2026 NYAC Cup

Brief Meet Information

NAME OF MEET:	**2026 NYAC Cup**
DATE(s):	**13-15 November 2026**
HOSTED BY:	NYAC - North York Aquatic Club
LOCATION:	Toronto Pan Am Sports Centre - 875 Morningside Avenue, Toronto ON M1C 0C7
FACILITY:	Two 10 lane 25m pools (Competition Pool), Swiss Timing
PURPOSE & DESCRIPTION:	A three-day invitational meet for Age Group Swimmers (Prelim - Final Format)
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:	V1 – 6 Nov – updated warm-up/session times and split warm-up groups, removed Steve Goodwin, updated link for Jury of Appeal, and changed wording to 'Warm-up Supervisor', added photographer, Ev 71/72 13&O 800 Free fastest heats at FINALS, extended change deadline to Sat 7 Nov.

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Daniel Zou	zouyue@gmail.com	V
MEET MANAGER(S):	Lynn Wong	officials@nyacswimming.ca	
ENTRY & RESULTS MANAGEMENT:	Charlotte Carroll ~~Steve Goodwin~~	charlottecarroll1@gmail.com ~~sdg9@gmail.com~~	

Safety at Competitions

Swimming Canada and Swim Ontario believe 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: Daniel Harrison [TSC]

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 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 C4.1.2 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: ● from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.1.4 from ● both ends and/or ● from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1 ● from both ends and/or ● In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1 ● from both ends

BACSTROKE LEDGES:	• Ledges will be available to use during the following session: 13&Over sessions Only (1, 3, 4, 6, 7, 9)

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 first.
	• USports Varsity registered swimmers are welcome to attend. They must represent the Varsity Team they are registered with.
	• This meet has Time Standards
	  • This meet has **'Meet Qualifying' Time Standards.** Swimmers (excluding PARA) must be qualified in at least 2 events to enter the meet and can then enter up to the entry limit. The qualifying standard for 13&O swimmers is 2024 Swim Ontario E Std, and for 12&U swimmers is 2024 Ontario E Festival Std. These standards are in the Order of Events, and the Event File.
	  • Para swimmers should have at least two Swim Ontario Para Invitational Recommendation Times

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 non-compliant. 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 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 26 October 2026** • Changes to entries will be accepted until **Saturday 7 November 2026**
ENTRY FEE:	**The following fees will apply for this competition:** • Individual Events: $15.00 for 50/100/200 events, $20.00 for 400/800/1500 events • Swimmer Fee: $28.00 (includes $18.00 Swim Ontario Post Meet Fee) **Payment Method:** • Email transfer to treasurer@nyacswimming.ca (include your club code and meet name (NYAC Cup)) • OR - cheque payable to **North York Aquatic Club** (and bring to Admin Desk)
ENTRY LIMITS:	The following limits are in place for this competition: • The maximum number of participants per session is **800** • The maximum number of entries per swimmer is **3 entries per day (session)** • Entries will be limited to pool time/space available – distance events (400/800/1500) are most likely to be impacted.
RELAY ENTRIES & MIXED RELAYS:	• No relays will be offered at this competition.
ENTRY TIMES & CONVERSION:	• Entries can be submitted with No Time (NT). • Estimate entry times are accepted (Must be REALISTIC) • Entry Times may be converted (i.e. LCM to SCM) at 2% conversion • Times will not be converted by meet management. Please submit seed time in SCM • Time achieved since - 1 Jan 2025 (Qualifying Period).

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
Session 1 (13&O)	Fri 13 Nov	A - 7:00-7:40 AM B - 7:45-8:25 AM	8:30 AM	12:30 PM	Prelims
Session 2 (12&U)	Fri 13 Nov	1:00-1:40 PM	1:45 PM	4:15 PM	Time Final
Session 3 (13&O)	Fri 13 Nov	4:45-5:25 PM	5:30 PM	7:45 PM	FINALS
Session 4 (13&O)	Sat 14 Nov	B - 7:00-7:40 AM A - 7:45-8:25 AM	8:30 AM	12:45 PM	Prelims
Session 5 (12&U)	Sat 14 Nov	1:00-1:40 PM	1:45 PM	4:25 PM	Time Final
Session 6 (13&O)	Sat 14 Nov	4:45-5:25 PM	5:30 PM	7:15 PM	FINALS
Session 7 (13&O)	Sun 15 Nov	A - 7:00-7:40 AM B - 7:45-8:25 AM	8:30 AM	1:00 PM	Prelims
Session 8 (12&U)	Sun 15 Nov	1:30-2:10 PM	2:15 PM	4:30 PM	Time Final
Session 9 (13&O)	Sun 15 Nov	4:45-5:25 PM	5:30 PM	7:30 PM	FINALS

