

# ONTARIO JUNIOR INTERNATIONAL

## TECHNICAL MEETING

Dec 10 2025



# ***INTRODUCTION & WELCOME***

## **Local Organizing Committee :**

Meet Director: Nicole Parent

Entries & Results: Kirsti Kontor

Competition Coordinator: Steve Sachs

Para Technical Advisors: Jeff Holmes

**Swim Ontario Chief Technical Officer: Dean Boles**



# INTERNET ACCESS & MESSAGING SERVICE

**Network:**

TPASC-Guest

**Password:**

tpascguest



**What's App  
message service**

Ontario 



[https://chat.whatsapp.com/FV  
MH1I8r3oN1XEubHNqFUa](https://chat.whatsapp.com/FV MH1I8r3oN1XEubHNqFUa)



Ontario Junior International  
WhatsApp community



Scan this QR code using the WhatsApp  
camera to join this community

# ACCREDITATION

- Accreditation will be required to gain access to the pool deck
- ALL athletes, coaching staff & support staff, officials, and volunteers must have accreditation (access card and barcode access)
- Individuals without accreditation will not be permitted pool access or access to the deck

# TPASC Facility LAYOUTS – Level 2 - Main Level

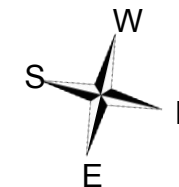
- 1 NORTH ENTRANCE & PARKING
- 2 EAST DROP-OFF LOOP & **PARKING**
- 3 ACCREDITATION & TEAM REGISTRATION
- 4 SOUTH ENTRANCE & **NO PARKING**
- 5 LOWER LEVEL ACCESS



