

# 2026 EASTERN ONTARIO REGIONAL CHAMPIONSHIP MEET - SUMMER

## MEET INFORMATION

**Date** Thursday, May 28, 2026 - Sunday May 31, 2026  
**Co-Hosted by** Swim Ottawa and Goulbourn Seahawks  
**Location** Nepean, ON - Nepean Sportsplex, 1701 Woodroffe Avenue, Ottawa, ON K2G 1W2  
**Facility** Long Course all races. Electronic timing  
**Pool Format** Long Course for all races, deep end starts only

### Meet Package

The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)

**Competition Coordinator:** XXX  
**Meet Manager:** XXX  
**Officials:** XXX

**Entry Deadline:** **Tuesday, May 19, 2026 (midnight)**

**Payment:** XXX  
**Fees:** XXX per swimmer and/or event  
XXX relay team

Changes to entries will not be accepted after Thursday, May 21, 2026 unless they fall under the Special Consideration (see below under Qualifying Period). After that time, fees will be calculated. No refunds will be granted for missed swims.

### Description

Eastern Ontario Regional Championship qualifying meet. Invitational (closed). Age Groups, Male and Female (10 & under, 11-12, 13-14, 15&Over). Swimmers' age is as of the first day of the meet. Meet management reserves the right to adjust the meet package in order to run a fair meet.

## SAFETY AT COMPETITION

### Safety at Competition

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or [www.swimming.ca/safesport](http://www.swimming.ca/safesport)

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.

## COMPETITION RULES

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.

### Mixed Gender

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.

An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.

In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted the results must still be posted separately by gender of swimmers.

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.

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.

#### **Host to insert Dive Starts statements**

#### **Host to insert Backstroke Ledge statements**

#### **d/Deaf and Hard of Hearing Accommodation:**

**This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:**

- 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
  1. **Facility-Provided Strobe Light:** An external strobe light is available at this facility
  2. **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.

**Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.**

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 or late qualifier email will be denied deck access.

The need for a designated para warm-up lane will be reviewed by meet management at the time of entry submission. Coaches may also proactively request that meet management review the need for a designated para lane for a specific swimmer(s) by the meet entry deadline.

### **ELIGIBILITY & ENTRIES**

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. This competition is sanctioned as an Age Group Swimming Invitational, however, foreign swimmer/teams entries will not be accepted.

### **ELIGIBILITY FOR OLYMPIC PROGRAM SWIMMERS**

#### **Standards**

2025-2026 Eastern Ontario Regional Standards. See Appendix B.

#### **Qualifying**

Swimmers must achieve at least one (1) qualifying standard in an Olympic Program event to be eligible to enter the competition.

Note: In the case that a 12&Under swimmer has met a qualifying standard in only the 100 IM, which is not swum long course, they are still considered qualified for the Long Course meet. Meet management requests that you notify them at the time of entry submission via email as the swimmer's entries may not pass validation otherwise.

#### **Bonus Swims/Entry Limits**

#### **12 & Under swimmers**

- A 12 & Under swimmer with one (1) or more qualifying standards in an Olympic Program event may enter a maximum of two (2) individual events per day up to a total maximum of six (6) events.

- To swim the 800 as a bonus event, a 12&Under swimmer must meet the consideration time (Regional Qualifying Time + 5%). See chart below.
- The 1500 is only offered in the 13&Over sessions. To swim the 1500, a 12&Under swimmer must meet the 13-year-old 1500 regional qualifying standard for their gender, and then may swim the event in the session in which it is offered.
- To swim the 1500 as a bonus event, a 12&Under swimmer must meet the 13-year-old 1500 consideration time (Regional Qualifying Time + 5%). See chart below.

### 13 & Over swimmers

- A 13 & Over swimmer with one (1) or more qualifying standard in an Olympic Program event may enter a maximum of two (2) individual events per day up to a total maximum of six (6) events following the bonus structure below.
- A swimmer who meets the qualifying standard in either the 800/1500 FR is considered qualified for both events.
  - *For example, if a swimmer has met the qualifying standard in the 800 FR, they may choose the 1500FR as a qualified event or vice versa.*
- In recognition that opportunities to compete distance races can be limited, the following considerations are permitted and unique to the 800 and 1500 only.
  - NT will be accepted if the swimmer has the 1500 qualifying time but has a NT in the 800 or the swimmer has a qualifying time in the 800 but has a NT in the 1500.
  - If the above applies to your swimmer, coaches are asked to email meet management directly at the time of entry submission to clarify.
  - For seeding purposes, meet management may request an estimated time. Estimated times will not be permitted in the fastest heat, unless there is only one heat in the event.
- To swim the 800/1500 as a bonus event, a swimmer must meet the consideration time (Regional Qualifying Time + 5%). See chart below.
- Bonus Structure:

If a 13 & Over swimmer has:	They are eligible for:
One (1) Qualifying Standard	three (3) bonus swims
Two (2) Qualifying Standards	two (2) bonus swims
Three (3) or more Qualifying Standards	one (1) bonus swim

All bonus swims must be marked as bonus in the entry file.