Warm-up Groups – Grp A – APEX, COBRA, ESWIM, MAC, NYAC, TORCH, TSC, WAC
– Grp B – all other Teams

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. ○ Except all **400/800/1500** events will be seeded **fastest to slowest** ● Seeding for Preliminary events will be as per Part II 3.2.4 of the Swimming Canada rulebook with fastest 3 heats circle seeded.
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. ● Fee: $25.00 per event (plus $28 per swimmer fee, if swimmer is not already entered in meet)

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, but scratches are appreciated on the posted copy at the Admin Desk 30 minutes before the start of each session. ● A scratch deadline will apply for finals events: ● 30 minutes following the posting of results of the last preliminary event in that session. Scratches are to be made at the Admin Desk. 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: 800/1500 ● All swimmers are required to check-in with the Admin Desk 15 minutes prior to each FINALS session.
PENALTIES:	● Failure to participate in an event with a scratch or positive check-in deadline will result in following penalty: ● Fee: $50 payable to North York Aquatic Club applies to all initially named finalists and alternates (for FINALS)
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 before the start of the event ● Not all Official Split requests can be accommodated.
SWIM OFFS:	This competition offers preliminary events. ● All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials. ● Coaches are to report to the Admin Desk when a swim-off is announced.

DISQUALIFICATION & APPEAL PROCEDURE:	● 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 coach 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 coach representative.
	  ○ A written appeal must be presented within 30 minutes after the conclusion of the event 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.
	● 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 on link posted on NYAC Hosted Meet Page
SCORING & AWARDS:	**Scoring** - The following scoring will be applied: • For Individual High Point – scoring will be 5 - 2 - 1 **Awards** - The following will be awarded: • Individual Events - Medals (Gold, Silver, Bronze) for each gender/age group: 10&U, 11-12, 13-14, 15-16, 17&O • NYAC Cup - Individual High Point trophy for each gender/age group: 10&U, 11-12, 13-14, 15-16, 17&O ○ Ties will be broken by: No. of Gold, No. of Silver, No. of Bronze. If tie persists, to be broken by highest FINA point swim.

Schedule Of Events

Session 1 – 13&O – Prelims — **Friday 13 Nov 2026**

Warm-up -- A – 7:00 am B – 7:45 am — **Start: 8:30 am**

Women	Meet Qual Std		Event	Meet Qual Std		Men
1	13-14	1:13.91	100 Free	13-14	1:10.79	2
	15-16	1:08.95		15-16	1:04.43	
	17&O	1:07.54		17&O	1:01.46	
3	13-14	3:28.43	200 Breast	13-14	3:23.90	4
	15-16	3:15.45		15-16	3:05.26	
	17&O	3:12.97		17&O	2:55.66	
5	n/a		50 Fly	n/a		6
7	13-14	3:02.38	200 Back	13-14	2:57.85	8
	15-16	2:47.31		15-16	2:40.38	
	17&O	2:43.08		17&O	2:31.90	
9	n/a		50 Breast	n/a		10
11	13-14	6:32.15	400 IM (Time Final)	13-14	6:24.10	12
	15-16	6:01.50		15-16	5:48.43	
	17&O	5:54.88		17&O	5:36.69	

*** **'Meet Qualifying Standards'** – swimmers must be qualified in at least 2 events to enter the meet and can then enter events to the entry limit.

NOTE – 400/800/1500's will be limited to pool time/space available.

Warm-up Groups – Grp A – APEX, COBRA, ESWIM, MAC, NYAC, TORCH, TSC, WAC
– Grp B – all other Teams

Session 2 – 12&U – Timed Finals				Friday 13 Nov 2026
Warm-up: 1:00 PM			Start: 1:45 PM	
Women	**Meet Qual Std**	**Event**	**Meet Qual Std**	**Men**
13	3:45.42	200 Breast (11-12)	3:55.61	14
15	n/a	50 Fly (10&U)	n/a	16
17	n/a	50 Fly (11-12)	n/a	18
19	4:05.74	200 Back (10&U)	4:17.44	20
21	3:14.83	200 Back (11-12)	3:19.36	22
23	n/a	50 Breast (10&U)	n/a	24
25	n/a	50 Breast (11-12)	n/a	26
27	1:39.47	100 Free (10&U)	1:41.41	28
29	1:19.89	100 Free (11-12)	1:20.43	30
31	1:52.94	100 IM (10 & U)	1:55.43	32
33	6:59.12	400 IM (11-12 only)	7:27.44	34

