

The meet is Full and no new entries will be accepted

# MAC Rising Stars #2

## May 1 -3, 2026



Markham Pan Am Pool

### Brief Meet Information

<b>MEET NAME</b>	<b>MAC Rising Stars #2</b>
<b>DATE(s):</b>	<b>May 1 -3 , 2026</b>
<b>HOSTED BY:</b>	Markham Aquatic Club
<b>LOCATION:</b>	Markham Pan Am Pool, 16 Main Street, Unionville, ON
<b>FACILITY:</b>	10 lanes, 1 x 50 meters pool, Swiss Timing System
<b>PURPOSE &amp; DESCRIPTION:</b>	To provide racing opportunities Invitational Age Group Meet – 12 & Over, 11 & Under, No qualifying standards All Events are Timed Finals
<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>	March 11, 2026 – update LCM Chase Safety Requirements, 2 splits of warm up. Event 47 & 48 – 400 Free moves to Session 1A, Event 7 & 8 – 400 Free moves to Session 1B April 14, 2026 – Revised Session 1B warm up time + Split warm up Club Code + Para Lane

### Competition Organizing Committee

<b>ROLE</b>	<b>NAME</b>	<b>EMAIL</b>	<b>LEVEL</b>
<b>COMPETITION COORDINATOR(S):</b>	Lisa Chow, Lea Chen, Mandy Chen, Rose Vetro	<a href="mailto:officials@markhamaquaticclub.com">officials@markhamaquaticclub.com</a>	5
<b>MEET MANAGER(S):</b>	Stanley Liu YY Wong	<a href="mailto:stanley.liu.27@gmail.com">stanley.liu.27@gmail.com</a> <a href="mailto:yywong@rogers.com">yywong@rogers.com</a>	
<b>OFFICIALS COORDINATOR:</b>	YY Wong	<a href="mailto:officials@markhamaquaticclub.com">officials@markhamaquaticclub.com</a>	

### 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](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.

<b>ADDITIONAL INFORMATION</b>	This facility does not allow any form of recording (cellphone, cameras, videocameras, etc). Meet management will not accept requests to access the competition deck to record.
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## **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.

<b>AGE UP DATE:</b>	The competitor’s age is as the first day of the competition <b>May 1, 2026</b>
<b>DIVE STARTS:</b>	<p><b>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:</b></p> <p style="text-align: center;"><b>from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from both ends</b></p> <p><b>and/or</b></p> <ul style="list-style-type: none"> <li>● <b>from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends</b></li> </ul> <p><b>and/or</b></p> <ul style="list-style-type: none"> <li>● <b>In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends</b></li> </ul>
<b>BACSTROKE LEDGES:</b>	<b>Ledges will be used and available for Session 1 A, 2 &amp; 4 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>○ <b>Facility-Provided Strobe Light:</b> An external strobe light is available at this facility</li> <li>○ <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.

