2026 MSSAC Harvest Invitational

Brief Meet Information

NAME OF MEET:	MSSAC Harvest Invitational 2026
DATE(s):	**13,14,15 November 2026**
HOSTED BY:	Mississauga Aquatic Club
LOCATION:	Etobicoke Olympium – 590 Rathburn Rd., Etobicoke ON M9C 3T3
FACILITY:	8 lane pool, with Swim Timing (pads & plungers)
PURPOSE & DESCRIPTION:	To obtain qualifying times for future meets.
COMPETITION CONFIGURATION	• Single Ended SCM (Double-ended SCM for sessions that warrant)
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 – 14 Oct – corrected events in Session 6 (event file correct) and updated wording in Dive Starts and Disqualification Procedure Rev 2 – 16 Oct = Corrected Event 21/22 to 100 Free (event file correct) added Meet Manager Rev 3 – 3 Nov – split 10&U from 12&U sessions, 10&U to swim in DEEP end during Session 2 (Sat AM while 13&O race in Shallow), and Session 6 (Sun Aft while 13&O race in Shallow) – 12&U sessions and events become 11-12 year old, 10&U relays added to 10&U sessions, Limit club relay entries to max 6 entries in each relay event, updated link for Jury of Appeal, changed term to 'Warm-up Supervisor', changed deck entry rules

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Richard Chan James McGrath	richardctchan@gmail.com james.mcgrath@rogers.com	V V
MEET MANAGER(S):	Andrea Pittis Vera Famme	swimandrea@hotmail.com vera.famme@gmail.com	
OFFICIALS COORDINATOR:	Bob Albert	cobra.officials@gmail.com	

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.

Coaches and athletes are reminded that deck changing is not permitted at Swim Ontario sanctioned competitions. Athletes are asked to use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to discourage deck changing and help keep the sport safe for everyone involved.

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	• The following are approved by Swim Ontario Official Photographers/Videographers for this event: Roger Ho, Jason Haraschuk, Igor Mazic

Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current Swimming Canada rules will be followed. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook. 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 cannot 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 rule book. The "misconduct" shall include, but is not limited to (C2.5.2.1):

- 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. While warnings have previously been issued for these actions, the rule is now fully enforceable and may result in disqualification.

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 Warm-up Supervisors.

- 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 Warm-up Supervisor 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.

DIVE STARTS:	As per Swimming Canada Part II C4.1.1.2 and C4.1.1.3 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: ● from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.4.3 from ● from both ends and/or ● from the Deck or Bulkhead as per Swimming Canada Rule C4.1.1.1 & II.C4.1.1.3 and World Aquatics II.15.4.3 ● from both ends

	and/or ● In-water starts will be conducted as per Swimming Canada Rule II.C4.1.1.2 and World Aquatics II.15.4.3 ● from both ends
BACSTROKE LEDGES:	● Ledges will be available to use during the following session: 13&Over sessions ONLY
d/DEAF AND HARD OF HEARING ACCOMMODATION:	This competition can provide the following accommodations for athletes 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 active as Support Staff, Coach or attending registered Swimmer. ● Visual Start hand signals given by the starter/referee. ● Visual Start Strobe Light options: ● **Facility-Provided Strobe Light**: An external strobe light is available at this facility ● **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. **Requesting Accommodations:** Clubs requiring accommodations must contact Meet Management by the Entry Deadline. The support person must have active REMS registration and be listed in the entry submission. Those not listed in the entry submission will be denied deck access. Athletes approved for visual accommodation will have the "HH" designation displayed on heat sheets, which must be made available to the Session Referee, Starter, and officials responsible for the strobe light.
AGE UP DATE:	The competitor's age is as the first day of the competition – 13 November 2026

Eligibility

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the club or 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 athlete's club to provide proof of active registration status in a swimmer category in REMS.	
ADDITIONAL ELIGIBILITY INFORMATION:	● Preference will be given to the host club. ● This meet has NO Time Standards ● USports Varsity registered swimmers are welcome to attend. They must represent the Varsity Team they are registered with.

COACH & SUPPORT STAFF REGISTRATION:	Coaches and Support Staff must have active REMS registration and be included in the club's event entry submission. Those not listed in the entry submission will be denied deck access. Athletes must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions. 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. Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing athletes must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions.
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. ● Foreign Teams' / competitors' entries will not be accepted by the host club.

