



# LAST GASP

June 6 & 7, 2026

## MEET INFORMATION

<b>DATE</b>	June 6 & 7, 2026
<b>HOSTED BY</b>	Pickering Swim Club
<b>COMPETITION COORDINATOR</b>	Danielle Sheppard, Level IV <a href="mailto:daniellesheppard@gmail.com">daniellesheppard@gmail.com</a>
<b>MEET MANAGERS</b>	Jennette Lobban <a href="mailto:pickmm@pickswimclub.com">pickmm@pickswimclub.com</a> Cara Herrington
<b>OFFICIALS COORDINATOR</b>	Aleeya Ali <a href="mailto:officials@pickswimclub.com">officials@pickswimclub.com</a>
<b>LOCATION</b>	Chestnut Hill Developments Recreation Complex (CHDRC) 1867 Valley Farm Road, Pickering, Ontario
<b>FACILITY &amp; EQUIPMENT</b>	<ul style="list-style-type: none"><li>• 25 m, 8 lane pool;</li><li>• Electronic timing and scoreboard;</li><li>• Backstroke Ledges will be available for all age groups.</li></ul>
<b>PURPOSE &amp; DESCRIPTION</b>	This meet is a closed Invitational Age Group Meet for the following clubs: AJAX, ROC, NEW, NSS, PICK, USC, VAC, WS.
<b>MEET PACKAGE</b>	The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a> and the Swimming Canada Registration and Event Management System (REMS).
<b>OFFICIALS</b>	Officials registered with Swim Ontario / Swimming Canada are invited to assist at the Meet. Requests forms are available on our meet website: <a href="#">Link</a>
<b>LAST UPDATE</b>	Version 2: May 12, 2026: Added 11 & Under 100 Backstroke to Session 2 Version 3: May 14, 2026: Meet is FULL and is now a closed invitational. <ul style="list-style-type: none"><li>• 11&amp;U 200m has been removed from Session 4.</li><li>• 11&amp;U 100m Backstroke will be moved to Session 4.</li></ul>

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## 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.

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](http://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](#).

### VIDEOGRAPHY & PHOTOGRAPHY

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 recording must comply with the 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..

Meet Management will not accept requests to access the competition to record.

The Swim Ontario approved photographers/ videographers for this meet are **Dayris Rodriguez** and **Marlon Arenas**.

### DECK ACCESS

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.

**Spectators** are permitted to observe the competition from the designated section of the bleachers in the pool area and/ or from the upstairs viewing area. Spectators (including parents and guardians) are not permitted to accompany swimmers in any other areas of the pool deck, including but not limited to through the change room door onto the deck.

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- FACILITY RULES** Every club and its participants are responsible for ensuring all facility rules and requirements are followed. This includes, but is not limited to the following:
- Coaches are responsible for the behaviour of their swimmers while on deck.
  - No food or beverages are permitted on deck except water in a plastic bottle.
  - Horseplay is strictly prohibited.
  - Changing is only permitted in the private stalls located in the universal changeroom.

## COMPETITION RULES

This competition has been 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.

Combined (mixed) gender swimming is permitted for age group swimming competitions.

**SWIMWEAR** 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.

**MISCONDUCT AT THE START** 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:

- 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.**

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## WARM UP 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 scheduled warm-up periods. Coaches are asked to encourage swimmers to cooperate with Safety Marshals.

### Warm Up Rules:

- No loitering at the end of the 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 lanes must be directly supervised by their coaches. Pace lanes will not be utilized at this meet.
- 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 first 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

For this competition, starts will be conducted as follows:

- In accordance with facility rules and as per **World Aquatics II.14.1** and **II.16.1.4**, all starts will take place from the Starting Platforms at the deep end only.
- As per **Swimming Canada Part II C.4.1.2** and **C4.1.3**, swimmers may also choose to start in the water or from a standing position on the deck at the deep end only.

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## d/DEAF & HARD OF HEARING

This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of Hearing:

- Non-Verbal Instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.
- Visual Start hand signals given by the starter/referee.
- **External Strobe Light:** An external strobe light is available for use at this meet.

