

Mallards Winter LC Invitational

January 30 - Feb 1, 2026

PRESENTED BY:



MARKHAM PAN AM CENTER

16 Main Street
Unionville, Ontario

2026 Mallards Winter LC Invitational

DATE:	January 30 - Feb 1, 2026
HOST:	Mallards Swim Team
LOCATION:	MARKHAM Pan Am Center 16 Main Street Unionville, Ontario
FACILITY:	10 Lanes, 50 meter Competition pool with Electronic Timing System.
DESCRIPTION:	All events are timed finals. Swimmers will swim in age-combined events, 12 & Under and 13 & Over groups.
SAFETY AT 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 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.

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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:
 - o 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.

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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 both ends and/or 2. from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends and/or 3. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends
BACKSTROKE LEDGES:	Ledges will be used and available for all ages and sessions
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 COORDINATORS:	Vivien Hughsam (Level 5) and Ximena Pagiamtzis (Level 5)
MEET MANAGERS:	Rodney Mui and Jill Madorsky: meetmanager@mallardsswimming.com
ENTRIES COORDINATOR:	Vivien Hughsam: hughsam.v.mst@gmail.com
OFFICIALS COORDINATOR:	Jennifer Hu: officialschair@mallardsswimming.com It would be greatly appreciated if each club could provide officials to help out at the meet. Please indicate sessions and positions preferred. We will do our best to accommodate.
ELIGIBILITY:	All athletes must be registered as <u>Competitive</u> or <u>Varsity</u> 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 <u>Age Group Swimming Invitational</u> including foreign competitors/teams subject to the provisions below. Foreign Teams & 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.

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- 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.

AGE UP DATE: A competitor's age is their age as of the start date of the meet, **January 30, 2026.**

COACH'S & 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.

d/DEAF & HARD of HEARING ACCOMODATION: **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.

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ENTRY FEES:

Individual events to 200M	\$15.00
Events 400 m and Up	\$20.00
Relays	\$25.00
Swimmer Fee	\$12.00 per swimmer inclusive of 'Relay Only' swimmers. Include downloadable heat sheets for all days/sessions

All fees include Swim Ontario Gold Bonus and HST.

Payment will be by cheque or by e-transfer due on the first day of the event.

Please make cheque payable to "**Mallards Swim Team**" or by e-transfer to "serge_swim@rogers.com"

ENTRY DEADLINE:

Entries must be received by **Friday, January 2, 2026**.

The deadline for changes is **Friday, January 16, 2026**.

ENTRIES SUBMISSIONS:

Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. There is no qualifying standard or period.

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 10 days 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.

ENTRY RESTRICTIONS:

Meet Management requests all swimmers be entered with real (provable) or estimated entry time to allow for proper seeding.

- **No Time (NT) entries will not be accepted.**
- Session 1 and 2 Max. of 3 individual events including 400 IM OR 800 Free.
- Sessions 3, 4, 5 and 6 Max. of 3 individual and 1 relay event per swimmer per session.
- 400 m and 800 m events may be limited to 2 to 4 heats.
- **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 hrs.**

SEEDING/ CONVERSIONS

Heats will be seeded slowest to fastest except in 400 IM, 400, 800 m Free, fastest to slowest. All entries must be submitted using long course times in meters (LCM). Please use Hy-Tek default conversion factor (or other % factor) before submitting entries.

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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 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.

DISQUALIFICATION & PROTESTS 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 protest may be presented to the Session Referee from the club representative.
 - A written protest must be presented within 30 minutes after the conclusion of the event in question.
 - 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.

DECK ENTRIES

Deck entries are permitted provided proof of active registered status with valid Swimming Canada ID is provided to Meet Management.

- Deck Entries are Exhibition Only and are not eligible for scoring or awards.
- Deck entries will be accepted for empty lanes only (no new heats will be created).
- Swimmer substitution will not be allowed.
- Cost is \$25.00 per individual event and \$30.00 per relay event, payable in cash (exact amount) and submitted to the Admin Desk with the Deck Entry Form.

