

Brief Meet Information

MEET NAME	2026 Eastern Region LC Championships
DATE(s):	Thu 28 May to Sun 31 May, 2026
HOSTED BY:	Swim Ottawa (SWOTT)
LOCATION:	Nepean Sportsplex, 1701 Woodroffe Avenue, Ottawa, ON K2G 1W2
FACILITY:	8 lane 50m competition pool, 25m warm-up pool
PURPOSE & DESCRIPTION:	Regional performance target for LC/end of season. Closed Invitational sanction for Age Group clubs in the Eastern Region of Swim Ontario. Age Groups for all events including relays are 10&Under, 11-12, 13-14, 15&Over, with the exception of 800 & 1500 freestyle which will use 14&Under, 15&Over.
COMPETITION CONFIGURATION	Single Ended Long Course Metres
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:	<p>22 May 2026 - Session Times</p> <p>04 May 2026 -Photographer & Relay Awards</p> <p>20 Apr 2026 - Updated Bonus table</p> <p>17 Apr 2026 - added events 28 & 29 for 13&O 50m Butterfly</p>

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Paula Di Batista	Paula.DiBattista@swimottawa.ca	5
	Nancy Beland	beland9171@gmail.com	5
MEET MANAGER(S):	Trevor Cowan, Todd Williams, Evelyn Barker, Laura Rennick	meetmanager@swimottawa.ca	
OFFICIALS COORDINATOR:	Reuben Ludmer, Ian Joiner	officialscoordinator@swimottawa.ca	

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

The following are approved by Swim Ontario Official Photographers/Videographers for this event:
Renee Kardash [@swim.reneekardashphotography](#)

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: 28 May 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. As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</p> <p>from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 - deep end only and/or from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 - deep end only and/or In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1</p>
BACSTROKE LEDGES:	Ledges will be used and available for all ages and 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 Strobe Light options <ul style="list-style-type: none"> A. Facility-Provided Strobe Light: An external strobe light is available at this facility B. 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 21 May 2026 to declare need for accommodations.</p> <p>Support Staff must be included in the submission of entries process. 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

<p>All athletes must be registered as <u>Competitive</u> or <u>Varsity</u> 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.</p>	
<p>ADDITIONAL ELIGIBILITY INFORMATION:</p>	<p>This meet is a Closed Invitational for the following clubs: ABSC, BBST, CDSW, CPWD, CSL, CWAVE, DRC, EBSC, GO, GSH, KBM, NKB, ORCA, OTTSC, OYO, PERTH, PPSC, ROCS, SWOTT, UCRO.</p> <p>This meet has Time Standards. See Appendix B for Olympic program events See Appendix C for Paralympic program events.</p>
<p>COACH & SUPPORT STAFF REGISTRATION:</p>	<p>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.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</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>
<p>FOREIGN TEAMS / COMPETITORS:</p>	<p>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.</p> <ul style="list-style-type: none"> Foreign Teams' / competitors' entries will not be accepted by the host club.

Entry Process

<p>ENTRY SUBMISSIONS:</p>	<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 24 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 10 days 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>
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<p>ENTRY PROCESS & DEADLINE:</p>	<p>The online entry deadline is WED 13 May 2026 @ 10 PM EST</p> <ul style="list-style-type: none"> Clubs will have 72 hours after the entry deadline to make any corrections/modifications to entries. After that time, fees will be calculated; no refunds will be granted for withdrawals or missed swims. <p>Qualifying Period: 01 Sep 2024 - 12 May 2026</p> <p>Late Qualifier Period: 13 May 2026 - 24 May 2026</p> <ul style="list-style-type: none"> Athletes who achieve their first qualifying time during this Late Qualifier Period will be able to enter this Championships. Teams will need to submit entries for these late qualifiers in a separate entry file. Please search REMS for the meet name "2026 Eastern Region - LATE QUALIFIERS". Late Qualifier entries will be due Tue 26 May 2026 @ 10pm EST. There will be no correction/modification window for Late Qualifier entries. Teams cannot use this Late Qualifier Period to add events to existing qualified athletes submitted by the May 13th deadline, or to update entry times. NEW athletes only will be accepted.
<p>ENTRY FEE:</p>	<p>The following fees will apply for this competition:</p> <p>Relay Events: \$25 Swimmer Fee: \$120 No HST will be charged.</p> <p>Payment Method: Etransfer to generalmanager@swimottawa.ca</p>
<p>ENTRY LIMITS:</p>	<p>The following limits are in place for this competition:</p> <p>All athletes:</p> <ul style="list-style-type: none"> Must achieve at least one (1) qualifying standard (Appendix B or C) within the qualifying period. <p>12 & Under athletes:</p> <ul style="list-style-type: none"> With one (1) or more qualifying standards in an Olympic Program event shall enter those events; and may enter additional bonus events, up to a maximum of two (2) individual events per day AND a maximum of six (6) individual events total. To enter the 800 Freestyle as a bonus event, an athlete must meet the consideration time. See table in Appendix B. To enter the 1500 Freestyle, an athlete must achieve the 13 yr old standard in their gender. See table in Appendix B. To enter the 1500 Freestyle as a bonus event, an athlete must achieve the consideration time for 13 yr olds in their gender. See table in Appendix B. If the 100 IM Short Course standard is the only qualifying time for an athlete, they may enter this meet using that time. A 100 IM SC event will be in the event file for this purpose. Please note this will count as one of the athletes 6 total events even though it is not offered in Long Course, leaving them with a maximum of 5 bonus events. <p>13 & Over athletes:</p> <ul style="list-style-type: none"> With one (1) or more qualifying standards in an Olympic Program event shall enter those events; and may enter additional bonus events (as per the BONUS TABLE below), up to a maximum of two (2) individual events per day AND a maximum of six (6) events total.

