

NATIONAL CAPITAL CUP

FEBRUARY 13-15, 2026

MEET INFORMATION

Name of Meet:	National Capital Cup
Date	February 13-15, 2025
Hosted by	Nepean Kanata Barracudas Swim Club
Location	Nepean Sportsplex, 1701 Woodroffe Ave, Nepean, ON, K2G 1W2
Facility	8-lane, 50m competition pool with Kieffer lane ropes and Quantum electronic timing and scoreboard
Pool Format	Long Course for all races
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).
Competition Coordinator	Julie Hewitt Level IV jhewittm1@gmail.com , Andrew Barton Level IV documeant@gmail.com
Meet Manager	Heidi Wechselberger, meetmanager@swimnkb.com
Entry Contact	Heidi Wechselberger, meetmanager@swimnkb.com
Officials	Shari Schaepper, officials@swimnkb.com
Description:	Dash for Cash, Open Heats & Finals

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

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.

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.

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.

DIVE STARTS

DIVE STARTS

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:

1. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from
 - a. from deep end only
- and/or
2. from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1
 - a. from deep end
- and/or
3. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1
 - a. from deep end

BACKSTROKE LEDGES

BACSTROKE LEDGES

- Ledges will be used and available for all ages and sessions

d/DEAF AND HARD OF HEARING ACCOMMODATION

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.

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.

ELIGIBILITY

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

ENTRIES

Age Up Date

Ages submitted are to be as of February 13, 2026

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:

- 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

12 & Under Swimmers

- **12 & under swimmers will only swim during the preliminary and timed final sessions .**
- **12 & under swimmers will be marked as Exhibition in their swimmer profile.**
- **12 & under swimmers will not be permitted to advance to finals.**
- **12 & under swimmers are not eligible for any of the Eliminator or SKINS events.**
- **12 & under swimmers are not eligible for any of the cash prizes.**

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.

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.

Swimmer may enter a total of 7 individual events.

Deadline January 27, 2026 (Midnight)

Payment etransfer to nkbswimming@gmail.com – please put “Club Name + NKB NCC” in the message field

Fees \$14.00 + \$1.00 (SwimON Gold Bonus) + HST = \$16.95 per individual event

Changes to entries will be accepted until February 10, 2026

After that time, fees will be calculated. No refunds will be granted for missed swims.

Deck Entries Deck entries will be allowed

Standards Not Applicable

Seeding Fastest to Slowest for all races.

- Seeding for Time Finals events will be in order of entry times, fastest to slowest
- Seeding for Finals will be in order of entry times fastest to slowest
- Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded.

Exception: 400 m event which will be 2 heats circle seeded

Conversion: No qualifying times - converted entry times accepted.

SWIM OFFS:

This competition offers preliminary events.

- All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.
- Coaches are to report to the Admin Desk when a swim-off is announced.

SCHEDULE OF SESSIONS

Session #	Date	Type	Ages	Warm up	Start
1	Fri. Feb 13, 2026	Heats	All ages	9:00 AM	10:00 AM
2	Fri. Feb 13, 2026	Finals	13 & Over	6:00 PM	7:00 PM
3	Sat. Feb 14, 2026	Timed Finals	All Ages	3:00 PM	4:00 PM
4	Sun. Feb 15, 2026	Heats	All Ages	7:30 AM	8:30 AM
5	Sun. Feb 15, 2026	Finals	13 & Over	4:30 PM	5:30 PM

SCHEDULE OF EVENTS, ADDITIONAL EVENT DETAILS

Schedule of Events

See event list – Appendix A

Official Split Times

Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Admin Desk 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.

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.

DISQUALIFICATION & PROTEST PROCEDURE

DISQUALIFICATION & APPEAL PROCEDURE:

- Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems.
- A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.
- If not resolved after this discussion, a written appeal may be presented to the Session Referee from the club representative.
 - A written appeal must be presented within 30 minutes after the conclusion of the event in question.
 - Appeal on Referee Decision forms are available at the Admin Desk.
- If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal.
- The decision to go to Jury must be taken within an hour from the moment the decision of the written appeal is communicated to the club representative.

CHECK IN & SCRATCHES

Scratches:

Scratches from preliminary and timed final events shall be made to Chief Administrative Desk (formally Clerk of Course) before the start of the session. Late scratches will result in empty lanes with no penalty to the swimmer.

