

2026 LOU POCOCK INVITATIONAL

(formerly WAC Spring Invitational)

April 17-19, 2026

GENERAL INFORMATION

Host

Windsor Aquatic Club

Venue Information

Windsor International Aquatic and Training Centre
401 Pitt St West, Windsor Ontario, N8A 0B2
10 lane 72m divided into 50m Competition Pools
6 lane 25m Warm Down Pool (available for 13&Over competition periods)
Omega Quantum Electronic Timing System
Spectator seating will be upstairs on the mezzanine level.

GLASS CONTAINERS are strictly prohibited in and around the deck area.

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).

KEY DATES

Meet Entry Deadline

Entry files must be received by midnight March 31st, 2026. After that time, fees will be calculated; no refunds will be granted for missed swims. Entries after March 31st, 2026, will be at the discretion of the Entries Coordinator.

Due to high subscription, please contact the entries coordinator to secure your spot for your team with a swimmer estimate.

Timeline adjustments will be made based on entries to ensure session length does not exceed 4.5 hours. Meet Management may combine age groups, limit individual swims, and limit heats if time limitations are warranted. Meet management also reserves the right to cancel relay events or limit events should sessions run late.

Meet Information

Meet details will be available at www.windsoraquatic.com. Psych Sheets & session timelines will be available after April 6th, 2026.

Event apparel will be available for pre-order only. Information will be sent to coaches and available on the host team website.

Pre-Event Training

Pre-Event Training will be available Thursday, April 16th, 2026 6-8 pm. Coaches are strongly encouraged to reserve space they will need for pre-event training. Meet Management will attempt to accommodate each request but reserves the right to adjust the number of lanes assigned as needed. However, lane space will be given on a first come, first served basis.



Competition Times

12&Under – ALL events timed finals, Friday, Saturday, Sunday afternoon sessions

13&Over – Events are Prelims/Finals with exceptions for Relays, 400IM, 400Free & Distance Events
Prelims in AM, top 10 in **each age group** going to Finals
Fastest Heats of Relays will swim in Finals

Meet Management reserves the right to split or change warm up and start times for sessions.

Cancellation

In the event of unforeseen circumstances beyond the control of the City of Windsor or Windsor Aquatic Club, force the cancellation of all or part of the meet, a partial refund may be granted at the discretion of the Meet Manager.

ORGANIZING COMMITTEE

Competition Coordinators	Shawn Taylor (V)	crazyswimfam72@gmail.com
	Sherry Gibson (IV)	sherry@windsoraquatic.com
Meet Managers	Aaron Arlotti	aaron@windsoraquatic.com
	Kim Williams	krumblr@hotmail.com
Entries Coordinator	Natalie Keirl	natalie@windsoraquatic.com
Minor Officials Coordinator	Stacey Cragg	officials@windsoraquatic.com

Officials

We welcome any officials that would like to gain experience and help with the meet. Anyone interested in officiating can email officials@windsoraquatic.com or by contacting the Competition Coordinator. WAC is happy to support aspiring senior officials to get the experience they are seeking. Officials requesting a senior position or an evaluation, please contact the Competition Coordinator directly.

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.

COMPETITION CONFIGURATION

Long Course Chase format.

Relays and **odd** numbered heats will swim in the North end of the pool. The North end is the shallow end of the pool.

All 50 Meter events and **even** numbered heats will swim in the South end of the pool. The South end is closest to the dive tower.

SAFE SPORT

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

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

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

SAFETY REQUIREMENTS FOR LCM CHASE STARTS

Officials will ensure finishing swimmers clear the wall quickly, move to the lane rope, and follow Inspector of Turns direction so incoming chase swimmers can turn safely.

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.

Coaches are responsible for ensuring swimmers remain aware of incoming chase swimmers and follow all instructions provided by the Inspector of Turns.

EVENT PHOTOGRAPHY/VIDEOGRAPHY

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.

Please contact Meet Manager, Aaron Arlotti, for an application and authorization.

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. 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.

FOREIGN COMPETITORS

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

Foreign Teams and their competitors are welcome, subject to the following provisions.

- **Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate.**
- All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.
- All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing.
- All competitors and coaches must be in good standing with their respective governing swim body.

