Markham Aquatic Club

MAC Fall Fest Invitational

October 24-25, 2026

Markham Pan Am Pool

MAC FALL FEST Invitational

Brief Meet Information

NAME OF MEET:	MAC FALL FEST Invitational
DATE(s):	**October 24-25, 2026**
HOSTED BY:	Markham Aquatic Club
LOCATION:	Markham Pan Am Pool, 16 Main Street, Unionville, ON
FACILITY:	10 lanes, 2 x 25 meters pool, Swiss Timing System
PURPOSE & DESCRIPTION:	To provide racing opportunities Invitational Age Group Meet – 12 & under, 13 & Over, No qualifying standards All Events are Timed Finals
COMPETITION CONFIGURATION	SCM Double Ended
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:	October 13,2026 – the meet run double ended with change of schedule timelines and 2 splits of warm up by clubs + swimmers' max capacity per session **October 15, 2026 – add 10 minutes re warm up at West End before 1500 Free**

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Lisa Chow Lea Chen	lisachow@rogers.com yeesanchen@hotmail.com	5 5
MEET MANAGER(S):	Stanley Liu YY Wong Stacey Cornberg	stanley.liu.27@gmail.com yywong@rogers.com	
OFFICIALS COORDINATOR:	YY Wong	yywong@rogers.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	This facility does not allow any form of recording (cellphone, cameras, videocameras, etc). Meet management will not accept requests to access the competition deck to record.

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 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 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 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.

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 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 used and available for all ages and sessions **Swimmers shall be responsible for setting up the device**
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 **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 October 24, 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:	**This meet is an Open Invitational.** Preference will be given to the host club first. Usport Varsity registered swimmers are welcome to attend. They must represent the Varsity Team they are registered with.
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. **Athletes 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 athletes 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. ● 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

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 Monday October 12, 2026** Changes to entries will be accepted until **Wednesday October 14, 2026**
ENTRY FEE:	**The following fees will apply for this competition:** • **Individual Events: $15 for below 200M events; $20 for 400; $25 for 800 & 1500 Events** • **Relay Events: $25** • **Swimmer Fee and Swimmer Processing Fee : $21** Payment Method: Please make the cheque payable to Markham Aquatic Club or by e-transfer treasurer@markhamaquaticclub.com
ENTRY LIMITS:	**The following limits are in place for this competition:** • **The maximum number of participants per session for 13 and Over is 629 and 12 and Under is 541 as approved by MPAC** • **The maximum number of entries per swimmer is Saturday and Sunday - 3 events + 1 distance (800/1500) + 1 relay**
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.
ENTRY TIMES & CONVERSION:	• **No Time (NT) entries are not permitted. Estimate entry times are accepted.** • **All entries are to be submitted in SCM times.** • **Entry Times can be converted (i.e. LCM to SCM), please use the HY-Tek default conversion factor to convert LCM times to SCM times before submitting entries.** • **Times achieved since (Qualifying Period): January 1, 2025** • **Times will not be converted by meet management.**

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Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	October 24, 2026 Saturday AM	Group A -7:45 AM – 8:15AM Group B - 8:10AM – 8:50AM Age 13 & Over 15 Minutes re warm up at East End before 800 Free	8:55 AM	12:50 PM	Time Finals **Girls swim in the East End** **Boys swim in the West End**
2	October 24, 2026 Saturday PM	Group A -1:30PM – 1:55 PM Group B -2:00PM – 2:25PM Age 10 & Under, 11-12	2:30PM	6:30PM	Time Finals **Girls swim in the East End** **Boys swim in the West End**
3	October 25, 2026 Sunday AM	Group B -7:45 AM – 8:15AM Group A -8:20 AM – 8:50AM Age 13 & Over **10 Minutes re warm up at West End before 1500 Free**	8:55 AM	12:30PM	Time Finals **Boys swim in the East End** **Girls swim in the West End**
4	October 25, 2026 Sunday PM	Group B -1:00PM – 1:25 PM Group A -1:30PM – 1:55PM Age 10 & Under, 11-12	2:00PM	5:35PM	Time Finals **Boys swim in the East End** **Girls swim in the West End**

Meet Management reserves the right to change warm-up session times and 2 warm-ups split by club.

Diving lanes will be open for the last 10 minutes of warm- up- one-way swimming

West End Lane 0, 2, 4 and East End 1, 3, 5 and NO Pace Lane.

Back Stroke Ledge will be located at West END and East End Lane 0 during warm up + Para Lane at West End Lane 9

2 splits of Warm up by CLUBS for each session at East End and West End

Group A	**East End – AAD, BAD, LSC, MAC**	**West End – APEX, AJAX, COBRA, NSSC**
Group B	**East End – MSSAC, RHSD, STARS, WSSC**	**West End – CREST, DUCKS, GGST, ROC** **Para Lane West End Lane 9**

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 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: **Only event deck entries are permitted for swimmers already entered the competition.** **Fee: $25 payable in cash to Admin Desk prior to the event**
RELAY NAME SUBMISSION:	● Relay Cards are available at the Meet Management office ● Relay Cards or Forms must be returned to the Admin Desk ● The Relay Name submission deadline is 30mins prior the start of the session.
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 a positive check-in 30 minutes before the start of the session at the Admin Desk for the following events: 400/800/1500 and Relay Events
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 Admin Desk ● Official Split Forms must be returned to Admin Desk 30mins prior to the start of the session

