

### Brief Meet Information

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| <b>MEET NAME</b>                  | <b>2026 NYAC April Spring Invitational</b>  |
| <b>DATE(s):</b>                   | <b>17-18 April 2026</b>   |
| <b>HOSTED BY:</b>                 | North York Aquatic Club   |
| <b>LOCATION:</b>                  | Toronto Pan Am Sports Centre – 875 Morningside Avenue, Toronto ON M1C 0C7   |
| <b>FACILITY:</b>                  | 10 lane 50m pools (Competition Pool), Swiss Timing  |
| <b>PURPOSE &amp; DESCRIPTION:</b> | For swimmers to compete and accomplish times to qualify for Championship meets. LCM Chase will be used if the entries in a session require this format.   |
| <b>MEET PACKAGE:</b>              | The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a> and the Swimming Canada Registration and Event Management System (REMS). |
| <b>LAST UPDATE:</b>               | <b>Rev 1 – 27 Mar – changing to Closed Meet</b>   |

### Competition Organizing Committee

| <b>ROLE</b>                         | <b>NAME</b>                        | <b>EMAIL</b>   | <b>LEVEL</b> |
|-------------------------------------|------------------------------------|--|--------------|
| <b>COMPETITION COORDINATOR(S):</b>  | Lynn Wong<br>Daniel Zou            | <a href="mailto:meets@nyacswimming.ca">meets@nyacswimming.ca</a>   | V            |
| <b>MEET MANAGER(S):</b>             | Michelle Amar                      | <a href="mailto:officials@nyacswimming.ca">officials@nyacswimming.ca</a>   |              |
| <b>ENTRY &amp; RESULTS MANAGER:</b> | Charlotte Carroll<br>Steve Goodwin | <a href="mailto:charlottecarroll1@gmail.com">charlottecarroll1@gmail.com</a><br><a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a> |              |

### Safety at Competition

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](http://www.swimming.ca/safesport)

**Every club and its participants are responsible for ensuring all facility rules and requirements are followed.**

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**

A. The following are approved by Swim Ontario Official Photographers/Videographers for this event: **to be provided on future revision**

## **Competition Rules**

### **Sanctioned as an Age Group Swimming Invitational by Swim Ontario.**

All current [Swimming Canada rules](#) will be followed. 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.

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 “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.

The Referee may disqualify a swimmer for such misconduct.

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 or Meet Management 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.

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| <b>AGE UP DATE:</b>                              | The competitor's age is as the first day of the competition <b>17 April 2026</b>  |
| <b>DIVE STARTS:</b>                              | <p>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:</p> <p>A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from</p> <p style="padding-left: 40px;">a. both ends</p> <p>and/or</p> <ul style="list-style-type: none"> <li>• from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1</li> <li style="padding-left: 20px;">a. from both ends</li> </ul> <p>and/or</p> <ul style="list-style-type: none"> <li>• In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1</li> <li style="padding-left: 20px;">a. from both ends</li> </ul>  |
| <b>BACSTROKE LEDGES:</b>                         | A. Ledges will be available to use during the <b>13&amp;O Sessions ONLY</b>   |
| <b>d/DEAF AND HARD OF HEARING ACCOMMODATION:</b> | <p><b>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</b></p> <ul style="list-style-type: none"> <li>• non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.</li> <li>• Visual Start hand signals given by the starter/referee.</li> <li>• Visual Start Strobe Light options <ul style="list-style-type: none"> <li>A. <b>Facility-Provided Strobe Light:</b> An external strobe light is available at this facility</li> <li>B. <b>Personal Strobe Light:</b> 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.</li> </ul> </li> </ul> <p><b>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</b></p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p> |

## Eligibility

All athletes must be registered as Competitive or Varsity swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the age group club or varsity 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 swimmer's club to provide proof of active registration status in REMS