**Important:** Clubs must contact Meet Management by the **Entry Deadline** if accommodations are required. Support staff must be registered in **REMS** and included in the submission of entries. Individuals not listed in the entry submission will be **denied deck access**.

## AGE UP DATE

Ages submitted are to be as of the first day of competition - **June 6, 2026**.

## ELIGIBILITY & ENTRY

### REGISTRATION

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 age group or varsity team that 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.

### ELIGIBILITY

This competition is sanctioned as an Age Group Swimming Invitational.

- Foreign swimmer/teams entries will not be accepted.
- Preference will be given to the host club first.
- Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition Only and not be eligible for scoring or awards.

### 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:

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- 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.
- All fees will be charged based on entries submitted up to the entry deadline, regardless of whether the swimmer competes or not. Failure to inform meet management of a scratch prior to the above stated deadline for changes will result in a loss of entries fees.

## ENTRY DEADLINE

Entry Deadline: **Thursday, May 14, 2026**

Changes will be accepted until: **Monday, May 25, 2026**

## ENTRY TIMES & CONVERSIONS

- Entries should be submitted with provable times; however, swimmers without a time may enter using "NT" or with an estimated time.
- Entries must be submitted using short course (SC) times in metres. Any non-conforming times (e.g. LC, Yards) must be converted to SC before submitting. Please use the Hy-Tek default for conversions of times to SC times before submitting entries.

## ENTRY LIMITS

Swimmers may swim a maximum of 3 individual events per session. 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 FEES

50m Events:	\$10.00
100/200m Event:	\$13.00
400m Events:	\$15.00
Splash Fee:	\$5.00 per swimmer

E-transfer payment is preferred - payment can be sent to [treasurer@pickswimclub.com](mailto:treasurer@pickswimclub.com).  
Cheques will still be accepted and can be made payable to: **PICKERING SWIM CLUB INC.**

## COACHES COMPLIANCE

**Swimmers must have a coach or designated coach (coach representative) in attendance during the meet, including warm-up sessions.**

Meet management will cross reference the list of coaches submitted with entries at this competition with the [Swim Ontario Compliance lists](#). As per Swimming Canada policy, coaches

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not on this list will not be permitted to attend the meet. Meet Management will forward a list of coaches found to be non-compliant to Swim Ontario.

### SUPPORT STAFF

Support Staff for Para or d/Deaf or Hard of Hearing swimmers must be registered 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.

### SCHEDULE OF SESSIONS

Session #	Age Group	Date	Warm-up	Clubs	Session Start	Format
1	12 & Over	Saturday Morning	Warm Up A: 7:15 am - 7:55 am	ROC, PICK	8:45 am	Timed Finals
			Warm Up B: 8:00 am - 8:40 am	AJAX, NSS, USC, VAC, WS		
2	11 & Under	Saturday Afternoon	Warm up A: 12:30 pm - 1:05 pm	AJAX, ROC, PICK	1:45 pm	Timed Finals
			Warm up B: 1:10 pm - 1:45 pm	NEW, NSS, USC, VAC		
3	12 & Over	Sunday Morning	Warm Up A: 7:15 am - 7:55 am	ROC, PICK	8:45 am	Timed Finals
			Warm Up B: 8:00 am - 8:40 am	AJAX, NSS, USC, VAC, WS		
4	11 & Under	Sunday Afternoon	Warm up A: 12:30 pm - 1:05 pm	AJAX, ROC, PICK	1:45 pm	Timed Finals
			Warm up B: 1:10 pm - 1:45 pm	NEW, NSS, USC, VAC		

*\*Please note that warm up times are still tentative and may change after final entries.*

### MEET FORMAT & ADMINISTRATION

#### SEEDING

After all times are converted in accordance with the conversion process, Timed Final events will be seeded by entry time, slowest to fastest. Swimmers entered with no time (NT) will be seeded last. Distance events will be seeded fastest to slowest.

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## DECK ENTRIES

Deck entries are permitted provided they are already entered in at least one event in the meet. Deck Entries:

- Will be Exhibition Only and are not eligible for scoring or awards.
- Will be accepted for empty lanes only (no new heats will be created).