**ADDITIONAL  
ELIGIBILITY  
INFORMATION:**

**This meet is an Open Invitational.**  
Preference will be given to the host club first.

**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.**

- 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

<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.</p>
<b>ENTRY DEADLINE:</b>	<p><b>The online entry deadline is Monday, April 9, 2026</b></p> <p>Changes to entries will be accepted until <b>April 14, 2026</b></p>
<b>ENTRY FEE:</b>	<p><b>The following fees will apply for this competition:</b></p> <p><b>Individual Events: \$15 for below 200M events; \$20 for 400; \$25 for 800 &amp; 1500 Events</b></p> <p><b>Relay Events: \$25</b></p> <p><b>Swimmer Fee: \$10</b></p> <p><b>Payment Method: Please make the cheque payable to Markham Aquatic Club or by e-transfer</b></p>
<b>ENTRY LIMITS:</b>	<p><b>The following limits are in place for this competition:</b></p> <p>The maximum number of participants per session is 13 and Over is 650 and 12 and Under is 500</p> <p><b>The maximum number of entries per swimmer per session is :</b></p> <p><b>Friday 1A – 3 events and Friday 1B – 1 event</b></p> <p><b>Saturday &amp; Sunday – 3 events + 1 relay event per session</b></p>
<b>RELAY ENTRIES &amp; MIXED RELAYS:</b>	<p><b>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</b> Relay swimmers must be entered in a non-relay event in order to compete.</p> <p>A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification.</p>
<b>ENTRY TIMES &amp; CONVERSION:</b>	<p><b>No Time (NT) entries are not permitted. Estimate entry times are accepted.</b></p> <p><b>All entries are to be submitted in LCM times.</b></p> <p><b>Entry Times can be converted (i.e. SCM to LCM), please use the HY-TEK default conversion factor to convert SCM times to LCM times at 2% before submitting entries.</b></p> <p><b>Times achieved since (Qualifying Period): October 1, 2024</b></p> <p><b>Times will not be converted by meet management.</b></p>

### Schedule of Sessions

Session #	Date	Warm-up period (i.e. 1:00pm-1:50pm)	# of warm-ups	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1A	May 1, 2026 Friday AM	11:00AM - 11:25AM – Group A 11:30AM-11:55 AM – Group B Age 11& Over	1	12:00PM	3:20 PM	Time Finals
1B	May 1, 2026 Friday PM	4:00PM- 4:25PM Age 11 & Over + 11 & Under	1	4:30PM	8:30 PM	Time Finals
2	May 2, 2026 Saturday AM	7:45 AM – 8:10AM – Group B 8:15 AM- 8:40AM – Group A Age 12 & Over	1	8:45AM	1:15PM	Time Finals
3	May 2, 2026 Saturday PM	1:45 PM – 2:10PM – Group A 2:15PM - 2:40PM – Group B Age 11 & Under	1	2:45PM	7:15PM	Time Finals
4	May 3, 2026 Sunday AM	7:45 AM – 8:10AM- Group A 8:15 AM- 8:40AM – Group B Age 12 & Over	1	8:45AM	1:15PM	Time Finals
5	May 3, 2026 Sunday PM	1:45 PM – 2:10PM -Group B 2:15PM -2:40PM – Group A Age 11 & Under	1	2:45PM	7:15PM	Time Finals

Meet Management reserves the right to change warm-up session times and 2 warmups will be split by club.

Diving lanes will be open for the last 10 minutes of warm- up- one-way swimming.

West End Lane 0, 2, 4 and East End 1, 3, 5.

Backstroke Ledge will be located at West End Lane 0 during Warmup up for Session 1 A, 2 & 4 only.

**Session 1 B distance events - No Diving lanes will be open during warm up**

**Group A – APEX, CSL, MAC, PTBO, TSC, VEW**

**Group B – BSSC, CCST, DUCKS, KAP, NYAC, OAK, RHSD, STARS, VVAC, WSSC**

**Para Lane 9**

### Meet Format & Administration

<b>SEEDING:</b>	After all times are converted as pursuant to the conversion process: 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. with the exception of <b>Distance Events which will be seeded fastest to slowest.</b>
<b>DECK ENTRIES:</b>	<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:  <b>Only event deck entries are permitted for swimmers already entered in the competition.</b> <b>Fee: \$25 payable in cash to Admin Desk prior to the event</b>
<b>RELAY NAME SUBMISSION:</b>	<b>Relay Cards or Forms must be returned to the Admin Desk.</b> Relay Cards are available at Meet Management Office The Relay Name submission deadline is 30 mins before the start of the session.

