

Brief Meet Information

MEET NAME	2026 Eastern Regional Championship Meet - Winter
DATE(s):	Friday, January 30 - Sunday, February 1, 2026
HOSTED BY:	Kingston Blue Marlins
LOCATION:	Queen's University Athletics & Recreation Centre, 284 Earl Street, Kingston, ON K7L 3N6
FACILITY:	10 Lane, SC 25m Competition Pool with 4 Continuous Warm Up Lanes, Colorado Timing System
PURPOSE & 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.
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:	08DEC2025

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATORS	Michelle Parent	parent_michelle@hotmail.com	5
	Julie Hewitt	jhewitt@live.ca	4
MEET MANAGER(S)	Angelica Mendieta-Sweet	meetofficials@swimkingston.ca	3
OFFICIALS COORDINATOR	Cory Cronk	cory@swimkingston.ca	4

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

Any photographers who request permission and are preapproved by Swim Ontario will be permitted on deck.

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

- o 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
- o Swimmers using sprint and pace lanes must be directly supervised by their coaches
- o 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: January 30, 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, at this competition, starts will be conducted as follows:</p> <ul style="list-style-type: none"> • from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <ul style="list-style-type: none"> a. from deep end only <p>and/or</p> <ul style="list-style-type: none"> • from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> a. from deep end only <p>and/or</p> <ul style="list-style-type: none"> • In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> a. from deep end only
BACSTROKE LEDGES:	<ul style="list-style-type: none"> • Ledges will be used and available for ages 13 and over. • For 12 and under sessions, ledges will be put in only if requested by the swimmer.
d/DEAF AND HARD OF HEARING ACCOMMODATION:	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> • non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. • Visual Start hand signals given by the starter/referee. • Visual Start Strobe Light options <ul style="list-style-type: none"> a. Personal Strobe Light: a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit. <p>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

Eligibility

All athletes must be registered as Competitive or Varsity swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the age group club or varsity team they are registered with. Registered Para Swimmers are welcome and their current Sport Class must be included in the entries. Entries

submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS

OLYMPIC PROGRAM SWIMMERS

ELIGIBILITY INFORMATION

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.

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 offered as an open event in the 13 & Over session 8. 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 in 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 requests 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
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	14:08.29
			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	12:28.21	12:05.86	11:45.84	11:10.07	10:50.42	10:43.19	10:37.38	800 Fr	10:24.81	10:30.42	10:37.41	10:56.67	11:31.72	11:51.34	12:11.28	13:15.43
			22:28.79	21:50.83	21:37.76	21:01.17	20:54.36	1500 Fr	20:29.28	20:35.93	21:11.80	21:24.81	21:59.86			

Updated 2025 Nov 11

PARALYMPIC PROGRAM SWIMMERS

ELIGIBILITY INFORMATION

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.

BONUS STRUCTURE

- 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.

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' / competitors' entries will not be accepted by the host club.

Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. Meet management will:</p> <ul style="list-style-type: none"> not accept entries via email; notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition <p>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</p> <p>Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.</p>
ENTRY DEADLINE:	<p>The online entry deadline is Tuesday, January 13, 2026 at MIDNIGHT</p> <p>Changes to entries will NOT be accepted after Monday, January 19, 2026. After that time, fees will be calculated and NO refunds will be offered for missed swims</p>
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <ul style="list-style-type: none"> \$90 per swimmer / \$25 per relay team Entry fees must be paid prior to arrival <p>Payment Methods:</p> <ul style="list-style-type: none"> Electronic Transfer: treasurer@swimkingston.ca – indicate Club Code in notes Cheque: Payable to Kingston Blue Marlins
ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <ul style="list-style-type: none"> The maximum number of participants per session is 300.
RELAY ENTRIES & MIXED RELAYS:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</p> <ul style="list-style-type: none"> Teams may enter two (2) relays per event. A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification. 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.
ENTRY TIMES & CONVERSION:	<p>Entries must be submitted using provable times (not converted), recorded during the qualifying period. Please submit times in the course achieved.</p> <ul style="list-style-type: none"> Qualifying Period: September 1, 2024 – Tuesday, January 13th, 2026. Consideration will be given to qualifiers after this period, dependent upon room in events. Please email any requests to meet management directly, by Friday, January 23rd. Qualifying Standards: See Time Standards Section at the end of the meet package Times will be converted by meet management to SCM. NO NT entries will be accepted.

