

ONTARIO AGE GROUPS

speedo 

TECHNICAL MEETING

MARCH 2, 2026

Swim Ontario Statement

TPASC & MPAC

- **We are here to help you! Our volunteers, officials and staff have the right to be treated with dignity and respect at all times without the risk of threatening behaviour or language.**
- **Any such behaviour towards facility and Swim Ontario staff, volunteers, and officials will not be tolerated and is seen as a violation of our organization Code of Conduct. Violations of our Code of Conduct, will be treated according to our Discipline & Complaints Policy.**
- **Cell phones, tablets, cameras, video cameras for filming or still pictures are not permitted behind the blocks while facing the pool.**

INTRODUCTION & WELCOME

TPASC

Local Organizing Committee :

Meet Manager: Suzi Santaguida

Competition Coordinator: Steve Sachs

Para Technical Advisor: Jeff Holmes

Entries & Results: Nicole Parent

MPAC

Local Organizing Committee :

Meet Managers: YY Wong & Stanley Liu

Competition Coordinators: Lisa Chow, Lea Chen, Andy Mitchell and Rose Vetro

Entries & Results: Kirsti Kontor

QUICK LINK LIBRARY

TPASC

Overall Schedule - Click [HERE](#)

Warm-up Lane Breakdown - Posted at pool

Heat Sheets - Click [HERE](#)

Whatsapp Community - Click [HERE](#)

Scratch Form - Click [HERE](#)

Meet Package - Click [HERE](#)

Meet Information Page - Click [HERE](#)

Live Results - Click [HERE](#)

Penalty Payment Form - Click [HERE](#)

MPAC

Overall Schedule - Click [HERE](#)

Warm-up Lane Breakdown - Posted at pool

Heat Sheets - Click [HERE](#)

Whatsapp Community - Click [HERE](#)

Scratch Form - at Admin Desk

Meet Package - Click [HERE](#)

Meet Information Page - Click [HERE](#)

Live Results - coming soon!

Penalty Payment Form - Click [HERE](#)

WHATSAPP MESSAGING

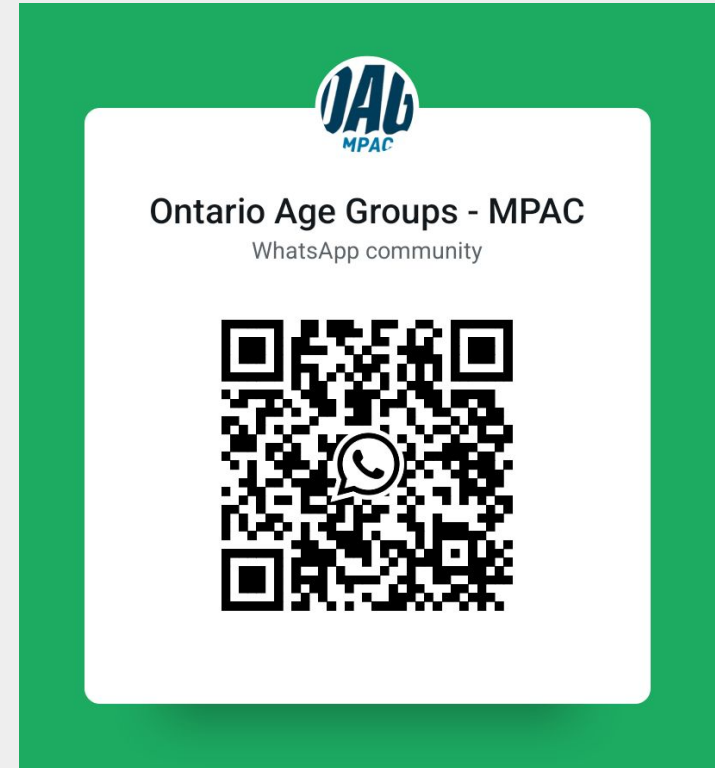
TPASC

<https://chat.whatsapp.com/liWtxTeSLIa14kywBU2O8I>



MPAC

<https://chat.whatsapp.com/LmZ2VIYFQ7qBFaL0Sn8Xbi>



PARKING

TPASC

Parking is available at the facility in designated areas. [Parking](#) rates do apply. **The North and EAST lots are available for parking. The UTSC Lot H & G is also available for overflow parking. Different rates apply for these lots.**