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 is 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 Results will be posted at the meet. ● Unofficial mobile applications results will be available. ● Unofficial Live Results will be available
SCORING & AWARDS:	The following scoring will be applied: ● No Scoring The following will be awarded: ● Individual events – Ribbons from 1st to 3rd place for age groups 10 & Under, 11-12, 13-14 and 15 & Over ● Relay events – Ribbons from 1st to 3rd place for 10 & U, 11-12, 13-14 and 15&U **Coaches please pick up awards prior to leaving – awards will NOT be mailed**
Hospitality	Grab and go lunch boxes will be provided to those coaches and officials working back-to-back sessions

Officials	**If any registered officials from each attending club are interested in officiating, please send an email to officials@markhamaquaticclub.com**
Additional Information	Insite Parking is **PAID** and limited. Extra parking space will be available at Unionville GO Station. All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area. Lockers are available but limited; please bring your own lock. NO FOOD and NO DRINK (No Coffee or Tea) ON DECK except for water. There are 2 fill stations and fountains on the pool deck. Concession vendor is available at the Lobby. Nearby Amenities: ● Restaurants ● Grocery Stores (T&T and Whole Foods have ready made food) ● Tim Hortons

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SCHEDULE OF EVENTS

 # 400 Free may limit to top 6 heats and *400 IM may limit to top 4 heats

**** 800 / 1500 Free may limit to top 6 heats**

##Meet Management reserves the right to limit heats or to cancel the relay to keep session within time constraints

Session 1 – Saturday Morning October 24, 2026

Warm UP: 7:45 AM – 8:50 AM Start: 8:55 AM

GIRLS – East End	EVENTS	BOYS – West End
101	13-14 200 Freestyle Relay	102
103	15 & Over 200 Freestyle Relay	104
1	13 & Over 200 IM	2
3	13 & Over 100 Backstroke	4
5	13 & Over 200 Breaststroke	6
7	13 & Over 50 Breaststroke	8
9	13 & Over 100 Freestyle	10
11	13 & Over 50 Butterfly	12
13	13 & Over 400 Freestyle #	14
Girls 11 & Over	Event ** Alternating heats Events 15 &16	Boys 11 & Over
15	11 & Over Mixed 800 Freestyle ** Fast Heats	15
16	13 & Over Mixed 1500 Freestyle ** Slow heats	16

Session 2 – Saturday Afternoon October 24, 2026

Warm UP: 1:30 PM – 2:25PM Start: 2:30 PM

GIRLS – East End	EVENTS	BOYS – West End
15 (Session 1)	11 & Over Mixed 800 Freestyle ** Fast Heats Swim at the last event of Morning Session 1	15 (Session 1)
17	11-12 200 IM	18
19	12 & Under 100 IM	20
21	11-12 100 Backstroke	22
23	10 & Under 100 Backstroke	24
25	11-12 200 Breaststroke	26
27	11 - 12 50 Breaststroke	28
29	10 & Under 50 Breaststroke	30
31	11-12 100 Freestyle	32
33	10 & Under 100 Freestyle	34
35	12 & Under 400 Freestyle #	36
105	10 & Under 200 Freestyle Relay	106
107	11-12 200 Freestyle Relay	108

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SCHEDULE OF EVENTS

 # 400 Free may limit to top 6 heats and *400 IM may limit to top 4 heats

**** 800 / 1500 Free may limit to top 6 heats**

##Meet Management reserves the right to limit heats or to cancel the relay to keep session within time constraints

Session 3 – Sunday Morning October 25 2026

Warm UP: 7:45 AM – 8:50AM Start: 8:55AM

GIRLS – West End	EVENTS	BOYS – East End
109	13-14 200 Medley Relay	110
111	15 & Over 200 Medley Relay	112
37	13 & Over 200 Freestyle	38
39	13 & Over 100 IM	40
41	13 & Over 100 Breaststroke	42
43	13 & Over 100 Butterfly	44
45	13 & Over 50 Freestyle	46
47	13 & Over 200 Backstroke	48
49	13 & Over 50 Backstroke	50
51	13 & Over 400 IM *	52
Girls 11 & Over	Event ** Alternating heats Events 15 &16	Boys 11 & Over
15	11 & Over Mixed 800 Freestyle ** Slow Heats	15
16	13 & Over Mixed 1500 Freestyle ** Fast heats	16

Session 4 – Sunday Afternoon October 25, 2026

Warm UP: 1:00 PM – 1:55 PM Start: 2:00 PM

GIRLS – West End	EVENTS	BOYS – East End
15 (Session 3)	11 & Over Mixed 800 Freestyle ** Slow Heats Swim at the last event of Morning Session 3	15 (Session 3)
53	11-12 200 Freestyle	54
55	10 & Under 200 Freestyle	56
57	11-12 100 Breaststroke	58
59	10 & Under 100 Breaststroke	60
61	11-12 100 Butterfly	62
63	12 & Under 50 Butterfly	64
65	11-12 200 Backstroke	66
67	12 & Under 50 Backstroke	68
69	11-12 50 Freestyle	70
71	10 & Under 50 Freestyle	72
73	11-12 400 IM *	74
113	10 & Under 200 Medley Relay	114
115	11-12 200 Medley Relay	116