Schedule of Sessions					
Session #	Date	Warm-up Period	Session Start	Prelims/Finals	Age Group
1	Friday, January 30	8:00 - 8:55 AM	9:00 AM	Prelims	13 & over
2	Friday, January 30	12:30 - 1:10 PM	1:15 PM	Timed Finals	12 & under
3	Friday, January 30	5:00 - 5:55 PM	6:00 PM	Finals	13 & over
4	Saturday, January 31	8:00 - 8:55 AM	9:00 AM	Prelims	13 & over
5	Saturday, January 31	12:30 - 1:10 PM	1:15 PM	Timed Finals	12 & under
6	Saturday, January 31	5:00 - 5:55 PM	6:00 PM	Finals	13 & over
7	Sunday, February 1	8:00 - 8:40 AM	8:45 AM	Timed Finals	12 & under
8	Sunday, February 1	12:30 - 1:25 PM	1:30 PM	Timed Finals	13 & over

Meet Format & Administration	
SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> Seeding for Timed Final events will be in order of entry times, slowest to fastest. Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded <ul style="list-style-type: none"> a. EXCEPTION: 400 m events which will be 2 heats circle seeded
DECK ENTRIES:	No Deck Entries are permitted.
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk.</p> <ul style="list-style-type: none"> Relay Cards are available at the Administration Desk. The Relay Name submission deadline is 30 mins before the start of the session. Changes will be accepted until 30 minutes before the relay event is scheduled to begin.
SCRATCHES & POSITIVE CHECK IN RULES:	<p>12 & Under Sessions</p> <p>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.</p> <p>13 & Over Sessions/All Age Sessions</p> <p>Prelims</p> <ul style="list-style-type: none"> 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. <p>Timed Finals</p> <p>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.</p> <p>Finals</p>

	Scratches for finals must be made within 30 minutes after the last event of the prelims session.
PENALTIES:	<p>All Sessions</p> <p>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 the Kingston Blue Marlins. 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.</p>
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 advise the <u>Admin Desk</u> at least 30 minutes prior to the commencement of the session in which the event will take place. Requests for official splits in gendered and mixed relays are not required, however in mixed relays the official time will not be recognized as a Canadian Age Group record.</p> <ul style="list-style-type: none"> • Official Split Forms are available at the Admin Desk. • Not all Official Split requests can be accommodated.
SWIM OFFS:	<p>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.</p> <p>Coaches are to report to the Admin Desk when a swim off is announced.</p>
DISQUALIFICATION & PROTEST 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 protest may be presented to the Session Referee from the club representative. <ul style="list-style-type: none"> a. A written protest must be presented within 30 minutes after the conclusion of the <u>event</u> in question. b. Protest forms are available at the Admin Desk. • If not resolved after the decision of the written protest 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 protest is communicated to the club representative.
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.
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 posted at the meet. • Unofficial mobile applications results will be available.
SCORING:	<p>The following scoring will be applied:</p> <ul style="list-style-type: none"> • 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:	<p>Individual and Relay Awards</p> <p>Medals for 1st, 2nd, 3rd</p> <p>Ribbons for 4th - 8th</p>

