



Meet Information Package

Revised 2026-05-03

**33rd Annual
LAC – Hollandia Spring Invitational
May 8 - 10, 2026
London, Ontario**



33rd Annual

LAC – Hollandia Spring Invitational

- DATE(S):** Friday, May 8 through Sunday, May 10, 2026
- HOSTED BY:** London Aquatic Club
- PURPOSE:** Long Course Invitational
- MEET PACKAGE:** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and on the Swimming Canada Registration and Event Management System (REMS).
- SAFETY AT THE COMPETITION:** Swimming Canada and Swim Ontario believe 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](#) 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.
- LOCATION:** Canada Games Aquatic Centre
1045 Wonderland Road North
London, Ontario N6G 2Y9
(Between Gainsborough and Lawson Road. Parking Map – Appendix D)
- FACILITY:** Eight-lane, 50-metre indoor tank with “Keifer” type lane markers, Swiss Timing Quantum Aquatic Timing System, and a Daktronics 64101-H8 8-lane swimming scoreboard at each end of the pool.

MEET MANAGER: John Malone (Level 3) ipmalone@hotmail.com

COMPETITION COORDINATOR: Mark Lukings (Level 5) lac.coc@gmail.com

MINOR OFFICIALS: Rebecca Shearer lacminorofficials@hotmail.com
Sonya Beckett
Dana Kinchen
Alicia Payne

DESCRIPTION: All Preliminary and Timed Final events on Friday, Saturday and Sunday will be senior seeded and will run single-ended format.

12 and Under:

- All events will be Timed Finals.

13 and Over:

- 50m, 400m, 800m and 1500m events are Timed Finals.
- All other events are preliminary/final events, with the top 8 finishers, plus 2 alternates, in **each age group** moving on to finals.
- The fastest heats of Men's and Women's 400 Free will be in Saturday Finals and the fastest heat of Men's and Women's 400 IM will be in Sunday Finals

Should over-subscription occur, those clubs affected will be notified ASAP.

COMPETITION RULES:

Sanctioned 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.

Depending on swimmer count in the sessions, any warm-up may be split into two parts and team may be assigned lanes. If lanes are assigned, then coaches are expected to supervise their lanes.

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 deep end only
- and
2. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from deep end

BACKSTROKE LEDGES:

Ledges will be used and available for all ages and sessions, and their use is optional. Swimmers and coaches are expected to know, understand, and follow rule World Aquatics II.6.1 regarding the backstroke start. Warnings will **NOT** be given.

d/DEAF & 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.
- **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.

AGE-UP DATE: The competitor's age is determined as of first day of the competition, **Friday, May 8, 2026.**

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 event is sanctioned as an Age Group Swimming Invitational including foreign competitors/teams subject to the provisions below.

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 approval.**

RECORDS: Swim times achieved at this event 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 records 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 (25m and 50m pool only) for the aforementioned swimming pool.

QUALIFYING TIMES: **There are no qualifying standards for events that are shorter than 200m.** The Long Course standards for events 200m or longer are as stated in the attached schedule. Entry times achieved in a short course metres pool may be converted by increasing the time by 2%. Unconverted entries will be automatically converted to long course times. The long course times will need to be equal to or faster than the LC qualifying standard. These qualifying times must have been achieved:

- On or after September 1, 2024
- AND must be achieved and be verifiable on Swim Rankings.com by the entry deadline.
- All times will be validated by Meet Management.

There are no de-qualifying standards.

Paralympic Program swimmers are not subject to the qualifying standards.

ENTRY FEES: **\$16.00 per swimmer per individual event for all events except 800m and 1500m.**
\$20.00 per swimmer 800m and 1500m individual events.
(includes HST – London Aquatic Club GST # R103378279)

PAYMENT: Please submit one cheque for all club swimmers with your entries.
Payable to: **London Aquatic Club**
Payment may also be made by e-transfer to: lacmembership01@gmail.com

ENTRIES:

Due to limitations of the facility and adherence to Swim Ontario session length restrictions, team entries will be considered as follows:

1. Preference is given to regularly attending teams with possible adjustments to team size.
2. First come, first served.

Entries will be at the discretion of the Meet Manager.

All entries must be in a Hy-Tek accepted format and 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 directly via email or any other means.
- 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.