	<ul style="list-style-type: none"> If an athlete achieves either the 800 or 1500 freestyle time standard, they will be considered qualified in both events. To take advantage of this benefit, teams must: <ul style="list-style-type: none"> enter their athlete into the event in which they achieved the qualifying standard email meet management (meetmanager@swimottawa.ca) to request their athlete be moved to the alternate distance To enter the 800 or 1500 Freestyle as a bonus event, an athlete must achieve the consideration time. See table in Appendix B. <p>Para athletes:</p> <ul style="list-style-type: none"> Shall have an active classification at any level entered into REMS. With one (1) or more qualifying standards in a Paralympic Program event shall enter those events; and may enter additional bonus events (as per the BONUS TABLE below), up to a maximum of two (2) individual events per day AND a maximum of six (6) events total. NOTE: Bonus events may be in anything 200m or less in distance. <p>BONUS TABLE: 13 & Over AND Para Athletes</p> <table border="1" data-bbox="480 810 1531 1136"> <thead> <tr> <th>Athlete has achieved:</th> <th>They may enter:</th> </tr> </thead> <tbody> <tr> <td>One (1) Qualifying Standard</td> <td>Up to three (3) bonus events</td> </tr> <tr> <td>Two (2) Qualifying Standards</td> <td>Up to two (2) bonus events</td> </tr> <tr> <td>Three (3) or more Qualifying Standards</td> <td>One (1) bonus event</td> </tr> <tr> <td colspan="2" style="text-align: center;"><i>Bonus events do not allow an athlete to exceed 6 total individual entries.</i></td> </tr> </tbody> </table> <ul style="list-style-type: none"> NOTE: Please do NOT flag entries as a bonus swim in your entry file. Any entry that does not meet the qualifying standard will automatically be treated as a bonus event. 	Athlete has achieved:	They may enter:	One (1) Qualifying Standard	Up to three (3) bonus events	Two (2) Qualifying Standards	Up to two (2) bonus events	Three (3) or more Qualifying Standards	One (1) bonus event	<i>Bonus events do not allow an athlete to exceed 6 total individual entries.</i>	
Athlete has achieved:	They may enter:										
One (1) Qualifying Standard	Up to three (3) bonus events										
Two (2) Qualifying Standards	Up to two (2) bonus events										
Three (3) or more Qualifying Standards	One (1) bonus event										
<i>Bonus events do not allow an athlete to exceed 6 total individual entries.</i>											
<p>RELAY ENTRIES & MIXED RELAYS:</p>	<ul style="list-style-type: none"> Relay swimmers must be entered in a non-relay event in order to compete. No relay only swimmers will be permitted at this event. Teams may enter a maximum of two (2) relays per event. Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have two (2) female and two (2) male swimmers. All other combinations will result in a disqualification. Relay entry times will not be strictly validated, but meet management reserves the right to request proof of times for any relay time submitted. Unprovable times may be changed to NT. 										
<p>ENTRY TIMES & CONVERSION:</p>	<ul style="list-style-type: none"> Do NOT submit converted times. Do NOT submit estimated times. Entries must be submitted using provable times (not converted), recorded during the qualifying period. Please submit times in the course achieved. Entries for bonus events can be submitted with No Time (NT). If a time is submitted for a bonus entry, it must pass validation. If any time submitted does not pass validation, it will be changed to No Time (NT) by meet management. Times will be converted by meet management to LCM for seeding. 										