MPAC

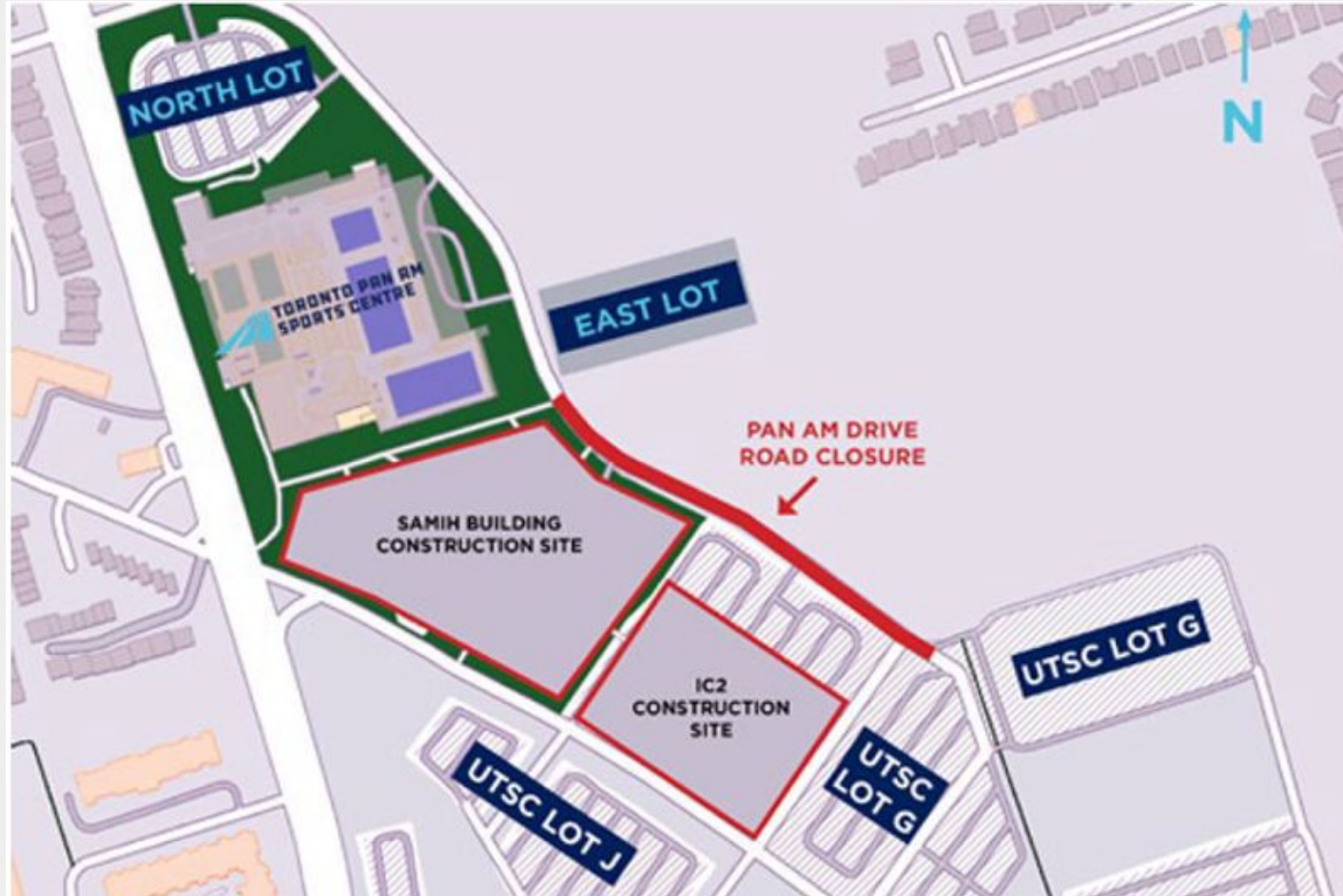
All athletes, coaches and guests will enter the main parking lot from 16 Main Street Unionville. This is the only entrance

- **Parking is currently free**
- **Once the main parking and the Overflow parking lot are filled, please park**
 - **either at Unionville Go Train Station**
 - **or go to the York Remington lot at 436 Enterprise Blvd. This is a paid parking lot. Cost (maximum): \$1.75/half-hour (\$15.00 max)**

PARKING MAP - MPAC



PARKING MAP - TPASC



ACCREDITATION

TPASC & MPAC

- Accreditation will be required to gain access to the pool deck
 - Swimmers not entered in the meet are not permitted access to the deck or pools.
 - OAG - MPAC swimmers can only access MPAC deck and pool
 - OAG - TPASC swimmers can only access TPASC deck and pools
- ALL athletes, coaching staff & support staff, officials, and volunteers must have accreditation specific to each venue visible
- Individuals without accreditation will not be permitted pool access or access to the deck

WIFI ACCESS

TPASC

Network:

TPASC-Guest

Password:

tpascguest



MPAC

PUBLIC

no password

FACILITY RULES

TPASC & MPAC

- Massage Tables & Ice Baths will not be permitted on deck at these events
- 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.
- No glass containers.
- Clean Indoor footwear is required for deck access.
- Deck Changing is strictly prohibited. Swimmers are asked to use the change rooms or washrooms.