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.

The deadline for entry changes is at noon on Friday, May 1, 2026. Meet Management will notify Swim Ontario and approved attending clubs of any meet format changes or designated warm-up times at least 10 days prior to the start of the competition.

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.

Please include appropriate Long Course (in metres) entry times if available (**estimate for 50m and 100m events if necessary – “NT” entries WILL NOT be accepted**). **If LC entry times are not available, SC times may be converted by adding 2%. Short course entry times received will be automatically converted to Long Course. See the Qualifying Times section above for entries 200m and longer.**

Each swimmer must swim in the proper age group. Swimming up is **NOT** permitted.

Maximum number of individual events:

- Swimmers may enter the 800m (11 & Over) OR 1500m (13 & Over) but **not both** events.
- 13 & Over distance event entries MAY be limited if demand exceeds the time available. If we limit, we will do our best to have balanced representation.
- There is a maximum of 3 entries in Friday’s non-distance sessions (3 and 4).
 - i.e. 2 x 50m and 1 x 200m OR
 - 3 x 50m
- 13 & Over – 3 events Saturday and Sunday mornings.
- 12 & Under – 3 events Saturday and Sunday afternoons.
- 10 total events for the meet.

Coaches are asked to consider entering Athletes who will NOT be available for evening finals as exhibition in the morning preliminary events.

ENTRY DEADLINE: Entry Deadline: Tuesday, April 21, 2026

**You will be sent confirmation of receipt of your entries.
Please ensure that you check these entries and immediately contact the Meet Manager with any problems.**

DECK ENTRIES: Swimmers entered on deck are permitted provided proof of active registered status with valid Swimming Canada ID is provided to Meet Management. Deck entries are Exhibition Only. Deck entries will be accepted to fill empty lanes or scratched lanes (no new heats will be created) but will not be eligible for scoring or awards in those events. Swimmers entered on deck must have valid proof of Swimming Canada registration as an active, registered, competitive swimmer.

DECK ENTRY FEES: \$18.00 per swimmer per individual event for all events except for 800m and 1500m.
\$22.00 per swimmer for 800m and 1500m individual events.
Payable at the time of the request.
(includes HST – London Aquatic Club GST # R103378279)

MARSHALLING: All heats will be marshalled on the shallow end deck. Heats will move from the shallow end to the deep end along the scoreboard side of the pool. Swimmers are not allowed to go directly to their lane from the audience side.

Finals will also be marshalled on the shallow end deck. The timely arrival of the 8 swimmers **AND** the 2 alternates for marshalling is important. For finals, failure to arrive for marshalling before a swimmer's heat is sent past the deep end recall rope will count as a no-show and the alternate will swim. Please see scratch rules below.

SCRATCH RULES: The scratch deadline for all preliminary and timed final sessions will be 30 minutes prior to the start of the session. Coaches, we would appreciate you reporting any deck entries or scratches prior to this deadline so that the session heat sheets can be as accurate as possible for key officials.

The scratch deadline for Finals sessions will be **30 minutes** after the conclusion of the preliminary session. **If a swimmer is a late scratch or is a no show or steps down for a Final, that swimmer will not be allowed to swim any of their other events during that Finals session.** While there is no monetary penalty for scratches in Finals, to be fair to alternates, please inform us of all scratches.

CONVERSION: Any Short Course times submitted will be converted into Long Course times using the Hy-Tek MM8 default conversion factor.

AGE CLASSIFICATIONS: Male and female:
Individual: 10 & Under, 11, 12, 13, 14, 15, 16 & Over.

PARALYMPIC PROGRAM: Paralympic Program Swimmers will be officiated under WPS Swimming Rules.

MANAGEMENT ITEMS:

Racing 2 swimmers per lane is no longer permitted in Canada.

Meet Management reserves the right to, and teams will be informed if we:

- Make day-of decisions to combine heats of the same stroke and distance.
- Split preliminary/timed final session age categories to ensure proper session lengths.
- Further limit the number of entries/swimmers in any event or session.
- Adjust warm-up and session start times.
- Split warm-ups into 2 parts.
- Move events or heats within or between sessions.
- Split sessions to respect the 4.5-hour session length limitation.
- Add short break(s) as required.