Meet Format & Administration

<p>SEEDING:</p>	<p>After all submitted times will be converted to LCM by meet management.</p> <ul style="list-style-type: none"> ● Seeding for Timed Final events will be in order of entry times, slowest to fastest. Athletes entered with NT (no time) will be seeded last, with the following exceptions: <ul style="list-style-type: none"> ○ 800 & 1500 freestyle events will be seeded fastest to slowest, all ages, and mixed gender. ○ 12 & Under events will be seeded with both age groups combined, except for the 2nd fastest heat, which will have the top eight (8) 10 & Under athletes, and the fastest heat which will have the top eight (8) 11-12 year old athletes. In HyTek this is called Multi-age Super Seeding. ● Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded, except 400m events where the fastest 2 heats will be circle seeded. ● Seeding for Finals events will have an A final followed by a B final for any event 200m or less in distance, that has 18 or more athletes entered (per age group) following the entry deadline. Scratches will have no impact on this seeding. Events with less than 18 athletes entered, or 400m in distance will only have an A final. ● Seeding for Relay events will be done as Timed Finals. <ul style="list-style-type: none"> ○ For 13-14 & 15&Over relays, the top eight (8) teams per age group will be seeded in the evening finals session. ● Seeding for Para Athletes will be by time within the Olympic events. There are no separate Paralympic events offered. Should there be 8 or more Para athletes entered in a single preliminary event, an additional Paralympic heat will be offered in finals. If a Para athlete qualifies for finals by time within the Olympic program, they are eligible to compete in that Olympic program final. Meet management will seed Para athletes in outside lanes for safety or accessibility, please email the meet manager if this is required.
<p>DECK ENTRIES:</p>	<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).</p> <ul style="list-style-type: none"> ● Deck entries will only be accepted with the approval of the Competition Coordinator AND the Meet Manager for exceptional circumstances. Please see the Admin Desk to make such a request.
<p>RELAY NAME SUBMISSION:</p>	<p>Relay Forms must be returned to the Admin Desk.</p> <ul style="list-style-type: none"> ● Teams are encouraged to submit relay names with their entry file. No names will be published until after the name change deadline for each session. ● Relay name changes will be accepted at the Admin Desk: <ul style="list-style-type: none"> ○ Session 1 (Thu) - until 4:30pm ○ All other sessions - up to 1 hour after the session start in which that relay event occurs. ● Changes after those deadlines will only be accepted with the approval of the Competition Coordinator AND Meet Manager for medical or exceptional circumstances.
<p>SCRATCHES & POSITIVE CHECK IN RULES:</p>	<p>The following are the Scratch deadlines for this competition.</p> <ul style="list-style-type: none"> ● Preliminary & Timed Finals Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session. ● Finals scratches are due 30 minutes following the posting of results of the last preliminary event in that session. The exact time of this deadline will be announced and posted at the Admin Desk for each session.

	There are NO Positive Check-in requirements for this competition.
PENALTIES:	<ul style="list-style-type: none"> For Preliminary or Timed Final events, no penalty shall be imposed for failure to scratch by the deadline. Failure to scratch from a final round, which results in an empty lane during finals that could have been assigned to another athlete or relay team, will result in a \$50 fine to the Club for each offence. Any fines will be accrued and invoiced to the Club following the meet, with payment due within 3 weeks from end of the meet.
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 Admin Desk:</p> <ul style="list-style-type: none"> At least 30 minutes prior to the commencement of the respective heat. Official Split Forms are available at the Admin Desk. Not all Official Split requests can be accommodated. <p>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>
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 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 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 representative.
RECORDS:	<p>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> <ul style="list-style-type: none"> Unofficial Results will be available in a public Google Folder. Unofficial Results will be uploaded to the Meet Mobile app. Unofficial Live Results will be available at www.swimottawa.ca/liveresults
SCORING:	The following scoring will be applied:

	<p>The Top 16 athletes per age group in individual events and the top 16 relays per event will score team points as follows:</p> <ul style="list-style-type: none"> • Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 • Relay event: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 <p>Age groups for the 800 & 1500 freestyle are: 14&Under, 15&Over. Age groups for all other individual events are: 10&Under, 11-12, 13-14, 15&Over.</p>
AWARDS:	<p>The following will be awarded:</p> <ul style="list-style-type: none"> • Individual - Medals for 1st, 2nd and 3rd place, Ribbons for 4th to 8th place • Relays - Ribbons for 1st to 8th place <p>Team Awards will be presented for:</p> <ul style="list-style-type: none"> • OVERALL: The Club with the highest points total from all scored events. • SMALL TEAM: The Club with the highest points total from all scored events. Only Clubs with fewer than 75 registered competitive athletes as of 13 May 2026 are eligible for this award. <p>Para award:</p> <ul style="list-style-type: none"> • The Para Swim of the Meet will be awarded to the athlete who achieves the highest point value for a single swim using the current Canadian Paralympic Points System. <p><i>Clubs must collect awards prior to leaving the venue. Awards will not be mailed. Awards which are not collected on-site will be forfeit.</i></p>
ADDITIONAL INFORMATION:	<p>A coaches meeting will be held via video call on Tue 26 May 2026 at 7:00pm. All coaches declared in an entry file will be invited via email. All clubs are asked to send at least one representative to this meeting.</p>

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Est.end of session	Age Group	Round Type
1	Thu May 28	4:00pm - 4:55pm	5:00pm	8:45pm	All Ages	Timed Finals
2	Fri May 29	8:00am - 8:55am	9:00am	12:05pm	13 & Over	Prelims
3	Fri May 29	1:00pm - 1:40pm	1:45pm	4:35pm	12 & Under	Timed Finals
4	Fri May 29	5:00pm - 5:55pm	6:00pm	8:05pm	13 & Over	Finals
5	Sat May 30	8:00am - 8:55am	9:00am	12:30pm	13 & Over	Prelims
6	Sat May 30	1:00pm - 1:40pm	1:45pm	4:45pm	12 & Under	Timed Finals
7	Sat May 30	5:00pm - 5:55pm	6:00pm	8:20pm	13 & Over	Finals
8	Sun May 31	8:00am - 8:55am	9:00am	12:30pm	13 & Over	Prelims
9	Sun May 31	1:00pm - 1:40pm	1:45pm	4:50pm	12 & Under	Timed Finals
10	Sun May 31	5:00pm - 5:55pm	6:00pm	8:05pm	13 & Over	Finals

APPENDIX A - Schedule of Events

Thursday, 28 May 2026

Session 01 - TIMED FINALS / ALL AGES

Warm-up: 4:00 PM -- Start: 5:00 PM

EVENT #	EVENT DESCRIPTION	
110	400 Mixed Medley Relay (10&U)	<p>NOTE: All events on Thursday are mixed gender events.</p>
112	400 Mixed Medley Relay (11-12)	
10	800 Freestyle (all ages)	
12	1500 Freestyle (all ages)	
114	400 Mixed Medley Relay (13-14)	
116	400 Mixed Medley Relay (15&O)	

Friday, 29 May 2026

Session 02 - PRELIMS / 13 & Over

Warm-up: 8:00 AM -- Start: 9:00 AM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
20	200 Breaststroke	21
22	50 Freestyle	23
24	100 Backstroke	25
26	200 Individual Medley	27
28	50 Butterfly	29
120	400 Freestyle Relay (13-14)	121
122	400 Freestyle Relay (15&O)	123

Session 03 - TIMED FINALS / 12 & Under

Warm-up: 12:30 PM -- Start: 1:30 PM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
30	200 Breaststroke	31
32	50 Freestyle	33
34	100 Backstroke	35
36	200 Individual Medley	37
38	50 Butterfly	39
130	400 Freestyle Relay (10&U)	131
132	400 Freestyle Relay (11-12)	133

Session 04 - FINALS / 13 & Over

Warm-up: 5:00 PM -- Start: 6:00 PM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
20	200 Breaststroke	21
22	50 Freestyle	23
24	100 Backstroke	25
26	200 Individual Medley	27
28	50 Butterfly	29
120	<i>Fastest Heat</i> - 400 Freestyle Relay (13-14)	121
122	<i>Fastest Heat</i> - 400 Freestyle Relay (15&O)	123

Saturday, 30 May 2026

Session 05 - PRELIMS / 13 & Over

Warm-up: 8:00 AM -- Start: 9:00 AM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
50	400 Freestyle	51
52	50 Backstroke	53
54	100 Breaststroke	55
56	200 Butterfly	57
58	100 Freestyle	59
150	400 Medley Relay (13-14)	151
151	400 Medley Relay (15&O)	153

