

## Brief Meet Information

<b>MEET NAME</b>	<b>Summer Sprint Invitational</b>
<b>DATE(s):</b>	<b>25-26 July 2026</b>
<b>HOSTED BY:</b>	Mississauga Aquatic Club
<b>LOCATION:</b>	Etobicoke Olympium, 590 Rathburn Road, Etobicoke, ON M9C 3T3
<b>FACILITY:</b>	8 lane 25m competition indoor pool with Swiss Timing
<b>PURPOSE &amp; DESCRIPTION:</b>	To provide summer racing opportunities Invitational Age Group Meet – 12&U, 13&O, no qualifying standards. All Timed Final Events
<b>COMPETITION CONFIGURATION</b>	A. Single Ended SCM
<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>	Bob Albert	<a href="mailto:Cobra.officials@gmail.com">Cobra.officials@gmail.com</a>	V
<b>MEET MANAGER(S):</b>	Andrea Pittis	<a href="mailto:gm@mssac.org">gm@mssac.org</a>	
<b>OFFICIALS COORDINATOR:</b>	Mindy Chase	<a href="mailto:Mindy.mssac@gmail.com">Mindy.mssac@gmail.com</a>	
<b>ENTRY &amp; RESULTS:</b>	Steve Goodwin Charlotte Carroll	<a href="mailto:Sdg9@rogers.com">Sdg9@rogers.com</a> <a href="mailto:Charlottecarroll1@gmail.com">Charlottecarroll1@gmail.com</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.

### ADDITIONAL INFORMATION

- A. The following are approved by Swim Ontario Official Photographers/Videographers for this event: **to be provided on future release**

## 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.

Combined (mixed) gender swimming is permitted for age group swimming competitions. Canadian Age Group records can not be set when heats involve individual mixed genders.

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 as the first day of the competition – 25 July 2026
<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>A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from             <ul style="list-style-type: none"> <li>a. both ends</li> </ul> </li> </ul> <p>and/or</p> <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>a. from both ends</li> </ul> </li> </ul> <p>and/or</p> <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>a. from both ends</li> </ul> </li> </ul>
<b>BACSTROKE LEDGES:</b>	<ul style="list-style-type: none"> <li>A. Ledges will be available to use only during the following session: 1 &amp; 3 (13&amp;O)</li> </ul>
<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>• Visual Start hand signals given by the starter/referee.</li> <li>• Visual Start Strobe Light options             <ul style="list-style-type: none"> <li>A. <b>Facility-Provided Strobe Light:</b> An external strobe light is available at this facility</li> <li>B. <b>Personal Strobe Light:</b> 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> </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

### **ADDITIONAL ELIGIBILITY INFORMATION:**

- A. This meet is a OPEN Invitational.
- B. Preference will be given to the host club.
- C. 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.
- D. This meet does NOT have Time Standards

### **COACH & SUPPORT STAFF REGISTRATION:**

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.

**Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.**

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.

### **FOREIGN TEAMS / COMPETITORS:**

**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.**

- A. Foreign Teams and their competitors are welcome, subject to the following provisions.
  - **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

<p><b>ENTRY SUBMISSIONS:</b></p>	<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>
<p><b>ENTRY DEADLINE:</b></p>	<p><b>The online entry deadline is 4 July 2026</b></p> <p>A. Changes to entries will be accepted until Saturday 18 July 2026</p>
<p><b>ENTRY FEE:</b></p>	<p><b>The following fees will apply for this competition:</b></p> <p>A. Individual Events: \$16 (50/100/200 events) and \$8 (25m events)(</p> <p>B. Relay Events: \$27</p> <p>C. Swimmer Fee: \$18</p> <p><b>Payment Method:</b></p> <p>- email transfer to <a href="mailto:susanne@mississaugaswimming.com">susanne@mississaugaswimming.com</a> (include club code and meet name)</p> <p>Or</p> <p>- Cheque payable to Mississauga Aquatic Club and brought to meet.</p>
<p><b>ENTRY LIMITS:</b></p>	<p><b>The following limits are in place for this competition:</b></p> <p>A. The maximum number of participants per session is 400</p> <p>B. The maximum number of entries per swimmer is 5 individual events + 1 relay per session</p>
<p><b>RELAY ENTRIES &amp; MIXED RELAYS:</b></p>	<p><b>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</b></p> <p>A. Relay swimmers must be entered in a non-relay event in order to compete.</p> <p>B. A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification.</p>
<p><b>ENTRY TIMES &amp; CONVERSION:</b></p>	<p>A. No Time (NT) entries are NOT permitted.</p> <p>B. Please provide realistic estimated entry times if seed time not available</p> <p>C. Entry Times to be submitted in SCM and may 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 (13&O)	Sat 25 July	8:00-8:55 am	9:00 am	12:00 pm	Time Final
2 (12&U)	Sat 25 July	12:30-1:25 pm	1:30 pm	4:00 pm	Time Final
3 (13&O)	Sun 26 July	8:00-8:55 am	9:00 am	12:00 pm	Time Final
4 (12&U)	Sun 26 July	12:30-1:25 pm	1:30 pm	4:00 pm	Time Final

