

Brief Meet Information

MEET NAME	USC Spring Invitational 2026
DATE(s):	April 17-19, 2026
HOSTED BY:	Uxbridge Swim Club
LOCATION:	Uxpool 1 Parkside Dr Uxbridge ON L9P 1K7
FACILITY:	25 metre Colorado Electronic TouchPad Timing System and Scoreboard
PURPOSE & DESCRIPTION:	This is a 25m short course meet for swimmers of all competitive levels, no qualifying standards.
COMPETITION CONFIGURATION	<input checked="" type="checkbox"/> Single Ended
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:	Mar 10, 2026 April 7, 2026 - Update Split Warm-ups & Addition of Pre-Competitive Swimmers

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Gayle Pollock Derek Olson Mary Jane Smith	gaylepollock@rogers.com	5
MEET MANAGER(S):	Nancy Fortunato Wendy Foster	uscuxmeets@gmail.com	
OFFICIALS COORDINATOR:	Jaimie Walker	uscuxofficials@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.

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 April 17, 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"/> from deep end only 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 deep end 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 deep end
BACSTROKE LEDGES:	<input checked="" type="checkbox"/> Ledges will not be used in the swim meet
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"/> 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>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</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.
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Eligibility

<p>All athletes must be registered as Pre-Competitive, 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.</p>	
ADDITIONAL ELIGIBILITY INFORMATION:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Preference will be given to the host club first. <input checked="" type="checkbox"/> Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition and not be eligible for scoring or awards.
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> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Foreign Teams and their competitors are welcome, subject to the following provisions. <ul style="list-style-type: none"> ○ 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

	<p>Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate.</p> <ul style="list-style-type: none"> ○ Foreign Team entries are not to be accepted by the host club until Swim Ontario grants approval.
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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; ● 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>
ENTRY DEADLINE:	<p>The online entry deadline is Tuesday March 31, 2026</p> <p><input checked="" type="checkbox"/> Changes to entries will be accepted until Friday April 10, 2026</p>
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Individual Events: \$12.00 - 50/100/200m events \$15.00 - 400/800/1500m events <input checked="" type="checkbox"/> Relay Events: \$24.00 per relay team <input checked="" type="checkbox"/> Swimmer Fee: \$6.00 per swimmer <p>Payment Method: Please make e-transfers to uscpayments@gmail.com</p> <p>Note: Please note the "s" in payments. USC has auto deposit - If you are prompted to add a password, please check the email address. Cheques are to be made payable to Uxbridge Swim Club.</p>
ENTRY LIMITS:	<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 200 <input checked="" type="checkbox"/> The maximum number of entries per swimmer is 8 (3 individual entries and 1 relay per session)
RELAY ENTRIES & MIXED RELAYS:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</p> <p><input checked="" type="checkbox"/> Relay swimmers must be entered in a non-relay event in order to compete.</p>
ENTRY TIMES & CONVERSION:	<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. <input checked="" type="checkbox"/> Entry Times can be converted (i.e. LCM to SCM)

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	Friday April 17	B - 4:00 - 4:45 pm A - 4:50 - 5:35 pm	5:40 pm	8:30 pm	Timed Finals
2	Saturday April 18	A - 7:30 - 8:15 am B - 8:20 - 9:05 am	9:10 am	11:45 pm	Timed Finals
3	Saturday April 18	A - 12:15 - 12:45 pm B - 12:45 - 1:15 pm	1:20 pm	5:00 pm	Timed Finals
4	Sunday April 19	B - 7:30 - 8:15 am A - 8:20 - 9:05 am	9:10 am	11:45 pm	Timed Finals
5	Sunday April 19	B - 12:15 - 12:45 pm A - 12:45 - 1:15 pm	1:20 pm	5:00 pm	Timed Finals

A WARM UP - GRAC, LLSC, OSHAC, SCAR, YORK

B WARM UP - BBST, NORAC, USC

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. Swimmers entered with NT (no time) will be seeded last. <input checked="" type="checkbox"/> with the exception of Distance Events which will be seeded fastest to slowest.
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>. <input checked="" type="checkbox"/> Fee: Individual events \$15, Relay events \$30
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 the start of Warm Up for each session <input checked="" type="checkbox"/> The Relay Name submission deadline is 30 mins before the start of the session.
SCRATCHES & POSITIVE CHECK IN RULES:	<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: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> All events <input checked="" type="checkbox"/> Scratches are to be made at the Admin Desk 30 minutes prior to the start of each 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: 800 & 1500 Free
PENALTIES:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> No penalty shall be imposed for late or day of scratches and No-Shows

	<input checked="" type="checkbox"/> Failure to participate in an event with a scratch or positive check-in deadline will result in following penalty: <input checked="" type="checkbox"/> No penalty
OFFICIAL SPLIT TIMES:	<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> <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.
DISQUALIFICATION & APPEAL PROCEDURE:	<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 NOT be used for applications of provincial and national records.
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <input checked="" type="checkbox"/> Unofficial mobile applications results will be available.
SCORING:	<p>The following scoring will be applied:</p> <input checked="" type="checkbox"/> Individual High Point 6-4-3-2-1 (relays excluded)
AWARDS:	<p>The following will be awarded:</p> <p>Individual Events: Ribbons will be awarded for individual events 1st-6th in the following age categories: 8&under, 9-10, 11-12, 13-14, and 15 & older.</p> <p>Relay Events: Ribbons will be awarded 1st-3rd.</p> <p>High Points Awards: Awarded by gender and: 9-10, 11-12, 13-14, 15 & over. (Not awarded for 8&under)</p> <p>Awards must be collected by coaches at the end of the meet. Awards will NOT be mailed out afterwards.</p>

ADDITIONAL INFORMATION:	
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Schedule of Events

Session 1		
Friday, April 17, 2026		
Warm-up: B - 4:00 - 4:45 pm, A - 4:50 - 5:35 pm -- Start: 5:40 pm		
Women		Men
1	13&Over 200 IM	2
3	13&Over 50 Free	4
5	All Ages 800 Free	6
7	All Ages 1500 Free	8

Session 2		
Saturday, April 18, 2026		
13 & Over		
Warm-up: A - 7:30 - 8:15 am, B - 8:20 - 9:05 am -- Start: 9:10 AM		
Women		Men
9	100 Free	10
11	200 Back	12
13	50 Back	14
15	100 Fly	16
17	200 Breast	18
19	50 Breast	20
21	400 Free	22
23	200 Medley Relay	24

Session 3		
Saturday, April 18, 2026		
12 & Under		
Warm-up: A - 12:15 - 12:45 pm, B - 12:45 - 1:15 pm -- Start: 1:20 PM		
Women		Men
25	100 Free	26
27	200 Back	28
29	50 Back	30
31	100 Fly	32
33	200 Breast	34
35	50 Breast	36
37	400 Free	38
39	200 Medley Relay	40

Session 4 Sunday, April 19, 2026 13 & Over Warm-up: B - 7:30 - 8:15 am, A - 8:20 - 9:05 am -- Start: 9:10 AM		
Women		Men
41	200 Free	42
43	100 Back	44
45	200 Fly	46
47	50 Fly	48
49	100 Breast	50
51	400 IM	52
53	200 Free Relay	54

Session 5 Sunday, April 19, 2026 12 & Under Warm-up: B - 12:15 - 12:45 pm, A - 12:45 - 1:15 pm -- Start: 1:20 PM		
Women		Men
55	200 Free	56
57	100 Back	58
59	50 Fly	60
61	100 Breast	62
63	50 Free	64
65	200 IM	66
67	100 IM	68
69	200 Free Relay	70