Session 06 - TIMED FINALS / 12 & Under

Warm-up: 12:30 PM -- Start: 1:30 PM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
60	400 Freestyle	61
62	50 Backstroke	63
64	100 Breaststroke	65
66	200 Butterfly	67
68	100 Freestyle	69
160	400 Medley Relay (10&U)	161
162	400 Medley Relay (11-12)	163

Session 07 - FINALS / 13 & Over

Warm-up: 5:00 PM -- Start: 6:00 PM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
50	400 Freestyle	51
52	50 Backstroke	53
54	100 Breaststroke	55
56	200 Butterfly	57
58	100 Freestyle	59
150	<i>Fastest Heat</i> - Medley Relay (13-14)	151
151	<i>Fastest Heat</i> - 400 Medley Relay (15&O)	153

Sunday, 31 May 2026

Session 08 - PRELIMS / 13 & Over

Warm-up: 8:00 AM -- Start: 9:00 AM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
80	100 Butterfly	81
82	50 Breaststroke	83
84	200 Freestyle	85
86	200 Backstroke	87
88	400 Individual Medley	89
180	400 Mixed Freestyle Relay (13-14)	Mixed Gender Event
182	400 Mixed Freestyle Relay (15&O)	

Session 09 - TIMED FINALS / 12 & Under

Warm-up: 12:30 PM -- Start: 1:30 PM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
90	100 Butterfly	91
92	50 Breaststroke	93
94	200 Freestyle	95
96	200 Backstroke	97
98	400 Individual Medley	99
190	400 Mixed Freestyle Relay (10&U)	Mixed Gender Event
192	400 Mixed Freestyle Relay (11-12)	

Session 10 - FINALS / 13 & Over

Warm-up: 5:00 PM -- Start: 6:00 PM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
80	100 Butterfly	81
82	50 Breaststroke	83
84	200 Freestyle	85
86	200 Backstroke	87
88	400 Individual Medley	89
180	<i>Fastest Heat</i> - 400 Mixed Freestyle Relay (13-14)	Mixed Gender Event
182	<i>Fastest Heat</i> - 400 Mixed Freestyle Relay (15&O)	

APPENDIX B - Olympic Program Time Standards

2026 Regional Standards - Female														
10&Under	11	12	13	14	15	16 & Over	EVENT	16 & Over	15	14	13	12	11	10&Under
LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM
39.72	36.51	34.15	32.53	31.49	31.07	30.81	50 Fr	30.19	30.45	30.86	31.88	33.47	35.77	38.91
1:27.88	1:20.79	1:15.36	1:11.19	1:08.89	1:07.66	1:06.53	100 Fr	1:05.20	1:06.30	1:07.51	1:09.76	1:13.85	1:19.17	1:26.12
3:14.18	2:58.52	2:45.20	2:37.32	2:30.11	2:28.53	2:26.71	200 Fr	2:23.78	2:25.56	2:27.11	2:34.17	2:41.90	2:54.94	3:10.29
6:53.97	6:20.59	5:50.88	5:34.91	5:22.24	5:17.59	5:13.95	400 Fr	5:07.67	5:11.24	5:15.80	5:28.21	5:44.16	6:12.97	6:45.69
13:42.43	12:36.10	12:15.49	11:40.99	11:09.77	11:04.27	10:53.48	800 Fr	10:40.31	10:50.99	10:56.38	11:26.97	12:00.78	12:20.99	13:25.99
			22:18.82	22:13.91	21:52.31	21:39.17	1500 Fr	21:13.19	21:26.06	21:47.23	21:52.04			
47.00	43.21	40.24	36.74	36.04	35.35	34.96	50 BK	34.28	34.66	35.33	36.03	39.46	42.36	46.08
1:42.82	1:34.53	1:27.43	1:22.97	1:18.72	1:17.24	1:17.66	100 Bk	1:14.15	1:15.69	1:17.15	1:21.31	1:25.67	1:32.64	1:40.76
3:38.96	3:21.30	3:07.14	2:59.02	2:50.54	2:47.51	2:45.05	200 Bk	2:41.75	2:44.16	2:47.13	2:55.44	3:03.39	3:17.27	3:34.57
53.12	48.84	45.09	40.24	39.83	39.44	39.04	50 BR	38.27	38.67	39.05	39.45	44.21	47.88	52.08
1:57.34	1:47.88	1:39.61	1:33.91	1:29.87	1:27.89	1:27.01	100 Br	1:25.26	1:26.13	1:28.07	1:32.03	1:37.62	1:45.71	1:54.99
4:09.49	3:49.37	3:34.98	3:24.51	3:16.14	3:14.74	3:13.20	200 Br	3:09.33	3:10.84	3:12.21	3:20.42	3:30.68	3:44.77	4:04.49
44.09	40.54	37.28	33.87	33.53	32.85	32.52	50 FI	31.88	32.20	32.87	33.21	36.56	39.74	43.23
1:44.32	1:35.91	1:26.99	1:20.35	1:16.56	1:14.66	1:14.00	100 FI	1:12.52	1:13.17	1:15.05	1:18.78	1:25.24	1:34.59	1:42.88
4:14.10	3:53.61	3:26.92	3:22.64	2:58.06	2:54.24	2:53.15	200 FI	2:49.68	2:50.75	2:54.50	3:18.58	3:22.78	3:48.93	4:09.02
							100 IM					1:30.36	1:36.67	1:45.15
3:38.90	3:21.24	3:08.10	2:57.61	2:51.07	2:50.19	2:45.75	200 IM	2:42.44	2:46.78	2:47.65	2:54.06	3:04.34	3:17.21	3:34.51
7:35.87	6:59.11	6:47.68	6:32.66	6:11.91	6:08.78	6:01.39	400 IM	5:54.16	6:01.41	6:04.47	6:24.81	6:39.53	6:50.72	7:26.75