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| <b>ADDITIONAL ELIGIBILITY INFORMATION:</b>     | <p>A. Preference will be given to the host club.</p> <p>B. This meet is a <b>CLOSED</b> Invitational for the following clubs: BST, CREST, GGST, MSSAC, NSSC, NYAC, WS.</p>  |
| <b>COACH &amp; SUPPORT STAFF REGISTRATION:</b> | <p>Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a>. 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.</p> <p><b>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</b></p> <p>Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p> |
| <b>FOREIGN TEAMS / COMPETITORS:</b>            | <p><b>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.</b></p> <ul style="list-style-type: none"> <li>Foreign Team entries are not to be accepted by the host club until Swim Ontario grants approval.</li> </ul>   |

### Entry Process

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| <b>ENTRY SUBMISSIONS:</b> | <p><b>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.</b> Meet management will:</p> <ul style="list-style-type: none"> <li>not accept entries via email</li> <li>notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries</li> <li>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 &amp; IV sanctions) prior to the start of the competition</li> </ul> <p><b>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</b></p> <p>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 (and pool time available).</p> |
| <b>ENTRY DEADLINE:</b>    | <p><b>The online entry deadline is 30 March 2026</b></p> <p>A. Changes to entries will be accepted until Monday 13 April 2026 (NOON)</p>   |
| <b>ENTRY FEE:</b>         | <p><b>The following fees will apply for this competition:</b></p> <p>A. Individual Events: \$15 for 50/100/200 events; \$20 for 400 events</p> <p>B. Swimmer Fee: \$10</p> <p><b>Payment Method:</b> Preferred – email transfer to <a href="mailto:treasurer@nyacswimming.ca">treasurer@nyacswimming.ca</a> (include club code and meet name (NYAC April Spring Invitational))</p> <p>OR – cheque payable to North York Aquatic Club (and brought to the Admin Desk at the meet)</p>   |

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| <b>ENTRY LIMITS:</b>                 | <p>The following limits are in place for this competition:</p> <ul style="list-style-type: none"> <li>A. The maximum number of <b>participants per session is 400</b></li> <li>B. The maximum number of <b>entries per swimmer is 3 events per session</b></li> </ul>                                    |
| <b>ENTRY TIMES &amp; CONVERSION:</b> | <ul style="list-style-type: none"> <li>A. Estimate entry times are accepted (Must be REALISTIC)</li> <li>B. Entry Times can be converted (i.e. LCM to SCM) at 2% conversion <ul style="list-style-type: none"> <li>a. Times achieved since (Qualifying Period) – since 1 Jan 2024</li> </ul> </li> </ul> |

## Schedule of Sessions

| Session # | Date   | Warm-up period    | Start of session | Approx. Finish of session | Time Final |
|-----------|--------|-------------------|------------------|---------------------------|------------|
| 1         | Fri AM | 7:00 am – 7:55 am | 8:00 am          | 12:30 pm                  | TF         |
| 2         | Fri PM | 1:00 pm – 1:55 pm | 2:00 pm          | 6:30 pm                   | TF         |
| 3         | Sat AM | 7:00 am – 7:55 am | 8:00 am          | 12:30 pm                  | TF         |
| 4         | Sat PM | 1:00 pm – 1:55 pm | 2:00 pm          | 6:30 pm                   | TF         |

