

ONTARIO SWIMMING CHAMPIONSHIPS

speedo 

TECHNICAL MEETING

July 7, 2026

Swim Ontario Statement

- **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

Organizing Committee :

Meet Chair: Nicole Parent

Meet Manager: Kirsti Kontor

Competition Coordinator: Steve Sachs

Para Technical Advisor: Jeff Holmes

Entries & Results: Nicole Parent

Announcer: Cole Barratt

Swim Ontario would like to thank the Day Hosts who are supporting the event with officials & volunteers.

DAY 1 : Scarborough Swim Club

DAY 2 : North York Aquatic Club

DAY 3 : Lakeshore Aquatic Club

DAY 4 : Markham Aquatic Club

DAY 5 : Etobicoke Swim Club

QUICK LINK LIBRARY

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](#)

WHATSAPP MESSAGING & WIFI FACILITY ACCESS

<https://chat.whatsapp.com/KQzCp6aGpiYBKlbA7p3qwC>



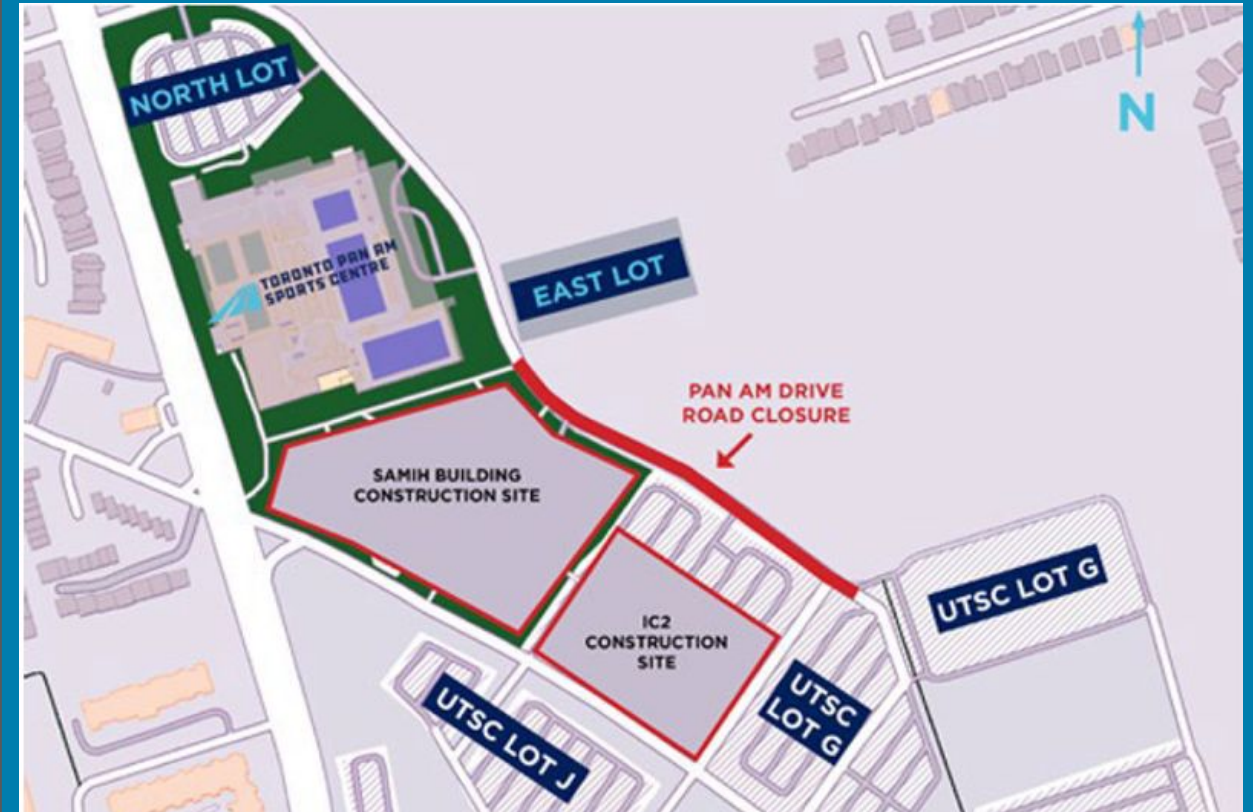
Network:
TPASC-Guest

Password:
tpascguest



PARKING

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.**



ACCREDITATION

- 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.
- ALL athletes, coaching staff & support staff, officials, and volunteers must have accreditation visible
- Individuals without accreditation will not be permitted pool access or access to the deck

