



# Elaine Thompson Memorial Swim Meet

**Updated Meet Package: January 14, 2026**

## Brief Meet Information

<b>MEET NAME</b>	Elaine Thompson Memorial Swim Meet
<b>DATE(s):</b>	January 24–25, 2026
<b>HOSTED BY:</b>	Orillia Channel Cats
<b>LOCATION:</b>	Orillia Recreation Centre, 255 West St. S, Orillia ON
<b>FACILITY:</b>	8 Lane, 25m Competition Pool, OMEGA starting blocks, Swiss electronic timing system
<b>PURPOSE &amp; DESCRIPTION:</b>	To promote and recognize individual and team racing accomplishments and to provide opportunities for swimmers to make qualifying times for Regionals.
<b>MEET PACKAGE:</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a> and the Swimming Canada Registration and Event Management System (REMS).
<b>LAST UPDATE:</b>	

## Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
<b>COMPETITION COORDINATOR(S):</b>	Cathy Wackett Kelly McCrae	<a href="mailto:cathywackett@rogers.com">cathywackett@rogers.com</a> <a href="mailto:kelly.mccrae@barrieswimming.ca">kelly.mccrae@barrieswimming.ca</a>	5 5
<b>MEET MANAGER(S):</b>	Samantha Black	<a href="mailto:meetmanager@orilliachannelcats.ca">meetmanager@orilliachannelcats.ca</a>	
<b>OFFICIALS COORDINATOR:</b>	Nicci Stewart	<a href="mailto:officials@orilliachannelcats.ca">officials@orilliachannelcats.ca</a>	

## Safety at Competitions

Swimming Canada and 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.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and 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> or [www.swimming.ca/safesport](http://www.swimming.ca/safesport)

**Every club and its participants are responsible for ensuring all facility rules and requirements are followed.**

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) will be in effect. For complete details click [HERE](#).

### Videography & Photography Permissions

Provided the facility permits, registered club coaches on the compliance list, approved sport science contractors, and support staff may record for coaching purposes without additional authorization.

All other individuals — including club photographers, contracted photographers/videographers, and media — must apply for and receive authorization to access the competition deck before recording in any medium. All recordings must comply with Swim Ontario policies, including the [Photography, Videography, and Cellphone Procedure](#) and the [Screening Requirements Procedures](#). Contact Meet Management for the application process. All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.

<b>ADDITIONAL INFORMATION</b>	<input checked="" type="checkbox"/> This facility does not allow any form of recording (cellphone, cameras, videocameras, etc). <input checked="" type="checkbox"/> Meet management will not accept requests to access the competition deck to record.
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### Competition Rules

#### **Sanctioned as an Age Group Swimming Invitational by Swim Ontario.**

All current [Swimming Canada rules](#) will be followed. All registered para swimmers are subject to the rules defined by their current sport class and codes of exception. The stroke and turn rules apply as per Appendix B of the Swimming Canada rulebook. The Sport Class and Exception Codes should be displayed on heat sheets and must be made available to the Session Referee.

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.

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 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.

The Referee may disqualify a swimmer for such misconduct.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and [Swim Ontario warm-up safety rules](#) will be in effect. Details [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.

<b>AGE UP DATE:</b>	The competitor's age is the first day of the competition.
<b>DIVE STARTS:</b>	<p><b>As per Swimming Canada Part II C4.1.2 and C4.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available. As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from           <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> from deep end only</li> </ul> </li> <li>and/or           <ul style="list-style-type: none"> <li>● from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1               <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> from deep end</li> </ul> </li> </ul> </li> <li>and/or           <ul style="list-style-type: none"> <li>● In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1               <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> from deep end</li> </ul> </li> </ul> </li> </ul>
<b>BACSTROKE LEDGES:</b>	<input checked="" type="checkbox"/> Ledges will be used and available for all ages and sessions
<b>d/DEAF AND HARD OF HEARING ACCOMMODATION:</b>	<p><b>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</b></p> <ul style="list-style-type: none"> <li>● non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.</li> <li>● Personal Strobe Light: a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit.</li> </ul> <p><b>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</b></p> <p>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.</p>

## Eligibility

All athletes must be registered as Competitive or Varsity swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the age group club or varsity team they are registered with. Registered Para Swimmers are welcome and their current Sport Class must be included in the entries. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.