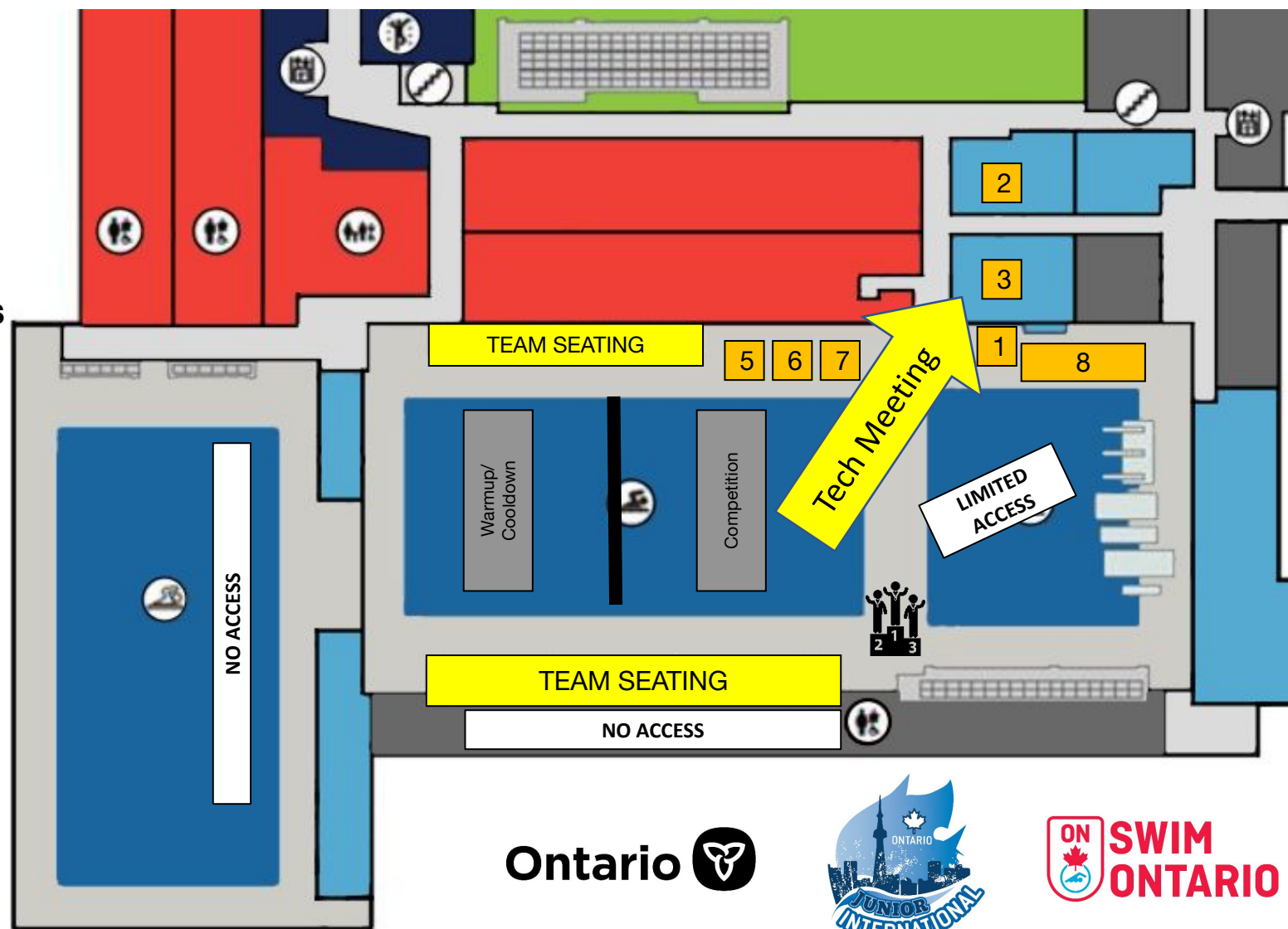
Ontario 



# TPASC Facility LAYOUTS – Level 1



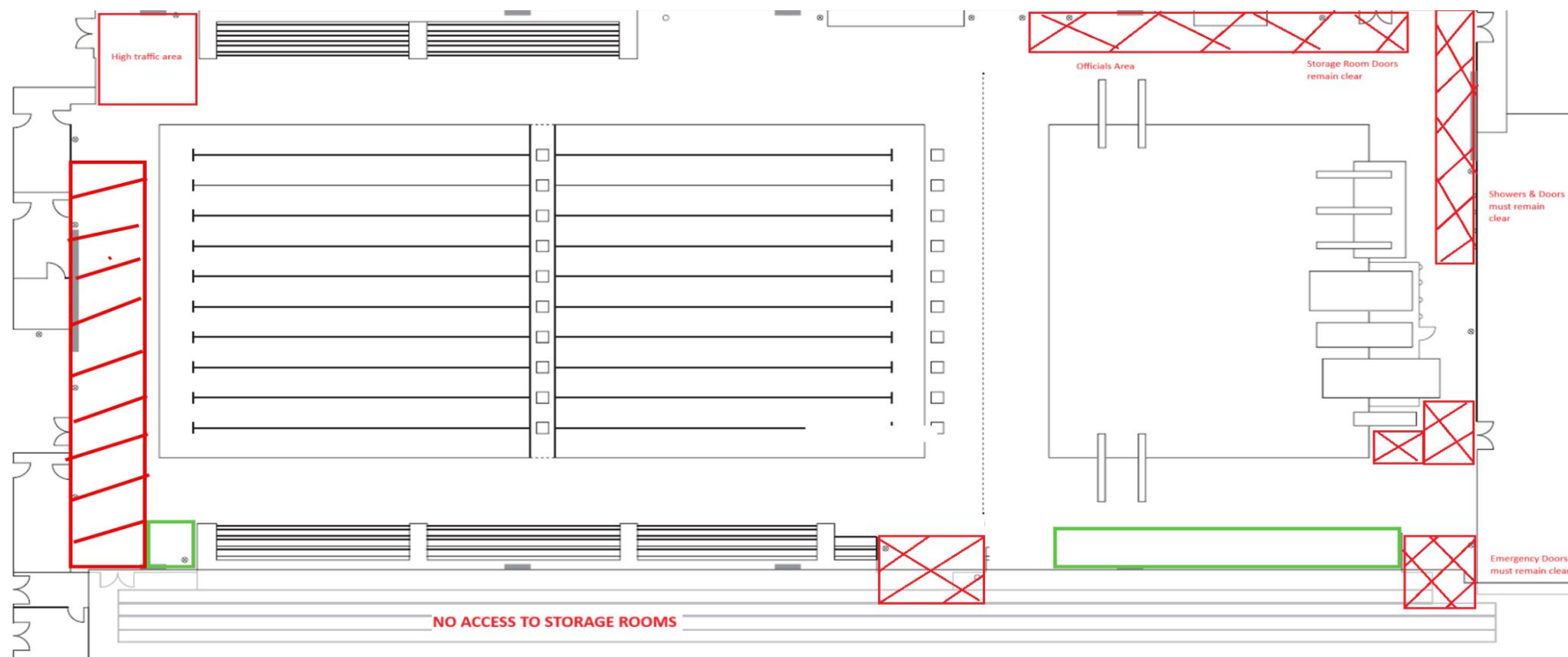
- 1** ADMINISTRATIVE DESK
- 2** OFFICIALS MEETING ROOM
- 3** TECHNICAL MEETING, COACHES  
OFFICIALS HOSPITALITY ROOM
- 5** COMMISSION
- 6** ANNOUNCER
- 7** REFEREES & STARTERS
- 8** READY ROOM / CALL ROOM



