

## Brief Meet Information

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|-----------------------------------|---|
| <b>MEET NAME</b>                  | Jeff and Sandy Lee Spring Invitational  |
| <b>DATE(s):</b>                   | Friday April 10, 2026 to Sunday April 12, 2026  |
| <b>HOSTED BY:</b>                 | Brantford Aquatic Club  |
| <b>LOCATION:</b>                  | 254 North Park St, Brantford, ON N3R 4L1  |
| <b>FACILITY:</b>                  | Wayne Gretzky Sports Centre, 8-Lane, 50m pool (deep and midsection competition warmup/cool down), OMEGA Quantum Timing  |
| <b>PURPOSE &amp; DESCRIPTION:</b> | Inter Club Racing   |
| <b>COMPETITION CONFIGURATION</b>  | <input checked="" type="checkbox"/> Single Ended  |
| <b>MEET PACKAGE:</b>              | The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a> and the Swimming Canada Registration and Event Management System (REMS). |
| <b>LAST UPDATE:</b>               | February 25, 2026; March 21, 2026; March 30, 2026   |

## Competition Organizing Committee

| ROLE                               | NAME                                 | EMAIL  | LEVEL |
|------------------------------------|--------------------------------------|--|-------|
| <b>COMPETITION COORDINATOR(S):</b> | Stanley Liu                          | <a href="mailto:stanley.liu.27@gmail.com">stanley.liu.27@gmail.com</a>   | 5     |
|                                    | Monika Van't Spyker                  | <a href="mailto:bacmonikavts@gmail.com">bacmonikavts@gmail.com</a>       | 4     |
| <b>MEET MANAGER(S):</b>            | Michelle Findlay<br>Shannon Scheffel | <a href="mailto:MEETMANAGER.BAC@GMAIL.COM">MEETMANAGER.BAC@GMAIL.COM</a> |       |
| <b>OFFICIALS COORDINATOR:</b>      | Monika Van't Spyker                  | <a href="mailto:OFFICIALS.BAC@GMAIL.COM">OFFICIALS.BAC@GMAIL.COM</a>     |       |

## Safety at Competitions

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

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

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

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) will be in effect. For complete details click [HERE](#).

### **Videography & Photography Permissions**

Provided the facility permits, registered club coaches on the compliance list, approved sport science contractors, and support staff may record for coaching purposes without additional authorization. All other individuals — including club photographers, contracted photographers/videographers, and media — must apply for and receive authorization to access the competition deck before recording in any medium. All recordings must comply with Swim Ontario policies, including the [Photography, Videography, and Cellphone Procedure](#) and the [Screening Requirements Procedures](#). Contact Meet Management for the application process. All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.

#### **ADDITIONAL INFORMATION**

- The following are approved by Swim Ontario Official Photographers/Videographers for this event: Barbara Myltschenko, John McCuethon

## **Competition Rules**

### **Sanctioned as an Age Group Swimming Invitational by Swim Ontario.**

All current [Swimming Canada rules](#) will be followed. All registered para swimmers are subject to the rules defined by their current sport class and codes of exception. The stroke and turn rules apply as per Appendix B of the Swimming Canada rulebook. The Sport Class and Exception Codes should be displayed on heat sheets and must be made available to the Session Referee.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Combined (mixed) gender swimming is permitted for age group swimming competitions. Canadian Age Group records can not be set when heats involve individual mixed genders.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The “misconduct” shall include, but is not limited to (C.2.3.2.1):

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.

The Referee may disqualify a swimmer for such misconduct.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and [Swim Ontario warm-up safety rules](#) will be in effect. Details [HERE](#)

It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

● **Warm up rules:**

- No loitering at the end of lane
- Swimmers must be aware of their surroundings and move over to the lane rope when stopped at the end wall to allow other swimmers to turn
- Swimmers using sprint and pace lanes must be directly supervised by their coaches
- Deliberate kicking or striking of the starting platform, including the back plate during the sprint periods is not permitted.

Swimmers must enter the pool FEET FIRST in a cautious and controlled manner, entering from a start or turn end only and from a standing or sitting position.

Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.