FACILITY RULES

- Massage Tables & Ice Baths will not be permitted on deck at this event
- 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

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.

TEAM REGISTRATION & ACCREDITATION PICKUP LOCATION

See [Overall Schedule](#) for Times.

Generally during warm-up periods

→ room 2060 at North End of main floor

A reminder that swimmers
must have a coach in
attendance for pre-meet
training session and warm-ups

HOSPITALITY

Hospitality area will be in the Leadership Room

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

A lunch time meal is provided for officials and coaches who are working back to back sessions (prelims & youth).

WARM-UP SAFETY PROCEDURES

- 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

- 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

- 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

OPEN Sessions

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>

YOUTH Sessions

Lane	Lane Designation
Lane 0	Sprint Lane <i>from start end</i> may exit the side when past 15m
Lane 1	Sprint Lane <i>from start end</i> must swim to <u>end of lane and exit</u>
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

OPEN Sessions

Lane	Schedule
PARA (Lane 0)	All Warm-up
Sprint & Pace Lanes	Prelims: <i>20 mins before the end of each warm-up period</i> <i>WED: 7:40 AM</i> <i>THURS to SUN</i> <i>7:15 AM & 8:00 AM</i> Finals: <i>25 mins before the end of warm-ups</i> <i>WED & SUN: 4:55 PM</i> <i>THURS to SAT: 5:40 PM</i>

YOUTH Sessions

Sprint Lane Schedule
<i>25 mins before the end of warm-ups</i> <i>1:25 PM</i>

SECONDARY POOL

DIVE TANK

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

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

TRAINING POOL

The Training Pool will be open for Open Session warm-ups from 7:00 to 8:30 AM
Wed to Sunday
10 lanes - 50m

The training pool is closed at all other times and athletes and coaches must clear the area by 8:30 AM.

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

ADMINISTRATIVE DESK DEADLINES

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

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 the Open session relays

RELAY SCRATCH DEADLINES

OPEN Session

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.

Youth Session

no scratch deadline or positive checkin required for relays

DISTANCE SCRATCH DEADLINES

OPEN Sessions

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 Sessions

Applies to 400 IM & 400, 800 Free

Scratches required 15 mins after the start of youth 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 each age group and possibly collapse heats.

PRELIMINARIES & FINALS SCRATCH DEADLINES

OPEN Sessions

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

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

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



SCRATCH DEADLINE PENALTIES

- 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.
 - Timed Final events in which a fine is applicable are 400 Free, 400 IM or 800 Free of the YOUTH sessions & 800/1500 free + relays for the OPEN sessions.
 - 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 via REMS.
- Onsite accepted payment is via the Online Penalty Form via Credit Card
<https://form.jotform.com/SwimOntario/2025-26-Prov-Meet-penalty-form>