2026 Regional Standards - Male														
10&Under	11	12	13	14	15	16 & Over	EVENT	16 & Over	15	14	13	12	11	10&Under
LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM
39.77	36.56	33.64	31.02	29.02	28.25	27.68	50 Fr	27.13	27.69	28.44	30.39	32.96	35.82	38.96
1:28.02	1:20.92	1:14.42	1:08.06	1:03.76	1:01.73	1:00.55	100 Fr	59.34	1:00.49	1:02.49	1:06.70	1:12.93	1:19.30	1:26.25
3:13.64	2:58.02	2:45.42	2:30.79	2:21.27	2:16.77	2:14.07	200 Fr	2:11.39	2:14.03	2:18.44	2:27.78	2:42.11	2:54.45	3:09.76
6:51.78	6:18.57	5:51.00	5:24.57	5:00.81	4:53.53	4:50.31	400 Fr	4:44.50	4:47.66	4:54.80	5:18.08	5:43.97	6:10.99	6:43.53
12:53.02	11:50.68	11:31.30	11:12.23	10:38.16	10:19.45	10:12.56	800 Fr	10:00.40	10:07.06	10:25.40	10:58.78	11:17.47	11:36.46	12:37.55
			20:48.41	20:48.41	20:35.96	20:01.11	1500 Fr	19:37.08	20:11.24	20:23.44	20:57.01			
47.74	43.89	39.09	35.37	33.67	32.45	31.79	50 BK	31.16	31.81	33.01	34.67	38.33	43.04	46.81
1:43.14	1:34.83	1:26.90	1:18.81	1:12.88	1:11.89	1:08.75	100 Bk	1:07.37	1:10.45	1:11.42	1:17.23	1:25.15	1:32.92	1:41.07
3:39.53	3:21.83	3:06.46	2:52.51	2:40.71	2:35.49	2:32.54	200 Bk	2:29.49	2:32.38	2:37.50	2:49.06	3:02.73	3:17.78	3:35.13
52.74	48.48	44.30	38.69	37.35	36.07	34.94	50 BR	34.25	35.37	36.61	37.93	43.42	47.54	51.71
1:57.81	1:48.31	1:38.59	1:29.77	1:23.02	1:19.13	1:17.97	100 Br	1:16.41	1:17.55	1:21.36	1:27.97	1:36.61	1:46.13	1:55.44
4:13.63	3:53.18	3:32.13	3:15.73	3:04.53	2:54.06	2:52.71	200 Br	2:49.25	2:50.58	3:00.84	3:11.81	3:27.88	3:48.50	4:08.55
44.52	40.93	36.08	32.68	31.58	30.12	29.72	50 FI	29.14	29.52	30.97	32.04	35.37	40.13	43.65
1:45.65	1:37.13	1:27.47	1:17.31	1:11.14	1:08.12	1:06.15	100 FI	1:04.83	1:06.76	1:09.72	1:15.77	1:25.71	1:35.18	1:43.53
3:53.76	3:34.91	3:29.06	3:07.47	2:45.04	2:38.51	2:31.62	200 FI	2:28.59	2:35.33	2:41.74	3:03.72	3:24.87	3:30.61	3:49.09
							100 IM					1:30.72	1:38.88	1:47.55
3:40.82	3:23.01	3:06.26	2:50.93	2:39.71	2:35.21	2:31.26	200 IM	2:28.23	2:32.10	2:36.52	2:47.51	3:02.53	3:18.94	3:36.39
7:31.24	6:54.85	6:43.54	6:13.01	5:46.42	5:35.73	5:29.18	400 IM	5:22.60	5:29.02	5:39.49	6:05.54	6:35.46	6:46.55	7:22.21

