

MAR 5 - 8, 2026

ONTARIO AGE GROUPS

speedo 

ONTARIO AGE GROUPS – 14&UNDER
MARKHAM PAN AM CENTRE

MEET PACKAGE

HOSTED BY MARKHAM AQUATIC CLUB



PERFORMANCE PARTNERS AND SUPPORTERS

Swim Ontario proudly acknowledges the invaluable contributions of our partners and supporters who help advance swimming in Ontario.



VENDORS & SERVICES

TBD

GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Markham Aquatic Club
- **Meet Format:** LCM, Single Ended – Prelims & Finals (14&U) with timed final events (12&U)
- **Location:** Markham Pan Am Centre - 16 Main St Unionville, Unionville, ON L3R 2E4
- **Facility:** 10 lane 50m competition pool - Swiss Timing electronic timing system.
- **Dates:** March 5 - 8, 2026
- **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).

PARTICIPANT SAFETY

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.

All participants in this event are reminded that they are bound by Swim Ontario Policies and Procedures, including but not limited, to 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>. Conduct that violates the Swim Ontario bylaws, policies, procedures and comprehensive code of conduct and ethics may be subject to filing a formal complaint. [Submit a Complaint](#)

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.
- Spectators will be permitted at the discretion of the facility. They are not permitted on deck. There will be no spectator fee at this event.
- **Every club and its participants are responsible for ensuring all facility rules and requirements are followed.**

SWIM ONTARIO CONCUSSION MANAGEMENT PROCEDURE (ROWAN'S LAW)

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.

- The [Swim Ontario Concussion Management Procedure](#) is in effect at all Swim Ontario sanctioned events. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Clubs and coaches must ensure athletes are aware of this procedure.
- Meet Management will have copies of the [Concussion Management procedure](#) at the competition.
- Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the [Swim Ontario Injury reporting form](#)

OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust must be in an environment or space that is both ‘open’ and ‘observable’ to others.

EVENT PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras, cellphones in locker rooms, bathrooms, or any other dressing area. The [Swim Ontario Photography, Videography, and Cellphone Procedure](#) is in effect.

PROCEDURE

- Only individuals that have made an application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. All individuals making application must follow the [Screening Requirements Procedures](#). Please contact Nicole Parent (nicole@swimontario.com) for application and authorization process.
- Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relation to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.
- By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.
- Live Streaming services provided by RecTec TV.



ORGANIZING COMMITTEE

- **Meet Manager:** Stanley Liu (stanley.liu.27@gmail.com) + YY Wong (yywong@rogers.com)
- **Competition Coordinator:** Lisa Chow (lisachow@rogers.com), Lea Chen, Andy Mitchell + Rose Vetro, Level Vs
- **Officials Coordinator:** YY Wong (officials@markhamaquaticclub.com)
 - Visiting officials are to contact the officials coordinator: officials@markhamaquaticclub.com
- **Entries & Results Coordinator:** Kirsti Kontor – kirsti@swimontario.com

MEET INQUIRIES:

All inquiries are to be directed to meetentries@swimontario.com

Meet Information Page: <https://www.swimontario.com/athletes/competitions/2026-ontario-age-groups/>

ENTRY INFORMATION

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada. A valid Swimming Canada registration number is required for all swimmers, and entries without a registration number will be declined. Athletes may only compete under the age group club or varsity team they are registered with.

- This event is restricted to Ontario based athletes (registered with Swimming Canada) aged
 - Junior Sessions: 14 & Under
 - Youth Sessions: 12 & Under
- Out-of-country foreign teams are not permitted to attend.
- A competitor's age is their age as of March 5, 2026

LIMITS AND/OR CHANGES TO FORMAT

If necessary, Swim Ontario reserves the right to implement some or all of the following options in order to comply with Swim Ontario competition sanctioning policies:

- Limit entries to 500 swimmers/1700 swims for the Junior Sessions and 300 swimmers/900 swims for the Youth Sessions
- Change 400m Junior events to timed final with fastest heat competing in finals
- Cancel Relays or B Finals for 200m events
- Combine the Junior heats and Youth Sessions into one session if undersubscribed
- Create a distance overflow session on Thursday, March 5 for both Junior and Youth events.
- Move Events
- Adjust warm-up and start times

ENTRY FEES & PAYMENT

- **Swimmer Fee:** \$120 + HST (\$135.60)
- **Relay Events:** \$25 + HST (\$28.25)
- Entry Fees must be paid prior to arrival or at team registration
- Payment methods:
 - **Etransfer:** etransfers@swimontario.com – indicate 2026 OAG - MPAC and Club Code
 - **Credit Card (only prior to arrival):** contact - Clubs wishing to pay by credit card should contact kirsti@swimontario.com for payment instructions. A 2.5% service fee will be applied.
 - **Cheque:** Payable to Swim Ontario
 - **Direct Deposit** permitted – more details to be provided with entry fee report
 - **NO CASH PAYMENT ACCEPTED**

ENTRY PROCESS & DEADLINE

- **Entry Deadline: Tuesday, February 17, 2026 – 10 PM EST**
- **Qualifying Period:** September 1, 2024 – February 15, 2026
- Qualifying Standards: 2026 Ontario Age Group (OAG) Standards – [TABLE view](#)
- All swimmers must achieve at least 1 (one) 2026 Ontario Age Group Standard
 - Junior Sessions: 13&Under and 14 time standards.
 - Youth Sessions: 11&Under, 12
 - 12&U swimmers that achieve the 13&U qualifying time must choose to participate in all the Junior sessions or all the Youth sessions. They cannot participate in both. Including relays.
- All entries received shall be UNCONVERTED and must be provable official time on Swim Rankings (excludes split times)
 - **LCM entry times for distance events (800/1500 Free) is advised. See seeding rules for distance events.**
- No converted times will be accepted. Yards times will not be accepted.
- No Time (NT) will not be accepted.
- Maximum of 6 individual events per swimmer provided they meet the qualifying times (QT).

BONUS SWIMS

- Structure
 - 1 QT = 3 Bonus swims
 - 2 QTs = 2 Bonus swims
 - 3 QTs = 1 Bonus swim
 - 4 or more QTs = 0 Bonus swim
- 400 IM and 400/800/1500 Free events are NOT ELIGIBLE AS BONUS SWIMS
- Swimmers are limited to a maximum of 1 bonus swim per day.
- Athletes must have achieved the [Provincial Consideration Time](#) to enter as a Bonus event (excludes non eligible bonus events)
- Bonus swims must be entered with provable official time on Swim Rankings (excludes split times).
- Swim Ontario reserves the right to adjust the number of bonus swims to keep sessions within reasonable timelines.

RELAY ENTRIES

- **Clubs may enter a maximum of two (2) relay teams per event.**
- Relay Only swimmers are not permitted at this event. All relay participant must be entered in at least one individual event at the OAG-MPAC event.
- A mixed relay must have 2 girls and 2 boys. No other combination is allowed.
- A relay swimmer is restricted to the session in which they are racing. Youth Session swimmers are not permitted to enter in Junior Session relays or vice versa.
- All Relay entries must have 4 declared swimmers with valid entry time using either LCM or SCM times.
- No Time Entries are not permitted.

EVENT NUMBERING

- Junior Events: Heats & Finals and 14&Under distance individual and relay events: 1 – 99
- Youth Events: Timed Final 12&Under individual & relay events: 401 – 499

SUBMISSION

- **Entries MUST** be submitted via the Swimming Canada Registration and Events System (REMS).
- **Attending domestic coaches and support staff must be listed when uploading the entries via REMS and confirmed on the [2026 Team Registration Online Form](#)**
- A successful entry file upload is only the validation of membership entry information against the national membership and entry validation does not guarantee a club's entries will be accepted by Swim Ontario.
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the event.
- Accepted or rejected entries will be identified with a second notification from Swim Ontario.
- Swim Ontario reserved the right to reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline or any other lack of compliance with Swim Ontario meet policy and procedure.
- Pre-Scratch Entry Lists will be posted online at www.swimontario.com by **February 23, 2026**.
- All entries inquiries or request for changes to entries for 2026 OAG – MPAC are to be directed to kirsti@swimontario.com
- Deck entries and time trial events will not be permitted.

