

Brief Meet Information

NAME OF MEET:	2026 Downtown Sprint Meet
DATE(s):	October 23-24, 2026
HOSTED BY:	Toronto Swim Club
LOCATION:	University of Toronto, 55 Harbord Street, Toronto ON M5S 2W6
FACILITY:	8 lane 25-meter pool with electronic timing (shallow end). 8 lane 25-meter continuous warm-up pool (8 lane 25-meter pool (deep end)
PURPOSE & DESCRIPTION:	An early season racing opportunity – sprint events only!
COMPETITION CONFIGURATION	Single Ended SCM
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:	

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Janice Charles	jdcharles9@rogers.com	IV
MEET MANAGER(S):	Charlotte Carroll Victoria Ashat David Camps	charlottecarrroll1@gmail.com victoria.ashat@gmail.com david.j.h.camps@gmail.com	
OFFICIALS COORDINATOR:	TSC Officials Team	officials@torontoswimclub.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: **TBC**

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 C4.1.2 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
 - from start end only (shallow end)

and/or

- from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1
 - from start end (shallow end)

and/or

- In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1
 - from start end (shallow end)

BACSTROKE LEDGES:	Ledges will be used during the following sessions only: 1 & 3 (14&O sessions)
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: A. Facility-Provided Strobe Light: An external strobe light is available at this facility B. 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 <u>Entry Deadline</u>. 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 of the first day of the competition - October 23, 2026.

Eligibility

All athletes must be registered as <u>Competitive</u> 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. - USport Varsity registered swimmers are welcome to attend. They must represent the Varsity Team they are registered with. - This meet has no time standards.
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 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 09 October 2026 Changes to entries will be accepted until Tuesday 21 October 2026
ENTRY FEE:	The following fees will apply for this competition: - Individual Events: \$15 - Relay Events: \$25 - Swimmer Fee: \$21 (includes \$11 Swim Ontario Post Meet Fee) Payment Method: Email transfer to treasury@torontoswimclub.com (please include your club code and meet name) OR - Cheque payable to Toronto Swim Club and brought to Admin Desk
ENTRY LIMITS:	The following limits are in place for this competition: - The maximum number of participants per session is 320 - The maximum number of entries per swimmer is: 13&U: 5 individual events and one relay event per session, 14&O: 3 individual events and one relay event per session.
RELAY ENTRIES & MIXED RELAYS:	- Relay swimmers must be entered in a non-relay event in order to compete. - Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.
ENTRY TIMES & CONVERSION:	- Entries can be submitted with No Time (NT). - Estimate entry times are accepted. - Entry Times can be converted (i.e. LCM to SCM) at 2%

Schedule of Sessions

Session #	Date	Change Room / Deck Access	Warm-up Period	Start of Session	Approx. Finish of Session	Time Final /Heats /Finals
Session 1 (14&O)	October 23	2:00 PM	2:30 - 3:25 PM	3:30 PM	8:00 PM	Time Final
Session 2 (13&U)	October 24	8:30 AM	8:45 - 9:40 PM	9:45 AM	2:15 PM	Time Final
Session 3 (14&O)	October 24	2:30 PM	2:45 - 3:40 PM	3:45 PM	8:15 PM	Time Final

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, fastest to slowest. Swimmers entered with NT (no time) will be seeded last.
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: \$20 per event (plus \$25 per swimmer Deck Entry Swimmer Fee, if swimmer is not already entered in meet)
RELAY NAME SUBMISSION:	- Relay Cards are available at the start of the session. - Relay Cards or Forms must be returned to the Lane Official at the start of the event. - The Relay Name submission deadline is the start of 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.
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 <u>Admin Desk</u>. 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.
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 <u>event</u> 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 coach 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.
SCORING & AWARDS:	The following scoring will be applied: ● No Scoring The following will be awarded: ● Bell Heat Prizes

Schedule of Events

Session 1 - 14&O Friday, October 23, 2026 Warm-up: 2:30 PM -- Start: 3:30 PM		
Women		Men
1	50 Back	2
3	200 Fly	4
5	100 Free	6
7	100 Breast	8
9	200 Back	10
11	50 Fly	12
13	200 IM	14
15	4x50 Freestyle Relay	16

Session 2 - 13&U Saturday, October 24, 2026 Warm-up: 8:45 AM -- Start: 9:45 AM		
Women		Men
17	100 Free	18
19	50 Fly	20
21	50 Back	22
23	50 Breast	24
25	50 Free	26
27	100 IM	28
29	4 x 50 Freestyle Relay	30

Session 3 - 14&O Saturday, October 24, 2026 Warm-up: 2:45 PM -- Start: 3:45 PM		
Women		Men
31	50 Breast	32
33	100 Fly	34
35	100 Back	36
37	50 Free	38
39	200 Breast	40
41	100 IM	42
43	200 Free	44
45	4x50 Medley Relay	46