

BRIEF MEET INFORMATION

Meet Name	Lisa Flood Classic 2026
Dates	December 4-6, 2026
Hosted By	Pickering Swim Club
Location	Chestnut Hill Developments Recreation Complex (CHDRC) 1867 Valley Farm Road, Pickering, Ontario
Facility	25 m, 8-lane pool; electronic timing and scoreboard; backstroke ledges available for all ages and sessions; external visual-start strobe available.
Purpose & Description	An open invitational age-group. To provide competitive opportunities to developing swimmers.
Competition Configuration	Single-ended, short course metres (SCM)
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).
Additional Information	For up-to-date information, including a link to the most recent meet package, session information, heat sheets, and volunteer information, please visit our Lisa Flood Classic webpage .

Meet Package Version Updates

VERSION	DATE	CHANGES
1	2026-10-02	Not Applicable

COMPETITION ORGANIZING COMMITTEE

Competition Coordinator	James McGrath	james.mcgrath@rogers.com	Level 5
Meet Managers	Julie Witt & Evgenia Boushmarina	pickmm@pickswimclub.com	
Entries Coordinator	Danielle Sheppard	pickmm@pickswimclub.com	
Officials Coordinator	Aleeya Ali	officials@pickswimclub.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.

Coaches and athletes are reminded that deck changing is not permitted at Swim Ontario sanctioned competitions. Athletes are asked to use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to discourage deck changing and help keep the sport safe for everyone involved.

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](#). All Official Photographers and Videographers, as approved by Swim Ontario, will be declared within this Meet Package.

Additional Information: Spectators may take photographs or video from the designated spectator bleachers, subject to the Swim Ontario Photography, Videography, and Cellphone Procedure. Meet Management will not accept requests from outside photographers or videographers to access the competition deck.

The following Swim Ontario-approved official photographer(s) or videographer(s) are authorized to access the competition deck: **Dayris Rodriguez**

Spectator Viewing & Deck Access

Spectators are permitted only within the designated spectator bleachers in the pool area. All other areas of the competition deck are restricted to registered swimmers, certified coaches, registered support staff and officials, facility personnel, authorized Swim Ontario personnel, and approved official photographers or videographers identified in this meet package. Spectators must remain within the designated viewing area and must not block pool-deck doors or walkways.

Facility Rules

Food and beverages are not permitted on deck and may only be consumed on the spectator bleachers. Bottled water is permitted.

Coaches are responsible for the behaviour of their swimmers while on deck.

- Changing is only permitted in the private stalls located in the universal changeroom.

COMPETITION RULES

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook. 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 rule book. The "misconduct" shall include, but is not limited to (C2.5.2.1):

- 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. While warnings have previously been issued for these actions, the rule is now fully enforceable and may result in disqualification.

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

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- Deliberate kicking or striking of the starting platform, including the back plate during the sprint periods is not permitted.

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

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

Dive Starts

As per Swimming Canada Part II C4.1.1.2 and C4.1.1.3 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:

- From Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.1.4.3 from the deep end only
- From the Deck or Bulkhead as per Swimming Canada Rule C4.1.1.1 & II.C4.1.1.3 and World Aquatics II.15.4.3 from the deep end only
- In-water starts will be conducted as per Swimming Canada Rule II.C4.1.1.2 and World Aquatics II.15.4.3 from the deep end only

d/Deaf and Hard of Hearing Accommodation

This competition can provide the following accommodations for athletes 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 active as Support Staff, Coach or attending registered Swimmer.
- Visual Start hand signals given by the starter/referee.
- Visual Start Strobe Light options:
 - **Facility-Provided Strobe Light:** An external strobe light is available at this facility
 - **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.

Requesting Accommodations:

Clubs requiring accommodations must contact Meet Management by the Entry Deadline. The support person must have active REMS registration and be listed in the entry submission. Those not listed in the entry submission will be denied deck access. Athletes approved for visual accommodation will have the "HH" designation displayed on heat sheets, which must be made available to the Session Referee, Starter, and officials responsible for the strobe light.

Backstroke Ledges

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

Age Up Date

The competitor's age is as of the first day of the competition, December 4, 2026.