Ontario



# MASSAGE TABLES & ICE BATHS



Equipment can be left but TPASC is not responsible and is left at clubs own risk.

Clubs are required to bring their own ice to fill ice baths as needed. Ice will not be provided by our facility.



## ***SESSION Timelines***

### **Preliminaries (Prelims. in 10 lanes) :**

Thursday Warm-up: **10:00 – 11:20 / Start Time 11:30**

Fri/Sat/Sun Warm-up: 0730 -0850

Session Start Time: 09:00

### **Finals (in 10 lanes) :**

Warm-up: 16:30 - 17:20

Start Time: 17:30

Timelines for Finals will be attached to heat sheets and available daily at the Administrative Desk.



## SESSION Finish Times

Competition		Pool Access	Warm-up	Start	Finish
<b>DAY 1</b> Thursday, December 11	<b>Prelims</b>	9:30 AM	10:00 AM	11:30 AM	1:30 PM
	<b>Finals</b>	4:00 PM	4:30 PM	5:30 PM	7:00 PM
<b>DAY 2</b> Friday, December 12	<b>Prelims</b>	7:00 AM	7:30 AM	9:00 AM	12:30 PM
	<b>Finals</b>	4:00 PM	4:30 PM	5:30 PM	8:00 PM
<b>DAY 3</b> Saturday, December 13	<b>Prelims</b>	7:00 AM	7:30 AM	9:00 AM	12:50 PM
	<b>Finals</b>	4:00 PM	4:30 PM	5:30 PM	8:15 PM
<b>DAY 4</b> Sunday, December 14	<b>Prelims</b>	7:00 AM	7:30 AM	9:00 AM	11:40 AM
	<b>Finals</b>	4:00 PM	4:30 PM	5:30 PM	7:35 PM

## Seeding & Format

- Except for distance, all entry times were converted to SCM.
- All LCM submitted entries for the distance events will be seeded last (i.e. SCM then LCM seeding)
- The 800 and 1500 meter freestyle events will be swum, fastest to slowest, alternating women & men heats during prelims with the fastest heat swimming in finals on the day the event is scheduled.
- The Thursday mixed relays will be swum in finals only slowest to fastest.
- The Fri / Sat / Sun relays will swim slowest to fastest in prelims with fastest heat in finals.
- Prelims will be run in 10 lane heats
  - with the fastest three heats circle seeded for events 200M and less
  - and fastest two heats circle seeded for 400M events

# Heat Sheets and Results



## Preliminaries and Finals - Heat Sheets (Start Lists):

- Available daily at the Admin Desk – Prelims. & Finals
- Start lists also available on the Swim Ontario website - <https://www.swimontario.com/athletes/competitions/oji>

## Results:

- Posted after each event at the Admin Desk
- Results are available on Splash Me by searching for "Ontario Junior International"

Timelines for Finals will be attached to heat sheets and available daily at the Admin Desk and on Swim Ontario website.

