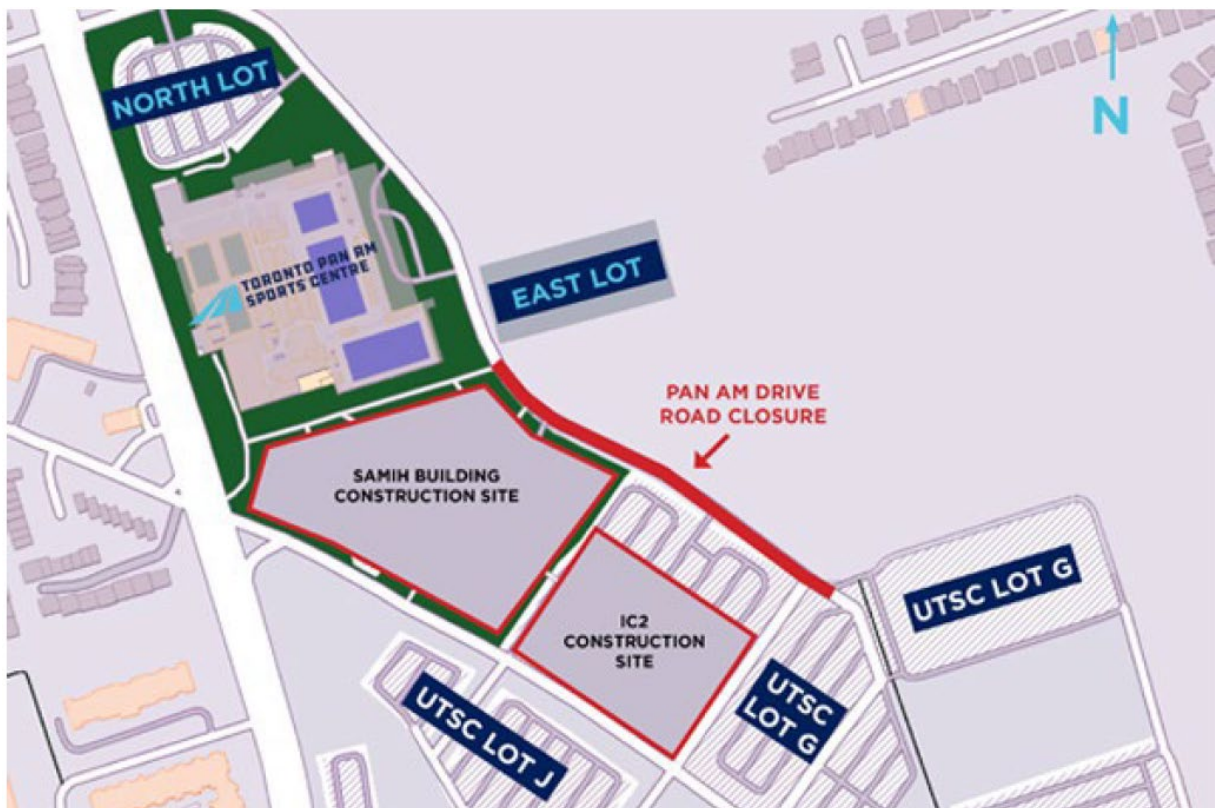
Tie Breaking Process for Team Awards at Provincial Competitions:


- In the event of a tie, for Team Awards, at a Provincial Championship; Provincial Meet Hosts will undertake the following tie breaking process:

- Meet Management will rank the tied teams based on number of gold medals and the team with the highest total number of gold medals will be declared the winner.
- If a tie still remains; Meet Management will then rank the tied teams based on number of silver medals and the team with the highest total number of silver medals will be declared the winner.
- If a tie still remains; Meet Management will then rank the tied teams based on number of bronze medals and the team with the highest total number of bronze will be declared the winner.
- If a tie still remains; Meet Management will then rank the tied teams based on number of overall medals and the team with the highest total will be declared the winner.