## Meet Format & Administration

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| <b>SEEDING:</b>                                 | <p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> <li>A. Seeding for <b>Timed Final events</b> will be in order of entry times, <b>slowest to fastest</b>.</li> <li>B. 400IM will be <b>fastest to slowest</b>.</li> </ul>  |
| <b>DECK ENTRIES:</b>                            | <p><b>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).</b> The following are the Deck Entry Rules for this competition:</p> <ul style="list-style-type: none"> <li>A. Swimmer Deck entries are permitted provided proof of active registration status prior to the first day of the meet with valid Swimming Canada ID is provided to Meet Management. <ul style="list-style-type: none"> <li>a. Fee: \$20</li> </ul> </li> </ul> |
| <b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b> | <p><b>The following are the Scratch deadlines for this competition.</b></p> <ul style="list-style-type: none"> <li>A. There is no scratch deadline for any event, but scratches are appreciated on the posted copy at the Admin Desk 30 minutes before the start of each session.</li> </ul>   |
| <b>PENALTIES:</b>                               | <ul style="list-style-type: none"> <li>A. No penalty shall be imposed for late or day of scratches and No-shows</li> </ul>   |
| <b>OFFICIAL SPLIT TIMES:</b>                    | <p><b>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> at least 30 minutes prior to the commencement of the event.</b></p> <ul style="list-style-type: none"> <li>A. Official Split Forms are available at the Admin Desk. There is a \$5 fee for any accepted split request.</li> <li>B. Not all Official Split requests may be accommodated.</li> </ul>  |

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| <b>DISQUALIFICATION &amp; PROTEST PROCEDURE:</b> | <ul style="list-style-type: none"> <li>• 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.</li> <li>• A club coach representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.</li> <li>• If not resolved after this discussion, a written protest may be presented to the Session Referee from the club coach representative.             <ul style="list-style-type: none"> <li>○ A written protest must be presented within 30 minutes after the conclusion of the <u>event</u> in question.</li> <li>○ Protest forms are available at the Admin Desk.</li> </ul> </li> <li>• If not resolved after the decision of the written protest from the Session Referee the matter may be assigned to a Jury of Appeal.</li> <li>• The decision to go to Jury must be taken within an hour from the moment the decision of the written protest is communicated to the club coach representative.</li> </ul> |
| <b>RECORDS:</b>                                  | <p>A. 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 afore mentioned swimming pool.</p>   |
| <b>MEET RESULTS:</b>                             | <p><b>Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a></b></p> <p>A. Unofficial mobile applications results will be available.<br/>         B. Unofficial Live Results will be available.</p>   |
| <b>SCORING:</b>                                  | <p><b>The following scoring will be applied:</b></p> <p>A. No Scoring</p>  |
| <b>AWARDS:</b>                                   | <p><b>The following will be awarded:</b></p> <p>A. Individual Events – Ribbons (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) for each gender/age group:<br/>         10&amp;U, 11-12, 13-14, 15&amp;O</p>   |
| <b>ADDITIONAL INFORMATION:</b>                   | <p><b>See TPASC Policy and Parking sections</b> following the Schedule of Events</p> <p><b>SAFETY REQUIREMENTS FOR LCM CHASE STARTS</b></p> <ul style="list-style-type: none"> <li>• Officials will help ensure finishing swimmers clear the wall quickly -- swimmers are to move to the lane rope immediately upon finishing and follow Official directions so incoming chase swimmers can turn safely.</li> <li>• Para heats (needing extra exit time) must be fully cleared before chase heat starts.</li> <li>• No more than two heats (actively racing) may be in the water during LCM chase.</li> <li>• 50m events run single ended, and next heat does not start until all swimmers in previous heat have touched.</li> <li>• Coaches are responsible for ensuring swimmers remain aware of incoming chase swimmers and follow all instructions provided by the Lane Officials.</li> </ul>  |

## Schedule Of Events

| <b>Session 1 – 12&amp;U</b> |              | <b>Friday 17 April 2026</b> |  |
|-----------------------------|--------------|-----------------------------|--|
| Warm-up: 7:00 AM            |              | Start: 8:00 AM              |  |
| <b>Women</b>                | <b>Event</b> | <b>Men</b>                  |  |
| 1                           | 200 IM       | 2                           |  |
| 3                           | 100 Free     | 4                           |  |
| 5                           | 200 Fly      | 6                           |  |
| 7                           | 50 Back      | 8                           |  |
| 9                           | 100 Breast   | 10                          |  |
| 11                          | 200 Back     | 12                          |  |
| 13                          | 50 Fly       | 14                          |  |