# Warm-up Schedule

Day	Pool					
		Access	Warm-up	Pace	Sprint	Clear Pool
DAY 1	Prelims	9:30 AM	10:00 AM	10:30 AM	10:55 AM	11:20 AM
	Finals	4:00 PM	4:30 PM	4:30 PM	4:55 PM	5:20 PM
DAY 2 to 4	Prelims	7:00 AM	7:30 AM	8:00 AM	8:15 AM	8:50 AM
	Finals	4:00 PM	4:30 PM	4:30 PM	4:55 PM	5:20 PM
	Lane					
	Assignments	Lane	Notes			
	PARA only	0	throughout the warm-up period			
	Pace	1	Coaches are actively monitoring their swimmers			
	Sprint	8	swim to end and exit side via lane 9			
	Sprint	9	may exit at side past 15m			
	Equipment					
	Back Ledge available during Sprint periods					
	Flutter boards, pull-buoys, ankle bands & snorkels are allowed					
	Fins and/or Paddles are NOT permitted in the Competition Pool					

## *Warm-up Rules / Responsibilities*

- In addition to the Swimming Canada Competition Warm-up Safety Procedures we remind all swimmers, coaches and officials to follow simple 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.

## *Secondary Pool Access - South End Comp Pool*

- South Tank in Competition Pool
- Available throughout warm-up periods and competition racing times
- Lane 0 is designated a PARA lane once the warm-up period has ended
- A backstroke ledge is available in lane 9 with touchpad for practice starts during non busy times
- Flutter boards, pull-buoys, ankle bands & snorkels are allowed.
- Fins and paddles are permitted in lanes 1 through 8 only

## *Secondary Pool Access - Dive Tank*

- The Dive will be available during the following times during the Prelims sessions only:
  - Thursday: 10 AM to 1 PM
  - Friday to Sunday: 7:30 AM to 12 noon
- Flutter boards, pull-buoys, ankle bands & snorkels are allowed.
- Fins are permitted.
- Paddles are not permitted (please use the south end of competition pool)



## Official Splits

We request notification of Official Splits **30 mins before the start of the session.**

Requests Forms available at the Admin Desk

- Relays: 1<sup>st</sup> swimmer's time is an Official Split (*no need to request*)

## Swimmer Taping

- All swimmers shall be required to comply with World Aquatics taping rules.
- A committee shall be created to review taping requests.
- Swimmers who intend to use taping during the 2025 OJI meet must submit a request to the Administrative Desk 1 hour before prior to the first session where taping will be worn.
- **Taping Request Forms are available at the Admin Desk.**
- Taping review will take place during warmups, and be completed no later than 15 minutes prior to the start of the session. Both athlete and coach must be present during the review.

# Swimmer Taping

- If the athlete will wear identical taping for multiple sessions, it is not necessary to have the taping reviewed by the committee more than once.
- If taping is altered, a new request must be submitted for a follow-up Taping Review appointment.
- **For internationally classified para swimmers, the Para Technical Advisor will be consulted, and their recommendation will be followed to comply with World Para Swimming Rules and Regulations.**
- The committee's decision will be final.
- If the taping is approved by the committee, the swimmer must have the taping verified after each race to confirm that the taping matches the photos taken during the review process.

## *Swimmer Taping*

- The Post-Race Tape Check
  - **Prelims:** Swimmer to report to the Administrative Desk immediately after their race.
  - **Finals:** Taping will be verified by a Referee after their race.
- Any swimmer who races with taping not approved by the Taping Review Committee, or fails to complete the Post-Race Tape Check will be disqualified.

## *Para Swimming Devices*

- 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.

## *Swim-Offs*

- 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.