	<p>Receiving Awards</p> <ul style="list-style-type: none"> 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 each finals as results are available. Coaches may also pick up medals and ribbons in the Officials room. <p>Team Awards</p> <ul style="list-style-type: none"> 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 January 30, 2026.
ADDITIONAL INFORMATION	<p>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.</p> <p>Individual Events - 12 & Under</p> <ul style="list-style-type: none"> 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. <p>Individual Events - 13 & Over</p> <ul style="list-style-type: none"> All individual events for swimmers 13 & Over, except 800 or 1500 Free, will be swum as preliminaries and finals with the exception of events in session 8. 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 <p>Distance Events - All Ages</p> <ul style="list-style-type: none"> 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. <p>Relays</p> <ul style="list-style-type: none"> All relay events will be swum as timed finals. For 13 & Over relays, the fastest heat will swim in finals on Friday and Saturday. Age groups for relay events will be: 10 & under, 11-12, 13-14, 15 & over
FACILITY & HOSPITALITY INFORMATION:	<p>Parking Queen’s University offers \$15.75/day surface parking at lots a short walk to the Athletics and Recreation Centre. You can pay using the HONK Mobile App as well as at Pay & Display machines.</p> <p>Tindall Parking Lot Union & Albert Streets HONK Code: 5796</p>

KCVI Surface Lot 235 Frontenac Street HONK Code: 5790
[Queen's area parking location map](#) - Queen's Centre is the pool location on the map

Surface lots and some metered parking may be free on weekends. All municipal parking on Campus is free on Sundays.

Food

A quick list of grocery stores and food outlets closest to the ARC:

- Balzac's Coffee: 251 Princess St, Kingston, ON K7L 1B4
- BSE Skateboard Shop & Coffee Bar: 225 Princess St, Kingston, ON K7L1B3
- Bulk Barn: 145 Princess St Unit 143, Kingston, ON K7L 1A8
- Food Basics: 33 Barrack St, Kingston, ON K7K 1E7
- Grocery Checkout: Next to the viewing gallery inside ARC.
- Juniper Café: 370 King St. W, Kingston, ON K7L 2X4
- Metro: 310 Barrie St, Kingston, ON K7L 5L4
- Starbucks: 121 Division St, Kingston, ON K7L 3M5

In addition to these, Princess Street offers many different [restaurants and food outlets](#).

Things to See & Do

- <https://www.visitkingston.ca/see-do/for-families/>
- <https://www.visitkingston.ca/25-things-to-do-in-february/>
- <https://www.visitkingston.ca/kid-friendly-kingston/>

Vendors

We are lucky to have GoSwim with us on Saturday, January 31 and Sunday, February 1. GoSee them for all of your swim needs.

On Deck Reminders

To ensure our meet runs safely and smoothly, you'll see the attached posters around the deck. Please remind parents and swimmers of the following:

- Bags are to be left in change rooms
- Vents must remain clear throughout the session
- Food is consumed outside of the pool area
- Water is in plastic or metal bottles
- Warm up lanes are for safe swimming
- Pictures are not taken behind start blocks

SWIMMERS SHOULD ONLY BE ON DECK FOR SESSIONS IN WHICH THEY ARE PARTICIPATING

As a final reminder to parents, 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.

APPENDIX A - EVENT SCHEDULE

13 & OVER

Session 1: 13 & Over Prelims			Friday, January 30, 2026		
			Warm-up: 8:00 AM Start: 9:00 AM		
Female	Event	Male			
1	400 FR	2			
3	200 BR	4			
5	100 FLY	6			
7	200 IM	8			
9	100 FR	10			
11	200 BK	12			
13	200 Medley R (13-14)	14			
15	200 Medley R (15+)	16			
Session 3: 13 & Over Finals			Friday, January 30, 2026		
			Warm-up: 5:00 PM Start: 6:00 PM		
Female	Event	Male			
1	400 FR	2			
3	200 BR	4			
5	100 FLY	6			
7	200 IM	8			
9	100 FR	10			
11	200 BK	12			
13	200 Medley R (13-14)	14			
15	200 Medley R (15+)	16			