| <b>Session 2 – 13&amp;O</b> |              | <b>Friday 17 April 2026</b> |  |
|-----------------------------|--------------|-----------------------------|--|
| Warm-up: 1:00 PM            |              | Start: 2:00 PM              |  |
| <b>Women</b>                | <b>Event</b> | <b>Men</b>                  |  |
| 15                          | 200 IM       | 16                          |  |
| 17                          | 100 Free     | 18                          |  |
| 19                          | 200 Fly      | 20                          |  |
| 21                          | 50 Back      | 22                          |  |
| 23                          | 100 Breast   | 24                          |  |
| 25                          | 200 Back     | 26                          |  |
| 27                          | 50 Fly       | 28                          |  |

| <b>Session 3 – 12&amp;U</b> |              | <b>Saturday 18 April 2026</b> |  |
|-----------------------------|--------------|-------------------------------|--|
| Warm-up: 7:00 AM            |              | Start: 8:00 AM                |  |
| <b>Women</b>                | <b>Event</b> | <b>Men</b>                    |  |
| 29                          | 200 Free     | 30                            |  |
| 31                          | 100 Fly      | 32                            |  |
| 33                          | 200 Breast   | 34                            |  |
| 35                          | 100 Back     | 36                            |  |
| 37                          | 50 Free      | 38                            |  |
| 39                          | 50 Breast    | 40                            |  |
| 41                          | 400 IM       | 42                            |  |

| Session 4 – 13&O |            | Saturday 18 April 2026 |
|------------------|------------|------------------------|
| Warm-up: 1:00 PM |            | Start: 2:00 PM         |
| Women            | Event      | Men                    |
| 43               | 200 Free   | 44                     |
| 45               | 100 Fly    | 46                     |
| 47               | 200 Breast | 48                     |
| 49               | 100 Back   | 50                     |
| 51               | 50 Free    | 52                     |
| 53               | 50 Breast  | 54                     |
| 55               | 400 IM     | 56                     |

 **TORONTO PAN AM  
SPORTS CENTRE**

### Competition Dismissal Policy

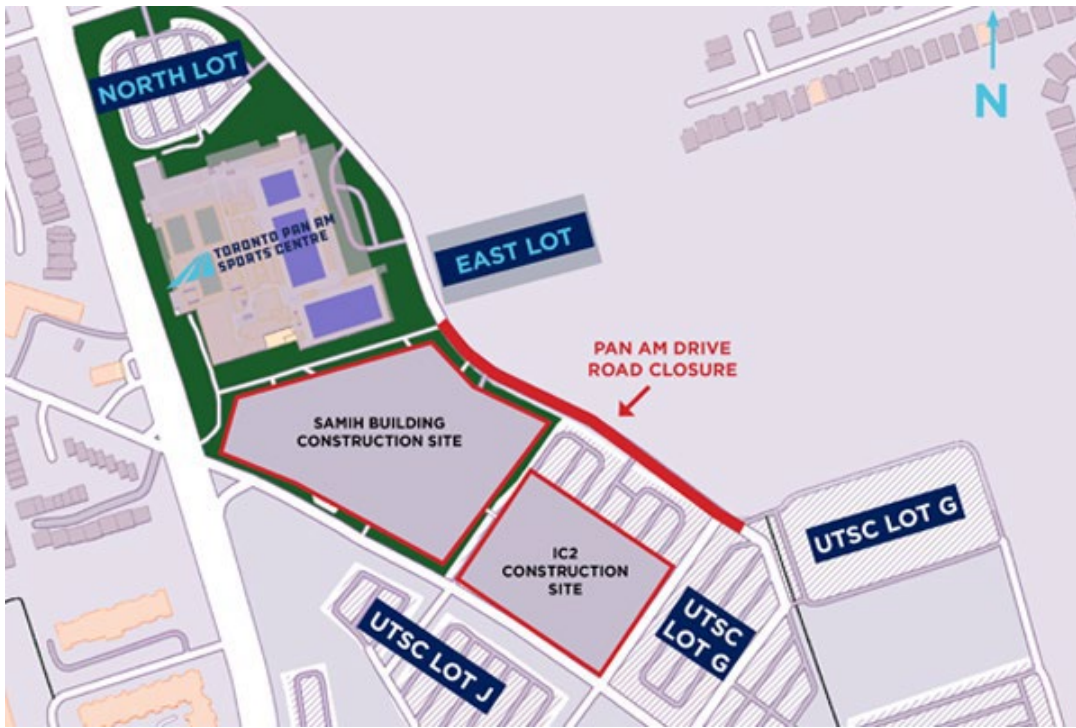
As outlined in the policies and procedures during competitions, it is the responsibility of the participants (coaches and swimmers) to abide by pool rules. In the event that a participant is not following the provided rules and regulations, TPASC reserves the right to dismiss a participant from continuing in the event.