Session Formats:

- All events will run single-ended from the deep end.
- For 13 & Over preliminary events, the top 8 finishers, plus 2 alternates, in **each age group** will move on to finals.
- Preliminary events with less than 9 swimmers will still swim – will not go straight to finals.
- Warm-ups end 5 minutes before the start of racing.

Timed Final Events:

- 12 and Under – All Timed Finals.
- 13 and Over – 50m, 400m, 800m, and 1500m events – All Timed Finals.

Preliminary/Finals Events:

- 13 and Over – 100m and 200m events – Preliminaries and Finals.

800m and 1500m Freestyle Events (1, 2, 3, 4, 7, 8):

- Heats may be limited depending on demand. Slower heats will be dropped. Affected clubs would be notified at least 10 days prior to the meet.
- Will swim **fastest to slowest**.

400m Free and 400m IM Events:

- Heats may be limited depending on demand. Slower heats will be dropped. Affected clubs would be notified at least 10 days prior to the meet.
- Fastest 13 & O 400m Freestyle heat will swim at Saturday finals (1 for each gender).
- Fastest 13 & O 400m IM heat will swim at Sunday finals (1 for each gender).

Seeding:

- All Preliminary and Timed Final events on Friday, Saturday and Sunday will be senior seeded by gender.
- Events 1, 2, 3, 4, 7, and 8: Will swim **fastest to slowest**.
- All other Timed Final and preliminary events swim **slowest to fastest**
- 13 and Over Preliminary Events: seeding will be slowest to fastest with the 3 fastest heats circle seeded as per World Aquatics II.3.1.
- Evening Final Events: Will swim 1 heat per age group per gender.

200 IM 13 & Over preliminaries are on Friday and the finals are on Saturday.

Depending on the swimmer count in the sessions, any warm-up may be split into two parts and teams may be assigned lanes. If lanes are assigned, then coaches are expected to supervise their lanes.

Sprint lanes for the last 20 minutes of warm-ups. Lanes 1 and 8 in the deep end only will be used for Sprinting and are designated as diving lanes with one way traffic only. Paralympic Swimmer and Backstroke start lanes may also be designated, will be announced, and then will be controlled by the Safety Marshals.

Coaches are responsible for their swimmers' conduct and knowledge of the Safety

Procedure Rules. Before arrival, coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence to these rules and to discipline the athletes' behavior if necessary.

Meet officials will provide a safe environment and an organized competition. We are not responsible for the supervision of the athletes during the competition or during session breaks.

CANCELLATIONS:

In the event of unforeseen circumstances beyond the control of the City of London or London Aquatic Club, (for example, but not limited to, weather interruptions or facility malfunctions) that force the cancellation of all or part of the meet, a partial refund **may** be granted at the discretion of the Meet Manager.

**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 Paralympic 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.

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 [Meet Management Office](#) 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.

Please note that the coach must provide 3 timekeepers to complete this official split if it will NOT occur at the same end as the finish of the race.

Event finals (sessions 7 and 10) are NOT eligible for official splits.

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 in the Meet Management Office.
- 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.

AWARDS:

Individual events: age categories 10 & Under, 11, 12, 13, 14, 15, 16 & Over:

- 12 & Under and 13 & Over – medals for 1st, 2nd, and 3rd; ribbons for 4th - 8th
- Awards for all events will be distributed by age and gender within the classifications listed above, even though some events may have had multiple ages and/or genders swimming together.

MEET RESULTS:

The meet will run on Hy-Tek Meet Manager. Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

Unofficial results will also be posted to Meet Mobile following each event.

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 Meet Management Office when a swim-off is announced.