CONFIRMATION REPORT

- The confirmation report will list all entries for all swimmers. Rejected entries will also be listed.
- It is the club's responsibility to provide proof of time **within the qualifying period** for any rejected entries.
 - Unofficial split times will not be accepted as proof of time
 - Meet Mobile screenshots will not be accepted as proof of time
 - Best times reports will not be accepted as proof of time
 - Any official results document or website must be in English or French or translation provided by the club.
- Any rejected entries without proof of time for qualifying events by the posting of final Entry List will be removed or be designated as a bonus event with a provable time if permissible under the bonus swim rules.
- Any rejected entries without proof of time for qualifying events may result in the swimmer not being eligible to attend the competition.
- Any rejected entries without proof of time for bonus events:
 - Will be removed for bonus events unless a validated time meets the Ontario Consideration Time within the qualification period.

CHANGES

- Clubs will have **48 hours after the entry deadline** to make corrections/modifications to entries. After that time, fees will be calculated; no refunds will be granted for late scratches or missed swims.
- Following the **48 hours period**, clubs requesting changes and corrections to entries may be made up until the final Entry Lists are posted **at a cost of \$100 per change or correction**.
 - The per change cost is per swimmer, per event, per change; not per email sent.

- Corrections or changes requested from the Swim Ontario Entries Coordinator are NOT subject to penalties.
- **Late Entries** for swimmers not entered by the **48 hours grace period** will be accepted up until the final Entry Lists are posted at a cost of double the meet entry fee.
- **Late entries or changes are subject to the qualifying times and the qualifying period. Times achieved AFTER the entry deadline are not eligible for qualifying or upgrade of entry time.**
- The Club Entries Contact person is required to complete an online form (link below) with Club Information for Swim Ontario and Meet Management. An auto-response will be sent to the person completing the form.
 - [2026 Team Registration Online Form](#)
- Entries submitted without the online form submission will not be accepted.
- Entries found to not be in compliance with entry requirements may result in individual swimmers and clubs being ineligible for entry into the competition.
- Final Entry Lists will be posted online at www.swimontario.com no later than February 28, 2026
- All entries inquiries or request for changes to entries for 2026 OAG – MPAC are to be directed to kirsti@swimontario.com
- Deck entries and time trial events will not be permitted at the competition.

D/DEAF AND HARD OF HEARING ACCOMMODATION:

This competition can provide the following accommodations for swimmers 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 support staff.
- Visual Start hand signals given by the starter/referee.
- Visual Start Strobe Light: **Facility-Provided Strobe Light:** An external strobe light is available at this facility
- **Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.**
- Support Staff must have active REMS registration. All support staff must be declared on the [2026 Team Registration Online Form](#)

REGISTRATION INFORMATION

SWIMMING CANADA COACH REGISTRATION POLICY

The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. All teams must submit a list of coaches attending at the time of entry. Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend the meet.

- **Athletes must have a coach or designated coach (coach representative) in attendance during the event including pre-meet training sessions.**

TEAM REGISTRATION

- Team Registration will be done through [2026 Team Registration Online Form](#) (complete on or before Tuesday, February 17) and in person.
 - <https://form.jotform.com/SwimOntario/2026-prov-meets-team-registration>
 - All attending coaches, support staff contact information will be collected.
 - Support Staff will be limited to those required for Para, d/Deaf and Hard of hearing swimmers.
- Onsite Team Registration in the Meet Office. Team Registration times: **TBD**

PRE-MEET TRAINING & WARM-UP/COOL-DOWN AVAILABILITY

- No pre-meet training available.
- There is no secondary pool available for warm-up / cool down.
- Warm-up periods will be split by clubs. The schedule is to be determined.