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| <b>AGE UP DATE:</b>                              | The competitor's age is as the first day of the competition April 10, 2026  |
| <b>DIVE STARTS:</b>                              | <p><b>As per Swimming Canada Part II C4.1.2 and C4.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available. As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from             <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> from deep end only</li> </ul> </li> </ul> <p>and/or</p> <ul style="list-style-type: none"> <li>● 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"> <li><input checked="" type="checkbox"/> from deep end</li> </ul> </li> </ul> <p>and/or</p> <ul style="list-style-type: none"> <li>● 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"> <li><input checked="" type="checkbox"/> from deep end</li> </ul> </li> </ul> |
| <b>BACSTROKE LEDGES:</b>                         | <input checked="" type="checkbox"/> Ledges will be used and available for all ages and sessions   |
| <b>d/DEAF AND HARD OF HEARING ACCOMMODATION:</b> | <p><b>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</b></p> <ul style="list-style-type: none"> <li>● non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.</li> <li>● Visual Start hand signals given by the starter/referee.</li> <li>● Visual Start Strobe Light options             <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> <b>Facility-Provided Strobe Light:</b> An external strobe light is available at this facility</li> </ul> </li> </ul> <p><b>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</b></p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>   |

## Eligibility

All athletes must be registered as Competitive or Varsity swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the age group club or varsity team they are registered with. Registered Para Swimmers are welcome and their current Sport Class must be included in the entries. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.

### ADDITIONAL ELIGIBILITY INFORMATION:

- This meet is a Closed Invitational for the following clubs: Ancaster Alligators Swim Team, Aylmer Optimist Arrows, Brantford Aquatic Club, Barrie Trojan Swim Club, Cambridge Aquajets, Club Warriors Swimming, Georgina Rapids Aquatic Club, Guelph Marlins Aquatic Club, Grand Island Piranhas, Huron Hurricanes Aquatic Club, Killer Whales Swim Team, Middlesex Swimming, Norfolk Hammerheads Aquatic Club, Oakville Aquatic Club, Toronto Swim Club, Torpedoes,
- Preference will be given to the host club first.

### COACH & SUPPORT STAFF REGISTRATION:

Meet management will cross reference the **list of coaches submitted with entries** at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

**Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.**

Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

### FOREIGN TEAMS / COMPETITORS:

**The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.**

- Foreign Teams and their competitors are welcome, subject to the following provisions.
  - **Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate.**
  - All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.
  - All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing.
  - All competitors and coaches must be in good standing with their respective governing swim body.
  - All foreign competitors and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate.
  - **Foreign Team entries are not to be accepted by the host club until Swim Ontario grants approval.**

## Entry Process

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| <b>ENTRY SUBMISSIONS:</b>                | <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"> <li>● not accept entries via email;</li> <li>● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li> <li>● notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III &amp; IV sanctions) prior to the start of the competition</li> </ul> <p><b>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</b></p> <p>Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.</p> |
| <b>ENTRY DEADLINE:</b>                   | <p><b>The online entry deadline is <span style="background-color: #e0f0ff;">March 23, 2026</span></b></p> <p><input checked="" type="checkbox"/> Changes to entries will be accepted until April 05, 2026</p>   |
| <b>ENTRY FEE:</b>                        | <p><b>The following fees will apply for this competition:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Individual Events: \$17 / \$20.00 for 400 free, 400 IM, 800 free, and 1500 free</li> <li><input checked="" type="checkbox"/> Swimmer Fee: \$12</li> </ul> <p><b>Payment Method:</b> Cheque Payable to Brantford Aquatic Club or E-Transfer to <a href="mailto:swimming.bac@gmail.com">swimming.bac@gmail.com</a></p>   |
| <b>ENTRY LIMITS:</b>                     | <p><b>The following limits are in place for this competition:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> The maximum number of participants per session is 350</li> </ul>   |
| <b>RELAY ENTRIES &amp; MIXED RELAYS:</b> | <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> No relays will be offered at this competition.</li> </ul>  |
| <b>ENTRY TIMES &amp; CONVERSION:</b>     | <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> No Time (NT) entries are not permitted.</li> <li><input checked="" type="checkbox"/> Estimate entry times are accepted.</li> <li><input checked="" type="checkbox"/> Entry Times can be converted (i.e. LCM to SCM)</li> </ul>   |

## Schedule of Sessions

| Session # | Date     | Warm-up period    | Start of session | Approx. Finish of session | Time Final/Heats /Finals |
|-----------|----------|-------------------|------------------|---------------------------|--------------------------|
| 1         | April 10 | 10:00am - 10:30am | 10:35am          | 3:00pm                    | Time Final               |
| 2         | April 10 | 3:15pm - 3:45pm   | 3:50pm           | 5:30pm                    | Time Final               |
| 3         | April 10 | 5:40pm -6:10pm    | 6:15pm           | 9:00pm                    | Time Final               |
| 4         | April 11 | 7:00am -7:40am    | 7:45am           | 12:20pm                   | Heats                    |
| 5         | April 11 | 12:35pm-1:05pm    | 1:10pm           | 5:10pm                    | Time Final               |
| 6         | April 11 | 5:20pm -5:50pm    | 5:55pm           | 9:00pm                    | Finals                   |
| 7         | April 12 | 7:00am -7:40am    | 7:45am           | 11:50am                   | Heats                    |
| 8         | April 12 | 12:00pm-12:30pm   | 12:35pm          | 5:10pm                    | Time Final               |
| 9         | April 12 | 5:20pm -5:50pm    | 5:55pm           | 9:00pm                    | Finals                   |