Session 3 - 13&O – Finals		Friday 13 Nov 2026
Warm-up: 4:45 PM		Start: 5:30 PM
Consol/Final for 13-14, 15-16, 17 & Over (no consols if fewer than 24 entries or fewer than 6 swimmers in Consol after scratch deadline)		
Women	Event	Men
1	100 Free	2
3	200 Breast	4
5	50 Fly	6
7	200 Back	8
9	50 Breast	10

Session 4 – 13&O – Prelims						Saturday 14 Nov 2026
Warm-up -- B – 7:00 am A – 7:45 am				Start: 8:30 am		
Women	Meet Qual Std		Event	Meet Qual Std		Men
35	13-14	1:24.39	100 Back	13-14	1:21.56	36
	15-16	1:17.91		15-16	1:13.81	
	17&O	1:15.49		17&O	1:09.83	
37	13-14	3:14.83	200 Fly	13-14	3:12.57	38
	15-16	2:57.59		15-16	2:47.60	
	17&O	2:49.38		17&O	2:35.65	
39	13-14	33.97	50 Free	13-14	32.28	40
	15-16	31.86		15-16	29.74	
	17&O	31.26		17&O	28.28	
41	13-14	3:04.00	200 IM	13-14	2:56.15	42
	15-16	2:50.80		15-16	2:40.46	
	17&O	2:46.72		17&O	2:32.81	
43	13-14	5:45.00	400 Free (TF – ALL HEATS)	13-14	5:39.25	44
	15-16	5:18.73		15-16	5:01.84	
	17&O	5:10.85		17&O	4:50.58	

*** '**Meet Qualifying Standards**' – swimmers must be qualified in at least 2 events to enter the meet and can then enter events to the entry limit.

NOTE – 400/800/1500's will be limited to pool time/space available.

Warm-up Groups – Grp A – APEX, COBRA, ESWIM, MAC, NYAC, TORCH, TSC, WAC
– Grp B – all other Teams

Session 5 – 12&U – Timed Final				Saturday 14 Nov 2026
Warm-up: 1:00 PM			Start: 1:45 PM	
Women	Meet Qual Std	Event	Meet Qual Std	Men
45	3:37.49	200 Fly (11-12 only)	4:03.55	46
47	44.86	50 Free (10&U)	44.02	48
49	36.25	50 Free (11-12)	36.54	50
51	1:53.77	100 Back (10&U)	1:57.02	52
53	1:31.18	100 Back (11-12)	1:32.32	54
55	4:09.48	200 IM (10&U)	4:13.44	56
57	3:18.95	200 IM (11-12)	3:21.25	58
59	7:38.98	400 Free (10&U)	7:50.68	60
61	6:12.60	400 Free (11-12)	6:19.50	62

NOTE – 400/800/1500's will be limited to pool time/space available.

Session 6 – 13&O – Finals		Saturday 14 Nov 2026
Warm-up: 4:45 PM		**Start: 5:30 PM**
Consol/Final for 13-14, 15-16, 17 & Over (no consols if fewer than 24 entries or fewer than 6 swimmers in Consol after scratch deadline)		
Women	Event	Men
35	100 Back	36
37	200 Fly	38
39	50 Free	40
41	200 IM	42

Session 7 – 13&O – Prelims						Sunday 15 Nov 2026
Warm-up -- A – 7:00 am B – 7:45 am						**Start: 8:30 am**
Women	**Meet Qual Std**		**Event**	**Meet Qual Std**		**Men**
63	13-14	2:40.29	200 Free	13-14	2:35.76	64
	15-16	2:30.04		15-16	2:20.40	
	17&O	2:26.19		17&O	2:14.70	
65	13-14	1:36.29	100 Breast	13-14	1:34.59	66
	15-16	1:30.36		15-16	1:25.23	
	17&O	1:28.95		17&O	1:20.63	
67	n/a		50 Back	n/a		68
69	13-14	1:25.53	100 Fly	13-14	1:22.12	70
	15-16	1:17.16		15-16	1:12.32	
	17&O	1:15.97		17&O	1:09.20	
71	13-14	11:42.31	800 Free (TF) ** (slower 5 heats) (Fastest heat at FINALS)	13-14	11:34.37	72
	15-16	11:02.48		15-16	10:32.11	
	17&O	10:43.48		17&O	10:08.86	
73	13-14	21:43.44	1500 Free (TF) ** (2 heats each gender)	13-14	21:30.24	74
	15-16	21:09.76		15-16	20:11.85	
	17&O	20:33.31		17&O	19:27.28	

**** POSITIVE CHECK-IN REQUIRED (before session starts)**

**** NOTE – 800/1500 Free is limited to pool time/space available**

*** '**Meet Qualifying Standards**' – swimmers must be qualified in at least 2 events to enter the meet and can then enter events to the entry limit.