Entry Process

ENTRY SUBMISSIONS:	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 not accept entries via email. ● Meet management will notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries. ● Meet management will 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 Failure to inform meet management of a no-show / withdrawal prior to the deadline for changes to entries will result in loss of entry fees. 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.
ENTRY DEADLINE:	**The online entry deadline is 27 October 2026** ● Changes to entries will be accepted until Monday 9 November 2026

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ENTRY FEE:	The following fees will apply for this competition: • Individual Events: $16.00 (for 50-100-200 events), $20.00 (400-800-1500 events) • Relay Events: $25.00 (New 10&U Relay events are $0) • Swimmer Fee: $23.00 (includes $18 for Swim ON Post Meet Fee) Payment Method: Please make cheque payable to Mississauga Aquatic Club and bring to meet or by e-transfer to office@mssac.org (include your Club Code, and meet name)
ENTRY LIMITS:	The following limits are in place for this competition: • The maximum number of participants per session is 400 • The maximum number of entries per swimmer is 8 individual events (plus 2 relays) • No more than 6 relay per club per relay event
RELAY ENTRIES & MIXED RELAYS:	Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. • Relay swimmers must be entered in a non-relay event in order to compete. • 10&U Relays will be entered by Meet Management based on number of 10&U swimmers – relay cards will be blank – names added at meet (or relay scratched)
ENTRY TIMES & CONVERSION:	• No Time (NT) entries are not permitted. • Estimate entry times are accepted. • Please submit entry time in SCM -- entry Times may be converted (i.e. LCM to SCM)

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/ Heats /Finals	Config
1 (800/1500)	13 Nov	4-4:40 pm	4:45 pm	8:30 pm	Time Final	double
2A (13&O)	14 Nov	8-8:40 am (full pool)	8:45 am (Shallow)	11:05 am	Time Final	double
2B (10&U)	14 Nov	9-9:25 am (Deep)	9:30 am (Deep)	12:15 pm	Time Final	
3 (11-12)	14 Nov	12:45-1:25 pm	1:30 pm	3:45 pm	Time Final	double
4 (13&O)	14 Nov	4:15-4:55 pm	5:00 pm	8:00 pm	Time Final	single
5 (11-12)	15 Nov	8:15-8:55 am	9:00 am	11:30 am	Time Final	double
6A (13&O)	15 Nov	12-12:40 pm (full pool)	12:45 pm (Shallow)	4:00 pm	Time Final	double
6B (10&U)	15 Nov	1-1:25 pm (Deep End)	1:30 pm (Deep)	4:30 pm	Time Final	
7 (400 Fr)	15 Nov	5-5:40 pm	5:45 pm	7:45 pm	Time Final	double

Meet Format & Administration

SEEDING:	After all times are converted as pursuant to the conversion process: ● 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. ● with the exception of Distance Events (400/800/1500 Free) which will be seeded fastest to slowest.
DECK ENTRIES:	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: ● ~~Swimmer Deck entries are permitted provided proof of active registration status with valid Swimming Canada ID is provided to Meet Management.~~ ● Deck entries are only allowed for swimmers already in that same session. ● Fee: $25 for Individual events, $35 for relay events ~~(plus $25 swimmer fee if swimmer not already entered in meet)~~
RELAY NAME SUBMISSION:	● Relay Cards are available at the Admin Desk (during warm-up) ● The Relay Name submission deadline is at the beginning of the relay event. Relay swimmers bring their relay cards to the lane to check in for the event.
SCRATCHES & POSITIVE CHECK IN RULES:	The following are the Scratch deadlines for this competition. ● There is no scratch deadline for all timed final or preliminary events . The following are the Positive Check-in deadlines for this competition. ● There is no positive check-in required for this competition. ● Coaches are asked to provide all scratches for 400/800/1500 events ASAP during warm-up (to allow collapse of heats if possible).
PENALTIES:	● No penalty shall be imposed for day of withdrawals and No-Shows except loss of entry fees.
OFFICIAL SPLIT TIMES:	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 Admin Desk. 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. ● Official Split Forms are available at the Admin Desk ● Official Split Forms must be returned to the Admin Desk at least 30 minutes prior to the commencement of the event. ● Official Split Fee: $5.00 ● Not all Official Split requests can be accommodated.
DISQUALIFICATION & APPEAL PROCEDURE:	The Athlete or Coach must be informed of the particulars of the disqualification within fifteen (15) minutes of the Athlete's race. If that deadline is missed, the disqualification