DURING THE MEET:

Parking:

Parking options will be posted on the LAC website – LAC Hosted Meets – LAC Hollandia Spring Invitational (<http://www.londonaquaticclub.ca>)

Vendors and Concessions:(Need to clarify)

- A snack bar will be open throughout the meet.
- Equipment, T-shirt, and other vendors will be available at the South end of the facility's entry (ground) level. **Flyer showing shirt design is found in Appendix E.**

2026 Hollandia Long Course Qualification Standards – 200m Events and Longer:

Female							
	10&U	11	12	13	14	15	16&O
200 FR	3:14.26	2:56.60	2:50.19	2:39.32	2:37.71	2:36.14	2:34.29
400 FR	6:48.34	6:11.22	5:57.70	5:32.39	5:29.06	5:25.77	5:22.53
800 Fr		12:47.79	12:18.18	11:34.14	11:27.20	11:20.32	11:13.52
1500 FR				22:26.31	22:12.85	21:59.51	21:46.32
200 BK	3:40.04	3:20.04	3:13.42	3:01.23	2:58.77	2:56.30	2:53.70
200 Br	4:12.10	3:49.19	3:38.76	3:25.08	3:23.03	3:21.00	3:18.98
200 FL		3:48.81	3:28.58	3:05.47	3:03.62	3:01.78	2:59.52
200 IM	3:41.05	3:20.96	3:13.73	3:01.39	2:58.98	2:57.19	2:54.44
400 IM		7:05.59	6:49.78	6:23.04	6:19.22	6:15.43	6:11.67
Male							
	10&U	11	12	13	14	15	16&O
200 FR	3:18.86	3:00.78	2:43.92	2:33.91	2:28.67	2:23.94	2:21.10
400 FR	6:53.63	6:16.03	5:44.58	5:25.93	5:16.21	5:07.25	5:01.78
800 Fr		12:01.67	11:54.45	11:16.91	10:52.92	10:38.18	10:31.69
1500 FR				21:44.37	21:07.93	20:42.73	20:12.81
200 BK	3:41.78	3:21.62	3:09.43	2:53.28	2:49.14	2:42.17	2:40.53
200 Br	4:15.17	3:51.98	3:33.80	3:15.74	3:11.68	3:03.18	3:01.10
200 FL		3:38.24	3:21.94	2:57.84	2:53.69	2:46.82	2:39.57
200 IM	3:44.77	3:24.34	3:05.59	2:52.70	2:47.92	2:43.35	2:38.19
400 IM		7:01.27	6:36.10	6:06.92	5:57.37	5:47.46	5:42.50

SCHEDULE OF SESSIONS:

Session #	Date	Prelim/Final	Warm Up	Start	Finish	Estimated Duration
1	May 8	Timed Final 130 - 800/1500	7:00 am – 7:40 am	7:45 am	10:55 am	3:10
2	May 8	Timed Final 10U - 400 FR 11/12 - 800 FR	11:00 am – 11:40 am	11:45 am	12:50 pm	1:05
3	May 8	130 – 200IM Prelim 130 - 50's Timed Finals	1 – A-L (1:00pm- 1:40pm) 2 – M-Z (1:45pm- 2:25pm)	2:30 pm	5:20 pm	2:50
4	May 8	12U – 200IM Timed Finals 12U - 50's Timed Finals	5:25 pm – 6:05 pm	6:10 pm	9:00 pm	2:50
5	May 9	Prelim/ Timed Final 130	1 – M-Z (7:00 am – 7:40 am) 2 – A-L (7:45 am – 8:25 am)	8:30 am	12:50 pm	4:20
6	May 9	Timed Finals 10U; 11/12	1:00 pm – 1:50 pm	2:00 pm	5:35 pm	3:35
7	May 9	Final/ Timed Final 130 400 FR (Final - 1W + 1M)	5:45 pm – 6:35 pm	6:40 pm	8:40 pm	2:00
8	May 10	Prelim/ Timed Final 130	1 – A-L (7:00 am – 7:40 am) 2 – M-Z (7:45 am – 8:25 am)	8:30 am	1:00 pm	4:30
9	May 10	Timed Finals 10U; 11/12	1:10 pm – 2:00 pm	2:05 pm	5:45 pm	3:40
10	May 10	Final/ Timed Final 130 400 IM (Final - 1W + 1M)	5:55 pm – 6:45 pm	6:50 pm	8:25 pm	1:35

*** The above schedule is tentative. No session will be longer than 4.5 hours in length.

SCHEDULE OF EVENTS: See Event List - Appendix C on Page 15.