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<b>ADDITIONAL ELIGIBILITY INFORMATION:</b>	<ul style="list-style-type: none"><li><input checked="" type="checkbox"/> This meet is a Closed Invitational for the following clubs: CATS, CCSC, PTBO, OSAC, BTSC, Breakers, MUSAC, LLSC, Cobra, GMAC</li><li><input checked="" type="checkbox"/> Preference will be given to the host club first.</li><li><input checked="" type="checkbox"/> Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition and not be eligible for scoring or awards.</li><li><input checked="" type="checkbox"/> This meet has no Time Standards</li></ul>
<b>COACH &amp; SUPPORT STAFF REGISTRATION:</b>	<p>Meet management will cross reference the <a href="#">list of coaches submitted with entries</a> at this competition with the <a href="#">Swim Ontario Compliance lists</a>. If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.</p> <p><b>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</b></p> <p>Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. 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.</p>
<b>FOREIGN TEAMS / COMPETITORS:</b>	<p><b>The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.</b></p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Foreign Teams' / competitors' entries will not be accepted by the host club.</li></ul>

## Entry Process

<b>ENTRY SUBMISSIONS:</b>	<p><b>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.</b> Meet management will:</p> <ul style="list-style-type: none"><li>• not accept entries via email;</li><li>• notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li><li>• notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III &amp; IV sanctions) prior to the start of the competition</li></ul> <p><b>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</b></p> <p>Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.</p>
<b>ENTRY DEADLINE:</b>	<p><b>The online entry deadline is January 10, 2026</b></p>
<b>ENTRY FEE:</b>	<p><b>The following fees will apply for this competition:</b></p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Individual Events: \$15.00</li><li><input checked="" type="checkbox"/> Relay Events: \$20.00</li><li><input checked="" type="checkbox"/> Swimmer Fee: \$8.00</li></ul>



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	<p><b>Payment Method:</b> e-transfer to <a href="mailto:bookkeeper@orilliachannelcats.ca">bookkeeper@orilliachannelcats.ca</a> Payment to be received by January 15, 2026.</p>
<b>ENTRY LIMITS:</b>	<p><b>The following limits are in place for this competition:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> The maximum number of participants per session is 250</li> <li><input checked="" type="checkbox"/> The maximum number of entries per swimmer is: 8 (6 individual, 2 relays) per athlete.</li> </ul>
<b>RELAY ENTRIES &amp; MIXED RELAYS:</b>	<p><b>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Relay swimmers must be entered in a non-relay event in order to compete.</li> <li><input checked="" type="checkbox"/> A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification.</li> </ul>
<b>ENTRY TIMES &amp; CONVERSION:</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> No Time (NT) entries are not permitted.</li> <li><input checked="" type="checkbox"/> Estimate entry times are accepted.</li> <li><input checked="" type="checkbox"/> Entry Times can be converted (i.e. LCM to SCM)</li> <li><input checked="" type="checkbox"/> Times will not be converted by meet management.</li> </ul>

## Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Format
1	Saturday, January 24, 2026	7:00–8:00 AM	8:05 AM	11:05AM	3 hr Timed Finals
2	Saturday, January 24, 2026	12:00-1:00 PM	1:05 PM	5:00PM	4 hr Timed Finals
3	Sunday, January 25, 2026	7:00–8:00 AM	8:05 AM	10:05AM	2 hr Timed Finals
4	Sunday, January 25, 2026	11:00–12:00 PM	12:05 PM	3:05PM	3 hr Timed Finals

**\*Session times are currently tentative. Split warm ups may be implemented if necessary, and if so, will be communicated 10 days before the start of competition.**

## Meet Format & Administration

<b>SEEDING:</b>	<p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Seeding for Timed Final events will be in order of entry times, slowest to fastest.</li> </ul>
<b>DECK ENTRIES:</b>	<p><b>All accepted Deck Entries are Exhibition Only and are not eligible for scoring or awards. No new heats will be created for deck entries (only empty lanes, if available).</b> The following are the Deck Entry Rules for this competition:</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> No Deck Entries are permitted.</li> </ul>
<b>RELAY NAME SUBMISSION:</b>	<p><b>Relay Cards or Forms must be returned to the Admin Desk.</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Relay Cards are available in office</li> <li><input checked="" type="checkbox"/> The Relay Name submission deadline is 30 mins before the start of the session.</li> </ul>