	stands only if all reasonable efforts were made to inform them. A public address announcement of the disqualification satisfies this requirement. • The Coach or Team Leader should first discuss the disqualification with the Session Referee and may ask to view the disqualification slip. • If the matter is not resolved, the Coach or Team Leader may submit a written appeal to the Session Referee or Admin Desk within 30 minutes of the result being posted. Appeal forms are available at the Admin Desk. • If the Session Referee rejects the appeal, the Coach or Team Leader may request a Jury of Appeal. This request must be made within one hour of the Referee's written decision being communicated. • Video from personal devices will not be accepted at any stage of the appeal process. Only official video approved by the Competition Coordinator before the start of the competition may be consulted (II.C12.5.2). The following are approved as video evidence: ○ No approved video • The Appeals & Jury of Appeal Standard Operating Procedure will be followed.
RECORDS:	• 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.
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca via REMS. • Unofficial mobile applications results will be available. • Unofficial Live Results will be available -- see MSSAC Hosted Meet Page for link Note – Results will be published by gender in the following age groups – 10&U, 11-12, 13-14, 15&O
SCORING & AWARDS:	The following scoring will be applied: • No Scoring The following will be awarded: • No Awards

Schedule of Events

Session 1 Friday, November 13, 2026 Warm-up: 4:00 PM -- Start: 4:45 PM		
Mixed		
1	*Open 1500 Freestyle (mixed)*	
2	*Open 800 Freestyle (mixed)*	

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Session 2A (13&O) Saturday, November 14, 2026 Warm-up: 8:00-8:40 AM (Both Ends) -- Start: 8:45 AM (SHALLOW)		
Women		Men
5	13&Over 100 Breaststroke	6
7	13&Over 50 Freestyle	8
9	13&Over 200 Butterfly	10
11	13&Over 50 Breaststroke	12
13	13&Over 100 Backstroke	14

Session 2B (10&U) DEEP END Saturday, November 14, 2026 Warm-up: 9-9:25 AM (DEEP End) -- Start: 9:30 AM (DEEP END)		
Women		Men
205	10&U 200 Freestyle	206
207	10&U 50 Butterfly	208
209	10&U 100 Backstroke	210
211	10&U 50 Breaststroke	212
213	10&U 50 Freestyle	214
215	10&U 200 Medley Relay	216

Session 3 (11-12 Year Olds) Saturday, November 14, 2026 Warm-up: 12:45 PM -- Start: 1:30 PM		
Women		Men
105	11-12 200 Freestyle	106
107	11-12 50 Butterfly	108
109	11-12 100 Backstroke	110
111	11-12 50 Breaststroke	112
113	11-12 50 Freestyle	114
115	11-12 200 Medley Relay	116

Session 4 Saturday, November 14, 2026 Warm-up: 4:15 PM -- Start: 5:00 PM		
Women		Men
15	13&Over 400 IM	16
17	13&Over 50 Butterfly	18
19	13&Over 200 Backstroke	20
21	13&Over 100 Freestyle	22
23	13&Over 200 Medley Relay	24

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Session 5 (11-12 Year Olds) Sunday, November 15, 2026 Warm-up: 8:15 AM -- Start: 9:00 AM		
Women		Men
117	11-12 200 IM	118
119	11-12 100 Freestyle	120
121	11-12 50 Backstroke	122
123	11-12 100 Breaststroke	124
125	11-12 100 Butterfly	126
127	11-12 200 Freestyle Relay	128

Session 6A (13&O) Sunday, November 2, 2025 Warm-up: 12-12:40 PM (Both Ends) -- Start: 12:45 PM (SHALLOW)		
Women		Men
25	13&Over 200 IM	26
27	13&Over 50 Backstroke	28
29	13&Over 100 Butterfly	30
31	13&Over 200 Freestyle	32
33	13&Over 200 Breaststroke	34
35	13&Over 200 Freestyle Relay	36

Session 6B (10 & Under) DEEP END Sunday, November 15, 2026 Warm-up: 1-1:25 PM (DEEP END) -- Start: 1:30 PM (DEEP END)		
Women		Men
217	10&U 200 IM	218
219	10&U 100 Freestyle	220
221	10&U 50 Backstroke	222
223	10&U 100 Breaststroke	224
225	10&U 100 Butterfly	226
227	10&U 200 Freestyle Relay	228

Session 7 Sunday, November 15, 2025 Warm-up: 5:00 PM -- Start: 5:45 PM		
Women		Men
3	Open 400 Freestyle	4