Appendix A

Canada Games Aquatic Centre

Event Procedure Policy For: Meet Managers, Officials, Coaches, Athletes & Spectators

1. The City Of London Aquatic Staff (and specifically the CGAC Deck Supervisor) will remain in control of the facility at all times during the event. Their decisions and instructions are to be complied with without argument by all participants, coaches and officials. In the event of an emergency, City staff will only transfer care of an individual to EMS personnel.
2. No coach or official may permit a swimmer to enter the pool prior to the lifeguards being in place. No swimmer is to enter the pool without lifeguards in place.
3. All participants must obey all pool rules as posted.
4. No outside footwear may be worn on the pool deck by any participant, coach, official or any other person.
5. No food of any kind is permitted on the pool deck, except for refreshments provided directly to officials.
6. Coaches are responsible for the conduct of their team at all times in all areas of the facility.
7. Participants / coaches are responsible for picking up their garbage and depositing it in waste containers; excessive garbage left on the pool deck will be billed as an additional staffing charge.
8. Participants must be dry and wearing footwear on the upper level.
9. Participants / coaches / officials must not leave belongings in front of access points, including but not limited to emergency exits, staff offices, first aid rooms, change rooms, etc.
10. Parking is permitted in designated areas only; parking is not permitted on curbs or on grass areas surrounding the building. Signs will be posted indicating parking locations.

RZONE

Rzone is a program requiring all persons wishing to visit or use any City of London recreation facility, park, or program, to respect others and take responsibility in helping the City maintain a positive environment. The "R" in Rzone stands for Respect and Responsibility. Respect for yourself, Respect for others, and Responsibility for your actions. The Rzone program applies to all community organizations and individuals using City of London recreational facilities, parks, and programs.

Please review the information online at <http://london.ca/rzone> before attending this event.

Appendix B

City Of London By-Law

Single Use Disposable Water Bottles

According to the City of London by-laws, single use disposable standard water bottles can no longer be sold at events hosted at city-owned facilities.

We will continue with our Maximize Waste Diversion. Water coolers / city water taps will be available for water needs for our Athletes, Coaches, Officials, and Volunteers.

Please make sure that you bring a refillable water bottle with you to our meet.

The City of London, Swim Ontario and the London Aquatic Club would like to ask you to play your part to [Maximize Waste Diversion in London.](#)

This is how we can make a difference

- Eliminate non-refillable water bottles at the pool
- Bring along your favorite water bottle

The London Aquatic Club will provide refilling stations on the pool deck for all **Athletes, Coaches, Officials and Volunteers.**

At the conclusion of a large meet we recycle 90% (hundreds and hundreds) of all the non-refillable water bottles. Let's eliminate the hundreds of non-refillable bottles being sent to recycling.



We Can Make a Difference

Appendix C

Event List

Session 1

Friday Morning, May 8, 2026

Timed Final

Warm-up ⇒ 7.00 am Start ⇒ 7:45 am Finish ⇒ 10:55 am

Event #	Qualifying Time (LC)	Event Senior Seeded - 13 & Over		Prelim / Final	Qualifying Time (LC)	Event #
Women						Men
1 *Combined genders, alternating heats	11:13.52	800 Free	16 & O	Timed Final	10:31.69	1 *Combined genders, alternating heats
	11:20.32	800 Free	15	Timed Final	10:38.18	
	11:27.20	800 Free	14	Timed Final	10:52.92	
	11:34.14	800 Free	13	Timed Final	11:16.91	
3 *Combined genders, alternating heats	21:46.32	1500 Free	16 & O	Timed Final	20:12.81	3 *Combined genders, alternating heats
	21:59.51	1500 Free	15	Timed Final	20:42.73	
	22:12.85	1500 Free	14	Timed Final	21:07.93	
	22:26.31	1500 Free	13	Timed Final	21:44.37	

Session 2

Friday Morning, May 8, 2026

Timed Final

Warm-up ⇒ 11:00 am Start ⇒ 11:45 pm Finish ⇒ 12:50 pm

Event #	Qualifying Time (LC)	Event Senior Seeded - 12 & Under		Prelim / Final	Qualifying Time (LC)	Event #
Girls						Boys
5	6:48.34	400 Free	10 & U	Timed Final	6:53.63	6
7	12:18.18	800 Free	12	Timed Final	11:54.45	8
	12:47.79	800 Free	11	Timed Final	12:01.67	