TECHNICAL BULLETIN & MEETING

- Meeting details to be determined.
- Swim Ontario will provide technical meet format details via email and through the meet information page – <https://www.swimontario.com/athletes/competitions/2026-ontario-age-groups/>

COMPETITION RULES

Swimming Canada and Swim Ontario rules govern this competition. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook.

WARM-UP SAFETY PROCEDURES

The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [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.

SWIMWEAR

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.

DIVE STARTS

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Regulations. For Para-swimming events starts will be conducted as per WPS rules.

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 Referee may disqualify a swimmer for such misconduct. 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.

BACKSTROKE LEDGES

Backstroke ledges will be available for use. Swimmers shall be responsible for setting the device.

AGE GROUPS

- A competitor's age is their age as of the first day of the competition (March 5, 2026).
- **Individual events:**
 - **Junior sessions:** 13&Under, 14
 - **Youth session:** 11&Under, 12
- **Relay events:**
 - **Junior sessions:** 14&Under (restricted to swimmers entered in 1 individual event in Junior sessions)
 - **Youth session:** 12&Under (restricted to swimmers entered in 1 individual event in Youth sessions)

SEEDING

- After all times have been proven, entry times will be converted to LCM using 2% conversion factor and seeded by time regardless of bonus swim designation for 400m events and lower.
- **All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding)**
- Swim Ontario reserves the right to limit entries and/or change events to timed final.

JUNIOR SESSIONS PRELIMINARIES

- All preliminary heats will be seeded by time, slowest to fastest, as per Section II 3.1 with fastest 3 heats circle seeded regardless of age.

JUNIOR SESSIONS 800 AND 1500 FREE

- **All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding)**
- All distance events will be swum as timed finals seeded fastest to slowest by gender regardless of age.
- The fastest heat by gender will compete during the finals session regardless of age.
- Positive check-in is required 30 mins after the start of prelims session on the day the event is scheduled to allow meet management the opportunity to **ensure a full complement of swimmers for fastest heat in finals and possibly collapse heats.**
- Meet management reserves the right to alternate genders
- **Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.**

JUNIOR SESSIONS FINALS

- In each finals event all female finals will swim, followed by all male finals; Youngest to Oldest.
 - 13&Under, 14
 - There is an “A” final only for 400m events.
 - For 200m or less, there is an “A” and “B” final for each age group. The “A” final will swim before the “B” final.
 - Events with 22 or less entries (excluding para swimmer entries) in an age group (by the Final Entry List) will have an A final only
 - Events with 15 or less swimmers after the scratch deadline will have an A final only

If necessary, Swim Ontario reserves the right to implement some or all of the following options should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies:

Remove bonus events or B Finals in 200m events

Create overflow sessions

Combine sessions

Combine heats or limit the number of heats

Move events

YOUTH TIMED FINALS

- All events will be seeded slowest to fastest by gender.
- For 400m and lower events, the fastest heat of each age group (11&U, 12) will swim together. All other heats are age combined.
- All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding) with SCM times swimming first then LCM times. The events will be swum age combined.
- Results will be split by age group.

RELAY EVENTS

- All Junior Session relays will be swum as timed finals during the finals session at night.
- All Youth Session relays will be swum as timed finals during the session.
- A relay swimmer is restricted to the session in which they are racing. Youth Session swimmers are not permitted to enter in Junior Session relays or vice versa.
- Coaches must have relay cards with names filled in and returned to the Admin Desk 30 minutes prior to the start of the session in which the relay will be swum. No relay name changes will be accepted after this deadline unless approved by meet management.

OFFICIAL SPLITS & DECK ENTRIES

- 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 must advise the Admin Desk 30 mins prior to the commencement of the session in question on the “Official Split Request” form.
- The Official Split Request forms are available at the Admin Desk.
- Official Split Requests must be submitted 30 mins before the start of the session.
- Deck entries and time trial events will not be permitted.