Session 4: 13 & Over Prelims			Saturday, January 31, 2026		
			Warm-up: 8:00 AM Start: 9:00 AM		
Female	Event	Male			
43	400 IM	44			
45	100 BK	46			
47	200 FR	48			
49	100 BR	50			
51	200 FLY	52			
53	50 FREE	54			
55	200 FR R (13 - 14)	56			
57	200 FR R (15+)	58			
Session 6: 13 & Over Finals			Saturday, January 31, 2026		
			Warm-up: 5:00 PM Start: 6:00 PM		
Female	Event	Male			
43	400 IM	44			
45	100 BK	46			
47	200 FR	48			
49	100 BR	50			
51	200 FLY	52			
53	50 FR	54			
55	200 FR R (13 - 14)	56			
57	200 FR R (15+)	58			
Session 8: 13 & Over Timed Finals (All Ages 1500 Event)			Sunday, February 1, 2026		
			Warm-up: 12:30 PM Start: 1:30 PM		
Female	Event	Male			
87	50 FLY	88			
89	Mix 800 FR	N/A			
91	50 BK	92			
93	Mix 1500 FR (All Ages Event)	N/A			
95	50 BR	96			
97	400 Mix FR R (13-14)	N/A			
99	400 Mix FR R (15+)	N/A			

APPENDIX A - EVENT SCHEDULE

12 & UNDER

Session 2: 12 & Under Timed Finals		Friday, January 30, 2026 Warm-up: 12:30 PM Start: 1:15 PM
Girls	Event	Boys
17	Mix 12 and under 800 FR	N/A
19	200 BR 10 & under	20
21	200 BR 11-12	22
23	50 FR 10 & under	24
25	50 FR 11-12	26
27	100 BK 10 & under	28
29	100 BK 11-12	30
31	200 IM 10 & under	32
33	200 IM 11-12	34
35	50 FLY 10 & Under	36
37	50 FLY 11-12	38
39	200 Free Relay 10 & under	40
41	200 Free Relay 11-12	42

Session 7: 12 & Under Timed Finals		Sunday, February 1, 2026 Warm-up: 8:00 AM Start: 8:45 AM
Girls	Event	Boys
101	100 FLY 10 & under	102
103	100 FLY 11-12	104
105	50 BR 10 & under	106
107	50 BR 11-12	108
109	200 FR 10 & under	110
111	200 FR 11-12	112
113	200 BK 10 & under	114
115	200 BK 11-12	116
117	400 IM 10 & under	118
119	400 IM 11-12	120
121	200 Mix Free Relay 10 & under	N/A
123	200 Mix Free Relay 11-12	N/A

Session 5: 12 & Under Timed Finals		Saturday, January 31, 2026 Warm-up: 12:30 PM Start: 1:15 PM
Girls	Event	Boys
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	100 IM 10 & under	80
81	100 IM 11-12	82
83	200 Medley Relay 10 & under	84
85	200 Medley Relay 11-12	86

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	LCM	LCM	LCM	LCM	LCM	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	1:07.86	1:06.53	100 Fr	1:05.20	1:06.30	1:07.51	1:09.78	1:13.85	1:19.17	1:28.12
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	2:25.58	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	6:45.89
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	38.74	38.04	35.35	34.98	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
3:38.98	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	3:34.67
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	3:18.14	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	1:16.56	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					1:30.38	1:36.67	1:45.15
3:38.90	3:21.24	3:08.10	2:57.81	2:51.07	2:50.19	2:45.75	200 IM	2:42.44	2:46.78	2:47.65	2:54.08	3:04.34	3:17.21	3:34.51
7:35.57	6:59.11	6:47.88	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	38.56	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	1:08.70	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
			21:22.68	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	1:06.78	1:09.72	1:15.77	1:25.71	1:35.18	1:43.53
3:53.78	3:34.91	3:29.06	3:07.47	2:45.04	2:38.51	2:31.82	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

APPENDIX C - STANDARDS, PARALYMPIC PROGRAM

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

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