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<b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b>	<p><b>The following are the Scratch deadlines for this competition.</b></p> <p><input checked="" type="checkbox"/> No scratch deadline. Relay changes are due 1 hour after the session starts.</p> <p><b>The following are the Positive Check-in deadlines for this competition.</b></p> <p><input checked="" type="checkbox"/> There is no positive check-in required for this competition.</p>
<b>PENALTIES:</b>	<p><input checked="" type="checkbox"/> No penalty shall be imposed for late or day of scratches and No-Shows</p>
<b>OFFICIAL SPLIT TIMES:</b>	<p><b>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 shall so advise the <u>Admin Desk</u> at least 30 minutes prior to the heat in which the split is requested. Requests for official splits in gendered and mixed relays are not required, however in mixed relays the official time will not be recognized as a Canadian Age Group record.</b></p> <p><input checked="" type="checkbox"/> Official Split Forms are available in the office</p>
<b>DISQUALIFICATION &amp; APPEAL PROCEDURE:</b>	<ul style="list-style-type: none"><li>• Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems.</li><li>• A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.</li><li>• If not resolved after this discussion, a written appeal may be presented to the Session Referee from the club representative.<ul style="list-style-type: none"><li>◦ A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> in question.</li><li>◦ Appeal on Referee Decision forms are available at the Admin Desk.</li></ul></li><li>• If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal.</li><li>• The decision to go to Jury must be taken within an hour from the moment the decision of the written appeal is communicated to the club representative.</li></ul>
<b>RECORDS:</b>	<p><input checked="" type="checkbox"/> Swim times achieved at this competition will NOT be used for applications of provincial and national records.</p>
<b>MEET RESULTS:</b>	<p><b>Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a></b></p> <p><input checked="" type="checkbox"/> Unofficial Results will be posted at the meet.</p> <p><input checked="" type="checkbox"/> Unofficial mobile applications results will be available.</p>
<b>SCORING:</b>	<p><b>The following scoring will be applied:</b></p> <p><input checked="" type="checkbox"/> No Scoring</p>
<b>AWARDS:</b>	<p><b>The following will be awarded:</b></p> <p><input checked="" type="checkbox"/> Medals 1st–3rd, Ribbons 4th–8th (Age groups: 10 &amp; Under, 11–12, 13–14, 15 &amp; Over) For Relays Medal 1st, Ribbons 2nd–8th (Age groups: 10 &amp; Under, 11–12, 13–14, 15 &amp; over)</p>
<b>ADDITIONAL INFORMATION:</b>	<p>Warm-down tank open for 13&amp;O sessions when available.</p> <p>Sprint lanes in the last 15 minutes of warm-up.</p>

Para warm-up accommodations available upon request

### Schedule of Events

**Session 1 – 13 and Over**  
 Saturday, January 24, 2026  
 Warm-up: 7:00–8:00 AM -- Start: 8:05 AM

Girls	Event	Boys
101	100 Fly	102
103	50 Free	104
105	200 Back	106
107	100 Breast	108
109	50 Back	110
111	200 IM	112
113 (Mixed)	400 Free	113 (Mixed)
151 (Mixed 13-14 years)	200 Free Relay	151 (Mixed 13-14 years)
152 (Mixed 15 and over)	200 Free Relay	152 (Mixed 15 and over)

**Session 2 – 12 and Under**  
 Saturday, January 25, 2026  
 Warm-up: 12:00–1:00 PM -- Start: 1:05 PM

Girls	Event	Boys
201	100 Fly	202
203	50 Free	204
205	200 Back	206
207	200 Free	208
209	50 Back	210
211	100 IM	212
213 (Mixed)	400 IM	213 (Mixed)
215	100 Breast	216
251 (Mixed 11 & 12)	200 Free Relay	251 (Mixed 11 & 12)
252 (Mixed 10 and under)	200 Free Relay	252 (Mixed 10 and under)

**Session 3 – 13 and Over**  
 Sunday, January 26, 2026  
 Warm-up: 7:00–8:00 AM -- Start: 8:05 AM

Girls	Event	Boys
301	100 Free	302
303 (Mixed)	400 IM Mixed	303 (Mixed)
305	50 Fly	306
307	200 Breast	308



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309	100 Back	310
311	50 Breast	312
313	200 Fly	314
351 (Mixed 13 &14)	200 Medley Relay	351 (Mixed 13 &14)
352 (Mixed 15 and over)	200 Medley Relay	352 (Mixed 15 and over)

Session 4 – 12 and Under		
Sunday, January 25, 2026		
Warm-up: 11:00–12:00 PM -- Start: 12:05 PM		
Girls	Event	Boys
401	100 Free	402
403	200 Im	404
405	50 Breast	406
407	200 Fly	408
409	100 Back	410
411	200 Breast	412
413	50 Fly	414
415 (Mixed)	400 Free	415 (Mixed)
451 (Mixed 11 & 12)	200 Medley Relay	451 (Mixed 11 & 12)
452 (Mixed 10 and under)	200 Medley Relay	452 (Mixed 10 and under)

\* Session times are currently tentative. Split warm ups may be implemented if necessary, and if so, will be communicated 10 days before the start of the competition. Relays will be withdrawn upon exceeding the timeframe.

## Request for Officials

We would greatly appreciate the support of both our visiting and home officials!

Please sign up using the following link:

<https://www.signupgenius.com/go/10C0F45ADAE2EA5FFC61-60793949-elaine>