# *Scratch Rules for Preliminaries events*

## Preliminaries

### Thursday Prelims

- 30 minutes following the December 10 Technical Meeting

### Fri / Sat / Sun Prelims

- 30 minutes following the start of the Finals session the day before
- At 6 PM

Scratches must be done on the [Scratch Online Form](#)





# *Scratch Rules for Relays*

## **THURSDAY RELAYS**

- 30 mins following the completion of preliminary events (200 IM) on Thursday

## **FRI / SAT / SUN RELAYS**

- 30 minutes following the start of Finals the previous evening
- 6:00 PM

Scratches must be done on the [Scratch Online Form](#)

Emailed scratches WILL NOT be accepted once this meeting starts.

- **No update of entry times will be allowed**



## *Relay Names Submission Deadline*

- Coaches must submit their Relay names via Relay Forms provided by the Administrative Desk.
  - 30 mins – > **BEFORE** the start of the Session the event is being swum in. Relay forms must be returned to the Administrative Desk.
  - **If no changes, a club representative must initial the relay form.**
  - The only accepted scratches for relays are on the Online Scratch Form.

# *Scratch Rules for Distance events*

## **DISTANCE (800/1500 Free)**

- Thursday distance events: 30 minutes following this meeting
- Sunday distance events: 30 minutes after the start of Finals the previous evening (Saturday Finals – 6 PM).
- Scratches must be done on the [Scratch Online Form](#)
- Emailed scratches WILL NOT be accepted following the start of Technical Meeting.

**No update of entry times will be allowed**



## *Distance – Positive Check-in*

- Positive Check-in will be in place for the 800m and 1500m Freestyle during the **preliminary warm-up period** to allow combination of heats or notification of swimmers moving to finals.
  - Scratches will not be accepted after the scratch deadlines of the previous evening.
- The Positive Check-in is a courtesy to fellow swimmers.
- **Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.**

# Scratch Rules for Finals

## FINALS

- 30 minutes following the completion of the Preliminary events (excluding time final events)  
Thursday: 30 mins following completion of the 200 IM (Event 2)  
Friday: 30 minutes following completion of the 50 Back (Event 16)  
Saturday: 30 minutes following completion of the 200 Breast (Event 30)  
Sunday: 30 minutes following completion of the 50 Breast (Event 40)
- Emailed scratches WILL NOT be accepted. Scratches must be done on the [Scratch Online Form](#)



## Scratch Rules (Penalties)

- “No-Shows”, “step-downs” and “unexcused incomplete swims” will be penalized \$50.00 CAD for Finals only including the top 10 in finals for distance events and Relays.
- Unexcused incomplete swims shall be the sole determination of the Referee.
- The swimmer in question may not swim other events until the fine is paid – including relays.
- Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.
- Accepted payment is by credit card payment via [OJI penalty online form](#).
- No cash or cheques will be accepted at the Administrative Desk.
- Clubs will be invoiced any unpaid penalties.

## *Call Room Check-in*

- There will be NO positive check-in during the finals warm-up periods.
- Finalists & alternates are required to check-in with the Call Room Supervisor.
  - **Para Finalists & alternates:** 15 minutes prior to the scheduled start of the “Para” Final.
  - **Olympic program “A” and “B” finalists and alternates:** 15 mins prior to the scheduled start of the “A” final.



## Call Room Check-in

- **Swimmer Replacement Process:** Failure to report by 10 minutes before report time will result in a scratch and alternate moving up.
- “Para” & “A” finalists will be released from the call room for their race and be introduced behind the blocks.
  - Note: strobing light show will be in effect for march-on. Any issue with athletes/ coaches please let Meet Management know.
- B finalists will be introduced during the race.
- Alternates are to remain in designated area until released by the Call Room Supervisor

