

Brief Meet Information

MEET NAME	2026 Spring Long Course Invitational
DATE(s):	May 15-17, 2026
HOSTED BY:	Newmarket Stingrays Swim Club
LOCATION:	Markham Pan Am Pool, 16 Main Street, Unionville, ON., L3R 0W7
FACILITY:	10 Lanes 50m pool with Swiss Timing System
PURPOSE & DESCRIPTION:	To provide swimmers the opportunity to race, gain experience, and achieve qualification times for higher-level competitions. The meet features Prelims & Finals for 13&O and Timed Finals for 12&U.
COMPETITION CONFIGURATION	<input checked="" type="checkbox"/> LCM Chase Starts
SAFETY REQUIREMENTS FOR LCM CHASE STARTS:	<p>Officials will ensure finishing swimmers clear the wall quickly, move to the lane rope, and follow Inspector of Turn direction so incoming chase swimmers can turn safely.</p> <p>Para heats must be fully cleared, no more than two heats may be in the water during LCM chase starts, and 50m events must allow full clearance before the next heat finishes.</p> <p>Coaches are responsible for ensuring swimmers remain aware of incoming chase swimmers and follow all instructions provided by the Inspector of Turns.</p>
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).
LAST UPDATE:	

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Brian Wilson	bcwils@gmail.com	5
MEET MANAGER(S) & ENTRY COORDINATOR:	Alice Cheung, Irene Okeke, Tanya Peterson, Carolyn Fuller	stingrays.meetmanager@gmail.com	
OFFICIALS COORDINATOR:	Emily Deline	emi.mei.xue@gmail.com	

Safety at Competitions

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

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

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

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

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

Videography & Photography Permissions

Provided the facility permits, registered club coaches on the compliance list, approved sport science contractors, and support staff may record for coaching purposes without additional authorization.

All other individuals — including club photographers, contracted photographers/videographers, and media — must apply for and receive authorization to access the competition deck before recording in any medium. All recordings must comply with Swim Ontario policies, including the [Photography, Videography, and Cellphone Procedure](#) and the [Screening Requirements Procedures](#). Contact Meet Management for the application process. All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.

ADDITIONAL INFORMATION	<input checked="" type="checkbox"/> Meet management will not accept requests to access the competition deck to record. <input checked="" type="checkbox"/> The following are approved by Swim Ontario Official Photographers/Videographers for this event: Chun Ho Chan, Trista Thomas, Angela Lee and Karen Kramer
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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.

AGE UP DATE:	The competitor's age is as the first day of the competition May 15, 2026
DIVE STARTS:	<p>As per Swimming Canada Part II C4.1.2 and C4.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available. As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</p> <ul style="list-style-type: none"> <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"> <input checked="" type="checkbox"/> both ends and/or <ul style="list-style-type: none"> ● from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> <input checked="" type="checkbox"/> from both ends and/or <ul style="list-style-type: none"> ● In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> <input checked="" type="checkbox"/> from both ends
BACSTROKE LEDGES:	<input checked="" type="checkbox"/> Ledges will be used in the all 13&O Sessions
d/DEAF AND HARD OF HEARING ACCOMMODATION:	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> ● non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. ● Visual Start hand signals given by the starter/referee. ● Visual Start Strobe Light options <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Facility-Provided Strobe Light: An external strobe light is available at this facility

	<p><input checked="" type="checkbox"/> Personal Strobe Light: a personal strobe light from the swimmer’s own club may be used with advance notice to Meet Management to determine compatibility with the starter unit.</p> <p>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.</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>
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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:	<p><input checked="" type="checkbox"/> This meet is an Open Invitational.</p> <p><input checked="" type="checkbox"/> Preference will be given to the host club first.</p> <p><input checked="" type="checkbox"/> This meet has Time Standards</p> <p style="padding-left: 20px;"><input checked="" type="checkbox"/> for the following events: 200BK, 200BR & 200Fly and 200IM for 12&U</p> <p style="padding-left: 20px;"><input checked="" type="checkbox"/> Para-swimmers are exempt from the Time Standards at this competition.</p>
COACH & SUPPORT STAFF REGISTRATION:	<p>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.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</p> <p>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.</p>
FOREIGN TEAMS / COMPETITORS:	<p>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.</p> <p><input checked="" type="checkbox"/> Foreign Teams’ / competitors’ entries will not be accepted by the host club.</p>

Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff. Meet management will:</p> <ul style="list-style-type: none"> ● not accept entries via email;
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	<ul style="list-style-type: none"> • notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; • notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition <p>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.</p> <p>Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.</p>
<p>ENTRY DEADLINE:</p>	<p>The online entry deadline is Tuesday, Apr 14, 2026</p> <p><input checked="" type="checkbox"/> Changes to entries will be accepted until Thursday, Apr 30, 2026</p>
<p>ENTRY FEE:</p>	<p>The following fees will apply for this competition:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Individual Events: Individual Events: \$15 per event (200m and below); \$20 per event (400m events); \$25 per distance event (800m) <input checked="" type="checkbox"/> Relay Events: \$25 <input checked="" type="checkbox"/> Swimmer Fee: \$10 <p>Payment Method: via cheque, payable to Newmarket Stingrays Swim Club, to be delivered to Meet Manager prior to start of the meet's first session or, e-transfer to Treasurer:</p> <p>NewmarketStingrays.Treasurer@gmail.com</p> <p>Indicate 26LC and Club Code. No Cash Payment accepted</p>
<p>ENTRY LIMITS:</p>	<p>The following limits are in place for this competition:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> The maximum number of participants per session is 650 in 13&O; 550 in 12&U <input checked="" type="checkbox"/> Entries will close once the session limit has been reached and no further swimmer entries will be accepted. <input checked="" type="checkbox"/> The maximum number of entries per swimmer is NINE (9) <ul style="list-style-type: none"> ➤ Session 1: 1 entry per swimmer (One Ind. Event) ➤ Session 2,3,5&6: 4 entries per swimmer per session (Three Ind. Events + One Relay) <input checked="" type="checkbox"/> Meet Management reserves the right to limit the number of heats in the 800 Freestyle if the session is projected to exceed 4.5 hours. Coaches will be notified prior to the final change deadline of April 30, 2026.
<p>RELAY ENTRIES & MIXED RELAYS:</p>	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Only ONE (1) relay team per event per Club. <input checked="" type="checkbox"/> Relay swimmers must be entered in a non-relay event in order to compete. <input checked="" type="checkbox"/> A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification.
<p>ENTRY TIMES & CONVERSION:</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> No Time (NT) entries are not permitted. <input checked="" type="checkbox"/> Estimate entry times are accepted. <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Times achieved since (Qualifying Period): Nov 1, 2024 <input checked="" type="checkbox"/> Qualifying Standards (Time Standards) are as follows <ul style="list-style-type: none"> <input checked="" type="checkbox"/> See Time Standards Section at the end of the meet package <input checked="" type="checkbox"/> Times will not be converted by meet management.

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1 11 & O	May 15	3:00pm - 3:55pm**	4:00pm	8:30pm	Timed Finals
2 13 & O	May 16	7:45am - 8:40am**	8:45am	12:45pm	Prelims
3 12 & U	May 16	1:00pm - 1:55pm**	2:00pm	6:00pm	Timed Finals
4 13 & O	May 16	6:15pm - 6:40pm	6:45pm	8:30pm	Finals
5 13 & O	May 17	7:45am - 8:40am**	8:45am	12:45pm	Prelims
6 12 & U	May 17	1:00pm - 1:55pm**	2:00pm	6:00pm	Timed Finals
7 13 & O	May 17	6:15pm - 6:40pm	6:45pm	8:30pm	Finals

** Split warm-up is anticipated, with details to be communicated to all participating clubs following the entry deadline.