<p><b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b></p>	<p><b>The following are the Scratch deadlines for this competition.</b> There is no scratch deadline for all events. <b>The following are the Positive Check-in deadlines for this competition.</b> There is a positive check-in 30 minutes before the start of the session at the Admin Desk for the following events: 400/800/1500 and Relay Events</p>
<p><b>PENALTIES:</b></p>	<p>No penalty shall be imposed for late or day of scratches and No-Shows <b>Failure to positive check-in by the deadline will result in the removal of the swimmer from that event.</b></p>
<p><b>OFFICIAL SPLIT TIMES:</b></p>	<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 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.</b> Official Split Forms are available at the Admin Desk. Not all Official Split requests can be accommodated.</p>
<p><b>DISQUALIFICATION &amp; Appeal PROCEDURE:</b></p>	<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 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 appeal may be presented to the Session Referee from the club representative. <ul style="list-style-type: none"> <li>○ A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> in question.</li> <li>○ Appeal forms are available at the Admin Desk.</li> </ul> </li> <li>● If not resolved after the decision of the written appeal 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 appeal is communicated to the club representative.</li> </ul>
<p><b>Competition Configuration</b></p>	<p><b>COMPETITION CONFIGURATION – LCM Chase Starts</b></p>
<p><b>Safety Requirements</b></p>	<p><b>SAFETY REQUIREMENTS FOR LCM CHASE STARTS</b> 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.  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.  Coaches are responsible for ensuring swimmers remain aware of incoming chase swimmers and follow all instructions provided by the Inspector of Turns.</p>

<p><b>RECORDS:</b></p>	<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>
<p><b>MEET RESULTS:</b></p>	<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>          Unofficial Results will be posted at the meet.          Unofficial mobile applications results will be available.          Unofficial Live Results will be available.</p>
<p><b>SCORING:</b></p>	<p>No Scoring</p>
<p><b>AWARDS:</b></p>	<p>The following will be awarded:  <b>Individuals events – Medals from 1<sup>st</sup> to 3<sup>rd</sup> place for age groups 9 &amp; Under, 10 -11, 12-13 and 14 &amp; Over</b>  <b>Relays events – Medals from 1<sup>st</sup> to 3<sup>rd</sup> place for 11 &amp; U and 12 &amp; Over</b>   <b>Coaches please pick up awards prior to leaving – awards will NOT be mailed</b></p>
<p><b>Hospitality</b></p>	<p>Grab and go lunch boxes will be provided to those coaches and officials working back-to-back sessions</p>
<p><b>Officials</b></p>	<p>If any registered officials from each attending club are interested in officiating, please send an email to <a href="mailto:officials@markhamaquaticclub.com">officials@markhamaquaticclub.com</a></p>
<p><b>ADDITIONAL INFORMATION:</b></p>	<p>Onsite Parking is <b>PAID</b> and limited. Extra parking space will be available at Unionville GO Station and <b>Remington paid parking</b> .</p> <p>All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area.</p> <p>Lockers are available but limited; please bring your own lock.</p> <p>NO FOOD and NO DRINK (No Coffee or Tea) ON DECK except for water. There are 2 fill stations and fountains on the pool deck. Concession vendor is available at the Lobby.</p> <p>Nearby Amenities:</p> <ul style="list-style-type: none"> <li>● <a href="#">Restaurants</a></li> <li>● <a href="#">Grocery Stores</a> (T&amp;T and Whole Foods have readymade food)</li> <li>● <a href="#">Tim Hortons</a></li> </ul>

## SCHEDULE OF EVENTS

Backstroke ledges will be available for use for Session 1 A , 2 & 4 only.

Swimmers shall be responsible for setting up the device.

\*400 IM may limit to top 4 heats

# 400 Free may limit to top 6 heats.

\*\* 800 / 1500 Free may limit to top 6 heats / 2 heats

##Meet Management reserves the right to limit heats or to cancel the relay to keep session within time constraints

+ Swimmers are limit to one (1) – 200 M event per session.

Positive check in is required 30 minutes before the start of session for 400, 800 + 1500 events and relays.

