

Brief Meet Information

MEET NAME	Top Cup SC
DATE(s):	May 8-10, 2026
HOSTED BY:	Etobicoke Swim Club
LOCATION:	Etobicoke Olympium, 590 Rathburn Rd, Etobicoke ON M9C 3T3
FACILITY:	Two 8x25m pools with Swiss Timing
PURPOSE & DESCRIPTION:	To provide a fun competitive event for our 10&U swimmers (TOP – Tiny Olympic Prospects) to get official times
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).
LAST UPDATE:	Rev 1 – Additional Meet Managers, correction of Friday warm-up time

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Cassey Tan Janice Charles	cassey.tan@gmail.com jdcharles@rogers.com	IV IV
MEET MANAGER(S):	Elizabeth Skuriat Mariola Bezanson Jennifer Douglas Bihter Isiksal	elizabeth.skuriat@eswim.ca	
ENTRY & RESULTS MANAGEMENT:	Charlotte Carroll Steve Goodwin	charlottecarrroll1@gmail.com sdg9@rogers.com	
OFFICIALS COORDINATOR:	Elizabeth Skuriat	elizabeth.skuriat@eswim.ca	

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

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.

ADDITIONAL INFORMATION

- A. The following are approved by Swim Ontario Official Photographers/Videographers for this event: **To be provided in future revisions**

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.

AGE UP DATE:	The competitor's age is as the first day of the competition May 8 2026
DIVE STARTS:	<p>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:</p> <ul style="list-style-type: none"> ● from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from both ends and/or ● from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends <p>and/or</p> <ul style="list-style-type: none"> ● In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends
BACSTROKE LEDGES:	A. Ledges will not be used in the swim meet
d/DEAF AND HARD OF HEARING ACCOMMODATION:	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> ● 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 hand signals given by the starter/referee. ● Visual Start Strobe Light options <ul style="list-style-type: none"> A. 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. <p>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.</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	
ADDITIONAL ELIGIBILITY INFORMATION:	<p>A. Preference will be given to the host club first.</p> <p>B. 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.</p>
COACH & SUPPORT STAFF REGISTRATION:	<p>Meet management will cross reference the list of coaches submitted with entries at this competition with the Swim Ontario Compliance lists. 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>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</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>
FOREIGN TEAMS / COMPETITORS:	<p>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.</p> <p>A. Foreign Teams and their competitors are welcome, subject to the following provisions.</p> <ul style="list-style-type: none"> ○ Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate. ○ All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. ○ All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing. ○ All competitors and coaches must be in good standing with their respective governing swim body. ○ All foreign competitors and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate. ○ Foreign Team entries are not to be accepted by the host club until Swim Ontario grants approval.

Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. Meet management will:</p> <ul style="list-style-type: none"> ● not accept entries via email; ● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;
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	<ul style="list-style-type: none"> 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 & IV sanctions) prior to the start of the competition <p>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.</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>
ENTRY DEADLINE:	<p>The online entry deadline is April 20 2026</p> <p>A. Changes to entries will be accepted until May 1 2026</p>
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <p>A. Individual Events: \$15.00 B. Relay Events: \$22.00 C. Swimmer Fee: \$6.00</p> <p>Payment Method: e-transfer to office@eswim.ca preferred OR cheque payable to Etobicoke Swim Club</p>
ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <p>A. The maximum number of swimmers per session is 400. Entries for each session will be closed once filled. B. The maximum number of entries per swimmer is 8 individual events.</p>
RELAY ENTRIES & MIXED RELAYS:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</p> <p>A. Relay swimmers must be entered in a non-relay event in order to compete.</p>
ENTRY TIMES & CONVERSION:	<p>A. Entries can be submitted with No Time (NT) – except 400 FR B. Estimate entry times are accepted. C. Entry Times can be converted (i.e. LCM to SCM) at 2%</p>

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Fri May 8	12:00-12:40pm	12:45pm	4:45pm	Timed Finals
2	Sat May 9	8:00 – 8:40am	8:45am	12:00pm	Timed Finals
3	Sat May 9	12:30-1:10pm	1:15pm	3:15pm	Timed Finals
4	Sat May 9	3:30-4:10pm	4:15pm	6:00pm	Timed Finals
5	Sun May 10	8:00-8:40am	8:45am	12:30pm	Timed Finals
6	Sun May 10	1:00-1:40pm	1:45pm	4:00pm	Timed Finals
7	Sun May 10	4:00-4:40pm	4:45pm	6:15pm	Timed Finals

Meet Format & Administration

SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <p>A. Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded last.</p> <p style="padding-left: 20px;">a. with the exception of Distance Events (400) which will be seeded fastest to slowest.</p>
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DECK ENTRIES:	<p>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). The following are the Deck Entry Rules for this competition:</p> <p>A. Swimmer Deck entries are permitted provided proof of active registration status with valid Swimming Canada ID is provided to Meet Management.</p> <p>a. Fee: \$20 per individual event, \$25 per relay event</p>
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk.</p> <p>A. Relay Cards are available at the admin desk</p> <p>B. The Relay Name submission deadline is 30 mins before the start of the session.</p>
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <p>A. There is no scratch deadline for all events.</p> <p>The following are the Positive Check-in deadlines for this competition.</p> <p>A. There is no positive check-in required for this competition.</p>
PENALTIES:	<p>A. No penalty shall be imposed for late or day of scratches and No-Shows</p>
OFFICIAL SPLIT TIMES:	<p>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 commencement of the session in which the event will take place. 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.</p> <p>A. Official Split Forms are available at the Admin Desk.</p> <p>B. Not all Official Split requests can be accommodated.</p>
DISQUALIFICATION & APPEAL PROCEDURE:	<ul style="list-style-type: none"> • 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. • A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip. • 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"> ○ A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> in question. ○ Appeal on Referee Decision forms are available at the Admin Desk. • If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal. • 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.
RECORDS:	<p>A. Swim times achieved at this competition will be eligible for Provincial and National Records. Coaches are advised to inform Meet Management prior to the start of the session where mixed gender individual events are taking place that there is a possibility of a Canadian Age Group record being broken. The referee can ensure that the swimmer competes with competitors of the same gender for his/her heat. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.</p>
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <p>A. Unofficial Results will be posted at the meet.</p>