# *Ready Room / Call Room Check-in*

## **Back-to-Back finals events**

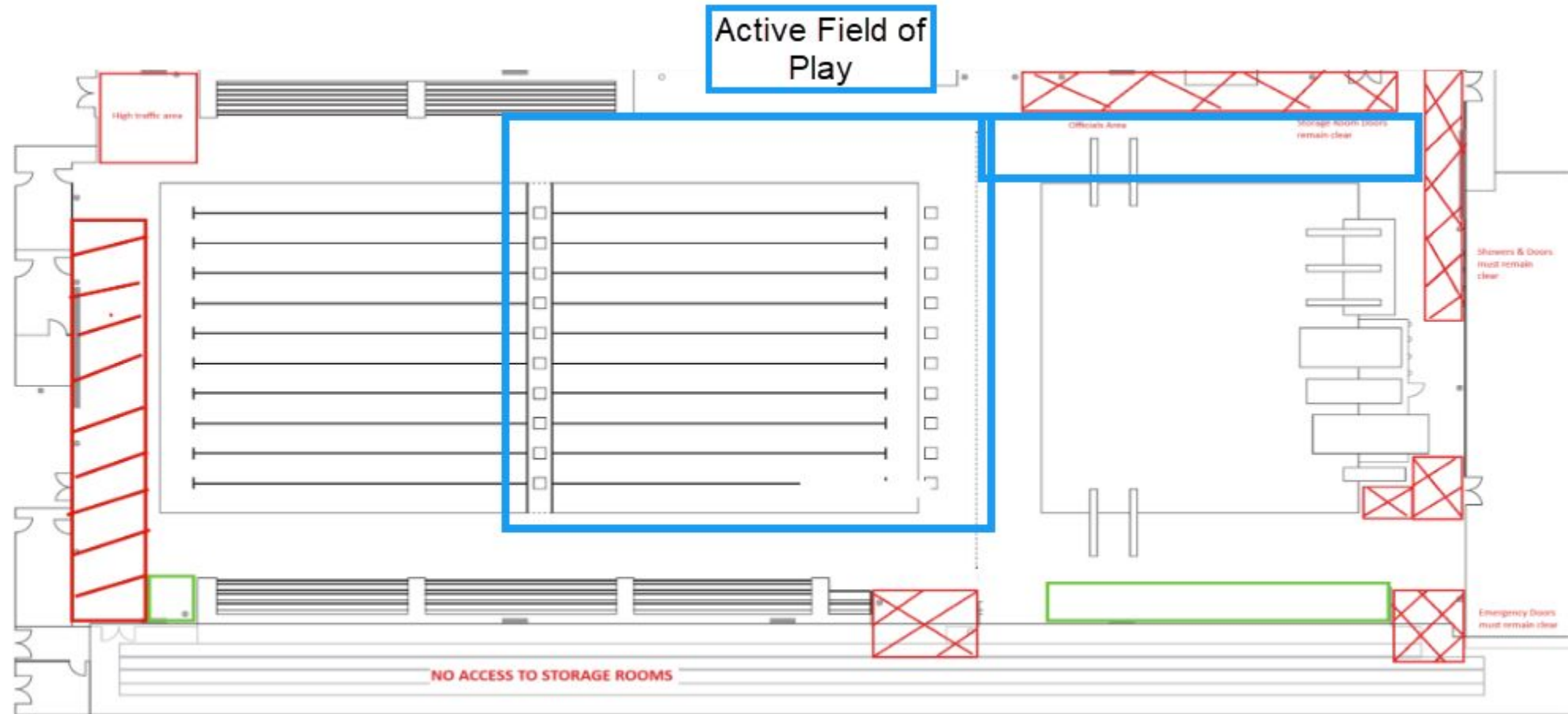
- Only for Athletes with back to back final swims within 30 mins
- Coaches are to check-in with the Admin Desk / Call Room Supervisor during the warm-up period to see if their back-to-back event swimmer is approved to report to the call room 5 mins before the start of their race.
- Swimmers reporting past the 5 mins mark will be replaced with an alternate.

A reminder that this only applies to swimmers with back-to-back events. All other swimmers must report 15 mins prior to the start of the event.