Updated 2025 Nov 11

2026 Regional Consideration Times - Female																
10&Under	11	12	13	14	15	16 & Over	17 & Over	EVENT	17&Over	16 & Over	15	14	13	12	11	10&Under
LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
14:23.55	13:13.91	12:52.27	12:16.04	11:43.26	11:37.48	11:26.15	11:21.85	800 Fr	11:08.21	11:12.33	11:23.54	11:29.20	12:01.32	12:36.81	12:58.04	14:06.29
			23:25.76	23:20.61	22:57.93	22:44.13	22:30.48	1500 Fr	22:03.47	22:16.85	22:30.36	22:52.59	22:57.64			

2026 Regional Consideration Times - Male																
10&Under	11	12	13	14	15	16 & Over	17&Over	EVENT	17&Over	16 & Over	15	14	13	12	11	10&Under
LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
13:31.67	12:26.21	12:05.86	11:45.84	11:10.07	10:50.42	10:43.19	10:37.36	800 Fr	10:24.61	10:30.42	10:37.41	10:56.67	11:31.72	11:51.34	12:11.28	13:15.43
			22:26.79	21:50.83	21:37.76	21:01.17	20:54.36	1500 Fr	20:29.28	20:35.93	21:11.80	21:24.61	21:59.86			

Updated 2025 Nov 11

APPENDIX C - Paralympic Program Time Standards (LCM)

2024-2025 PARA Female Regional Motivation Standards														
EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM
50 Free	3:13.96	2:13.90	2:13.47	1:18.52	1:14.31	1:02.00	59.3	54.08	49.05	46.66	55.34	50.87	46.46	46.66
100 Free	6:57.77	4:50.94	4:12.39	3:13.96	2:35.68	2:16.85	2:07.99	2:00.13	1:45.95	1:43.59	2:03.87	1:51.68	1:46.17	1:42.39
200 Free		10:26.66	9:00.62	8:04.91	5:50.80									3:42.37
400 Free						9:44.16	9:29.17	8:37.74	8:09.25	7:45.73	9:46.78	10:37.24	8:01.14	
50 Back	3:43.79	3:06.42	2:02.62	1:43.63	1:23.83									
100 Back	7:27.61	5:56.03				2:35.51	2:27.80	2:15.56	2:05.16	1:59.91	2:26.22	2:14.53	1:57.49	2:00.01
50 Breast	4:28.57	2:36.66	1:52.24											
100 Breast				3:57.14	3:15.65	3:00.13	2:52.39	2:31.78	2:18.97		2:45.95	2:30.19	2:17.85	2:18.50
50 Fly			2:21.73	1:59.36	1:32.87	1:09.74	1:06.06							
100 Fly								2:11.16	1:59.30	1:53.55	2:21.73	2:11.33	2:00.01	1:55.83
150 IM		11:56.17	4:27.61	6:06.90										
200 IM					7:41.43	5:35.26	5:31.78	5:01.05	4:27.94	4:16.51	5:12.58	5:08.88	4:18.21	4:18.86
2024-2025 PARA Male Regional Motivation Standards														
EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM	LCM
50 Free	02:30.3	2:14.05	1:29.48	1:10.52	59.39	54.57	49.14	46.44	43.21	40.98	46.73	41.67	41.09	40.98
100 Free	5:35.71	4:55.29	3:21.43	2:40.30	2:12.44	1:57.31	1:49.99	1:41.41	1:36.06	1:29.01	1:49.95	1:35.10	1:31.17	1:29.22
200 Free	12:33.48	8:58.56	7:45.62	5:56.51	4:59.08									3:15.17
400 Free						9:15.51	8:27.11	7:47.05	7:19.51	6:59.09	8:51.37	8:22.55	7:21.87	
50 Back	3:05.89	2:02.34	1:36.93	1:26.44	1:09.05									
100 Back	6:25.06	4:22.89				2:19.39	2:10.54	1:57.53	1:48.88	1:43.40	2:09.58	1:53.22	1:45.99	1:43.63
50 Breast	5:43.17	5:25.59	1:32.56											
100 Breast				3:13.97	2:58.57	2:25.34	2:21.99	2:09.37	2:00.60		2:20.38	2:05.02	1:59.30	1:55.14
50 Fly		1:29.52	1:21.32	1:13.12	1:06.65	57.37	53.99							
100 Fly								1:49.04	1:42.02	1:39.91	2:11.64	1:44.07	1:37.90	1:36.32
150 IM	16:54.59	13:55.54	7:44.43	5:11.37										
200 IM					7:41.43	5:04.98	4:41.29	4:08.13	3:56.96	3:43.59	4:38.89	4:40.54	3:47.66	3:41.53