## Meet Format & Administration

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| <b>SEEDING:</b>                                 | <p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Seeding for Timed Final events will be in order of entry times, slowest to fastest.               <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> with the exception of Distance Events which will be seeded fastest to slowest.</li> </ul> </li> <li><input checked="" type="checkbox"/> Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded.</li> </ul>  |
| <b>DECK ENTRIES:</b>                            | <p>The following are the Deck Entry Rules for this competition:</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> No Deck Entries are permitted.</li> </ul>  |
| <b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b> | <p><b>The following are the Scratch deadlines for this competition.</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> There is a scratch deadline for:               <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Distance Events</li> </ul> </li> <li><input checked="" type="checkbox"/> Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.</li> <li><input checked="" type="checkbox"/> A scratch deadline will apply for finals events:               <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> 30 minutes following the posting of results of last preliminary event in that session</li> </ul> </li> </ul> <p><b>The following are the Positive Check-in deadlines for this competition.</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> There is a positive check-in 30 minutes before the start of the session at the Admin Desk for the following events: 800m Free, 1500m Free, 400m IM and 400m Free</li> <li><input checked="" type="checkbox"/> All swimmers are required to check-in with the Admin Desk 30 minutes prior to each <u>finals</u> session.</li> </ul> |
| <b>PENALTIES:</b>                               | <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> No penalty shall be imposed for late or day of scratches and No-Shows</li> </ul>   |
| <b>OFFICIAL SPLIT TIMES:</b>                    | <p>Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the <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"> <li><input checked="" type="checkbox"/> Official Split Forms are available at the Admin Desk.</li> </ul>   |

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|   | <input checked="" type="checkbox"/> Not all Official Split requests can be accommodated.  |
| <b>SWIM OFFS:</b>                               | <p><b>This competition offers preliminary events.</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Coaches are to report to the Admin Desk when a swim-off is announced.</li> </ul>   |
| <b>DISQUALIFICATION &amp; APPEAL PROCEDURE:</b> | <ul style="list-style-type: none"> <li>Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems.</li> <li>A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.</li> <li>If not resolved after this discussion, a written appeal may be presented to the Session Referee from the club representative.             <ul style="list-style-type: none"> <li>A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> in question.</li> <li>Appeal on Referee Decision forms are available at the Admin Desk.</li> </ul> </li> <li>If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal.</li> <li>The decision to go to Jury must be taken within an hour from the moment the decision of the written appeal is communicated to the club representative.</li> </ul> |
| <b>RECORDS:</b>                                 | <input checked="" type="checkbox"/> 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.   |
| <b>MEET RESULTS:</b>                            | <p><b>Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a></b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Unofficial Results will be posted at the meet.</li> <li><input checked="" type="checkbox"/> Unofficial mobile applications results will be available.</li> </ul>   |
| <b>SCORING:</b>                                 | <p><b>The following scoring will be applied:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> No Scoring</li> </ul>   |
| <b>AWARDS:</b>                                  | <p><b>The following will be awarded:</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> <b>Individual Age</b> Group: 10&amp;U, 11-12, 13-14, 15-16, 17&amp;O</li> <li><input checked="" type="checkbox"/> <b>Medals:</b> 1st through 3rd for each age category and gender</li> <li><input checked="" type="checkbox"/> <b>Ribbons:</b> 4th through 8th for each age category and gender</li> </ul>  |
| <b>ADDITIONAL INFORMATION:</b>                  | <p><b>Finals:</b> In each finals event, all female age groups will swim, followed by all male age groups. There will be an "A" final, and a "B" final offered for events with more than 20 preliminary entries per age group (ie. 13-14, 15-16, 17&amp;O).</p> <p><b>Time Final Event:</b> All 10&amp;U and 11-12 events, 400m Free, 400m IM, 800m and 1500m</p> <p><b>Backstroke Ledges:</b> Ledges will be available and their use is optional. Swimmers and coaches are expected to know, understand, and follow rule S.W.6.1 regarding the backstroke start.</p>  |

**Sprint Lanes:** Sprint lanes will be available for the last 20 minutes of warm up.

Due to possible time restrictions, meet management reserves the right to limit entries in the 400m, 800m and 1500m events.

\* The 13 & Over 400m Individual Medley and 400m Freestyle shall be conducted as timed final events. The fastest seeded heats will be swum during the Finals session, with all remaining heats contested during the preliminary session.

