

Brief Meet Information

MEET NAME	2026 Age Group International LC
DATE(s):	June 4-7, 2026
HOSTED BY:	Etobicoke Swim Club
LOCATION:	Etobicoke Olympium, 590 Rathburn Rd, Etobicoke ON, M9C3T3
FACILITY:	8x50m pool, Swiss timing
PURPOSE & DESCRIPTION:	Age group competitive environment to earn LCM official times for future meets
COMPETITION CONFIGURATION	LCM Chase Starts LCM Single Ended
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:	Rev 1 May 21 – updated timelines, single ended, additional competition coordinators, added photographers Rev 2- 2 Jun – updated time lines based on final entries, clarified A/B Finals

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Janet Morrison Cassey Tan Bud Seawright Janice Charles	jk.n.ken@gmail.com cassey.tan@gmail.com	V V V IV
MEET MANAGER(S):	Elizabeth Skuriat Iryna Tymoshyk Jennifer Douglas Teresa Aybar	elizabeth.skuriat@eswim.ca	
ENTRY & RESULTS MANAGERS:	Steve Goodwin Charlotte Carroll	sdg9@rogers.com charlottecaroll1@gmail.com	
OFFICIALS COORDINATOR:	Elizabeth Skuriat	elizabeth.skuriat@gmail.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.

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: **Mike Mercuri, Helen Ho, Stephanie Potter-Davey, Tomi Nieminen, Robert Burke**

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.

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 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 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.

AGE UP DATE:	The competitor's age is as the first day of the competition June 4 2026
DIVE STARTS:	<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.</p> <p>As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</p> <ul style="list-style-type: none"> A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from both ends and/or B. from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends and/or C. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends
BACSTROKE LEDGES:	<ul style="list-style-type: none"> A. Ledges will be available to use during the 13&O prelims and finals sessions.
d/DEAF AND HARD OF HEARING ACCOMMODATION:	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> ● non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. ● Visual Start hand signals given by the starter/referee. ● Visual Start Strobe Light options <ul style="list-style-type: none"> A. 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. <p>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.</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

ADDITIONAL ELIGIBILITY INFORMATION:

- A. Preference will be given to the host club first.
- B. This meet has Time Standards for all individual events: Swimmers (excluding para swimmers) must have at least 2 qualifying entries/events to enter the meet. Additional (bonus) events may be added to entry limit. Qualifying standards are listed in the Order of Events and Event File. **ALL entries in 400/800/1500 events must meet the qualifying standard.**
 - a. Para swimmers are subject to the [Swim Ontario Para Invitational Recommendation Times](#) standards.
- C. Entries may need to be limited to fit the pool time available.

COACH & SUPPORT STAFF REGISTRATION:

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.

Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.

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.

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.

- A. 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:	<p>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:</p> <ul style="list-style-type: none"> ● not accept entries via email; ● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; ● 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 <p>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.</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.</p>
ENTRY DEADLINE:	<p>The online entry deadline is May 18 2026</p> <p>A. Changes to entries will be accepted until June 1 2026</p>
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <p>A. Individual Events: \$15.00 -- \$20.00 per 400/800/1500 events B. Relay events \$22.00 C. Swimmer Fee: \$10.00</p> <p>Payment Method: Email transfer preferred to office@eswim.ca – include club code and Meet Name OR cheque payable to Etobicoke Swim Club delivered to Admin Desk</p>
ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <p>A. The maximum number of participants per session is 400. Entries for each session will be closed once filled.</p> <p>B. The maximum number of entries per swimmer is 10 (only one distance event permitted on Thursday)</p> <p>C. The maximum number of relays per club is 2 per event.</p>
RELAY ENTRIES & MIXED RELAYS:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</p> <p>A. Relay swimmers must be entered in a non-relay event in order to compete.</p> <p>B. A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification.</p>
ENTRY TIMES & CONVERSION:	<p>A. Entries can be submitted with No Time (NT).</p> <p>B. Estimate entry times are not accepted.</p> <p>C. Entry Times can be converted (i.e. LCM to SCM) at 2%</p> <p>D. Entries must be submitted using provable times (not converted), recorded during the qualifying period. Please submit times in the course achieved.</p> <ol style="list-style-type: none"> a. Times achieved since (Qualifying Period): Sept 1 2024 b. Qualifying Standards (Time Standards) are shown in Order of Events