FACILITY RULES

TPASC

Participants (athletes, coaches, officials) are strictly prohibited from accessing the east gallery from the team seating areas. Likewise, spectators are not permitted in the team seating areas and must not enter them from the east gallery. Anyone who violates this facility rule will be denied re-entry into the facility and competition areas.

MPAC

- All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area.
- 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.
- All attending Clubs for YOUTH sessions are recommended to have a club coach greet their athletes at the change room entrances and directing athletes where to go on deck upon arrival at start of session.

TEAM REGISTRATION & ACCREDITATION PICKUP LOCATION

TPASC

See [Overall Schedule](#) for Times
Generally during warm-up periods
room 2060 at North End of main floor

MPAC

See [Overall Schedule](#) for Times
Generally during warm-up periods
room A meet office on main floor

A reminder that swimmers must have a coach
in attendance for pre-meet training sessions

HOSPITALITY

TPASC

Hospitality area will be in the Leadership Room

Coaches & Officials: before prelims & finals session
(breakfast/early light dinner)

There is no lunch time hospitality for coaches

MPAC

Hospitality area will be in Multipurpose room 1

Coaches & Officials: before Junior sessions
(breakfast/snack)

Coaches: Lunch box (Japanese) will be provided for those working back-to-back sessions by RSVP

WARM-UP SAFETY PROCEDURES

TPASC & MPAC

- The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document will be posted on Deck.
- 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 SAFETY RULES

TPASC & MPAC

- 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.

WARM-UP SAFETY RULES

TPASC & MPAC

- Warm-ups cannot begin until Lifeguards & Safety Marshals are in place.
- 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 or entering the pool before the start of warm-up is announced 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.

WARM-UP LANE DESIGNATION

TPASC

Lane	Lane Designation
Lane 0	PARA All Warm-up
Lane 1	PACE Lane <i>Coaches are actively monitoring their swimmers</i>
Lane 8	Sprint Lane <i>from start end</i> must swim to <u>end of lane and exit</u>
Lane 9	Sprint Lane <i>from turn end</i> may exit the side when past 15m
Lane 7 (if needed)	Sprint Lane <i>from start end</i> must swim to <u>end of lane and exit</u>

MPAC - Junior Sessions

Lane	Lane Designation
Lane 0	Sprint Lane <i>from start end</i> may exit the side when past 15m
Lane 1	PACE Lane for Junior Session only <i>Coaches are actively monitoring their swimmers</i>
Lane 8	Sprint Lane <i>from turn end</i> must swim to <u>end of lane and exit</u>
Lane 9	Sprint Lane <i>from turn end</i> may exit the side when past 15m

WARM-UP LANE SCHEDULE

TPASC

Lane	Schedule
PARA (Lane 0)	All Warm-up
Sprint & Pace Lanes	Prelims: <i>20 mins before the end of each warm-up period</i> Finals: <i>25 mins before the end of warm-ups</i>

MPAC

Session	Sprint & Pace Lane Schedule
Junior	Prelims: <i>20 mins before the end of each warm-up period</i> Finals: <i>25 mins before the end of warm-ups</i>

WARM-UP LANE DESIGNATION

MPAC - Youth Sessions

Lanes	Lane Designation
Lane 0, 1, 2	Sprint Lane <i>from EAST end</i> must swim to <u>end of lane and exit</u> <i>10 mins before the end of each warm-up period</i>
Lane 7, 8, 9	Sprint Lane <i>from WEST end</i> must swim to <u>end of lane and exit</u> <i>10 mins before the end of each warm-up period</i>

SECONDARY POOL

TPASC

The Dive Tank will be available during the competition for warm-up / cool-down.

Fins and Hand Paddles are not permitted in the Dive Tank during warm-up periods and busy times.

MPAC

There is no secondary pool available for warm-up / cool down.

HEAT SHEETS & RELAY FORMS

TPASC

Start Lists & Relay Forms will be available at the **Admin Desk** at the start of warm-up sessions.

Start Lists will be available on the [Meet information page](#)

MPAC

Heat Sheets & Relay Cards will be available in the **Meet Office** (Room A) at the start of warm-up sessions.