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	SCM
14:23.55	13:13.91	12:52.27	12:16.04	11:43.28	11:37.48	11:26.15	11:21.65	800 Fr	11:08.21	11:12.33	11:23.54	11:29.20	12:01.32	12:36.81	12:56.04	14:06.29
			23:25.78	23:20.61	22:57.93	22:44.13	22:30.48	1500 Fr	22:03.47	22:16.85	22:30.38	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	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	21:37.78	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

### ELIGIBILITY FOR PARALYMPIC PROGRAM SWIMMERS

#### Standards

2025-2026 Eastern Ontario Regional Standards. See Appendix C

#### Qualifying

Para Swimmers are eligible to compete in this meet, provided they have achieved the minimum qualifying standard in at least one (1) event. Para Swimmers may choose Bonus Swims outside of the aforementioned events.

There are no separate para events. Para swimmers will be seeded by time in all events. A para final will only be offered in events where there are 8 or more para swimmers registered in that event. If a para swimmer qualifies for finals within the program, they are

eligible to compete in that final.

#### **Para Bonus Swims**

- Swimmers qualifying in one event may enter three additional events.
- Swimmers qualifying in two events may enter two additional events.
- Swimmers qualifying in three or more events may enter one additional event, to a maximum of six individual events.
- 200 events and above cannot be swum as bonus swims.

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#### **ALL SWIMMERS**

##### **Qualifying period**

September 1, 2024 – Tuesday, May 19, 2026



##### *Special Consideration*

Late qualification period (May 24, 2026): Swimmers who newly qualify between Wednesday May 20 and Sunday May 24, 2026 may be added to the meet without penalty, subject to qualifying/ bonus structure guidelines.

- Standard deadlines remain: Entry deadline is Tuesday May 19th, 2026, change deadline is Thursday, May 21, 2026.
- Late qualifiers only: Only swimmers who newly qualify during May 20-24, 2026 may be added after the May 21 change deadline.
- How to add: Contact meet management directly via email with entry details. Meet Management will verify and manually add swimmers.
- Late qualifier deadline: Noon on Tuesday May 26, 2026.

##### **Age Up Date**

Ages submitted are to be as of Thursday, May 28, 2026

##### **Entry Submission**

- Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff, or per the current directives from Swim Ontario to this end.
- Meet Management will not accept entries directly via email. (*Exemption: See Special Consideration under Qualifying Period*)
- Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times. (*Exemption: See ELIGIBILITY & ENTRIES section regarding 800/1500.*)
- No NT will be accepted. (*Exemption: See ELIGIBILITY & ENTRIES section regarding 800/1500.*)
- Meet management will notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries
- Meet management will notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition.

##### **Relay Entries**

- Teams may enter two (2) relays per event.
- All members of the 10 & Under, 11 & 12, 13 & 14, and 15 & Over relay teams must be qualified for and properly entered in the meet
- Exception: Teams may have one 10&Under Relay Only swimmer entered in the meet. This swimmer can swim in any relay age category, in accordance with the following item.
- Each relay team may include up to two (2) swimmers from a younger age category.
- A mixed relay must have 2 girls and 2 boys. No other combination is allowed.
- Coaches must have relay cards with names filled in and returned to the Admin Desk 30 minutes prior to the start of the session in which the relay will be swum.
- Changes will be accepted until 30 minutes before the relay event is scheduled to begin.

##### **Deck Entries**

No deck entries will be allowed.

##### **Seeding**

All timed final races will be seeded slow to fast unless otherwise noted. All preliminary heats will be seeded by time, slowest to fastest, as per Part II.3.1 with the fastest 3 heats circle seeded regardless of age except for the 400 m events which will be 2 heats circle seeded. See section "Schedule of Events, Additional Event Details."

#### Conversion

All entries received shall be unconverted. No converted times will be accepted. The host will convert all times to LCM after validation of entries.