Meet Format & Administration

SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> <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"> <input checked="" type="checkbox"/> with the exception of Distance Events (400m & 800m) which will be seeded fastest to slowest. <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.
DECK ENTRIES:	<p>All accepted Deck Entries are Exhibition Only and are not eligible for scoring or awards. No new heats will be created for deck entries (only empty lanes, if available). The following are the Deck Entry Rules for this competition:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Only event deck entries are permitted for swimmers <u>already entered in the competition.</u> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Fee: \$25 payable in cash to Admin Desk prior to the event. <input checked="" type="checkbox"/> Deck entries will be accepted as exhibition (EXH) swims only and will not count toward medal awards, team scoring or individual high points. <input checked="" type="checkbox"/> No Deck entries will be accepted for RELAY.
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Relay Cards are available at Admin Desk at the beginning of warmup. <input checked="" type="checkbox"/> The Relay Name submission deadline is 30 mins before the start of the session.
FINALS FORMAT:	<ul style="list-style-type: none"> • There will be an “A” & “B” Final for all Olympic Program Events • A “B” Final will be conducted only if there are 16 or more swimmers entered in the preliminary heats. • The Finals sessions will run “A” Final followed by “B” Final. • All swimmers in the “A” & “B” Finals, <u>along with alternates</u>, must check in at the Admin Desk in the Marshalling area 10 minutes before each finals swim and remain in

	<p>the marshalling area thereafter.</p>
<p>SCRATCHES & POSITIVE CHECK IN RULES:</p>	<p>The following are the Scratch deadlines for this competition.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> There is a scratch deadline for: Prelims and Timed Finals Events (Session 1,2,3,5 &6) <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session. <input checked="" type="checkbox"/> A scratch deadline will apply for: Finals Events: (Session 4 & 7) <ul style="list-style-type: none"> <input checked="" type="checkbox"/> 30 minutes following the posting of results of last preliminary event in that session <p>The following are the Positive Check-in deadlines for this competition.</p> <ul style="list-style-type: none"> <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: 800FR
<p>PENALTIES:</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> No penalty shall be imposed for late or day of scratches and No-Shows for Prelims and Timed Finals Events. <input checked="" type="checkbox"/> Failure to participate in an event with a scratch or positive check-in deadline will result in following penalty: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Scratching from Finals after the final scratch deadline OR failing to participate in an individual Final event will result in a <u>\$30 fine per offense.</u> This applies to both initially named finalists and alternates who are scheduled to swim in the Finals. All fines will be invoiced to the club by the Newmarket Stingrays Swim Club.
<p>OFFICIAL SPLIT TIMES:</p>	<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"> <input checked="" type="checkbox"/> Official Split Forms are available at the Admin Desk. <input checked="" type="checkbox"/> Not all Official Split requests can be accommodated.
<p>SWIM OFFS:</p>	<p>This competition offers preliminary events.</p> <ul style="list-style-type: none"> • 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.
<p>DISQUALIFICATION & APPEAL PROCEDURE:</p>	<ul style="list-style-type: none"> • Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems. • A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip. • If not resolved after this discussion, a written appeal may be presented to the Session Referee from the club representative. <ul style="list-style-type: none"> ○ A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> 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.

RECORDS:	<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.
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca <input checked="" type="checkbox"/> Unofficial mobile applications results will be available.
SCORING:	The following scoring will be applied: <input checked="" type="checkbox"/> Individual Events: 20-17-16-15-14-13-12-11-9-7 <input checked="" type="checkbox"/> Relay Events: 20-16-12 <input checked="" type="checkbox"/> In the event of a tie for the Team High Point Champion / Individual High Point Award, the tie will be broken by the number of gold medals won. If a tie still remains, the number of silver medals will be considered, followed by bronze medals if necessary, until a single team or swimmer is determined as the High Point winner.
AWARDS:	The following will be awarded: <input checked="" type="checkbox"/> Team High Point Champion: 12&U and 13&O <input checked="" type="checkbox"/> Individual High Point Winner: <ul style="list-style-type: none"> ○ Girls: 10&U, 11-12, 13-14 and 15&O ○ Boys: 10&U, 11-12, 13-14 and 15&O <input checked="" type="checkbox"/> Medals: 1-2-3 & Ribbons: 4 to 8 <input checked="" type="checkbox"/> Awards by gender and age category: <ul style="list-style-type: none"> ○ Girls: 10&U, 11-12, 13-14, 15&O ○ Boys: 10&U, 11-12, 13-14, 15&O <input checked="" type="checkbox"/> Relays Ribbons: 1-3
ADDITIONAL INFORMATION:	<p>Onsite parking is PAID and limited. Extra parking space will be available at Unionville GO Station.</p> <p>Facility & Safety Reminders</p> <ul style="list-style-type: none"> ● All participants must wear footwear in the hallways at all times, and indoor deck shoes are required in the pool area. ● Lockers are limited. Please bring your own lock if you plan to use one. ● No food or drinks are permitted on deck, including coffee and tea. Water fountains on deck are available for use.