## *Para Support Staff*

- Support Staff are not permitted to coach or massage Athletes.
- When in “active field of play”, from entry to call room to end of race, Support Staff are not permitted to use or visibly carry stopwatches, radio communication devices, backpacks or bags.

# Para Support Staff - Active Field of Play



## *Misconduct at Start - warnings*

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*

## **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***

# *Jury of Appeal*

## **JURY OF APPEAL**

Chaired by the Meet Director (Nicole Parent)

1 appointed coach among the following coaches (least biased to the swimmer involved in the appeal and no vested interest)

- Jy Lawrence
- Sarah Steinke
- Baylee Munro

+ 2 officials



# ***Finals***

- There will be an “A” & “B” final for all Olympic Program Events
- A separate para swimmer final (10 swimmers) will be held for the following events
  - 150/200 IM – combined, fastest 10 swimmers based on para points
  - 50 Free, Back, Breast, Fly
  - 100 Free & 100 Breast

Para swimmers will be ranked based on the following Paralympic point system: KNZB Points Table NED + Para 2020 in Splash software to allow points to be calculated with no restrictions on classification (non Paralympic events)

# *Awards Ceremonies*

The finals sessions will run using the following format:

**“Para” Final (if offered), “A” Final, Medal Ceremony (for para & A final),  
“B” Final, “A” Final, Medal Ceremony, “B” Final, etc.**

# Awards

Medals for top three Swimmers (Olympic & Paralympic programs).

Medals for top three in each Olympic program relay event.

Gold medal for Paralympic program relay.

Female and Male High Point Aggregate (5-3-1) for Olympic and Paralympic programs

**Best World Class Swim Male based on 2025 SCM World Ranking for Olympic Program**

**Best World Class Swim Female based on 2025 SCM World Ranking for Olympic Program**

**Paul Corkum Team Performance Award**

# *Doping Control*

## World Junior SC Records or WPS World Record

If there are any World Jr. SC Records or WPS World Record set by any participants in the OJI 2025 meet:

- Doping Control & Sport Integrity Canada procedures will be put into effect and the participant will remain at the competition until released by the Doping Control Officer.
- Testing after the finals end of session.

## Additional info...

The swimmer is permitted a club representative



# *Hospitality*

Hospitality area will be in the Leadership Room

- **Coaches & Officials:** before each competition session (breakfast/early light dinner)
- Officials **only:** after prelims session lunch

## *TPASC Facility Rules (on-deck)*

- **No food allowed on deck.**
- No plastic disposable water bottles.
- No glass containers.
- No outdoor shoes allowed on deck. No outerwear either.
- No coffee or coaches' food on deck.
- Swimmers' recovery food on-deck **in designated seating area only.**

# *TPASC Facility Rules (on-deck)*

## **Area for Recovery**

Athletes recovery area will be on the East & West wall bleachers

### **Accepted:**

- Protein bars, Fruit, Milk, Gel Packs, Powerade/ Gatorade,

### **Not Accepted:**

- any glass containers (including water bottles)
- trays / take out containers
- meals or group meals
- Booster Juice
- Coffee/tea (coaches)

Coaches are responsible for their team's area and the area must be clean throughout the meet.

## ***TPASC Facility Rules (on-deck)***

- **Athletes are to use the changerooms for changing.**
- **Deck changing is not permitted at this facility - please inform your swimmers. Staff will enforce this rule.**
- **Under no circumstances are coaches, swimmers or support staff to access the East Gallery from the bleachers.**
- **Cell phones, tablets, cameras, video cameras for filming or still pictures are not permitted behind the blocks while facing the pool.**

Coaches are responsible to inform their swimmers of these rules.



# *Live Streaming & Live Results & Race Tek Video Analysis*

## **Live Streaming**

**<https://www.rectectv.ca/oji>**

As a service, Swim Ontario has arranged for RaceTek Race Video to provide full Race Video coverage for **all session finals**. These Race Videos will be made available to all Clubs/Teams **at no cost for clubs**. Additional services will be available.

**Details [HERE](#)**

**[Dropbox Link](#)**

*Questions?*



**Have a great meet !**