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the club or 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

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the time of the competition will be denied entry. It is the responsibility of the athlete's club to provide proof of active registration status in a swimmer category in REMS.

Coach and Staff Support 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.

Athletes 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 athletes 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.

Additional Eligibility Information

Preference will be given to the host club first.

Pre-competitive registered swimmers are welcome to attend, but may not exceed 1 competition. At this competition, they will compete as Exhibition and are not eligible for scoring or awards.

Foreign Teams & Competitors

Foreign Teams' / competitors' entries will not be accepted by the host club.

ENTRY PROCESS

Entry Submission

Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.

- Meet Management will not accept entries via email.
- Meet Management will notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries.
- Meet Management will 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 / withdrawal prior to the deadline for changes to entries will result in loss of entry fees.

Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.

Entry Acceptance

The host club will receive priority. Returning clubs confirmed by Meet Management prior to sanctioning will receive priority based on their estimated swimmer numbers, provided complete entries are submitted by the online entry deadline. Additional clubs may be accepted where capacity permits, with priority determined by the order in which

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complete entries are received through REMS. Confirmation does not guarantee acceptance of every individual entry. Final entries may be adjusted to comply with swimmer capacity, session timelines, facility requirements, and safety considerations. Submission through REMS does not constitute acceptance.

Entry Deadline

The online entry deadline is **November 16, 2026**.
Changes to entries will be accepted until **November 23, 2026**

Entry Fees

The following fees will apply for this competition:

- 50m Events: \$12.00
- 100m & 200m Events: \$15.00
- 400m/800m/1500m Events: \$18.00
- Swimmer Fee: \$15.00 per swimmer

Payment Method: Participating clubs are responsible for submitting meet fees. Clubs may submit payment by e-transfer to treasurer@pickswimclub.com. Cheques are also accepted and should be made payable to **PICKERING SWIM CLUB INC.**

Entry Limits

The following limits are in place for this competition:

- The maximum number of participants per session is 275
- The maximum number of individual entries per swimmer is 3 events per day.

Relays

Our **"Santa Dash" Relay** (Events 801 and 802) is an **8x50m Mixed Freestyle Relay** and will be run as a single heat, with a maximum of eight teams. Each participating club may enter one relay team. This event will be open to swimmers in the age group competing in that session. Ideally, teams should consist of 4 boys & 4 girls. This event is not an official event and will be removed from the official results. No official splits will be recognized for this relay. Meet Management will present a prize to the winning team.

Entry Times & Conversions

Entries can be submitted with No Time (NT).
Entry Times can be converted (i.e. LCM to SCM)

Schedule of Sessions

Session times are currently tentative. Split Warm Ups may be implemented if necessary, and if so, will be communicated 10 days before the start of competition.

Session	Date	Warm Up	Session Start	Estimated End	Format
[1] 12 & Over	Fri, Dec 4	4:30 pm - 5:25 pm	5:30 pm	8:00 pm	Timed Finals
[2] 12 & Over	Sat, Dec 5	7:30 am - 8:25 am	8:30 am	12:00 pm	Timed Finals
[3] 11 & Under	Sat, Dec 5	12:30 - 1:25 pm	1:30 pm	6:00 pm	Timed Finals
[4] 12 & Over	Sun, Dec 6	7:30 am - 8:25 am	8:30 am	12:00 pm	Timed Finals
[5] 11 & Under	Sun, Dec 6	12:30 - 1:25 pm	1:30 pm	6:00 pm	Timed Finals

MEET FORMAT AND ADMINISTRATION

Seeding

Seeding for Timed Final events will be in order of entry times, slowest to fastest, with the exception of distance events (800m and 1500m) which will be seeded fastest to slowest. Swimmers entered with NT (no time) will be seeded last.

Deck Entries

Swimmer Deck Entries are permitted provided proof of active registration status with valid Swimming Canada ID is provided to Meet Management.

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)

Deck Entry fees are as follows: \$15.00 per swim for 50m/100m/200m events, \$20.00 per swim for 400m/800m/1500m events. Deck Entry fees are due at the time of request.

Relay Name Submission

The “**Santa Dash**” relay is a fun, exhibition event. It will not appear in the entry file. Coaches should confirm their team’s participation no later than one hour after the start of the session. Changes to the relay line up will be allowed up until the start of the event.