Schedule of Events

Session 1 (11&O, Timed Finals)		
Friday, May 15, 2026		
Warm-up: 3:00pm -- Start: 4:00pm		
Girls		Boys
1	*Mixed 11&O 400 Freestyle	1
2	*Mixed 11&O 400 IM	2
3	*Mixed 11&O 800 Freestyle	3

Please note that the number of heats for ALL events in Session 1 is limited, and excess entries may not be accepted. The Meet Management Team reserves the right to move the fastest 2 heats of all 400m events to Sessions 4 and 7 (Finals) if necessary. Coaches will be notified prior to the final change deadline of April 30, 2026.

Session 2 (13&O, Prelims)		
Saturday, May 16, 2026		
Warm-up: 7:45am -- Start: 8:45am		
Girls		Boys
5	100 Backstroke	6
7	200 Freestyle	8
9	50 Breaststroke	10
11	200 Butterfly	12
13	100 Breaststroke	14
15	50 Butterfly	16
17	4 x 50 Freestyle Relay	18

Session 3 (12&U, Timed-Finals)		
Saturday, May 16, 2026		
Warm-up: 1:00pm -- Start: 2:00pm		
Girls		Boys
19	100 Backstroke	20
21	200 Freestyle	22
23	50 Breaststroke	24
25	*200 Butterfly (QT: 4:00.00)	26
27	100 Breaststroke	28
29	50 Butterfly	30
31	11-12 4 x 50 Freestyle Relay	32
33	10 & U Mixed 4 x 50 Freestyle Relay	33

*Qualification Timed Needed

Session 4 (13&O, Finals) Saturday, May 16, 2026 Warm-up: 6:15pm -- Start: 6:45pm		
Girls		Boys
5	100 Backstroke	6
7	200 Freestyle	8
9	50 Breaststroke	10
11	200 Butterfly	12
13	100 Breaststroke	14
15	50 Butterfly	16

Session 5 (13&O, Prelims) Sunday, May 17, 2026 Warm-up: 7:45am -- Start: 8:45am		
Girls		Boys
35	100 Freestyle	36
37	50 Backstroke	38
39	200 IM	40
41	200 Breaststroke	42
43	100 Butterfly	44
45	200 Backstroke	46
47	50 Freestyle	48
49	4 x 50 Medley Relay	50

Session 6 (12&U, Timed-Finals) Sunday, May 17, 2026 Warm-up: 1:00pm -- Start: 2:00pm		
Girls		Boys
51	100 Freestyle	52
53	50 Backstroke	54
55	*200 IM (QT: 3:45.00)	56
57	*200 Breaststroke (QT: 4:00.00)	58
59	100 Butterfly	60
61	*200 Backstroke (QT: 3:45.00)	62
63	50 Freestyle	64
65	11-12 4 x 50 Medley Relay	66
67	10 & U Mixed 4 x 50 Medley Relay	67

*Qualification Timed Needed

Session 7 (13&O, Finals) Sunday, May 17, 2026 Warm-up: 6:15pm -- Start: 6:45pm		
Girls		Boys
35	100 Freestyle	36
37	50 Backstroke	38
39	200 IM	40
41	200 Breaststroke	42
43	100 Butterfly	44
45	200 Backstroke	46
47	50 Freestyle	48

Time Standards

Girls	12 & Under	Boys
3:45.00	200 IM	3:45.00
3:45.00	200 Backstroke	3:45.00
4:00.00	200 Breaststroke	4:00.00
4:00.00	200 Butterfly	4:00.00