Session 3
Friday Afternoon, May 8, 2026
Prelim / Timed Final

Warm-up ⇒ A-L 1:00 pm-1:40 pm M-Z 1:45 pm – 2:25 pm Start ⇒ 2:30 pm Finish ⇒ 5:20 pm

Event #	Qualifying Time (LC)	Event Senior Seeded - 13 & Over		Prelim / Final	Qualifying Time (LC)	Event #
Women						Men
9	2:54.44	200 IM	16 & O	Prelim	2:38.19	10
	2:57.19	200 IM	15	Prelim	2:43.35	
	2:58.98	200 IM	14	Prelim	2:47.92	
	3:01.39	200 IM	13	Prelim	2:52.70	
11		50 Free	13 & O	Timed Final		12
13		50 Breast	13 & O	Timed Final		14
15		50 Back	13 & O	Timed Final		16
17		50 Fly	13 & O	Timed Final		18

Session 4
Friday Evening, May 8, 2026
Timed Final

Warm-up ⇒ 5:25 pm – 6:05 pm Start ⇒ 6:10 pm Finish 9:00 pm

Event #	Qualifying Time (LC)	Event Senior Seeded - 12 & Under		Prelim / Final	Qualifying Time (LC)	Event #
Girls						Boys
19	3:13.73	200 IM	12	Timed Final	3:05.59	20
	3:20.96	200 IM	11	Timed Final	3:24.34	
	3:41.05	200 IM	10 & U	Timed Final	3:44.77	
21		50 Free	12 & U	Timed Final		22
23		50 Breast	12 & U	Timed Final		24
25		50 Back	12 & U	Timed Final		26
27		50 Fly	12 & U	Timed Final		28

Session 5
Saturday Morning, May 9, 2026
Prelim / Timed Final

Warm Up ⇒ M-Z 7:00 am – 7:40 am A-L 7:45 am – 8:25 am Start ⇒ 8:30 am Finish ⇒ 12:50 am

Event #	Qualifying Time (LC)	Event Senior Seeded - 13 & Over		Prelim / Final	Qualifying Time (LC)	Event #
Women						Men
29		100 Free	13 & O	Prelim		30
31	2:53.70	200 Back	16 & O	Prelim	2:40.53	32
	2:56.30	200 Back	15	Prelim	2:42.17	
	2:58.77	200 Back	14	Prelim	2:49.14	
	3:01.23	200 Back	13	Prelim	2:53.28	
33		100 Fly	13 & O	Prelim		34
35	3:18.98	200 Breast	16 & O	Prelim	3:01.10	36
	3:21.00	200 Breast	15	Prelim	3:03.18	
	3:23.03	200 Breast	14	Prelim	3:11.68	
	3:25.08	200 Breast	13	Prelim	3:15.74	
37	5:22.53	400 Free	16 & O	Timed Final	5:01.78	38
	5:25.77	400 Free	15	Timed Final	5:07.25	
	5:29.06	400 Free	14	Timed Final	5:16.21	
	5:32.39	400 Free	13	Timed Final	5:25.93	
* Fastest heat of 13 & O Women & Men's 400 Free swim during Saturday Finals session *						

Session 6
Saturday Afternoon, May 9, 2026
Timed Final

Warm Up ⇒ 1:00 pm – 1:50 pm Start ⇒ 2:00 pm Finish ⇒ 5:35 pm

Event #	Qualifying Time (LC)	Event Senior Seeded – 12 & Under		Timed Final	Qualifying Time (LC)	Event #
Girls				Timed Final		Boys
39		100 Free	12 & U	Timed Final		40
41	3:13.42	200 Back	12	Timed Final	3:09.43	42
	3:20.04	200 Back	11	Timed Final	3:21.62	
	3:40.04	200 Back	10 & U	Timed Final	3:41.78	
43		100 Fly	12 & U	Timed Final		44
45	3:38.76	200 Breast	12	Timed Final	3:33.80	46
	3:49.19	200 Breast	11	Timed Final	3:51.98	
	4:12.10	200 Breast	10 & U	Timed Final	4:15.17	
47	5:57.70	400 Free	12	Timed Final	5:44.58	48
	6:11.22	400 Free	11	Timed Final	6:16.03	