FACILITY INFORMATION

- **No food is permitted on deck including swimmer snack foods. These must be consumed off deck. Coffee/Tea/Pop/snack food is not permitted on deck.**
- **On-site take-out food available (Tim’s, Pizza, Pool Sides).**
- **Lockers and Outerwear** - Lockers will be available for this event. In the changerooms and WEST hallway. Bring your own lock. No overnight locks permitted.
 - **Swimmers, Coaches and Officials must use lockers for outerwear INCLUDING outdoor shoes.**
 - Only indoor activation deck shoes may be worn on the deck.
- All coats, boots, etc. must be in lockers.
- **Hospitality – Light hospitality will be available for Officials and Coaches in Leadership Room.**
 - On-site take-out food available (Tim’s, Pizza, Pool Sides). [Hours](#)
- **Parking** - Parking is available at the facility in designated areas. [Parking](#) rates do apply. **The North and EAST lots are available for parking. The UTSC Lot H & G is also available for overflow parking. Different rates apply for these lots.**





Competition Dismissal Policy

As outlined in the policies and procedures during competitions it is the responsibility of the participants (coaches and swimmers) to abide by pool rules. In the event that a participant is not following the provided rules and regulations, TPASC reserves the right to dismiss a participant from continuing in the event.

2.15 Patron Behaviour

- No food or drinks on deck. No gum.
- Outdoor shoes & outdoor wear (coats, jackets etc.) are not permitted on deck – all personal belongings must be left in a locker.
 - Outdoor shoes must be left on the shoe racks provided outside the Aquatics Office.
- Deck Changing is not permitted in the facility. Changerooms and on-deck washrooms are available for use to change in and out of swimsuits.
- Glass bottles or other glass objects are prohibited in the pool areas including the pool deck, change rooms and hallways.
- Socializing with or distracting pool staff, including lifeguards, is prohibited.
- No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. Such behavior, including *abusive or profane language*, may result in being asked to leave.
- Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, offensive or disruptive splashing or yelling, diving or jumping without care and caution, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
- Spitting, spouting water, blowing nose, urinating or defecating in the pool is prohibited.
- *All minor rule infractions warrant a verbal warning along with a brief explanation of why the rule is enforced.*
- *If a swimmer repeatedly breaks rules or regulations, making it absolutely necessary for discipline purposes to send him/her home for a period of time, the Deck Supervisor must document the situation on an Incident Report Form.*
- *Should there be any instances where longer suspensions are recommended, the Deck Supervisor is to discuss details with Aquatics Management staff who shall decide the appropriate course of action.*

In the event that a participant is repeatedly breaking a pool rule there will be a **three strike rule** in the following order:

- 1) Lifeguard speaks to participant and deck supervisor is notified.
- 2) Lifeguard/deck supervisor will identify participant to coaches and have coach speak to swimmer → Meet Manager will be made aware of this step.
- 3) Aquatics Management and Meet Manager dismiss swimmer after being warned.

TPASC requests that all participants involved in the event are made aware of all facility policies and procedures and that the Competition Dismissal Policy is known and understood by all participants.

We appreciate your cooperation and understanding to keep our facility as safe and pristine as possible.

OFFICIALS & VOLUNTEERS

If a registered official from an attending club is interested in officiating, please complete the following online form:

- Day Hosts will each have their own officials coordinators. All officials & volunteers are asked to complete the online sign-up form.
- **Link for official signup:** <https://form.jotform.com/SwimOntario/2026-OSC-Official-Sign-Up>

PROGRAM EVENT LIST

OPEN SESSIONS

OP = Olympic Program swimmers / PARA = Paralympic program swimmers

SH = Slow Heats / FH = Fast Heat

OP Finals = 14&U, 15-16, 17&Over / PARA Finals = combined classification

DAY 1 – WEDNESDAY, JULY 8, 2026					
Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:30 pm – 5:25 pm Start: 5:30 pm		
W		M	W		M
	400 Free (OP & PARA S6-13)	2	1	1500 Free (FH)	
3	50 Fly (OP & PARA S1-7)	4		400 Free (PARA A Final, OP A Final)	2
5	100 Breast (OP & PARA SB4-SB9 & SB11-SB14)	6	3	50 Fly (PARA A Final, OP A, B Final)	4
101/ 103	4 x 50 Medley Relay (SH) (14&U & 15&O)	102/ 104	5	100 Breast (PARA A Final, OP A, B Final)	6
1	1500 Free (SH)		101/ 103	4 x 50 Medley Relay (FH) (14&U & 15&O)	102/ 104
DAY 2 – THURSDAY, JULY 9, 2026					
Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:30 pm – 5:25 pm Start: 5:30 pm		
W		M	W		M
7	200 Free (OP & PARA S1-S5 & S14)	8		800 Free (FH)	12
9	100 Back (OP & PARA S1-S2 & S6-S14)	10	7	200 Free (PARA A Final, OP A, B Final)	8
11	400 IM		9	100 Back (PARA A Final, OP A, B Final)	10
105/ 107	4 x 100 Free Relay (SH) (14&U & 15&O)	106/ 108	11	400 IM (OP A Final)	
	800 Free (SH)	12	105/ 107	4 x 100 Free Relay (FH) (14&U & 15&O)	106/ 108

Swim Ontario reserves the right to change warm-up session times and to allocate team warm-up schedules.