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

## SCRATCHES

Coaches are to submit their scratches to the **Admin Desk** no later than 30 minutes prior to the start of the session in which the swimmer is to compete. Scratches made after the entry deadline, including day-of scratches, are allowed without penalty; however, entry fees are non-refundable.

## 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 advise the **Admin Desk** 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.

Please note that Meet Management will make every effort to accommodate official split requests, but cannot guarantee that all official split requests will be honoured.

## DISQUALIFICATION & PROTEST PROCEDURE

- Disqualifications will be reported within fifteen (15) minutes after the swimmer's race. The disqualification shall stand providing all reasonable efforts have been made to report the disqualification including public address systems.
- A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.
- If not resolved after this discussion, a written protest may be presented to the Session Referee from the club representative.
  - A written protest must be presented within 30 minutes after the conclusion of the event in question.
  - Protest forms are available at the **Admin Desk**.
- If not resolved after the decision of the written protest from the Session Referee the matter may be assigned to a Jury of Appeal.
- The decision to go to Jury must be taken within an hour from the moment the decision of the written protest is communicated to the club representative.

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## RESULTS

Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca). Results are considered official once they are verified and have been posted to the site.

Unofficial Results will also be posted on Meet Mobile during the meet when possible.

## RECORDS

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

## AWARDS

### Individual Events:

- Medals for 1st to 3rd place for each age group: 9&U, 10, 11, 12, 13, 14, and 15 & Over.
- Ribbons for 4<sup>th</sup> to 6<sup>th</sup> 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.

## ADDITIONAL INFORMATION

**Meet Website:** Meet documents and information will be posted to our website at the following [LINK](#). If possible, Heat Sheets will also be posed to Meet Mobile prior to the meet.

**Hospitality:** Lunch will be provided to coaches and to officials working back-to-back sessions. Snacks will be provided for those working only one session at Snack Deck located in Room 4 (upstairs).

### Onsite parking

- Parking at the CHRDC is free.
- There are additional parking spaces at the back of the building; however, the only access to the pool is via the front of the building.

## FUTURE PICK MEETS

Reach out to us regarding attending one of our upcoming meets:

Paul Corkum Memorial	October 17 & 18, 2026
Lisa Flood Classic	December 4, 5, 6, 2026
Winter Swimfest	January 23 & 24, 2027
Splash into Spring	April 9, 10, 11, 2027
Last Gasp	June 5 & 6, 2027

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## SCHEDULE OF EVENTS

<b>SESSION 1 – SATURDAY MORNING - June 6, 2026</b>		
12 & Older Girls and Boys		
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
101	100 Freestyle	102
103	200 Individual Medley	104
105	50 Breaststroke	106
107	100 Backstroke	108
109	200 Breaststroke	110
111	100 Butterfly	112
113	400 Freestyle (Mixed)	113

<b>SESSION 2 – SATURDAY AFTERNOON - June 6, 2026</b>		
11 & Under Girls and Boys		
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
201	100 Freestyle	202
203	100 Individual Medley	204
205	50 Breast	206
207	100 Butterfly	208
209	50 Freestyle	210
211	200 Breaststroke	212
213	100 Backstroke	214

<b>SESSION 3 – SUNDAY MORNING - June 7, 2026</b>		
12 & Older Girls and Boys		
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
301	200 Freestyle	302

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303	50 Backstroke	304
305	100 Breaststroke	306
307	200 Butterfly	308
309	50 Freestyle	310
311	200 Backstroke	312
313	50 Butterfly	314
315	400 IM (Mixed)	315

SESSION 4 – SUNDAY AFTERNOON - June 7, 2026		
11 & Under Girls and Boys		
<i>Girls Event #</i>	<i>Event</i>	<i>Boys Event #</i>
401	200 Freestyle	402
403	50 Backstroke	404
405	100 Breaststroke	406
407	200 Backstroke	406
213	100 Backstroke	214
409	50 Butterfly	410
411	200 Individual Medley	412