Scratches from finals shall be made within 30 minutes of the completion of the prelim session to allow for proper seeding and notification of alternates. Late scratches from finals must be made up to 30 minutes before the start of the finals session. There will be no reseeding. No scratches will be allowed after this point. Any swimmers that do not show up for their events after this deadline will be removed from all further events for that session.

COACH & SUPPORT STAFF REGISTRATION & MEETING

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.

Coaches' Meeting

- A coaches technical bulletin will be emailed in lieu of an on deck coaches meeting.

AWARDS

Individual Awards

- Cash awards for selected events
- Medals for 1st - 3rd place by gender

Cash Awards

- **1500 ELIMINATOR (\$900)**
7 & 8 PLACE AT 600m: No prize money and not eligible for further rewards but can continue the race
5 & 6 PLACE at 900m: \$25 each and not eligible for further rewards but can continue the race
3 & 4 place at 1200m: \$50 each and not eligible for further rewards but can continue the race
2 place at the 1500 will receive \$100
1 place at the 1500 will receive \$200
- **200 FLY ELIMINATOR (\$900)**
Round 1: 8 swimmers, 200m fly, drop 2 for Round 2: \$0
Round 2: 6 swimmers, 150m fly, drop 2 for Round 3: \$25
Round 3: 4 swimmers, 100m fly, drop 2 for Round 4: \$50
Round 4: 2 swimmers, 50m fly. 2nd place receives \$100, 1st place receives \$200.
- **SKINS 50s (\$1800)**
6x50 on 2:00
Swimmers will be stopped from continuing at the following rounds and prizes:

Round 1: 7th & 8th place (No award)

Round 2: 6th place (\$10)

Round 3: 5th place (\$20)

Round 4: 4th place (\$30)

Round 5: 3rd place (\$40)

Round 6: 2nd place (\$50)

1st place: \$75

Receiving Awards

- Awards will be handed out at the completion of the event.

RESULTS

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 will be available.
- Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

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

12 & Under Swimmers

- 12 & under swimmers will only swim during the preliminary and timed final sessions .
- 12 & under swimmers will be marked as Exhibition in their swimmer profile.
- 12 & under swimmers will not be permitted to advance to finals.
- 12 & under swimmers are not eligible for any of the Eliminator or SKINS events.
- 12 & under swimmers are not eligible for any of the cash prizes.

Friday, [Prelims - All Ages Finals - 13 & Over]

200 FLY - [ELIMINATOR - FINALS - 13 & Over]

100 FREE

200 BACKSTROKE

100 BREASTSTROKE

400 FREE

200 IM - [MYSTERY IM - FINALS - 13 & Over]

Saturday, [Timed Finals]

Event

1500 Heats - All Ages + ELIMINATOR* - 13 & Over

50 BREASTSTROKE - All Ages + SKINS - 13 & Over**

50 BACKSTROKE - All Ages + SKINS - 13 & Over**

50 BUTTERFLY - All Ages + SKINS - 13 & Over**

50 FREE - All Ages + SKINS - 13 & Over**

400 IM - All Ages

Sunday [Prelims - All Ages Finals - 13 & Over]

Event

200 FREE

100 FLY

100 BACK

200 BREASTSTROKE

800 FREE

1500 Eliminator and Skins will be swum as the last two heats of the event.

***1500 ELIMINATOR- TOP 8 EACH GENDER - Heats will alternate male/female**

200 FLY ELIMINATOR- TOP 8/GENDER- Heats will alternate male/female

Round 1: 8 swimmers, 200m fly, 7th & 8th place finisher will NOT continue to Round 2

Round 2: 6 swimmers, 150m fly, 5th & 6th place finisher will NOT continue to Round 3

Round 3: 4 swimmers, 100m fly, 3th & 4th place finisher will NOT continue to Round 4

Round 4: 2 swimmers, 50m fly.

SKINS 50s - Top 8 per gender - Heats will alternate male/female

6x50 on 2:00

All swimmers compete in Round 1

Swimmers will be stopped from continuing at the following rounds

Round 1: 7th & 8th place finisher will NOT continue to Round 2

Round 2: 6th place finisher will NOT continue to Round 3

Round 3: 5th place finisher will NOT continue to Round 4

Round 4: 4th place finisher will NOT continue to Round 5

Round 5: 3rd place finisher will NOT continue to Round 6

Round 6: Head to Head last remaining 2 swimmers