SWIM OFFS

- 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.**

SCRATCH RULES

TIMED FINAL EVENTS

- Junior Session 800 & 1500 Free
 - The deadline for scratches & positive checkin for the 800 and 1500 Free is 30 mins after the start of prelims session on the day the event is scheduled to allow meet management the opportunity to ensure a full complement of swimmers for the finals session.
- Junior Session Relays
 - Junior Session relays will take place during finals only. All scratches for relays must be provided to the Admin Desk 30 mins after the completion of the last preliminary event.
- Youth Session events
 - NO scratch deadline for all events including relays.

JUNIOR PRELIMINARIES

There will be no scratch deadline for preliminary events.

JUNIOR FINALS

All Scratches for Finals from preliminary events results must be provided to the Admin Desk within 30 minutes after **the completion of the last preliminary event.**

PENALTY

Failure to participate in an individual **FINAL** or the **FASTEST HEAT** of a time final event without meet management's knowledge and consent will result in a **\$100 fine** for each offence payable to Swim Ontario.

- All fines for “No-Shows”, “step-downs” and “unexcused incomplete swims” will be recorded by the Admin desk. Unexcused incomplete swims shall be the sole determination of the Referee.
- Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.
- A club representative must make payment for the fine.
- All unpaid fines will be invoiced by Swim Ontario.
- Accepted payment is via the Online Penalty Form via Credit Card
<https://form.jotform.com/SwimOntario/2025-26-Prov-Meet-penalty-form>
- **All penalties must be paid to Swim Ontario before a Club entry file is accepted for the next Swim Ontario Provincial Championship meet**

TAPING & RECORDS

- No Taping Review Committee will be in place for this competition.
- Swim times achieved at this competition will be eligible for provincial records without consideration for taping beyond the principles of rule II.15.3.
- Swim times achieved at this competition will be eligible for national records under the following conditions:
 - Canadian Age-Group records will be eligible without consideration for taping beyond the principles of rule II.15.3.
- Coaches are asked to inform meet management of possible record attempts and/or if records are broken to ensure meet management can process the record application.

SCORING AND AWARDS

EVENT SCORING

ALL EVENTS

- The top ten (10) individual per age group events and relays score
- Individual Events: 50-45-40-35-30-25-20-15-12-11
- Only times that meet the qualifying standard count towards team scoring.
- Relay Events: 100-90-80-70-60-50-40-30-24-22
- Team scores will be calculated; however, no team award will be presented.

EVENT AWARDS

- **Individual Event Medals:** first through third by gender (regardless of qualifying times) as follows:
 - **Junior Finals Session:** 13&U, 14
 - **Youth Session:** 11&U, 12
- **Relay Event Medals:** first through third by relay event.

FACILITY INFORMATION

- **No food is permitted on deck including swimmer snack foods. These must be consumed off deck. Coffee/Tea/Pop/snack food is not permitted on deck.**
- ONLY Athletes, Coaches & Working Officials in Session are permitted on the pool deck. (All Spectators are to watch from the second floor viewing gallery.)
 - **No spectators permitted on pool deck.**
 - Only 1 Parent/Guardian to 1 athlete will be permitted in the lower-level hallway and changes rooms to help their athlete get changed. Event Security will be stationed to enforce this.
 - See: "[Ground floor north – Swim Meet](#)" and "[2nd Floor & MPR's – Swim Meet](#)" floor plans.
 - Coaches from all attending clubs will support in directing traffic on the pool deck.
 - All attending Clubs for 12U sessions recommended to have a club coach greet their athletes at the change room entrances and directing athletes where to go on deck upon athletes arrival at start of session.
 - It is encouraged for clubs to bring banners or table cloths to put on the front of the coaches tables on the north side of the pool deck to help guide swimmers where to go.
- 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 or DRINK ON DECK except for water. There are 2 fill stations and fountains on the pool deck.
Concession vendor is available at the Lobby.