APPENDIX C - Paralympic Program Time Standards (SCM)

2024-2025 PARA Female Regional Motivation Standards														
EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
50 Free	3:17.84	2:16.58	2:16.14	1:20.10	1:14.31	1:02.00	59.3	53.01	48.07	45.72	56.44	49.85	45.52	45.72
100 Free	7:06.13	4:56.76	4:17.44	3:17.84	2:35.68	2:16.85	1:07.99	1:17.72	1:43.83	1:41.52	2:06.35	1:49.45	1:44.05	1:40.34
200 Free		10:39.19	9:31.84	8:14.61	5:50.80									3:37.92
400 Free						9:44.16	9:29.17	8:27.39	7:59.47	7:36.42	9:58.52	10:24.49	7:51.52	
50 Back	3:48.27	3:10.15	2:05.08	1:45.70	1:23.83									
100 Back	7:36.57	6:03.15				2:35.51	2:27.80	2:12.85	2:02.66	1:57.51	2:29.15	2:11.84	1:25.14	1:57.61
50 Breast	4:33.95	2:39.78	1:54.49											
100 Breast				4:01.88	3:15.65	3:00.13	2:52.39	2:28.75	2:16.19		2:49.27	2:27.18	2:15.09	2:15.73
50 Fly			2:24.57	2:01.74	1:32.87	1:09.74	1:06.06							
100 Fly								2:08.54	1:56.91	1:51.28	2:24.57	2:08.70	1:57.61	1:53.51
150 IM		12:10.49	7:36.57	6:14.24										
200 IM					7:41.43	5:35.26	5:31.78	4:55.03	4:22.59	4:11.38	5:18.83	5:02.71	4:13.05	4:13.69
2024-2025 PARA Male Regional Motivation Standards														
EVENT	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM	SCM
50 Free	2:33.31	2:16.73	1:31.26	1:11.93	59.39	54.57	49.14	45.51	42.35	40.16	47.67	40.84	40.27	40.16
100 Free	5:42.42	5:01.19	3:25.46	2:43.50	2:12.44	1:57.31	1:09.99	1:39.39	1:04.14	1:27.23	1:52.15	1:33.20	1:29.34	1:27.44
200 Free	12:48.54		7:54.93	6:03.64	4:59.08									3:11.26
400 Free						9:15.51	8:27.11	7:37.70	7:10.73	6:50.71	9:01.99	8:32.10	7:13.03	
50 Back	3:09.60	2:04.79	1:38.87	1:28.17	1:09.05									
100 Back	6:32.76	4:28.15				2:19.39	2:10.54	1:55.18	1:46.71	1:41.33	2:12.17	1:50.95	1:43.87	1:41.56
50 Breast	5:50.03	5:32.10	1:34.41											
100 Breast				3:17.85	2:58.57	2:25.34	2:21.99	2:06.78	1:58.18		2:23.18	2:02.52	1:56.91	1:52.84
50 Fly		1:31.31	1:22.95	1:14.58	1:06.65	57.37	53.99							
100 Fly								1:46.85	1:39.99	1:37.92	2:14.28	1:41.99	1:35.94	1:34.40
150 IM	17:14.89	14:12.26	7:53.72	5:17.60										
200 IM					7:41.43	5:04.98	4:41.29	4:03.16	3:52.22	3:39.12	4:44.46	4:34.94	3:43.10	3:37.10