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Thurs Jun 4	3:15-3:55pm Plus 20 min interim	4:00pm	7:00pm	Time Final
2	Fri Jun 5	8:00-8:40am Group A 8:45-9:25am Group B	9:30am	1:20pm	Heats
3	Fri Jun 5	1:45pm-2:25pm	2:30pm	4:45pm	Time Final
4	Fri Jun 5	5:00-5:55pm	6:00pm	8:40pm	Finals
5	Sat Jun 6	8:00-8:40am Group B 8:45-9:25am Group A	9:30am	1:15pm	Heats
6	Sat Jun 6	1:45pm-2:25pm	2:30pm	4:30pm	Time Final
7	Sat Jun 6	5:00-5:55pm	6:00pm	8:10pm	Finals
8	Sun Jun 7	8:00-8:40am Group A 8:45-9:25am Group B	9:30am	1:30pm	Heats
9	Sun Jun 7	1:45pm-2:25pm	2:30pm	5:00pm	Time Final
10	Sun Jun 7	5:15-5:55pm	6:00pm	8:15pm	Finals

Group A: ESWIM, MSSAC, RAMAC, TSC

Group B: All other clubs

Meet Format & Administration

SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> A. Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded last. <ul style="list-style-type: none"> a. with the exception of Distance Events which will be seeded fastest to slowest. B. Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded.
DECK ENTRIES:	<p>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:</p> <ul style="list-style-type: none"> A. Swimmer Deck entries are permitted provided proof of active registration status with valid Swimming Canada ID is provided to Meet Management. <ul style="list-style-type: none"> a. Fee: \$20 individual events, \$25 relay events
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk.</p> <ul style="list-style-type: none"> A. Relay Cards will be available at the Admin Desk at the start of warm-up B. The Relay Name submission deadline is 30 mins before the start of the session.
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <ul style="list-style-type: none"> A. A scratch deadline will apply for finals events: <ul style="list-style-type: none"> a. 30 minutes following the posting of results of last preliminary event in that session <p>The following are the Positive Check-in deadlines for this competition.</p> <ul style="list-style-type: none"> A. There is a positive check-in 30 minutes before the start of the session at the Admin Desk for the following events: 800/1500

	<p>B. Positive Check-in will also apply for the 13&O 400s and relay events (where fastest heats swim at Finals). All fastest heat 400 swimmers AND relays must check-in at the start of the Prelim Sessions to ensure that this fastest heat is filled at finals (no moving from evening finals to morning prelims will be allowed).</p>
PENALTIES:	<p>A. No penalty shall be imposed for late or day of scratches and No-Shows for prelims or 12&U events</p> <p>B. Failure to participate in an event with a scratch or positive check-in deadline by all originally listed finalists and alternates will result in following penalty:</p> <ol style="list-style-type: none"> a. Fee: \$30 payable to the Etobicoke Swim Club
OFFICIAL SPLIT TIMES:	<p>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 session in which the event will take place. 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.</p> <ol style="list-style-type: none"> A. Official Split Forms are available at the Admin Desk. B. Fee: \$5
SWIM OFFS:	<p>This competition offers preliminary events.</p> <ul style="list-style-type: none"> ● 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. ● Coaches are to report to the Admin Desk when a swim-off is announced.
DISQUALIFICATION & APPEAL PROCEDURE:	<ul style="list-style-type: none"> ● 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. <ul style="list-style-type: none"> ○ 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.
RECORDS:	<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 aforementioned swimming pool.</p>
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <ol style="list-style-type: none"> A. Unofficial Results will be posted at the meet for prelim events. B. Unofficial mobile applications results will be available. C. Unofficial Live Results will be available.

SCORING:	<p>The following scoring will be applied:</p> <p>A. No scoring</p>
AWARDS:	<p>The following will be awarded:</p> <p>A. Medals for 1st, 2nd, 3rd for each age group/gender – 12&U, 13-14, 15-16, 17&O</p>
ADDITIONAL INFORMATION:	<p>Etobicoke Olympium Aquatic Event Procedures for Meet Managers, Officials, and Coaches:</p> <ol style="list-style-type: none"> 1. The Olymium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet. 2. Absolutely no food in the bleachers or on the pool deck. 3. No running on the deck, under the bleachers, or on the bleachers. 4. No climbing across the railing between the gallery and bleachers. 5. No climbing over the yellow gates between the pool deck and the bleachers. 6. Shoes must be worn whenever outside the pool or change room areas. 7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump inot the pool. It is recommended to designate lanes one and eight as spring lanes in one direction only, for the last part of warm-ups. 8. The use of flippers and hand paddles during warm-ups is prohibited. 9. Swimmers that are not competing are not to be in the other areas of the building and are not to upset the normal operation of the other departments. <p>Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium.</p>
SAFETY REQUIREMENTS FOR LCM CHASE STARTS – All sessions are planned for Single ended	<p>Officials will ensure finishing swimmers clear the wall quickly, move to the lane rope, and follow Inspector of Turns direction so incoming chase swimmers can turn safely.</p> <p>Para heats must be fully cleared, no more than two heats may be in the water during LCM chase starts, and 50m events must allow full clearance before the next heat finishes.</p> <p>Coaches are responsible for ensuring swimmers remain aware of incoming chase swimmers and follow all instructions provided by the Inspector of Turns.</p>