	<p>B. Unofficial mobile applications results will be available.</p> <p>C. Unofficial Live Results will be available.</p>
SCORING:	<p>The following scoring will be applied:</p> <p>A. Team Points for Individual Events – 30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1</p> <p>B. Team Points for Relay Events – 30-25-20-15-14-13-12-11</p> <p>C. Individual High Point – 5-2-1</p>
AWARDS:	<p>The following will be awarded:</p> <p>A. Individual Events – Medals for 1st, 2nd, 3rd place and ribbons for 4th-8th place</p> <p>B. Relay Events – Medals for 1st, 2nd, 3rd place</p> <p>C. Individual High Point for 8&U, 9, 10 (both genders)</p> <p>D. Top Team Award</p>
ADDITIONAL INFORMATION:	<p>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</p> <ol style="list-style-type: none"> The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet. Absolutely no food in the bleachers or on the pool deck. No running on the deck, under the bleachers or on the bleachers. No climbing across the railing between the gallery and the bleachers. No climbing over the yellow gates between the pool deck and the bleachers. Shoes must be worn whenever outside the pool or change room areas. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups. The use of flippers and hand paddles, during warm-ups is prohibited. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments. <p>Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium</p>

Schedule of Events

SESSION 1						
Friday, May 8, 2026						
Warm-up: 12:00pm – Start: 12:45pm						
Event	10 Year Old GIRLS	10 Year Old BOYS	9 Year Old GIRLS	9 Year Old BOYS	8 & Under GIRLS	8 & Under BOYS
200 IM	1	2	3	4		
400 Free	7	8	7	8	7	8

SESSION 2 – GIRLS 9-10 YEAR OLD						
Saturday, May 9, 2026						
Warm-up: 8:00am – Start: 8:45am						
Event	10 Year Old GIRLS	10 Year Old BOYS	9 Year Old GIRLS	9 Year Old BOYS	8 & Under GIRLS	8 & Under BOYS
100 Free	9		11			
200 Back	13		15			
50 Fly	17		19			
100 Breast	21		23			
50 Back	25		27			
4x50 Medley Relay (9-10)	101		101			

SESSION 3 – BOYS 9-10 YEAR OLD						
Saturday, May 9, 2026						
Warm-up: 12:30pm – Start: 1:15pm						
Event	10 Year Old GIRLS	10 Year Old BOYS	9 Year Old GIRLS	9 Year Old BOYS	8 & Under GIRLS	8 & Under BOYS
100 Free		10		12		
200 Back		14		16		
50 Fly		18		20		
100 Breast		22		24		
50 Back		26		28		
4x50 Medley Relay (9-10)		102		102		

SESSION 4 – 8 & UNDER						
Saturday, May 9, 2026						
Warm-up: 3:30pm – Start: 4:15pm						
Event	10 Year Old GIRLS	10 Year Old BOYS	9 Year Old GIRLS	9 Year Old BOYS	8 & Under GIRLS	8 & Under BOYS
200 IM					5	6
100 Free					33	34
200 Back					35	36
50 Fly					37	38
100 Breast					39	40
50 Back					41	42
4x50 Medley Relay					103	104

SESSION 5 – GIRLS 9-10 YEAR OLD						
Sunday, May 10, 2026						
Warm-up: 8:00am – Start: 8:45am						
Event	10 Year Old GIRLS	10 Year Old BOYS	9 Year Old GIRLS	9 Year Old BOYS	8 & Under GIRLS	8 & Under BOYS
200 Free	45		47			
50 Breast	49		51			
100 Back	53		55			
200 Breast	57		59			
100 Fly	61		63			
50 Free	65		67			
4x50 Free Relay (9-10)	105		105			

SESSION 6 – BOYS 9-10 YEAR OLD						
Sunday, May 10, 2026						
Warm-up: 1:00pm – Start: 1:45pm						
Event	10 Year Old GIRLS	10 Year Old BOYS	9 Year Old GIRLS	9 Year Old BOYS	8 & Under GIRLS	8 & Under BOYS
200 Free		46		48		
50 Breast		50		52		
100 Back		54		56		
200 Breast		58		60		
100 Fly		62		64		
50 Free		66		68		
4x50 Free Relay (9-10)		106		106		

SESSION 7 – 8 & UNDER						
Sunday, May 10, 2026						
Warm-up: 4:00pm – Start: 4:45pm						
Event	10 Year Old GIRLS	10 Year Old BOYS	9 Year Old GIRLS	9 Year Old BOYS	8 & Under GIRLS	8 & Under BOYS
200 Free					73	74
50 Breast					75	76
100 Back					77	78
200 Breast					79	80
100 Fly					81	82
50 Free					83	84
4x50 Free Relay					107	108