- All foreign competitors and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate.
- **Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.**

COACH 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 pre-meet training, warm-ups sessions, and the meet.

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.

QUALIFYING STANDARDS

There are no qualifying standards for this meet.

Except for relays, swimmers must swim in the proper age group, no swimming up is permitted. Swimming "up" is only permitted on relays per SNC rules. A maximum of 2 swimmers may swim up for a relay team.

Restrictions

NTs entries are not permitted for the 400, 400 IM, 800 and 1500 Free events (coaches are permitted to enter a best guess estimate).

1500 Free events may be limited to 2 heats of each gender. Those qualifying will be determined by entry time. The fastest 20 will swim.

400 Free & 800 Free and 400 IM events may be limited to 3 heats per session age grouping (Grouping will be 12& under /13 & over) and gender, in which case the fastest 30 will swim.

Meet Management reserves the right to limit entries, slowest to fastest, if necessary to meet session time limits.

Age Groups

A competitor's age is as the first day of the competition: **Friday, April 17th, 2026.**

Male and Female

Individual: 10&Under; 11; 12; 13; 14; 15; 16; 17 & Over;

Relays: 10&Under; 11-12; 13-14; 15 & Over

1500 Free will have 13 & Over. 800 Free, 400 Free and 400 IM will have 12& under, 200's of Backstroke, Breaststroke and Butterfly will have 11 & Under

Entry Fees

Individual Events (200m or less)	\$17.00
Distance Events (400IM/400/800/1500m)	\$20.00
Relay Events	\$25.00 per team
Swimmer Surcharge	\$5.00 per swimmer

Cheques/Payments must be received before the Team's first warm up at the meet.

Cheques are payable to **Windsor Aquatic Club** or e-transfer to accounts@windsoraquatic.com

For the Memo: Team Name and the Security Answer: loupocock (all one word)

Entry Process

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;
- 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.

Deck entries will be permitted for swimmers already entered in the competition for distances less than 400m. Deck entries will be accepted for empty lanes only (no new heats will be created). Deck entries are Exhibition only. They are not eligible for scoring or awards.

The deck entry fee for individual events is \$25 and \$30 for relays.

Coaches will be sent confirmation in the form of an entry list once your club's entries have been finalized. Failure to inform meet management of a no-show / scratch prior to the deadline for changes will result in a loss of entry fees.

Age Group Event Seeding & Finals

Entry times can be converted. Times will be converted by host to LC.

All preliminary heats will be seeded by time, slowest to fastest, as per II 3.1 with fastest 3 heats circle seeded regardless of age. Management reserves the right to combine age groups/events if time requires, and the right to split preliminary session age categories to ensure proper session lengths.

All 12 & Under events will be timed finals and swam as combined age groups. Heats will be swam slowest to fastest except 400/800m distances.

13 & Over preliminaries will swim combined age groups and will be separated into designated age groups for finals.

All Relays, 400/800/1500 Free Events and the 400 IM will be timed finals and swam as combined ages groups.

The 400, 400 IM, 800 Free & 1500 Free will swim fastest to slowest and will be timed finals. Meet Management reserves the right to alternate genders.

The fastest heats of relays will swim in Finals.

The top 10 swimmers in Age Group events for male and female 13, 14, 15, 16, 17 & Over will swim in Finals. Preliminary events with less than 11 swimmers will still swim and not go straight to finals.

Swim-offs

All swim-offs will be conducted during the preliminary session in which the tie took place at a time mutually agreed upon by the coaches and officials.

Swim-offs required because of scratches will occur at the start of the finals session in which the event is to take place.

Swimmers may decline the swim-off without penalty.

Relays

There is no limit on the number of relays each club can submit.

A mixed relay must have 2 girls and 2 boys. No other combination is allowed.

Relay sheets are to be obtained during warm-up, verified, and submitted back to meet management **45 minutes** prior to the start of relay events.

Scratches & Penalty

Swimmers will not be penalized for scratching from preliminary/timed finals heats in the preliminary sessions. As a courtesy, coaches are asked to have **scratches for evening finals as soon as possible. Scratches may be submitted to the Admin desk as early as the conclusion of the relays. The deadline is 10 minutes after the conclusion of the session.** This includes the fastest heat of relays that are scheduled in the Finals session.