### Patron Behavior

- Socializing with or distracting pool staff, including lifeguards, is prohibited.
- No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. Such behaviour, including abusive or profane language, may result in being asked to leave.
- Running, boisterous or rough play, pushing, acrobatics, dunking, wrestling, offensive or disruptive splashing or yelling, diving or jumping without care and caution, snapping of towels, improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
- Spitting, spouting water, blowing your nose, urinating or defecating in the pool is prohibited.
- **No food or drinks on deck. No gum.**
- All minor rule infractions warrant a verbal warning along with a brief explanation of why the rule is enforced.
- If a swimmer repeatedly breaks rules or regulations, making it absolutely necessary for discipline purposes to send him/her home for a period of time, the Deck Supervisor must document the situation on an Incident Report Form.
- Should there be any instances where longer suspensions are recommended, the Deck Supervisor is to discuss details with Aquatics Management staff, who shall decide the appropriate course of action.
- In the event that a participant is repeatedly breaking a pool rule, there will be a three-strike rule in the following order:
  - The lifeguard speaks to the participant, and the deck supervisor/management is notified.
  - The lifeguard/deck supervisor will identify participants to coaches and have the coach speak to the swimmer
    - The Meet Manager will be made aware of this step.
  - Aquatics Management and Meet Manager dismiss the swimmer after being warned.
  - TPASC requests that all participants involved in the event are made aware of all facility policies and procedures and that the Competition Dismissal Policy is known and understood by all participants.

**We appreciate your cooperation and understanding to keep our facility as safe and pristine as possible.**

Toronto Pan Am Sports Centre (TPASC) Parking Info – [TPASC Parking Web Page](#)



**TPASC Daily Parking Rates (for NORTH or EAST LOT)**

- Monday–Sunday **0-2 hours complimentary (no charge)**
- Over and above the first 2 hours:
  - Monday–Friday 12:00 am – 4:00 pm - \$9.50
  - Monday–Friday 4:00 pm – 12:00 am - \$6:05
  - Weekends Sat 12:00 am – Mon 12:00 am (All day) - \$6:05
- **Daily parking rates do not include in-and-out privileges** (all rates include HST)

**UTSC Lots Daily Parking Rates**

Details - <https://www.utscc.utoronto.ca/parking/dailyvisitor-parking-rates>

Parking Lot G -- Payment at exit gates by credit card, debit and tap. Payment at pay station (located outside the Instructional Centre, North entrance doors, 1095 Military Trail) by credit card, debit, tap or cash/coin.

**NO COMPLIMENTARY 2 HOURS**

- Friday Midnight– 4:00 pm – \$14.65
- Friday 4:00 pm – 11:59 pm (valid to Sun midnight) – \$7.30 (valid to Sunday 11:59 pm)
- Saturday/Sunday Anytime -- \$7.30
  - **Daily parking rates do not include in-and-out privileges** (all rates include HST)