OP = Olympic Program swimmers / PARA = Paralympic program swimmers

SH = Slow Heats / FH = Fast Heat

OP Finals = 14&U, 15-16, 17&Over / PARA Finals = combined classification

DAY 3 – FRIDAY, JULY 10, 2026					
Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:30 pm – 5:25 pm Start: 5:30 pm		
W		M	W		M
13	200 Back	14	13	200 Back (OP A, B Final)	14
15	50 Free (OP & PARA S1-14)	16	15	50 Free (PARA A Final, OP A, B Final)	16
17	200 Breast	18	17	200 Breast (OP A, B Final)	18
19	100 Fly (OP & PARA S8-14)	20	19	100 Fly (PARA A Final, OP A, B Final)	20
111	4 x 200 Free Relay (SH)	112	109	4 x 100 Mixed Para Free Relay	109
			111	4 x 200 Free Relay (FH)	112
DAY 4 – SATURDAY, JULY 11, 2026					
Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:30 pm – 5:25 pm Start: 5:30 pm		
W		M	W		M
21	200 Fly	22	27	800 Free (FH)	
23	50 Breast (OP & PARA SB1-3)	24	21	200 Fly (OP A, B Final)	22
25	100 Free (OP & PARA S1-14)	26	23	50 Breast (PARA A Final, OP A, B Final)	24
	400 IM	28	25	100 Free (PARA A Final, OP A, B Final)	26
113/ 115	4 x 100 Medley Relay (SH) (14&U & 15&O)	114/ 116		400 IM (OP A Final)	28
27	800 Free (SH)		113/ 115	4 x 100 Medley Relay (FH) (14&U & 15&O)	114/ 116
DAY 5 – SUNDAY, JULY 12, 2026					
Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:30 pm – 5:25 pm Start: 5:30 pm		
W		M	W		M
229	150 IM (PARA SM1-4)	230		1500 Free (FH)	34
29	200 IM (OP & PARA SM5-14)	30	229/ 29	150/200 PARA IM (combined top 10 – A Final)	230 / 30
31	50 Back (OP & PARA S1-5)	32	29	200 IM (PARA A Final, OP A, B Final)	30
33	400 Free (OP & PARA S6-13)		31	50 Back (PARA A Final, OP A, B Final)	32
117/ 119	4 x 50 Free Relay (SH) (14&U & 15&O)	118/ 120	33	400 Free (PARA A Final, OP A Final)	
	1500 Free (SH)	34	117/ 119	4 x 50 Free Relay (SH) (14&U & 15&O)	118/ 120

YOUTH SESSIONS

All events will be seeded slowest to fastest by gender. 400m or less events will swim the fastest heat of each age (11&U, 12) last. Distance events – seeded by time regardless of age

DAY 2 – THURSDAY, JULY 9, 2026		
Timed Final Warmup: 1:00 – 1:55 PM (split) Start: 2:00 PM		
W		M
401	200 Fly	402
403	100 Back	404
405	50 Breast	406
407	200 Free	408
409	50 Fly	410
411	4 x 50 Free Relay	412
413	400 IM	414
DAY 3 – FRIDAY, JULY 10, 2026		
Timed Final Warmup: 1:00 – 1:55 PM (split) Start: 2:00 PM		
W		M
415	100 Free	416
417	200 IM	418
419	50 Back	420
421	100 Breast	422
	400 Free	424
425	4 x 50 Mixed Freestyle Relay	425
427	800 Free	
DAY 4 – SATURDAY, JULY 11, 2026		
Timed Final Warmup: 1:00 – 1:55 PM (split) Start: 2:00 PM		
W		M
429	200 Back	430
431	50 Free	432
433	200 Breast	434
435	400 Free	
437	100 Fly	438
439	4 x 50 Medley Relay	440
	800 Free	442

Swim Ontario reserves the right to change warm-up session times and to allocate team warm-up schedules.