Session 7
Saturday Evening, May 9, 2026

Finals

Warm up ⇒ 5:45 pm – 6:35 pm Start ⇒ 6:40 pm Finish ⇒ 8:40 pm

Event #	Event			Event #
Women		Top 8 each age group		Men
9	200 IM	13; 14; 15; 16 & O	Final	10
29	100 Free	13; 14; 15; 16 & O	Final	30
31	200 Back	13; 14; 15; 16 & O	Final	32
33	100 Fly	13; 14; 15; 16 & O	Final	34
35	200 Breast	13; 14; 15; 16 & O	Final	36
37	* 13 & O - 400 Free Fastest heat 1W + 1M		Timed Final	38

Session 8
Sunday Morning, May 10, 2026

Prelim / Timed Final

Warm Up ⇒ A-L 7:00 am – 7:40 am M-Z 7:45am – 8:25 am Start ⇒ 8:30 am Finish ⇒ 1:00 pm

Event #	Qualifying Time (LC)	Event Senior Seeded - 13 & Over		Prelim / Final	Qualifying Time (LC)	Event #
Women						Men
49	2:59.52	200 Fly	16 & O	Prelim	2:39.57	50
	3:01.78	200 Fly	15	Prelim	2:46.82	
	3:03.62	200 Fly	14	Prelim	2:53.69	
	3:05.47	200 Fly	13	Prelim	2:57.84	
51		100 Breast	13 & O	Prelim		52
53	2:34.29	200 FR	16 & O	Prelim	2:21.10	54
	2:36.14	200 FR	15	Prelim	2:23.94	
	2:37.71	200 FR	14	Prelim	2:28.67	
	2:39.32	200 FR	13	Prelim	2:33.91	
55		100 Back	16 & O	Prelim		56
57	6:11.67	400 IM	16 & O	Timed Final	5:42.50	58
	6:15.43	400 IM	15	Timed Final	5:47.46	
	6:19.22	400 IM	14	Timed Final	5:57.37	
	6:23.04	400 IM	13	Timed Final	6:06.92	
* Fastest heat of Men and Women 400 IM will swim in the Sunday finals session *						

Session 9
Sunday Afternoon, May 10, 2026

Timed Final

Warm Up ⇒ 1:10 pm – 2:00 pm Start ⇒ 2:05 pm Finish ⇒ 5:45 pm

Event #	Qualifying Time (LC)	Event Senior Seeded – 12 & Under		Timed Final	Qualifying Time (LC)	Event #
Girls						Boys
59		100 Breast	12 & U	Timed Final		60
61	2:50.19	200 FR	12	Timed Final	2:43.92	62
	2:56.60	200 FR	11	Timed Final	3:00.78	
	3:14.26	200 FR	10 & U	Timed Final	3:18.86	
63		100 Back	12 & U	Timed Final		64
65	3:28.58	200 Fly	12	Timed Final	3:21.94	66
	3:48.81	200 Fly	11	Timed Final	3:38.24	
67	6:49.78	400 IM	12	Timed Final	6:36.10	68
	7:05.59	400 IM	11	Timed Final	7:01.27	

Session 10
Sunday Evening, May 10, 2026

Finals

Warm up ⇒ 5:55 pm – 6:45 pm Start ⇒ 6:50 pm Finish ⇒ 8:25 pm

Event #	Event			Event #
Women		Top 8 each age group		Men
49	200 Fly	13; 14; 15; 16 & O	Final	50
51	100 Breast	13; 14; 15; 16 & O	Final	52
53	200 Free	13; 14; 15; 16 & O	Final	54
55	100 Back	13; 14; 15; 16 & O	Final	56
57	* 13 & O - 400 IM Fastest Heat 1W + 1M		Timed Final	58