Scratches

Scratches can be made at the Admin Desk 30 minutes prior to the start of each session.

Penalties

No penalty shall be imposed for day of withdrawals and No-Shows except loss of entry fees.

Official Split Times

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

- Official Split Forms are available at the Admin Desk and must be returned to the Admin Desk 30 minutes prior to the start of the session.
- Not all Official Split requests can be accommodated.

Disqualification and Appeal Procedures

The Athlete or Coach must be informed of the particulars of the disqualification within fifteen (15) minutes of the Athlete's race. If that deadline is missed, the disqualification stands only if all reasonable efforts were made to inform them. A public address announcement of the disqualification satisfies this requirement.

- The Coach or Team Leader should first discuss the disqualification with the Session Referee, and may ask to view the disqualification slip.
- If the matter is not resolved, the Coach or Team Leader may submit a written appeal to the Session Referee or Admin Desk within 30 minutes of the result being posted. Appeal forms are available at the Admin Desk.
- If the Session Referee rejects the appeal, the Coach or Team Leader may request a Jury of Appeal. This request must be made within one hour of the Referee's written decision being communicated.

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- Video from personal devices will not be accepted at any stage of the appeal process. Only official video approved by the Competition Coordinator before the start of the competition may be consulted (II.C12.5.2). No forms of video will be considered for this meet.
- The [Appeals & Jury of Appeal Standard Operating Procedure](#) will be followed.

Records

Swim times achieved at this competition will NOT be used for applications of provincial and national records.

Meet Results

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

- Unofficial mobile applications results will be available.

Awards

Individual Events:

- Distinctive Medals for 1st to 3rd place for each age group: 9&U, 10, 11, 12, 13, 14, and 15 & Over.
- Ribbons for 4th to 6th place for age groups 9&U, 10, 11 in all events.
- Heat winner ribbons will be given to the winner of each heat 11 & under.

Relay Events:

- A prize will be given to the winners of the “Santa Dash” relay in each session.

SCHEDULE

Session 1: Friday Evening - December 4, 2026, 12 & Over Girls & Boys

Girls Event #	Event	Boys Event #
101	200 Individual Medley	102
103	50 Freestyle	104
105	800 Freestyle (mixed)	105
107	1500 Freestyle (mixed)	107

Session 2: Saturday Morning - December 5, 2026, 12 & Over Girls & Boys

Girls Event #	Event	Boys Event #
201	100 Freestyle	202
203	50 Breaststroke	204
205	200 Backstroke	206
207	100 Butterfly	208
209	200 Breaststroke	210
211	50 Backstroke	212
213	400 Freestyle	214

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Session 3: Saturday Afternoon - December 5, 2026, 11 & Under Girls & Boys

Girls Event #	Event	Boys Event #
301	100 Freestyle	302
303	50 Backstroke	304
305	200 Breaststroke	306
307	100 Butterfly	308
309	200 Backstroke	310
311	50 Breaststroke	312
313	100 Individual Medley	314

Session 4: Sunday Morning - December 6, 2026, 12 & Over Girls & Boys

Girls Event #	Event	Boys Event #
401	100 Breaststroke	402
403	50 Butterfly	404
405	200 Freestyle	406
407	400 Individual Medley	408
409	100 Backstroke	410
411	200 Butterfly	412
801	"Santa Dash" Mixed 8 x 50m Relay	801

Session 5: Sunday Afternoon - December 6, 2026, 11 & Under Girls & Boys

Girls Event #	Event	Boys Event #
501	100 Backstroke	502
503	50 Butterfly	504
505	200 Freestyle	506
507	100 Breaststroke	508
509	50 Freestyle	510
511	200 Individual Medley	512
802	"Santa Dash" Mixed 8 x 50m Relay	802

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FUTURE MEETS

Coaches who are interested in attending our meets are encouraged to email us with an expression of interest at pickmm@pickswimclub.com

Meet Name	Date	Location	Configuration
Winter Swimfest	Jan 23-24, 2027	CHDRC, Pickering	Short Course Metres
Splash into Spring	April 2-4, 2027	TPASC, Toronto	Long Course Metres
Last Gasp	June 2027	CHDRC, Pickering	Short Course Metres