**\*\*The 400m Freestyle events (Events 45 and 46) will feature the top 8 seeded swimmers based on entry times.**

## Schedule of Events

### Day 1

| Session 1 - TIMED FINALS<br>Friday, April 10, 2026<br>Warm-up: 10:00am -- Start: 10:35am |                      |     |
|--|----------------------|-----|
| Women  |                      | Men |
| 1  | 10 & Over 1500m Free | 2   |
| 3  | 10 & Over 800m Free  | 4   |

| Session 2 -TIMED FINALS<br>Friday, April 10, 2026<br>Warm-up: 3:15pm -- Start: 3:50pm |                       |     |
|---|-----------------------|-----|
| Women   |                       | Men |
| 5   | 12 & Under 50m Free   | 6   |
| 7   | 12 & Under 50m Breast | 8   |
| 9   | 12 & Under 50m Back   | 10  |
| 11  | 12 & Under 50m Fly    | 12  |

| Session 3 - TIMED FINALS<br>Friday, April 10, 2026<br>Warm-up: 5:40pm -- Start: 6:15pm |                      |     |
|--|----------------------|-----|
| Women  |                      | Men |
| 13   | 13 & Over 50m Free   | 14  |
| 15   | 13 & Over 50m Breast | 16  |
| 17   | 13 & Over 50m Back   | 18  |
| 19   | 13 & Over 50m Fly    | 20  |
| 45   | 13 & Over 400m Free* | 46  |

## Day 2

| Session 4 - PRELIMS<br>Saturday, April 12, 2026<br>Warm-up: 7:00 am-- Start: 7:45 am |                       |     |
|--|-----------------------|-----|
| Women  |                       | Men |
| 21   | 13 & Over 200m Free   | 22  |
| 23   | 13 & Over 100m Breast | 24  |
| 25   | 13 & Over 400m IM     | 26  |
| 27   | 13 & Over 100m Back   | 28  |
| 29   | 13 & Over 200m Fly    | 30  |

| Session 5 - TIMED FINALS<br>Saturday, April 12, 2026<br>Warm-up: 12:35 pm-- Start: 1:10pm |                        |     |
|---|------------------------|-----|
| Women   |                        | Men |
| 31  | 12 & Under 200m Free   | 32  |
| 33  | 12 & Under 100m Breast | 34  |
| 35  | 12 & Under 400m IM     | 36  |
| 37  | 12 & Under 100m Back   | 38  |
| 39  | 12 & Under 200m Fly    | 40  |

| Session 6 - FINALS<br>Saturday, April 12, 2026<br>Warm-up: 5:20 pm-- Start: 5:55 pm |                       |     |
|---|-----------------------|-----|
| Women   |                       | Men |
| 21  | 13 & Over 200m Free   | 22  |
| 23  | 13 & Over 100m Breast | 24  |
| 25  | 13 & Over 400m IM*    | 26  |
| 27  | 13 & Over 100m Back   | 28  |
| 29  | 13 & Over 200m Fly    | 30  |

## Day 3

| Session 7- PRELIMS<br>Sunday, April 13, 2026<br>Warm-up: 7:00 am-- Start: 7:45 am |                       |     |
|---|-----------------------|-----|
| Women   |                       | Men |
| 41  | 13 & Over 100m Free   | 42  |
| 43  | 13 & Over 200m Breast | 44  |
| 47  | 13 & Over 200m Back   | 48  |
| 49  | 13 & Over 100m Fly    | 50  |
| 51  | 13 & Over 200m IM     | 52  |

| Session 8 - TIMED FINALS          |                        |     |
|-----------------------------------|------------------------|-----|
| Sunday, April 13, 2026            |                        |     |
| Warm-up: 12:00 pm- Start: 12:35pm |                        |     |
| Women                             |                        | Men |
| 53                                | 12 & Under 100m Free   | 54  |
| 55                                | 12 & Under 200m Breast | 56  |
| 57                                | 12 & Under 400m Free** | 58  |
| 59                                | 12 & Under 200m Back   | 60  |
| 61                                | 12 & Under 100m Fly    | 62  |
| 63                                | 12 & Under 200m IM     | 64  |

**\*\*The 400m Freestyle events (Events 57 and 58) will feature the top 8 seeded swimmers based on entry times.**

| Session 9- FINALS                 |                       |     |
|-----------------------------------|-----------------------|-----|
| Sunday, April 13, 2026            |                       |     |
| Warm-up: 5:20 pm-- Start: 5:55 pm |                       |     |
| Women                             |                       | Men |
| 41                                | 13 & Over 100m Free   | 42  |
| 43                                | 13 & Over 200m Breast | 44  |
| 45                                | 13 & Over 400m Free*  | 46  |
| 47                                | 13 & Over 200m Back   | 48  |
| 49                                | 13 & Over 100m Fly    | 50  |
| 51                                | 13 & Over 200m IM     | 52  |