## Meet Format & Administration

<b>SEEDING:</b>	<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</p>
<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> <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: \$25 for individual events/\$35 for Relay Events</p>
<b>RELAY NAME SUBMISSION:</b>	<p><b>Relay Cards will be available at the Admin Desk during warm-up</b></p> <p>A. Relay Cards of scratched relays to be brought back to Admin Desk.</p> <p>B. Swimmers bring Relay Card (with corrected names) to the lane to Check in.</p> <p>C. Relay names corrected in meet database after the race.</p>
<b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b>	<p><b>The following are the Scratch deadlines for this competition.</b></p> <p>A. There is no scratch deadline for all events.</p> <p><b>The following are the Positive Check-in deadlines for this competition.</b></p> <p>A. There is no positive check-in required for this competition.</p>
<b>PENALTIES:</b>	<p>A. 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 start of the event. 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>A. Official Split Forms are available at the Admin Desk.</p> <p>B. Not all Official Split requests can be accommodated.</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 coach 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 coach representative.</li> </ul>

	<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> <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 coach representative.</li> </ul>
<b>RECORDS:</b>	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.
<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> <ul style="list-style-type: none"> <li>A. Unofficial electronic Results will be posted during the meet.</li> <li>B. Unofficial mobile applications results will be available.</li> <li>C. Unofficial Live Results will be available.</li> </ul>
<b>SCORING:</b>	<p><b>The following scoring will be applied:</b></p> <ul style="list-style-type: none"> <li>A. No Scoring</li> </ul>
<b>AWARDS:</b>	<p><b>The following will be awarded:</b></p> <ul style="list-style-type: none"> <li>A. Individual Events – Bell Heat prizes only</li> <li>B. Relay Events – No Awards (bragging rights only)</li> <li>C. Eliminator (for 12&amp;U, 13&amp;O) - \$100 for 1<sup>st</sup> (each age group and gender)</li> </ul>
<b>ADDITIONAL INFORMATION:</b>	<p><b>Eliminator Event – 25 Freestyle</b></p> <ul style="list-style-type: none"> <li>- Men – 12&amp;U, 13&amp;O</li> <li>- Women – 12&amp;U, 13&amp;O</li> <li>- Participants are the fastest 8 swimmers from the 25 Freestyle events</li> </ul> <p><b>Eliminator Format 13&amp;O</b></p> <ul style="list-style-type: none"> <li>- 1<sup>st</sup> heat - 8 swimmers – fastest 8 swimmers of the 25 Freestyle event – slowest is eliminated</li> <li>- 2<sup>nd</sup> heat - 7 remaining swimmers swim – slowest swimmer is eliminated</li> <li>- 3<sup>rd</sup> heat - 6 remaining swimmers swim – slowest swimmer is eliminated</li> <li>- Continue until only 2 swimmers remain</li> <li>- 7<sup>th</sup> heat - 2 remaining swimmers swim – fastest swimmer wins ‘Eliminator’</li> </ul> <p>Swimmers will not change lanes (heats will not be reseeded as each round progresses). If there is a tie for slowest swimmer both swimmers will be eliminated.</p> <p><b>‘Eliminator’ Format 12&amp;U</b></p> <p>During the 25m event, winner of heat 1 will be the Eliminator ‘Contender’. Each following heat winner will claim the ‘Contender’ position providing they beat (eliminate) the current ‘Contender’. The final heat (fastest 8 swimmers by seed time) will swim one at a time trying to beat (eliminate) the current ‘Contender’.</p> <ul style="list-style-type: none"> <li>- Fastest time for both boys and girls 12&amp;U age group wins the ‘Eliminator’ Prize</li> </ul>

## Schedule of Events

<b>Session 1 – Sat Morning 13&amp;Over (Single Ended)</b> Saturday, July 25, 2026 Warm-up: 8:00-8:55 AM -- Start: 9:00 AM		
Women		Men
1	25 Freestyle	2
3	100 Freestyle	4
5	50 Breaststroke	6
7	200 Butterfly	8
9	25 Backstroke	10
11	100 Breaststroke	12
13	50 Butterfly	14
15	200 Backstroke	16
101/103/105/107/109/111/113	Eliminator 13&O	102/104/106/108/110/112/114
17	4X50 Mixed Medley Relay	17

<b>Session 2 – Sat Afternoon 12&amp;U (Single Ended)</b> Saturday, July 25, 2026 Warm-up: 11:30-12:25 PM -- Start: 12:30 PM		
Women		Men
19	25 Freestyle Including 12&U 'Eliminator'	20
21	100 Freestyle	22
23	50 Breaststroke	24
25	200 Butterfly	26
27	25 Backstroke	28
29	100 Breaststroke	30
31	50 Butterfly	32
33	200 Backstroke	34
35	4X50 Mixed Medley Relay	35

# Summer Sprint Invitational

<b>Session 3 – Sun Morning 13&amp;O (Single Ended)</b> Sunday, July 26, 2026 Warm-up: 8:00-8:55 AM -- Start: 9:00 AM		
Women		Men
37	100 Butterfly	38
39	50 Backstroke	40
41	200 Freestyle	42
43	25 Breaststroke	44
45	100 Backstroke	46
47	50 Freestyle	48
49	200 Breaststroke	50
51	25 Butterfly	52
53	4X50 Mixed Freestyle Relay	53

<b>Session 4 – Sun Afternoon 12&amp;U (Single Ended)</b> Sunday, July 26, 2026 Warm-up: 11:30-12:25 PM -- Start: 1:30 PM		
Women		Men
55	100 Butterfly	56
57	50 Backstroke	58
59	200 Freestyle	60
61	25 Breaststroke	62
63	100 Backstroke	64
65	50 Freestyle	66
67	200 Breaststroke	68
69	25 Butterfly	70
71	4X50 Mixed Freestyle Relay	71