RELAYS

Relay cards are to be submitted to the Admin Desk 30 minutes before the start of the session. Once submitted, no name changes will be permitted. Please submit relay entry times for seeding purposes. Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.

MIXED RELAY:

Mixed relays, for 10 & under only can be any combination of females and males. Relays will be exhibition only and no ranking, scoring or awards will be given. The first leg of these relays will not be recognized as official times. The relays will not be part of the official results to be uploaded to REMS.

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- SESSION TIMES:** In order to stay within the maximum session length of 4.5 hrs, meet management reserves the right to:
1. Amend warm-up and start times according to the number of entries received.
 2. Limit the number of swimmers in an event and or run events in multiple sessions.
 3. Limit the number of heats in any particular event(s).
 4. Cancel relays should session(s) run late.

An updated schedule will be posted on the Mallards website as soon as it is available.

SCHEDULE OF SESSIONS:

Sessions will not exceed 4.5 hrs in length (excluding warm up periods)

SESSION		AGE GROUP	COMPETITION	WARM UP	START	Est. Length
Friday	1	12 & Under	Time Finals	12:00 pm - 12:55 pm	1:00 pm	3 hrs. 0 min.
	2	13 & Over	Time Finals	4:30 pm - 5:25 pm	5:30 pm	3 hrs. 0 min.
Saturday	3	13 & Over	Time Finals	8:00 am - 8:55 am	9:00 am	4 hrs. 00 min.
	4	12 & Under	Time Finals	1:30 pm - 2:25 pm	2:30 pm	4 hrs. 00 min.
Sunday	5	12 & Under	Time Finals	8:00 am - 8:55 am	9:00 am	4 hrs. 30 min.
	6	13 & Over	Time Finals	2:00 pm - 2:55 pm	3:00 pm	4 hrs. 30 min.

SCRATCH RULES **PRELIMINARY and TIME FINAL Events:** Scratches are to be made to the Admin Desk at least 30 minutes before the start of each session. No penalty for late scratches of these events.

CHECK-IN **POSITIVE CHECK-IN** is required for **400 IM, 400, and 800 Free, at least 30 minutes before the start of the session**, at the Admin Desk. Failure to do so may result in the swimmer being eliminated from the race.

PSYCH SHEETS Psych sheets will be posted online at www.mallardsswimming.com through a link on the homepage of Mallards Swim Team.

MEET RESULTS Results will be reported based on the following categories:

Girls: 10 & under, 11-12, 13-14, 15 & over.

Boys: 10 & under, 11-12, 13-14, 15 & over.

Unofficial meet results will be available on Live Results. Official meet results will be uploaded to www.swimming.ca within 5 days of completion of the meet.

OTHER INFORMATION: No food will be allowed on deck.
No glass objects will be allowed on deck.
Lockers are available, please bring your own lock.
Onsite parking may be limited.

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AWARDS:

Individual Events:

- Medals: 1st - 3rd place for all age groups
- Ribbons: 4th - 8th place for 12&U age group only

Relay Events:

- Medals: 1st - 3rd place for all age groups

Awards will be broken down as follows:

- Girls: 10 & Under, 11-12 yrs, 13-14, 15 & Over.
- Boys: 10 & Under, 11-12yrs, 13-14, 15 & Over.

REFRESHMENTS:

Refreshments will be provided for Coaches and Officials working the meet.

Amenities around Markham Pan Am Center

- [Langham Square](#) (Restaurants and Supermarket)
- [Whole Foods](#) (Supermarket & Cooked Foods)
- [New Kennedy Square](#) (Restaurants, Food court and Supermarket)
- [Markville Mall](#) (Food court, Tim Hortons, McDonalds, Joey...)
- [Tim Hortons](#) (Kennedy Rd/14th Ave.)