Schedule of Events

Session 1 – Distance Thursday, June 4, 2026 Warm-Up: 3:15pm – Session Start: 4:00pm				
Event	EVENT	11-12 Qualifying	13-14 Qualifying	15&O Qualifying
1	Girls 800 FR	11:22.98	10:29.61	10:17.07
2	Boys 800 FR	11:16.65	10:13.98	9:28.85
20 min warm-up/warm-down period				
3	Girls 1500 FR	22:07.33	20:21.14	19:56.84
4	Boys 1500 FR	21:40.11	19:43.10	18:47.19

Session 2 – 13&O Prelims						
Friday, June 5, 2026						
Split Warm-Up: Grp A 8-8:40am --- Grp B 8:45-9:25am – Session Start: 9:30am						
GIRLS			BOYS			
Event	Age	Qualifying	EVENT	Qualifying	Age	Event
5	13-14	2:27.94	200 FR	2:22.92	13-14	6
	15&O	2:25.00		2:13.67	15&O	
7	13-14	35.90	50 BK	34.56	13-14	8
	15&O	34.55		31.71	15&O	
9	13-14	1:26.95	100 BR	1:24.12	13-14	10
	15&O	1:25.22		1:17.34	15&O	
11	13-14	2:48.44	200 IM	2:40.38	13-14	12
	15&O	2:44.54		2:31.68	15&O	
13	13-14	2:52.24	200 FLY	2:45.14	13-14	14
	15&O	2:48.81		2:34.91	15&O	
101	13-14	--	200 FR Relay	--	13-14	102
103	15&O	--	TF**	--	15&O	104

**Slower heats will swim in morning

Split Warm-up Groups:

- Group A: ESWIM, MSSAC, RAMAC, TSC
- Group B: All other clubs

Session 3 – 12&U Timed Finals						
Friday, June 5, 2026						
Warm-Up: 1:45pm – Session Start: 2:30pm						
GIRLS			BOYS			
Event	Age	Qualifying	EVENT	Qualifying	Age	Event
15	12&U	2:41.02	200 FR	2:40.05	12&U	16
17	12&U	39.68	50 BK	39.24	12&U	18
19	12&U	1:37.20	100 BR	1:35.94	12&U	20
21	12&U	3:03.26	200 IM	3:01.04	12&U	22
23	12&U	3:23.08	200 FLY	3:15.09	12&U	24
105	12&U	--	200 FR Relay	--	12&U	106

Session 4 – 13&O Finals				
Friday, June 5, 2026				
Warm-Up: 5:00pm – Session Start: 6:00pm				
A&B Finals for Age Groups 13-14, 15-16, 17&O – no B final if fewer than 5 in B final after scratches.				
GIRLS			BOYS	
Event	Age	EVENT	Age	Event
5	13-14	200 FR	13-14	6
	15-16		15-16	
	17&O		17&O	
7	13-14	50 BK	13-14	8
	15-16		15-16	
	17&O		17&O	
9	13-14	100 BR	13-14	10
	15-16		15-16	
	17&O		17&O	
11	13-14	200 IM	13-14	12
	15-16		15-16	
	17&O		17&O	
13	13-14	200 FLY	13-14	14
	15-16		15-16	
	17&O		17&O	
101	13-14	200 Free Relay	13-14	102
103	15&O	200 Free Relay	15&O	104

Session 5 – 13&O Prelims						
Saturday, June 6, 2026						
Split Warm-Up: Grp B 8-8:40am --- Grp A 8:45-9:25am – Session Start: 9:30am						
GIRLS				BOYS		
Event	Age	Qualifying	EVENT	Qualifying	Age	Event
25	13-14	31.09	50 FR	29.56	13-14	26
	15&O	30.37		27.62	15&O	
27	13-14	2:48.29	200 BK	2:40.92	13-14	28
	15&O	2:43.71		2:31.52	15&O	
29	13-14	1:14.97	100 FLY	1:11.62	13-14	30
	15&O	1:12.97		1:06.57	15&O	
31	13-14	39.32	50 BR	37.81	13-14	32
	15&O	38.54		35.25	15&O	
33	13-14	6:01.13	400 IM TF**	5:36.77	13-14	34
	15&O	5:44.57		5:18.90	15&O	
107	13-14	--	200 Medley Relay TF**	--	13-14	108
109	15&O	--		--	15&O	110