Parking Information: TBC

OFFICIALS & VOLUNTEERS

If a registered official from an attending club is interested in officiating, please complete the following online form:

- **Officials Coordinators:** YY Wong
 - please send email to officials@markhamaquaticclub.com

PROGRAM EVENT LIST

If necessary, Swim Ontario reserves the right to implement some or all of the following options should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies:

- Remove bonus events or B Finals for 200m events
- Create overflow sessions
- Combine sessions
- Combine heats or limit the number of heats
- Move events
- Change Warm-up and Start Time schedules

JUNIOR SESSIONS

Preliminary session will be seeded by time and gender regardless of age

Finals session age groups: 13&U, 14

SH – Slower heats, FH – Fastest heat - Distance events – seeded by time regardless of age

Junior Session relays all swimming in finals

DAY 1 – THURSDAY, MARCH 5, 2026					
Preliminary Session Warmup: 7:20 am (split) Start: 9:00 am			Final Session Warmup: 5:30 pm – 6:25 pm Start: 6:30 pm		
W		M	W		M
1	200 IM	2		800 Free (FH)	10
3	50 Breast	4	1	200 IM	2
5	400 Free		3	50 Breast	4
7	50 Back	8	5	400 Free	
	800 Free (SH)	10	7	50 Back	8
			101	4 x 100 Free Relay (All heats)	102
DAY 2 – FRIDAY, MARCH 6, 2026					
Preliminary Session Warmup: 7:20 am (split) Start: 9:00 am			Final Session Warmup: 5:30 pm – 6:25 pm Start: 6:30 pm		
W		M	W		M
11	200 Fly	12	22	1500 Free (FH)	
13	100 Free	14	11	200 Fly	12
15	200 Back	16	13	100 Free	14
17	50 Fly	18	15	200 Back	16
	400 IM	20	17	50 Fly	18
22	1500 Free (SH)			400 IM	20
			103	4 x 50 Medley Relay (All heats)	104
DAY 3 – SATURDAY, MARCH 7, 2026					
Preliminary Session Warmup: 7:20 am (split) Start: 9:00 am			Final Session Warmup: 5:30 pm – 6:25 pm Start: 6:30 pm		
W		M	W		M
23	200 Free	24		1500 Free (FH)	32
25	100 Breast	26	23	200 Free	24
27	400 IM		25	100 Breast	26
29	100 Back	30	27	400 IM	
	1500 Free (SH)	32	29	100 Back	30
			105	4 x 50 Free Relay (All heats)	106
DAY 4 – SUNDAY, MARCH 8, 2026					
Preliminary Session Warmup: 7:20 am (split) Start: 9:00 am			Final Session Warmup: 5:30 pm – 6:25 pm Start: 6:30 pm		
W		M	W		M
33	200 Breast	34	41	800 Free (FH)	
35	50 Free	36	33	200 Breast	34
	400 Free	38	35	50 Free	36
39	100 Fly	40		400 Free	38
41	800 Free (SH)		39	100 Fly	40
			107	4 x 100 Medley Relay (All heats)	108

YOUTH SESSIONS

All events will be seeded slowest to fastest by gender. 400m or less events will swim the fastest heat of each age (11&U, 12) last. Distance events – seeded by time regardless of age

DAY 2 – FRIDAY, MARCH 6, 2026

Timed Final Warmup: 1:15 – 1:40 PM Start: 1:45 PM		
W		M
401	200 Back	402
403	100 Free	404
405	200 Fly	406
407	50 Breast	408
409	400 Free	
411	4 x 50 Medley Relay	412
	800 Free	414

DAY 3 – SATURDAY, MARCH 7, 2026

Timed Final Warmup: 1:15 – 1:40 PM Start: 1:45 PM		
W		M
415	100 Back	416
417	100 Breast	418
419	200 Free	420
421	50 Fly	422
423	400 IM	424
426	4 x 50 Mixed Freestyle Relay	426

DAY 4 – SUNDAY, MARCH 8, 2026

Timed Final Warmup: 1:15 – 1:40 PM Start: 1:45 PM		
W		M
427	200 IM	428
429	50 Free	430
431	200 Breast	432
	400 Free	434
435	100 Fly	436
437	4 x 50 Free Relay	438
439	800 Free	

Meet Management reserves the right to change warm-up session times and to allocate team warm-up schedules.