#### SCHEDULE OF SESSIONS

Session #	Date	Age Group	Prelims/ Finals	Warm Up	Start
1	Thursday, May 28	All Ages	Timed Finals	4:00 p.m.	5:00 p.m.
2	Friday, May 29	13 & over	Prelims	8:00 a.m.	9:00 a.m.
3	Friday, May 29	12 & under	Time Finals	12:30 p.m.	1:15 p.m.
4	Friday, May 29	13 & over	Finals	5:00 p.m.	6:00 p.m.
5	Saturday, May 30	13 & over	Prelims	8:00 a.m.	9:00 a.m.
6	Saturday, May 30	12 & over	Time Finals	12:30 p.m.	1:15 p.m.
7	Saturday, May 30	13 & over	Finals	5:00 p.m.	6:00 p.m.
8	Sunday, May 31	13 & over	Prelims	8:00 a.m.	9:00 a.m.
9	Sunday, May 31	12 & under	Time Finals	12:30 a.m.	1:15 p.m.
10	Sunday, May 31	13 & over	Finals	5:00 p.m.	6:00 p.m.

#### SCHEDULE OF EVENTS, ADDITIONAL EVENT DETAILS

#### Schedule of Events

See event list – Appendix A. Meet management, in consultation with Regional Representatives, reserves the right to adjust the schedule of events in consideration of session timelines and facility parameters.

#### Individual Events - 12 & Under

- All individual events for swimmers 12 & under are timed finals.
- Fastest 8 swimmers by gender and age group (10 & under, 11-12) will swim together in one heat.
- Meet management reserves the right to combine the fastest heats if not full.

#### Individual Events - 13 & Over

- All individual events for swimmers 13 & Over, except 800 or 1500 Free, will be swum as preliminaries and finals.
- All preliminary heats will be seeded by time, slowest to fastest, as per Part II 3.1 with the fastest 3 heats circle seeded regardless of age except for the 400 m events which will be 2 heats circle seeded.
- Events with 8 or fewer entries will swim both prelims and finals.
- "A" and "B" finals will be held in events 200 meters or shorter with 18 or more swimmers entered, before scratches. Events with fewer than 18 swimmers entered will have "A" finals only.
- 400's will only have an A final, regardless of the number of swimmers entered in the event.
- Finals will be broken into the following age groups: 13-14, 15&Over

#### Distance Events - All Ages

- 800/1500 FR are timed final events.
- The 800/1500 Free will be swum by multi-age, mixed gender, seeded fastest to slowest.
- 1500 Free will be scored as 14&Under, 15&Over only. .

#### Relays

- All relay events will be swum as timed finals.
- For 13 & Over relays, the fastest heat will swim in finals on Friday, Saturday, and Sunday.
- Age groups for relay events will be: 10 & under, 11-12, 13-14, 15 & over

#### Official Time Splits

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 referee prior to commencement of the published event in which the event will take place, however, it is encouraged that the referee be notified 30 minutes prior to the session.

## Records

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. (Host to confirm)**

## CHECK IN & SCRATCHES

### 12 & Under Sessions

Positive check in for all swimmers is required 30 minutes prior to the start of the 12 & under time final session to ensure the fastest heat of each age group is full. This procedure is in part to run a timely meet and to ensure the fastest seeded heats shall have the full complement of swimmers with no empty lanes. Failure to participate in the fastest heat without meet management's knowledge or consent will result in a \$50.00 + 13% HST (\$6.50) = \$56.50 fine for each offense. **Payment is due to XXX, host to include details of how to make payment.** Failure to pay before the next event will exclude the swimmer from any further participation in the meet.

### 13 & Over Sessions/All Age Sessions

#### Prelims

- Scratches are to be made at the administration desk 30 minutes prior to the start of each session.
- No scratch penalty shall be imposed for late or day of scratches.

#### Timed Finals

Positive check in for all swimmers is required 30 minutes prior to the start of the session in which the timed final event occurs. This procedure is in part to run a timely meet and to ensure the fastest seeded heats shall have the full complement of swimmers with no empty lanes.

#### Finals

- Scratches for finals must be made within 30 minutes after the last event of the prelims session.

#### All Sessions

Failure to participate in an individual final, leg of a relay final, or in a timed final fastest heat event without meet management's knowledge and consent will result in a \$50.00 + 13% HST (\$6.50) = \$56.50 fine for each offense. **Payment is due to XXX, host to include details of how to make payment.** Failure to pay before the next event will exclude the swimmer from any further participation in the meet. A swimmer who fails to scratch from an event in finals but will not swim the rest of the meet will not be penalized.