Coaches are requested to submit scratches as soon as possible so that eligible swimmers can be notified and/or determine if a 'swim-off' is required.

Scratches must be submitted on the appropriate scratch form. E-mailed scratches will not be accepted. Forms are available at the Admin Desk.

Positive Check-In is required for the 400 Free, 800 Free, 1500 and 400 IM event **30 minutes** prior to the session start at the Admin Desk.

Coaches are to ensure all their swimmers know they are in finals. Coaches are to scratch swimmers up to and including 15th place.

The timely arrival of all 10 swimmers for **FINAL** heats is important. Alternatives are asked to report to the Admin Desk. Failure to arrive before a swimmer's heat is sent behind the blocks by the Admin will count as a no show and the alternate will swim.

Deaf or Hard of Hearing Swimmers

This competition can provide the following accommodations for swimmers who are Deaf or 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 option provided by this facility.

Coaches are to contact Meet Management by the Entry Deadline for the need of accommodations. Support staff must be included in the submission of entries process.

Support staff must have active REMS registration and be included in the submission of entries process. Those not listed in the entry submission will be denied deck access.

Warm-Up Safety Procedures

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 or Meet Management diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final

Depending on swimmer count in each session, any Warm-Ups may be split into 2 parts.

Sprint lanes (lanes 0,1 and 8,9) will be available for the last 20 minutes of warm-ups. These lanes will be used for Sprinting and are designated as diving lanes. After the dive the swimmer must leave the lane and return to the start end. Additional diving lanes may be opened at the discretion

of Meet Management. **PARA warm-up lanes may also be designated, in the dive tank, and must be requested of meet management, prior to the start of the meet.**

Starts

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 OR
2. from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 OR
3. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1

Backstroke Ledges

Backstroke ledges will be available for use in all sessions. Swimmers shall be responsible for setting the device.

Official Splits

Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee at least 30 minutes prior to the commencement of the session in which the event will take place. An 'Official Split' also requires that coaches complete an "Official Split Request" form prior to the session.

The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays.

Final sessions are not eligible for official splits.

DISQUALIFICATION & APPEAL PROCEDURE:

Disqualification will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems.

A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.

If not resolved after this discussion, a written appeal may be presented to the Session Referee from the club representative.

A written appeal must be presented within 30 minutes after the conclusion of the **event** in question.

Appeal on Referee Decision forms are available 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

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.

Awards & Scoring Information

Age Group Events Medals 1st TO 3rd - individual events;
 Ribbons 4th TO 8th - individual events;
 Relay Events Ribbons 1st TO 6th

Meet Scoring

All Individual will be scored from 1st – 8th place: 9-7-6-5-4-3-2-1

All Relay Events will be scored: 18-14-12-10-8-6-4-2

Results

Unofficial LIVE Results will be available as soon as possible at www.windsoraquatic.com and on Meet Mobile. Priority will be given to running the meet over ensuring unofficial results are available.

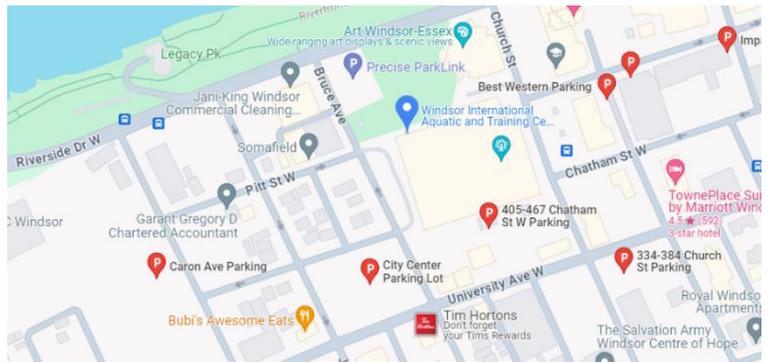
Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

SITE INFORMATION

Parking is available at the facility for a fee.

Lockers will be available for this event for coaches & volunteers in the **Family** changerooms. Athletes may use their gender designated changerooms. Bring your own lock. No overnight locks permitted.