### Session 1A – Friday Morning May 1, 2026

Warm UP: 11:00 AM – 11:55 AM Start: 12:00 PM

GIRLS 11 & Over	EVENTS	BOYS 11 & Over
1	11 & Over 50 Butterfly	2
3	11 & Over 50 Backstroke	4
5	11 & Over 50 Breaststroke	6
47	12 & Over 400 Freestyle *	48

### Session 1B – Friday Afternoon May 1, 2026

Warm UP: 4:20 PM – 4:45 PM Start: 4:50 PM

GIRLS 11 & Over	EVENTS	BOYS 11 & Over
9	Alternating Heats Event 9 & 10 Mixed 11 & Over – 800 Freestyle **	9
10	Mixed 11 & Over – 1500 Freestyle **	10
7	11 & Under 400 Freestyle	8

\*\* 800 Free Officials splits for 400 M and 1500 Free ## Officials splits for 800 M

- No Diving lanes will be open during warm up

## SCHEDULE OF EVENTS

Backstroke ledges will be available for use for Session 1 A, 2 & 4 only.

Swimmers shall be responsible for setting up the device.

\*400 IM may limit to top 4 heats

# 400 Free may limit to top 6 heats

\*\* 800 / 1500 Free may limit to top 6 heats / 2 heats

##Meet Management reserves the right to limit heats or to cancel the relay to keep session within time constraints

+ Swimmers are limit to one (1) – 200 M event per session.

Positive check in is required 30 minutes before the start of session for 400, 800 + 1500 events and relays.

### Session 2 – Saturday Morning May 2, 2026

Warm UP: 7:45AM – 8:40AM      Start: 8:45 AM

GIRLS 12 & Over	EVENTS	BOYS 12 & Over
101	12 & Over 200 Freestyle Relay	102
11	12 & Over 200 Freestyle +	12
13	12 & Over 50 Freestyle	14
15	12 & Over 100 Backstroke	16
17	12 & Over 200 Breaststroke +	18
19	12 & Over 100 Butterfly	20
21	12 & Over 400 IM *	22

### Session 3 – Saturday Afternoon May 2, 2026

Warm UP: 1:45PM – 2:40 PM      Start: 2:45 PM

GIRLS 11 & Under	EVENTS	BOYS 11 & Under
103	11 & Under 200 Freestyle Relay	104
23	11 & Under 200 Free +	24
25	11 & Under 50 Free	26
27	11 & Under 100 Backstroke	28
29	11 & Under 200 Breaststroke +	30
31	10 & Under 50 Breaststroke	32
33	11 & Under 100 Butterfly	34
35	11 & Under 400 IM *	36

## SCHEDULE OF EVENTS

Backstroke ledges will be available for use for Session 1 A, 2 & 4 only.

Swimmers shall be responsible for setting up the device.

\*400 IM may limit to top 4 heats.

# 400 Free may limit to top 6 heats.

\*\* 800 / 1500 Free may limit to top 6 heats / 2 heats

##Meet Management reserves the right to limit heats or to cancel the relay to keep session within time constraints  
+ Swimmers are limit to one (1) – 200 M event per session.

Positive check in is required 30 minutes before the start of session for 400, 800 + 1500 events and relays.

### Session 4 – Sunday Morning May 3, 2026

Warm UP: 7:45 AM – 8:40 AM Start: 8:45AM

GIRLS 12 & Over	EVENTS	BOYS 12 & Over
105	12 & Over 200 Medley Relay	106
37	12 & Over 200 Butterfly +	38
39	12 & Over 100 Freestyle	40
41	12 & Over 200 Backstroke +	42
43	12 & Over 100 Breaststroke	44
45	12 & Over 200 IM +	46

### Session 5 – Sunday Afternoon May 3, 2026

Warm UP: 1:45 PM – 2:40 PM Start: 2:45PM

GIRLS 11 & Under	EVENTS	BOYS 11 & Under
107	11 & Under 200 Medley Relay	108
49	11 & Under 200 Butterfly +	50
51	10 & Under 50 Butterfly	52
53	11 & Under 100 Freestyle	54
55	11 & Under 200 Backstroke +	56
57	10 & Under 50 Backstroke	58
59	11 & Under 100 Breaststroke	60
61	11 & Under 200 IM +	62