## COACHES' REGISTRATION & MEETING

#### Coach 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.

#### Coaches' Meeting

- Date: Thursday, May 28, 2026 at **XXX** (during the warmup for session 1).
- Location: **XXX**
- If requested, a second coaches meeting will be held during warm-ups of the first 12 & Under session of the competition

## SCORING

#### Scoring

- Top 16 swimmers in individual events and the top 16 relays will score team points.
- Individual event points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

- Team relay event points: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

## AWARDS

### Individual and Relay Awards

Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Ribbons for 4<sup>th</sup> - 8<sup>th</sup>

### Receiving Awards

- Medals for 12 & under timed final events will be awarded on deck during each session as results are available.
- Medals for 13 & over finals will be awarded on deck during finals, immediately following each event. Top 3 swimmers are encouraged to go directly to the podium to receive medals following each heat.
- Host to insert additional details for awards pick up, mailing, etc

### Team Awards

- Overall team award to the team with the highest number of team points.
- Small team award to the team with the highest number of points, and fewer than 75 registered competitive swimmers as of May 28, 2026.
- These awards will be presented at the end of the last finals session.

## RESULTS

- The meet program will be run on Hy-Tek Meet Manager. Results will be posted as quickly as possible at the meet.
- Live Results/Meet Mobile/Splash will be available. Host to include details (link to live results, which app, etc).
- Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)
- Results will be published according to age group and gender (10&Under, 11-12, 13-14, 15&Over)

## HOSPITALITY

A selection of food and refreshments will be made available between sessions of the meet for coaches and officials only. Please be considerate that food provided is for those in attendance for consecutive sessions.

**APPENDIX A - EVENT SCHEDULE**

**13 & OVER**

**Session 1: All Ages, Timed Finals**

**Thursday, May 28, 2026**

**Warm Up: 4:00 PM/Start: 5:00 PM**

<i>Mixed</i>	<i>Event</i>	
1	400 Mix Med R(10&U)	
2	400 Mix Med R(11-12)	
3	800 FR - All Ages	
4	1500 FR - All Ages	
5	400 Mix Med R(13-14)	
6	400 Mix Med R(15+)	

**Session 2: 13 & Over Prelims**

**Friday, May 29, 2026**

**Warm Up: 8:00 AM/Start: 9:00 AM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
7	200 BR	8
9	50 FR	10
11	100 BK	12
13	200 IM	14
15	50 FLY	16
17	400 FR R (13-14)	18
19	400 FR R (15+)	20

**Session 5: 13 & Over Prelims**

**Saturday, May 30, 2026**

**Warm Up: 8:00 AM/Start: 9:00 AM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
45	400 FR	46
47	50 BK	48
49	100 BR	50
51	200 FLY	52
53	100 FR	54
55	400 Medley R (13-14)	56
57	400 Medley R (15+)	58

**Session 8: 13 & Over Prelims**

**Sunday, May 31, 2026**

**Warm Up: 8:00 AM/Start: 9:00 AM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
83	100 FLY	84
85	50 BR	86
87	200 FR	88
89	200 BK	90
91	400 IM	92
93	400 Mix FR R (13-14)	n/a
94	400 Mix FR R (15+)	n/a

**Session 4: 13 & Over Finals**

**Friday, May 29, 2026**

**Warm Up: 5:00 PM/Start: 6:00 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
7	200 BR	8
9	50 FR	10
11	100 BK	12
13	200 IM	14
15	50 FLY	16
17	400 FR R (13-14)	18
19	400 FR R (15+)	20

**Session 7: 13 & Over Finals**

**Saturday, May 30, 2026**

**Warm Up: 5:00 PM/Start: 6:00 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
45	400 FR	46
47	50 BK	48
49	100 BR	50
51	200 FLY	52
53	100 FR	54
55	400 Medley R (13-14)	56
57	400 Medley R (15+)	58

**Session 10: 13 & Over Finals**

**Sunday, May 31, 2026**

**Warm Up: 5:00 PM/Start: 6:00 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
83	100 FLY	84
85	50 BR	86
87	200 FR	88
89	200 BK	90
91	400 IM	92
93	400 Mix FR R (13-14)	n/a
94	400 Mix FR R (15+)	n/a

**12 & UNDER****Session 1: All Ages, Timed Finals****Thursday, May 28, 2026 - See previous page****Session 3: 12 & Under, Timed Finals****Friday, May 29, 2026 - Warm Up: 12:30 PM/Start: 1:15 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
21	200 BR 10 & under	22
23	200 BR 11-12	24
25	50 FR 10 & under	26
27	50 FR 11-12	28
29	100 BK 10 & under	30
31	100 BK 11-12	32
33	200 IM 10 & under	34
35	200 IM 11-12	36
37	50 FLY 10 & Under	38
39	50 FLY 11-12	40
41	400 Free Relay 10 & under	42
43	400 Free Relay 11-12	44