50m/150m EVENTS

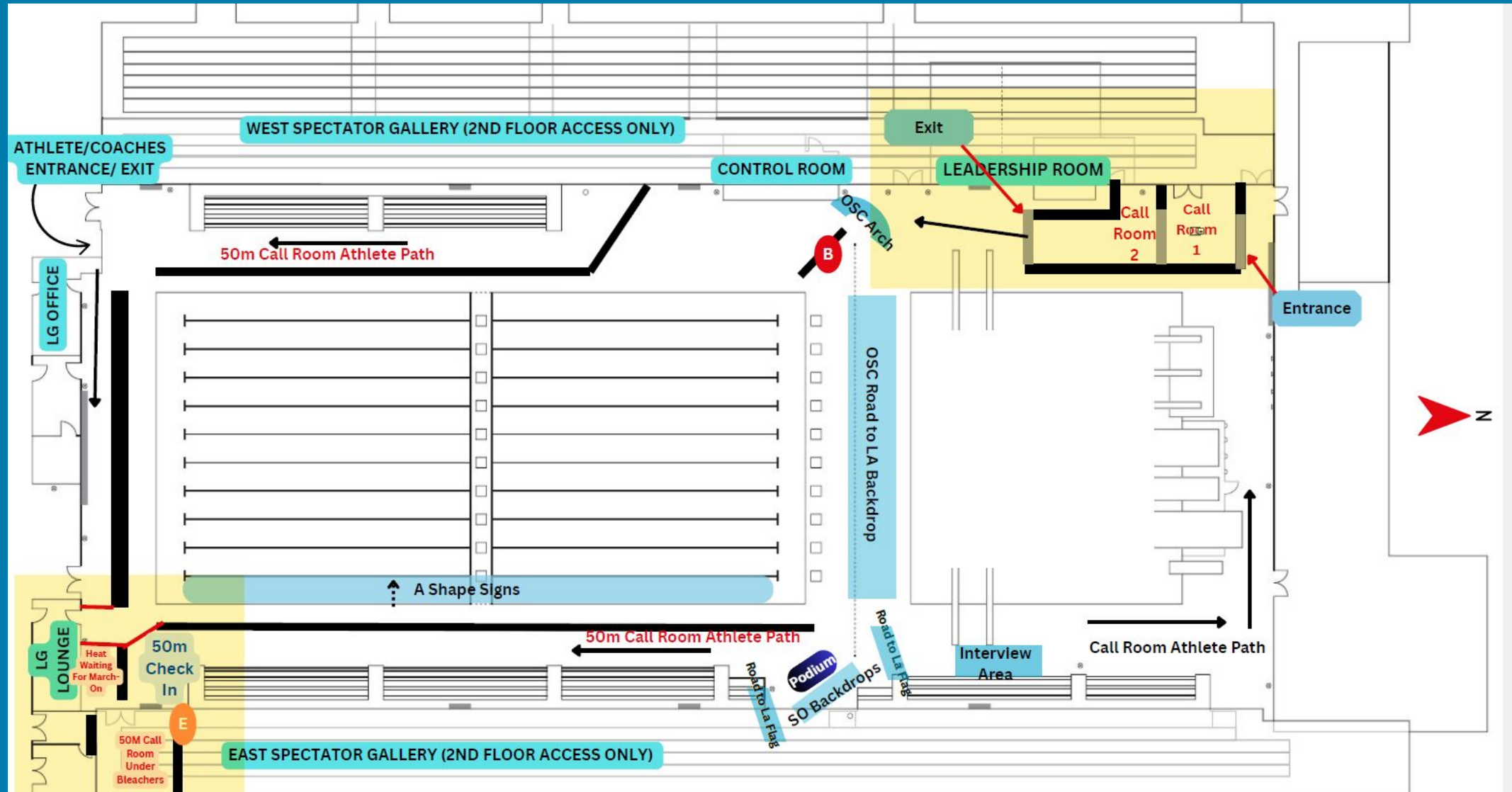
The 50m / 150 events will start from the South End
(scoreboard end)

A separate 50m call room is located at the South End for Finals

PRELIMS & YOUTH SESSIONS PROTOCOL

- 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.