LySports and Booster Juice will be available in the lobby



SESSION TIMELINES

Session		Warm-up	Start	Age Group
Fri April 17, 2026	1	7:00 am	8:00 am	13 & Over
	2	12:00 pm	1:00 pm	12 & Under
	3	5:00 pm	6:00 pm	Finals
Sat April 18, 2026	4	7:00 am	8:00 am	13 & Over
	5	12:00 pm	1:00 pm	12 & Under
	6	5:00 pm	6:00 pm	Finals
Sun April 19, 2026	7	7:00 am	8:00 am	13 & Over
	8	12:00 pm	1:00 pm	12 & Under
	9	5:00 pm	6:00 pm	Finals

APPENDIX A

Event List

Session 1:
Friday April 17, 2026

13 & Over
Prelims & Timed Finals

Warm-up: 7:00 am
Start: 8:00 am

Event #	Women	Event	Men	Event #
1	13 & Over	200 IM	13 & Over	2
3	13 & Over	100 Freestyle	13 & Over	4
5	13 & Over	50 Backstroke	13 & Over	6
7	13 & Over	200 Butterfly	13 & Over	8
9	13 & Over	100 Breaststroke	13 & Over	10
201	13-14	4x50 Medley Relay*	13-14	202
203	15 & Over	4x50 Medley Relay*	15 & Over	204
11	13 & Over	400 Freestyle	13 & Over	12

*Fastest Heat will race in Finals

Session 2:
Friday April 17, 2026

12 & Under
Timed Finals

Warm-up: 12:00 pm
Start: 1:00 pm

Event #	Women	Event	Men	Event #
101	12 & Under	400 IM	12 & Under	102
103	12 & Under	100 Freestyle	12 & Under	104
105	12 & Under	50 Backstroke	12 & Under	106
107	12 & Under	200 Butterfly	12 & Under	108
109	12 & Under	100 Breaststroke	12 & Under	110
301	10 & Under	4x50 Medley Relay	10 & Under	302
303	11 – 12	4x50 Medley Relay	11 – 12	304
111	12 & Under	400 Freestyle	12 & Under	112

Session 3:
Friday April 17, 2026

13 & Over
Finals

Warm-up: 5:00 pm
Start: 6:00 pm

Event #	Women	Event	Men	Event #
1	13 & Over	200 IM	13 & Over	2
3	13 & Over	100 Freestyle	13 & Over	4
5	13 & Over	50 Backstroke	13 & Over	6
7	13 & Over	200 Butterfly	13 & Over	8
9	13 & Over	100 Breaststroke	13 & Over	10
201	13-14	4x50 Medley Relay	13-14	202
203	15&Over	4x50 Medley Relay	15&Over	204

Session 4:
Saturday, April 18, 2026

13 & Over
Prelims & Timed Finals

Warm-up: 7:00 am
Start: 8:00 am

Event #	Women	Event	Men	Event #
13	13 & Over	200 Breaststroke	13 & Over	14

15	13 & Over	50 Butterfly	13 & Over	16
17	13 & Over	100 Backstroke	13 & Over	18
19	13 & Over	200 Freestyle	13 & Over	20
205	13 – 14	4x50 Freestyle Relay*	13 – 14	206
207	15 & Over	4x50 Freestyle Relay*	15 & Over	208
21	13 & Over	1500 Freestyle	13 & Over	22

*Fastest Heat will race in Finals

Session 5: 12 & Under Timed Finals Warm-up: 12:00 pm
 Saturday, April 18, 2026 Start: 1:00 pm

Event #	Women	Event	Men	Event #
113	12 & Under	200 Breaststroke	12 & Under	114
115	12 & Under	50 Butterfly	12 & Under	116
117	12 & Under	100 Backstroke	12 & Under	118
119	12 & Under	200 Freestyle	12 & Under	120
305	10 & Under	4x50 Freestyle Relay	10 & Under	306
307	11-12	4x50 Freestyle Relay	11-12	308
121	12 & Under	800 Freestyle	12 & Under	122

Session 6: 13 & Over Finals Warm-up: 5:00 pm
 Saturday, April 18, 2026 Start: 6:00 pm

Event #	Women	Event	Men	Event #
13	13 & Over	200 Breaststroke	13 & Over	14
15	13 & Over	50 Butterfly	13 & Over	16
17	13 & Over	100 Backstroke	13 & Over	18
19	13 & Over	200 Freestyle	13 & Over	20
205	13-14	4x50 Freestyle Relay	13-14	206
207	15&Over	4x50 Freestyle Relay	15&Over	208