Warm-up Groups – Grp A – APEX, COBRA, ESWIM, MAC, NYAC, TORCH, TSC, WAC
– Grp B – all other Teams

Session 8 – 12&U – Timed Final				Sunday 15 Nov 2026
Warm-up: 1:30 PM			Start: 2:15 PM	
Women	**Meet Qual Std**	**Event**	**Meet Qual Std**	**Men**
75	2:53.32	200 Free (11-12)	2:56.71	76
77	3:39.12	200 Free (10&U)	3:45.72	78
79	1:45.35	100 Breast (11-12)	1:47.62	80
81	2:08.72	100 Breast (10&U)	2:13.93	82
83	n/a	50 Back (11-12)	n/a	84
85	n/a	50 Back (10&U)	n/a	86
87	1:34.59	100 Fly (11-12)	1:37.42	88
89	2:00.26	100 Fly (10&U)	2:06.13	90
91	12:43.47	800 Free ** (TF 11-12)	13:18.59	92

**** POSITIVE CHECK-IN REQUIRED (before session starts)**

Session 9 – 13&O – Finals		Sunday 15 Nov 2026
Warm-up: 4:45 PM		Start: 5:30 PM
Consol/Final for 13-14, 15-16, 17 & Over (no consols if fewer than 24 entries or fewer than 6 swimmers in Consol after scratch deadline)		
Women	Event	Men
63	200 Free	64
65	100 Breast	66
67	50 Back	68
69	100 Fly	70
71	800 Free (TF – Fastest Heat)	72

Competition Dismissal Policy

The purpose of these policies is to maintain a safe, respectful, and well-managed pool environment for all athletes, coaches, officials, staff, and facility users by outlining expected standards of conduct and the process for addressing rule violations. We appreciate your cooperation and understanding in helping us keep our facility as safe and pristine as possible.

Pool Deck Conduct & Behaviour

- No person within the pool area shall behave in a manner that jeopardizes their own safety or health, or the safety or health of others. Abusive, threatening, or profane language and other inappropriate behaviour may result in removal from the pool area.
- Food, beverages, and chewing gum are not permitted on the pool deck unless otherwise authorized by TPASC.
- Outdoor shoes and footwear worn outside are prohibited on the pool deck. Swimmers may wear clean indoor gym shoes or trainers for activation and training purposes. TPASC staff reserve the right to require any athlete, coach, or official to remove footwear that appears to have been worn outdoors or otherwise does not meet facility requirements.
- Socializing with or distracting pool staff, including lifeguards, while they are performing their duties is prohibited.
- Running, rough or boisterous play, pushing, acrobatics, dunking, wrestling, disruptive or offensive splashing or yelling, careless diving or jumping, snapping towels, or any other conduct that creates an undue disturbance or places another person at risk is prohibited.
- Spitting, spouting water, blowing your nose, urinating, or defecating in the pool is prohibited.

Policy Enforcement

Minor rule infractions will initially be addressed with a verbal warning and a brief explanation of the applicable rule and the reason it is being enforced.

For repeated rule violations, TPASC will follow a progressive three-step process:

1. **First Warning:**
   The lifeguard will speak directly with the participant regarding the behaviour. The Deck Supervisor and/or Aquatics Management will be notified as appropriate.
2. **Second Warning:**
   If the behaviour continues, the lifeguard or Deck Supervisor will identify the participant to their coach and request that the coach address the behaviour directly with the participant. The Meet Manager will also be informed.
3. **Dismissal:**
   If the participant continues to violate facility rules after previous warnings, Aquatics Management, in consultation with the Meet Manager, may dismiss the participant from the pool area and/or competition.

Where a participant's behaviour is sufficiently serious, TPASC reserves the right to bypass the progressive warning process and immediately remove the participant from the pool area where necessary to protect the safety of participants, staff, or others.

Any situation resulting in the removal or dismissal of a participant must be documented by the Deck Supervisor using an Incident Report Form.

Where a suspension beyond the immediate session or competition is being considered, the Deck Supervisor must refer the matter to Aquatics Management. Aquatics Management will determine the appropriate course of action in consultation with the appropriate event or organizational representative.

TPASC requires event organizers to ensure that all participants, coaches, and officials are made aware of applicable facility policies and procedures, including the Competition Dismissal Policy, prior to participation.