EVENT HOST

HOTEL:

[Hilton Toronto/Markham Suites Conference Centre and Spa:](#)

8500 Warden Avenue,
Markham, Ontario, L6G 1A5, Canada

For Group Rates, Contact Sales Manager OR Click on the Booking Link below:

Kristine Lagos

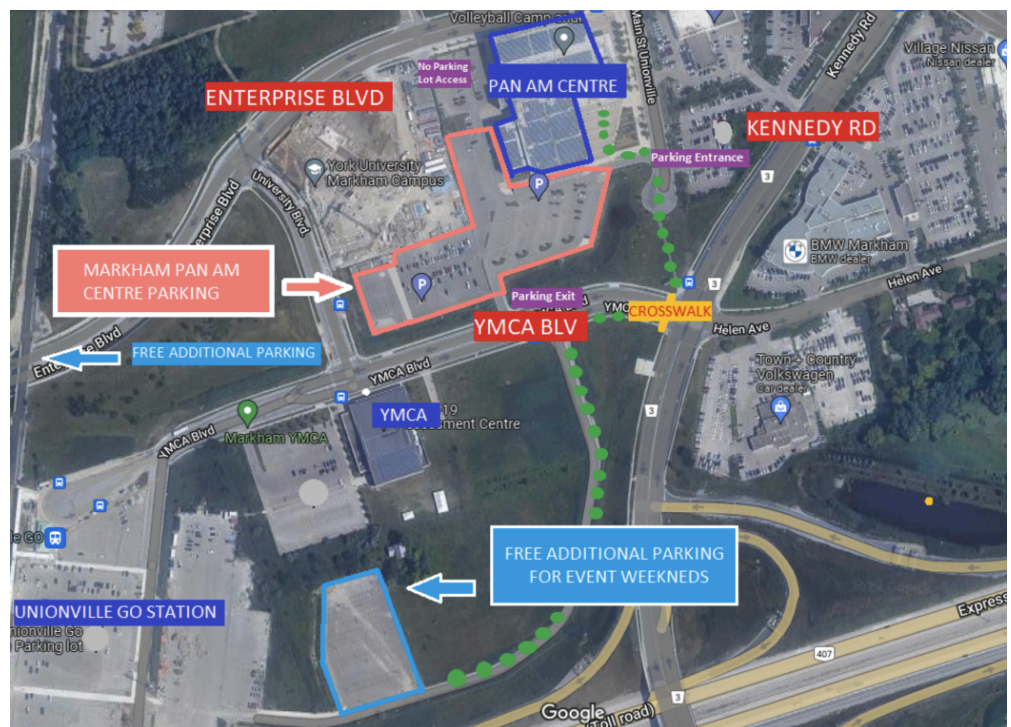
Email: kristine.lagos@markhamsuites.com

Phone: (905) 470-8577

FOR BOOKING LINK: CLICK [HERE](#)

BOOKING DEADLINE: **Jan 4, 2026**

PARKING MAP:



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SCHEDULE OF EVENTS:

SESSION #1 - FRIDAY AFTERNOON Warm Up: 12:00 pm Start: 1:00 pm				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
1* (Mixed)	Mixed 11 -12	400 IM*	Time Final	1* (Mixed)
3	12 & Under	50 Fly	Time Final	4
5	12 & Under	50 Breast	Time Final	6
7	12 & Under	100 Backstroke	Time Final	8
9* (Mixed)	Mixed 11-12	800 Free*	Time Final	9* (Mixed)

* Positive check-in required 30 min. before the session starts

SESSION #2 - FRIDAY EVENING Warm Up: 4:30 pm Start: 5:30 pm				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
11*	13 & Over	400 IM*	Time Final	12*
13	13 & Over	50 Fly	Time Final	14
15	13 & Over	50 Breast	Time Final	16
17	13 & Over	50 Free	Time Final	18
19*	13 & Over	800 Free*	Time Final	20*