Session 7: 13 & Over Prelims & Timed Finals Warm-up: 7:00 am
 Sunday, April 19, 2026 Start: 8:00 am

Event #	Women	Event	Men	Event #
23	13 & Over	400 IM	13 & Over	24
25	13 & Over	200 Backstroke	13 & Over	26
27	13 & Over	50 Freestyle	13 & Over	28
29	13 & Over	100 Butterfly	13 & Over	30
31	13 & Over	50 Breaststroke	13 & Over	32
209	13 -14	4x50 Mixed Freestyle Relay*	13-14	209
210	15 & Over	4x50 Mixed Freestyle Relay*	15 & Over	210
33	13 & Over	800 Freestyle	13 & Over	34

*Fastest Heat will race in Finals

Session 8:
Sunday, April 19, 2026

12 & Under
Timed Finals

Warm-up: 12:00 pm
Start: 1:00 pm

Event #	Women	Event	Men	Event #
123	12 & Under	200 IM	12 & Under	124
125	12 & Under	50 Freestyle	12 & Under	126
127	12 & Under	200 Backstroke	12 & Under	128
129	12 & Under	50 Breaststroke	12 & Under	130
131	12 & Under	100 Butterfly	12 & Under	132
309	10 & Under	4x50 Mixed Freestyle Relay	10 & Under	309
310	11-12	4x50 Mixed Freestyle Relay	11-12	310

Session 9:
Sunday, April 19, 2026

13 & Over
Finals

Warm-up: 5:00 pm
Start: 6:00 pm

Event #	Women	Event	Men	Event #
209	13-14	4x50 Mixed Freestyle Relay	13-14	209
210	15&Over	4x50 Mixed Freestyle Relay	15&Over	210
25	13 & Over	200 Backstroke	13 & Over	26
27	13 & Over	50 Freestyle	113 & Over	28
29	13 & Over	100 Butterfly	13 & Over	30
31	13 & Over	50 Breaststroke	13 & Over	32

Hotels - Lou Pocock Invitational – April 17 - 19

(rooms booked from April 17)

Towneplace Suites Marriott – 250 Dougall Ave. Windsor (3 min walk) phone: 519-977-9707

*Studio King suites with one king and single pullout (max 3 people) \$199/night

*Studio Suite with 2 queen + single pullout : \$199/night

- Free Wi-Fi
- Free breakfast
- Parking \$17/night

Cutoff date: March 16, 2026

Four Points by Sheraton – 430 Ouellette Ave. (10 min walk) phone: 519-256-4656

*2 queen: \$189/night

- Free Wi-Fi

- Parking \$17.50/night
- Restaurant on site

Cutoff date: March 16, 2026

Quality Inn & Suites: 675 Goyeau St. (4 min drive/15 min walk) 226-783-5675

- 2 queen studio: \$179/night
- 1 king studio: \$179/night
- Free breakfast
- Free parking

<https://www.choicehotels.com/reservations/groups/MM41R9>

Cutoff date: Mar 17, 2026

Best Western Plus Waterfront Hotel: Riverside dr. 3 min walk phone: 519-973-5555

Holiday Inn & Suites Ambassador Bridge: 1855 Huron Church Road (12 min drive) 519-966-1200

Hyatt Place Windsor: 2080 Huron Church Rd (7 min drive) 519-969-0710

- 2 queen with pullout: \$199/night
- 1 king with pullout : \$189/night
- Free full breakfast
- Free parking
- Call or email manager directly for block (Border City Invitational)
- Raquel.rankin@hyatt.com
- 519-969-0710

Cutoff date: Mar 16, 2025

Airbnb - We have 3 hosts close to the pool:

https://www.airbnb.ca/rooms/829638100765977457?source_impression_id=p3_1726089901_P3fMpzcN6Q4p4b0x

https://www.airbnb.ca/rooms/1045864964235929312?guests=1&adults=1&s=67&unique_share_id=196024b2-e2ae-44c6-bd3b-434b28b45a79

https://www.airbnb.ca/rooms/1271951160232188620?guests=1&adults=1&s=67&unique_share_id=0cd8359a-5d51-4877-9f5c-dad72c1a68e2