**Session 6: 12 & Under, Timed Finals****Saturday, May 30, 2026 - Warm Up: 12:30 PM/Start: 1:15 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
59	400 FR 10 & under	60
61	400 FR 11-12	62
63	50 BK 10 & under	64
65	50 BK 11-12	66
67	100 BR 10 & under	68
69	100 BR 11-12	70
71	200 FLY 10 & under	72
73	200 FLY 11-12	74
75	100 FR 10 & under	76
77	100 FR 11-12	78
79	400 Medley Relay 10 & under	80
81	400 Medley Relay 11-12	82

**Session 9: 12 & Under, Timed Finals****Sunday, May 31, 2026 - Warm Up: 12:30 PM/Start: 1:15 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
95	100 FLY 10 & under	96
97	100 FLY 11-12	98
99	50 BR 10 & under	100
101	50 BR 11-12	102
103	200 FR 10 & under	104
105	200 FR 11-12	106
107	200 BK 10 & under	108
109	200 BK 11-12	110
111	400 IM 10 & under	112
113	400 IM 11-12	114
115	400 Mix Free Relay 10 & under	n/a
116	400 Mix Free Relay 11-12	n/a

**APPENDIX B - STANDARDS, OLYMPIC PROGRAM**

**2026 Regional Standards - Female**

10&Under	11	12	13	14	15	16 & Over	EVENT	16 & Over	15	14	13	12	11	10&Under	
LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM							
39.72	38.51	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	1:06.63	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	2:58.82	2:45.20	2:37.32	2:30.11	2:28.53	2:26.71	200 Fr	2:23.78	2:25.66	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	10:58.38	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	38.74	38.04	35.35	34.98	50 BK	34.28	34.88	35.33	38.03	39.46	42.36	46.08	
142.82	134.83	127.43	122.97	118.72	117.24	117.66	100 Blk	114.15	115.89	117.15	121.31	125.67	132.84	140.76	
3:38.98	3:21.30	3:07.14	2:59.02	2:50.54	2:47.51	2:45.05	200 Blk	2:41.75	2:44.18	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	1:39.81	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	1:28.99	1:20.35	1:18.66	1:14.86	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	3:53.81	3:28.92	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
3:38.00	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		SCM	SCM	SCM	SCM	SCM	SCM	SCM							
39.77	38.56	33.84	31.02	29.02	28.25	27.68	50 Fr	27.13	27.89	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	1:00.56	100 Fr	59.34	1:00.49	1:02.49	1:06.70	1:12.93	1:19.30	1:26.25	
3:13.84	2:58.02	2:45.42	2:30.79	2:21.27	2:18.77	2:14.07	200 Fr	2:11.39	2:14.03	2:18.44	2:27.78	2:42.11	2:54.45	3:09.78	
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	11:38.48	12:37.55	
			21:22.66	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	33.87	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	1:28.90	1:18.81	1:12.88	1:11.89	1:08.75	100 Blk	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	3:08.46	2:52.51	2:40.71	2:35.49	2:32.54	200 Blk	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	38.89	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	1:17.65	1:21.38	1:27.97	1:38.61	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	2:50.68	3:00.64	3:11.81	3:27.88	3:48.50	4:08.65	
44.52	40.93	36.08	32.88	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	1:08.15	100 FI	1:04.83	1:08.76	1:09.72	1:15.77	1:25.71	1:35.18	1:43.63	
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	3:08.28	2:50.93	2:39.71	2:35.21	2:31.26	200 IM	2:28.23	2:32.10	2:38.52	2:47.51	3:02.63	3:18.94	3:36.39	
7:31.24	6:54.85	6:43.54	6:13.01	5:46.42	5:35.73	5:20.18	400 IM	5:22.80	5:20.02	5:30.49	6:05.54	6:35.46	6:46.65	7:22.21	

Updated 2025 Nov 11

**APPENDIX C - STANDARDS, PARALYMPIC PROGRAM**

The 2024-2025 Standards will continue to be used for the 2025-2026 Eastern Ontario Regional Championships.

EVENT	2024-2025 PARA Female Regional Motivation Standards													
	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	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	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

EPA

EVENT	2024-2025 PARA Female Regional Motivation Standards													
	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
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
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

FRAN