CALL ROOM / READY ROOM for FINALS



Call Room Check-in PROTOCOL

- 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 *PROTOCOL*

- **Swimmer Replacement Process:** Failure to complete checkin 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

Call Room Check-in *PROTOCOL*

Back-to-Back finals events

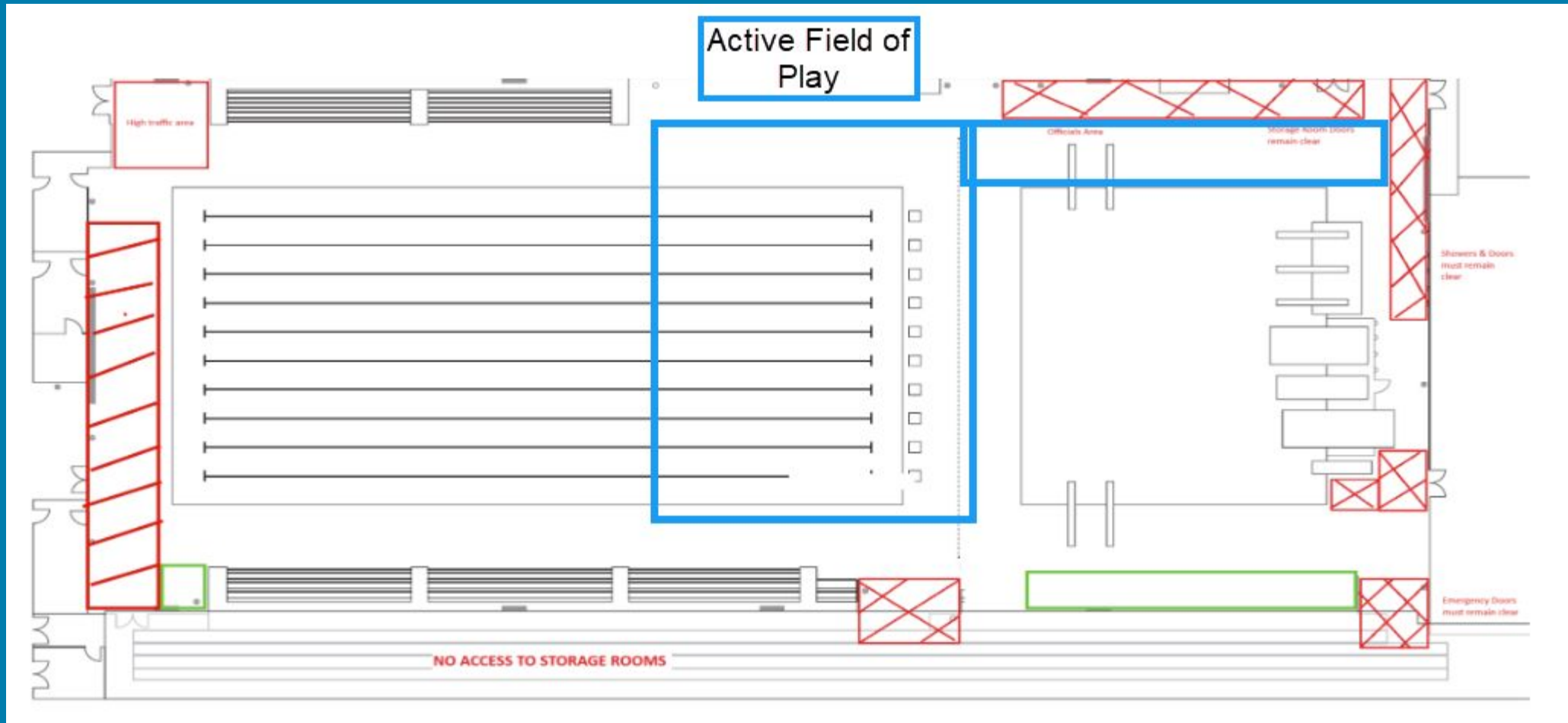
- Only for Athletes with back to back final swims within 30 mins
- Coaches are to check-in with the Admin Desk / Call Room Supervisor during the warm-up period to see if their back-to-back event swimmer is approved to report to the call room 5 mins before the start of their race.
- Swimmers reporting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