Heat Sheets will be available on the [Host Club \(MAC\) meet info webpage](#)

ADMINISTRATIVE DESK DEADLINES

TPASC & MPAC

Official Splits

- The Official Split Request forms are available at the Admin Desk.
- Official Split Requests must be submitted before the start of the session.

Relay Name Submission

- The deadline for relay name submission is 15 mins after the start of the session in which the relay will be swum.
- Return Relay Card to the Admin Desk.
- No relay name changes will be accepted after this deadline unless approved by meet management.

RELAY NAMES SWIM UPS

TPASC & MPAC

As per meet package, swimmers are restricted to swimming in relays for the sessions they are swimming individual races in.

12&U swimmers in the Youth session are not permitted to participate in Junior session relays

14&U swimmers participating in the MPAC meet are not eligible to participate in relay taking place at TPASC.

Essentially, no Swim Ups are permitted for the relays.

RELAY SCRATCH DEADLINES

TPASC

The deadline for scratches for relays events is 15 minutes after the start of the preliminary session on the day the event is scheduled to allow meet management the opportunity to ensure a full complement of teams for the finals session.

Requests for relay teams scheduled in final to be moved to preliminaries will NOT be granted.

MPAC

Junior Session: 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: no scratch deadline or positive checkin required

DISTANCE SCRATCH DEADLINES

TPASC

Scratches required 15 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.

Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.

MPAC

Junior Session: Scratches required 15 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.

Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.

Youth Session: Positive Check-in for 800 free is 15 mins after the start of the session

PRELIMINARIES & FINALS SCRATCH DEADLINES

TPASC & MPAC

Preliminaries

- There will be no scratch deadline for preliminary events.

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.

SCRATCH FORM

TPASC

The only accepted scratches (including relays) will be those received from the Online Scratch Form

<https://form.jotform.com/SwimOntario/oag-2026-tpasc-scratches>



MPAC

The only accepted scratches (including relays) will be those received on the Scratch Card at the Admin Desk and put it in the scratch box.

SCRATCH DEADLINE PENALTIES

TPASC & MPAC

- Failure to participate in an individual **FINAL** or the **FASTEST HEAT** of a time final event TAKING PLACE DURING THE FINAL SESSION (excludes youth session) without meet management's knowledge and consent will result in a \$100 fine for each offence payable to Swim Ontario.
 - 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>



PRELIMINARIES & YOUTH SESSIONS PROTOCOL

TPASC & MPAC

- All athletes are expected to self-marshall during prelims and youth sessions.
- It is the responsibility of swimmers to be ready behind the block for their heat.
- Missed swims will not be accommodated.

RESULTS

TPASC

Admin Desk
SplashMe
Live Results

(link available on March 4 in evening)

MPAC

Admin Desk
Meet Mobile
Live Results

(link available on March 4 in evening)

SWIM OFFS

TPASC & MPAC

- Coaches are to report to the Administrative Desk when a swim-off is announced.
- 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.

FINALS SESSIONS PROTOCOL

TPASC & MPAC

- All finalists are asked to self-marshall. It is the responsibility of swimmers to be ready behind the block for their race.
- If a finalist does not report behind the block and an empty lane is identified prior to the start of the race, that swimmer will be replaced by an alternate.
- Alternates for the A Final when there is a B final (the swimmers assigned to lanes 4 and 5 of the B Final) must be prepared to be called to race in the A final on short notice.
- Alternates named in the program are to report to the Admin Desk and remain where indicated until released.
- As a courtesy, coaches are asked to notify the Admin Desk as soon as possible if one of their athletes, including alternates, will be a no-show for a race.

50m/150m EVENTS

TPASC

The 50m / 150 events will start from the
South End
(scoreboard end)

MPAC

The 50m events will start at the
West end

400m events

TPASC & MPAC

- There will be no bells or counters for 400m events

Misconduct at Start - warnings

TPASC & MPAC

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of the race. 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.

Disqualifications and Appeals

TPASC & MPAC

Disqualifications:

Disqualifications will be announced and include event number, heat number and lane number.

Procedure for appeals:

- Discuss DQ with the session Referee
- If not resolved, a written appeal may be presented to the Referee. A written appeal must be presented within 30 minutes after the conclusion of the event in question.
- If not resolved after discussion of the written appeal, 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.

Appeal on Referee Decision Forms are available at the Admin Desk

Coach Advocate

TPASC & MPAC

If, after speaking with the Session Referee, a coach is considering filing an appeal, they may request a Coach Advocate through the Administration Desk.