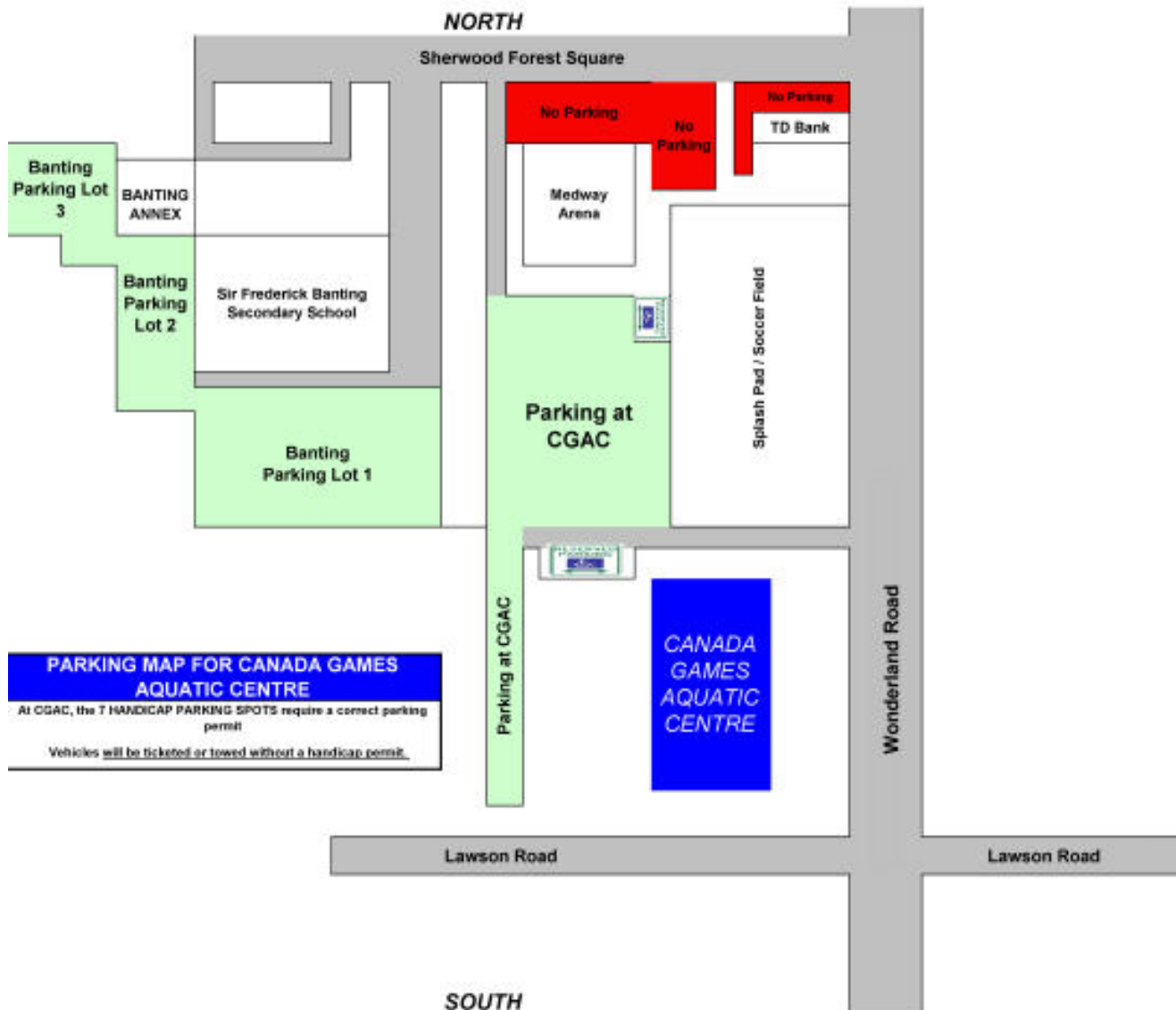
Appendix D

2026 Canada Games Aquatic Centre Parking Options

Parking is available at:

1. Canada Games Aquatic Centre (CGAC)
2. Banting Lots 1, 2 and 3
 - After 3:00 P.M. on school days.
 - All day on weekends.
3. On neighbourhood streets: EAST and WEST off Lawson Rd.
(City of London parking bylaws in effect)

NO PARKING in neighbouring business lots (which includes Mall, Bank, Arena and others). Vehicles may be towed.



Appendix E

2026 Official LAC Hollandia Spring Invitational Apparel

Apparel as unique as YOU!

create memories with custom apparel



Onsite Custom Apparel

Experience the magic of customizing your own shirt.

Become your own fashion designer and choose from a large variety of logos, prints, hoodies, zip-ups, pants, dri-fits, and shirts.

We will have it hot off the press in just seconds.