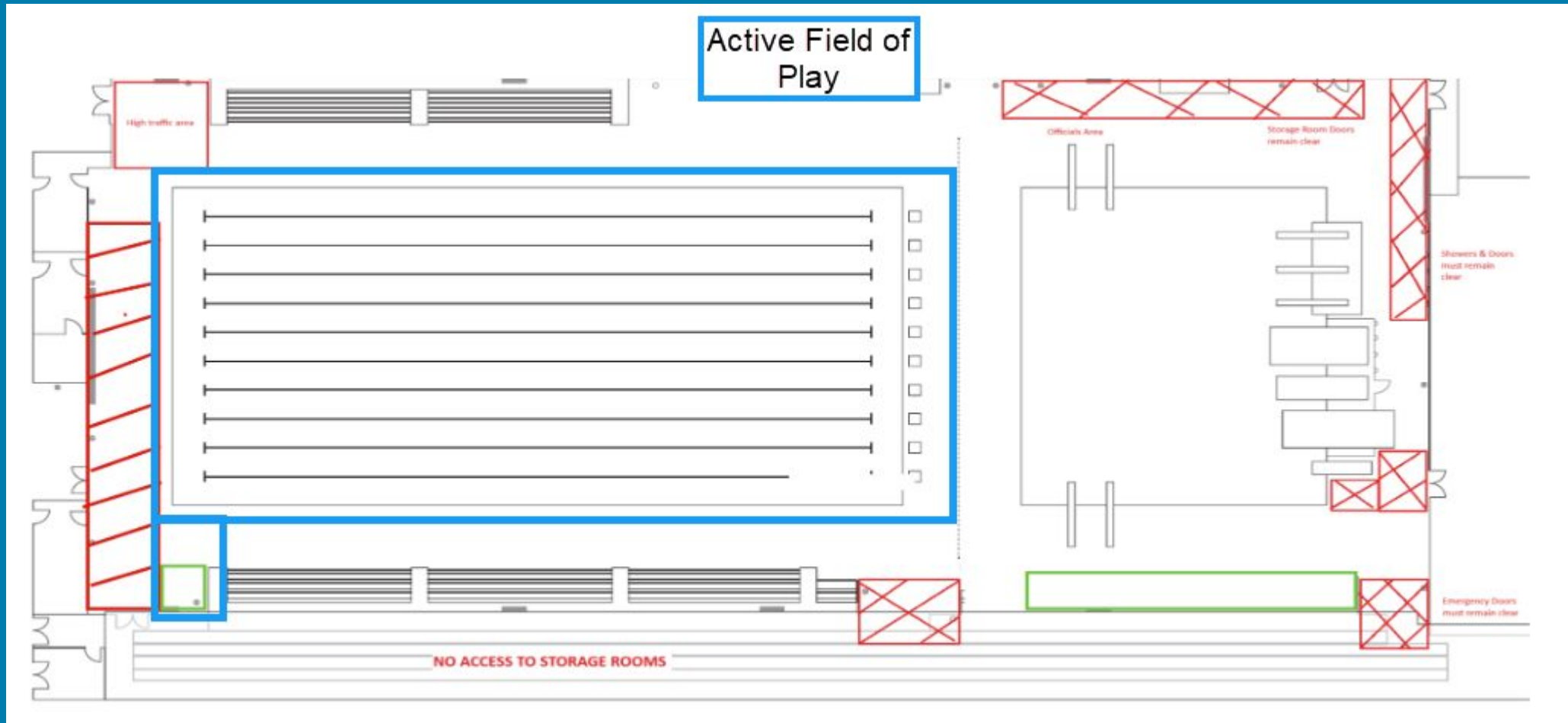
Para Support Staff

- Support Staff are not permitted to coach or massage Athletes.
- When in “active field of play”, 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.

Para Support Staff - Active Field of Play



Para Support Staff - Active Field of Play - 150m/50m events



ADDITIONAL PARA RULES

- 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

RESULTS

Admin Desk

SplashMe

Live Results

(link available on July 7 in evening on
SO website)

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.

400m events

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

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

Coach Advocate

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

Chaired by the Meet Manager, Kirsti Kontor

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

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

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

QUESTIONS?



ONTARIO SWIMMING CHAMPIONSHIPS

Have a great meet !