The Coach Advocate will:

- Clarify the specific rule applied
- Provide rule-based context
- Help ensure the coach fully understands the technical basis of the decision

The **Session Referee remains responsible for explaining disqualifications to coaches** upon request. The Coach Advocate is intended as an additional educational resource only when a coach is considering an appeal.

Jury of Appeal

TPASC & MPAC

Chaired by the Meet Manager

3 officials

Appeal on Referee Decision Forms are available at the Admin Desk
The Coach Advocate will not be part of the Jury of Appeal

AWARDS

TPASC & MPAC

Finals:

The top 3 swimmers of each A final (including para final) are to proceed directly to the awards area to receive their medals.

Youth Session:

An announcement will be made once results are announced for the youth sessions. Swimmers are asked to collect their medals at that time.

Coaches are to collect unclaimed medals from the meet office

Medals will not be mailed.

RECORDS

TPASC & MPAC

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.

See meet package for full details on Canadian Age-Group, Canadian Senior/Open & Canadian Para records

ADDITIONAL PARA RULES

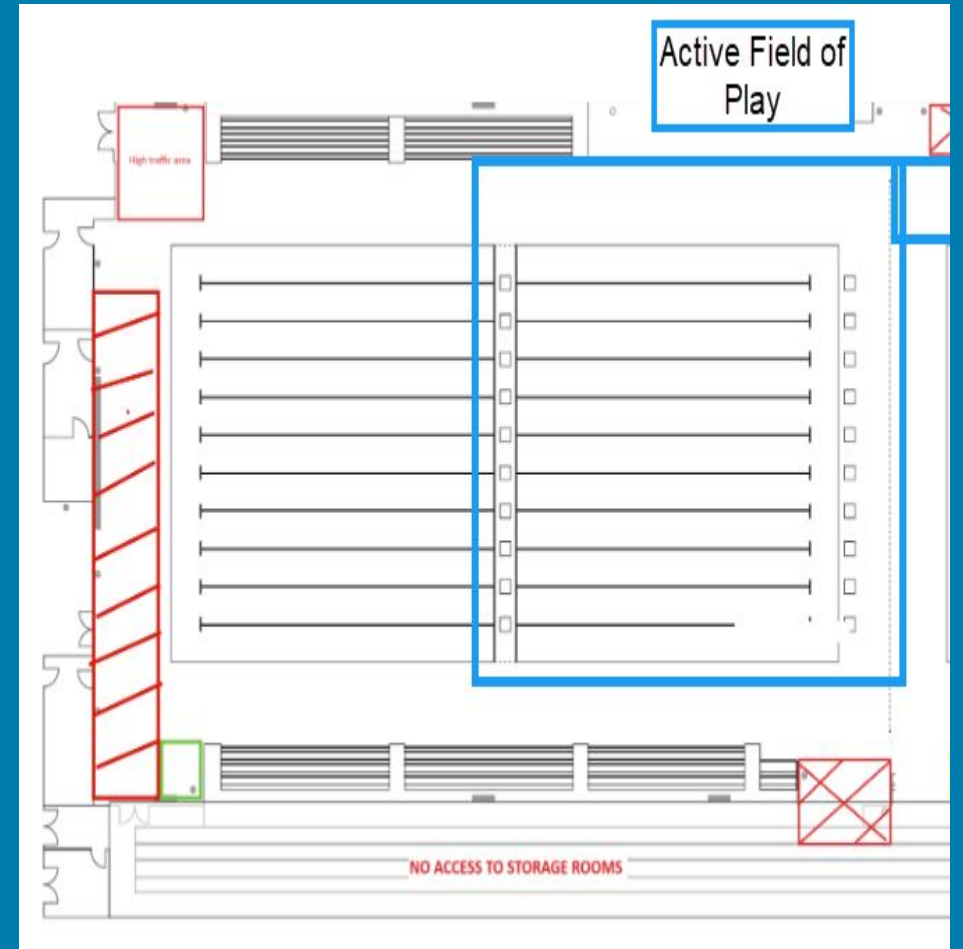
TPASC

- Tapping and starting devices must be deemed safe. They must be checked and issued with an approval sticker prior to first warm-up period.
- Any altered suit needs to be approved by the Para Technical Advisor, Jeff Holmes.
- Please see Jeff Holmes 1 hour before the start of the session

ADDITIONAL PARA RULES

TPASC

- Support Staff are not permitted to coach or massage Athletes.
- When in “active field of play”, Support Staff are not permitted to use or visibly carry stopwatches, ANY communication devices (including cell phones), backpacks or bags.
- More details available at the Admin Desk as a handout.



QUESTIONS?



ONTARIO AGE GROUPS

Have a great meet !