* Positive check-in required 30 min. before the session starts

* 400 IM and 800 Free, See [Entry Restrictions](#)

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SESSION #3 - SATURDAY MORNING Warm Up: 8:00 am Start: 9:00 am				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
21	13 & Over	100 Fly	Time Final	22
23	13 & Over	200 IM	Time Final	24
25	13 & Over	200 Breast	Time Final	26
27	13 & Over	100 Back	Time Final	28
29	13 & Over	200 Free	Time Final	30
31	13 - 14 yrs	4x50 Free Relay	Time Final	32
33	15 & Over	4x50 Free Relay	Time Final	34

SESSION #4 - SATURDAY AFTERNOON Warm Up: 1:30 pm Start: 2:30 pm				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
41	12 & Under	100 Fly	Time Final	42
43	12 & Under	200 Free	Time Final	44
45	12 & Under	200 Breast	Time Final	46
47	12 & Under	50 Free	Time Final	48
49	12 & Under	200 IM	Time Final	50
51 (Mixed)	10 & Under	4x50 Free Relay	Time Final	51 (Mixed)
53	11 -12 yrs	4x50 Free Relay	Time Final	54

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SESSION #5 - SUNDAY MORNING Warm Up: 8:00 am Start: 9:00 am				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
61	12 & Under	200 Fly	Time Final	62
63	12 & Under	100 Breast	Time Final	64
65	12 & Under	50 Back	Time Final	66
67	12 & Under	100 Free	Time Final	68
69	12 & Under	200 Back	Time Final	70
71 (Mixed)	10 & Under	200 Medley Relay	Time Final	71 (Mixed)
73	11 - 12 yrs	200 Medley Relay	Time Final	74
75*	12 & Under	400 Free*	Time Final	76*

*Positive check-in required 30 min. before the session start

* 400 Free, See [Entry Restrictions](#)

SESSION #6 - SUNDAY AFTERNOON Warm Up: 2:00 pm Start: 3:00 pm				
<u>GIRLS</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>COMPETITION</u>	<u>BOYS</u>
81	13 & over	200 Fly	Time Final	82
83	13 & over	100 Breast	Time Final	84
85	13 & over	50 Back	Time Final	86
87	13 & over	100 Free	Time Final	88
89	13 & over	200 Back	Time Final	90
91	13 - 14 yrs	200 Medley Relay	Time Final	92
93	15 & over	200 Medley Relay	Time Final	94
95*	13 & over	400 Free*	Time Final	96*

*Positive check-in required 30 min. before the session start

* 400 Free, See [Entry Restrictions](#)

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<mailto:kristine.lagos@markhamsuites.com>



Mallards – Winter LC Invitational 2026 January 29-February 1, 2026

Contact Kristine Lagos, Sr. Group Sales Manager at 905-470-8577 or kristine.lagos@markhamsuites.com



Rate starting from \$199.00

Room based on availability

Team Benefits

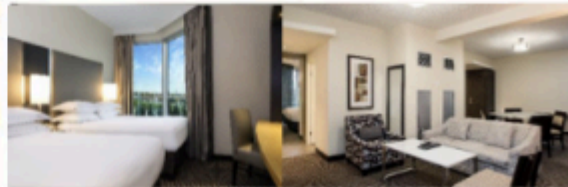
- Closest hotel in Markham Pan Am Centre
- Complimentary parking
- All suite hotel featuring spacious two room suites With separate bedroom and living room

Reservations

- For 10 rooms or more reservations, call Kristine
- For 10 rooms or less, click [here](#) to book
- Discounted Hot Breakfast Buffet \$18.00 per person (Regular \$28.00 per person)
- Reservation must be booked by January 4, 2026



Standard Suite King Bedroom and Living Room



Standard Suite Double Bedroom and Living Room

8500 Warden Avenue Markham, ON L6G 1A5 905-470-8500 www.torontomarkham.hilton.com