**Slower heats of 400 IM will swim in morning fastest heat of Girls and Boys will swim at FINALS

Split Warm-up Groups:

- Group A: ESWIM, MSSAC, RAMAC, TSC
- Group B: All other clubs

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Session 6 – 12&U Timed Finals						
Saturday, June 6, 2026						
Warm-Up: 1:45pm – Session Start: 2:30pm						
GIRLS			BOYS			
Event	Age	Qualifying	EVENT	Qualifying	Age	Event
35	12&U	33.58	50 FR	32.99	12&U	36
37	12&U	3:02.69	200 BK	3:01.57	12&U	38
39	12&U	1:24.76	100 FLY	1:23.90	12&U	40
41	12&U	44.67	50 BR	44.12	12&U	42
43	12&U	6:23.37	400 IM	6:15.10	12&U	44
111	12&U	--	200 Medley Relay	--	12&U	112

Session 7 – 13&O Finals				
Saturday, June 6, 2026				
Warm-Up: 5:00pm – Session Start: 6:00pm				
A&B Finals for Age Groups 13-14, 15-16, 17&O – no B final if fewer than 5 in B final after scratches.				
GIRLS		BOYS		
Event	Age	EVENT	Age	Event
25	13-14	50 FR	13-14	26
	15-16		15-16	
	17&O		17&O	
27	13-14	200 BK	13-14	28
	15-16		15-16	
	17&O		17&O	
29	13-14	100 FLY	13-14	30
	15-16		15-16	
	17&O		17&O	
31	13-14	50 BR	13-14	32
	15-16		15-16	
	17&O		17&O	
33	13&O	400 IM (Fastest Heat)	13&O	34
107	13-14	200 Free Relay	13-14	108
109	15&O	200 Free Relay	15&O	110

Session 8 – 13&O Prelims						
Sunday, June 7, 2026						
Split Warm-Up: Grp A 8-8:40am --- Grp B 8:45-9:25am – Session Start: 9:30am						
GIRLS			BOYS			
Event	Age	Qualifying	EVENT	Qualifying	Age	Event
45	13-14	1:07.85	100 FR	1:05.03	13-14	46
	15&O	1:06.12		1:00.33	15&O	
47	13-14	3:10.44	200 BR	3:01.77	13-14	48
	15&O	3:06.65		2:50.11	15&O	
49	13-14	1:17.38	100 BK	1:14.53	13-14	50
	15&O	1:15.49		1:08.96	15&O	
51	13-14	33.10	50 FLY	31.94	13-14	52
	15&O	32.10		29.43	15&O	
53	13-14	5:05.08	400 FR TF**	4:59.15	13-14	54
	15&O	4:59.01		4:42.01	15&O	
113	13-14	--	200 MIXED	--	13-14	113
114	15&O	--	Free Relay TF**	--	15&O	114

**Slower heats of 400 Free will swim in morning fastest heat of Girls and Boys will swim at FINALS

Split Warm-up Groups:

- Group A: ESWIM, MSSAC, RAMAC, TSC
- Group B: All other clubs

Session 9 – 12&U Timed Finals						
Sunday, June 7, 2026						
Warm-Up: 1:45pm – Session Start: 2:30pm						
GIRLS			BOYS			
Event	Age	Qualifying	EVENT	Qualifying	Age	Event
55	12&U	1:13.83	100 FR	1:12.57	12&U	56
57	12&U	3:27.99	200 BR	3:26.98	12&U	58
59	12&U	1:25.04	100 BK	1:24.75	12&U	60
61	12&U	37.01	50 FLY	36.61	12&U	62
63	12&U	5:34.51	400 FR	5:30.70	12&U	64
115	12&U	--	200 MIXED Free Relay	--	12&U	115

Session 10 – 13&O Finals				
Sunday, June 7, 2026				
Warm-Up: 5:15pm – Session Start: 6:00pm				
A&B Finals for Age Groups 13-14, 15-16, 17&O – no B final if fewer than 5 in B final after scratches.				
GIRLS			BOYS	
Event	Age	EVENT	Age	Event
45	13-14	100 FR	13-14	46
	15-16		15-16	
	17&O		17&O	
47	13-14	200 BR	13-14	48
	15-16		15-16	
	17&O		17&O	
49	13-14	100 BK	13-14	50
	15-16		15-16	
	17&O		17&O	
51	13-14	50 FLY	13-14	52
	15-16		15-16	
	17&O		17&O	
53	13&O	400 FR (Fastest Heat)	13&O	54
113	13-14	200 MIXED Free Relay	13-14	113
114	15&O	200 MIXED Free Relay	15&O	114