

**The meet is full. No new entries will be accepted**

# **MAC Spring Invitational Long Course May 28 – 31, 2026**



**Markham Pan Am Pool**

### Brief Meet Information

<b>MEET NAME</b>	<b>MAC Spring Invitational Long Course</b>
<b>DATE(s):</b>	<b>May 28 - 31, 2026</b>
<b>HOSTED BY:</b>	Markham Aquatic Club
<b>LOCATION:</b>	Markham Pan Am Pool, 16 Main Street, Unionville, ON
<b>FACILITY:</b>	10 lanes, 1 x 50 meters pool, Swiss Timing System
<b>PURPOSE &amp; DESCRIPTION:</b>	To provide racing opportunities Invitational Age Group Meet – 12& Under – MAC “E” Time Standard, Timed Finals 13& Over (including Para swimmers) – MAC “E” Time Standard, Prelim & Finals A & B - MAC “D” Time Standard for Distance Events, Timed Finals & Fastest Heat Final Swims Level 2 or above para swimmers base on 2024-2025 Para Invitational Recommendation Standards and limits to 50 & 100 events+ 200 Free and 200 IM <b>The Markham Aquatic Club reserves the right to allow all of its swimmers to enter this meet regardless of the time standards.</b>
<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>LAST UPDATE:</b>	<b>February 3, 2026 – update LCM Chase Safety Requirements</b> <b>May 7, 2026- Revised Sessions warm up time + Split warm up Club Code + Para Lane 13 &amp; Over - relay events swim at the Prelim and added photographer</b> <b>May 13, 2026 – Revised Schedule of session timeline</b>

### Competition Organizing Committee

<b>ROLE</b>	<b>NAME</b>	<b>EMAIL</b>	<b>LEVEL</b>
<b>COMPETITION COORDINATOR(S):</b>	Lea Chen, Lisa Chow, Khatija Mohamed and Alan Shumak	<a href="mailto:officials@markhamaquaticclub.com">officials@markhamaquaticclub.com</a>	5
<b>MEET MANAGER(S):</b>	Stanley Liu YY Wong	<a href="mailto:stanley.liu.27@gmail.com">stanley.liu.27@gmail.com</a> <a href="mailto:yywong@rogers.com">yywong@rogers.com</a>	
<b>OFFICIALS COORDINATOR:</b>	YY Wong	<a href="mailto:officials@markhamaquaticclub.com">officials@markhamaquaticclub.com</a>	

### 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](http://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**

The following are approved by Swim Ontario official photographers /Videographers for this event: Ming Leung (Pictures in Motion)

### **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.

<b>AGE UP DATE:</b>	The competitor’s age is as the first day of the competition <b>May 28, 2026</b>
<b>DIVE STARTS:</b>	<p><b>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:</b></p> <p style="text-align: center;"><b>from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from both ends</b></p> <p><b>and/or</b></p> <ul style="list-style-type: none"> <li>● <b>from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends</b></li> </ul> <p><b>and/or</b></p> <ul style="list-style-type: none"> <li>● <b>In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends</b></li> </ul>
<b>BACSTROKE LEDGES:</b>	<b>Ledges will be used and available for all ages and sessions</b>
<b>d/DEAF AND HARD OF HEARING ACCOMMODATION :</b>	<p><b>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</b></p> <ul style="list-style-type: none"> <li>● non-verbal instruction provided by a support person from the swimmer’s own club, who is registered in the REMS as support staff.</li> <li>● Visual Start hand signals given by the starter/referee.</li> <li>● Visual Start Strobe Light options           <ul style="list-style-type: none"> <li>○ <b>Facility-Provided Strobe Light:</b> An external strobe light is available at this facility</li> <li>○ <b>Personal Strobe Light:</b> 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.</li> </ul> </li> </ul> <p><b>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.</b></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>

### 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:**

**This meet is an Open Invitational.**  
Preference will be given to the host club first.

**COACH & SUPPORT  
STAFF  
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 meet including warm-up sessions.**

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.

**FOREIGN TEAMS /  
COMPETITORS:**

**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.**

- 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 grants approval.**

### Entry Process

<p><b>ENTRY SUBMISSIONS:</b></p>	<p><b>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.</b> Meet management will:</p> <ul style="list-style-type: none"> <li>● not accept entries via email;</li> <li>● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li> <li>● 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 &amp; IV sanctions) prior to the start of the competition</li> </ul> <p><b>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.</b></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><b>ENTRY DEADLINE:</b></p>	<p><b>The online entry deadline is Monday, May 6, 2026</b> Changes to entries will be accepted until <b>May 11, 2026</b></p>
<p><b>ENTRY FEE:</b></p>	<p><b>The following fees will apply for this competition:</b>  <b>Individual Events: \$15 for below 200M events; \$20 for 400; \$25 for 800 &amp; 1500 Events</b>  <b>Relay Events: \$25</b>  <b>Swimmer Fee: \$10</b>  <b>Payment Method: Please make the cheque payable to Markham Aquatic Club or by e-transfer</b></p>
<p><b>ENTRY LIMITS:</b></p>	<p><b>The following limits are in place for this competition:</b>  The maximum number of participants per session is 13 and Over is 650 and 12 and Under is 500  <b>The maximum number of entries per swimmer per session is :</b>  <b>Thursday – 1 event</b>  <b>Friday, Saturday and Sunday - 3 events + 1 relay event per session</b></p>
<p><b>RELAY ENTRIES &amp; MIXED RELAYS:</b></p>	<p><b>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</b> Relay swimmers must be entered in a non-relay event in order to compete.  A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification.</p>
<p><b>ENTRY TIMES &amp; CONVERSION:</b></p>	<p><b>No Time (NT) entries are not permitted. Estimate entry times are accepted.</b>  <b>All entries are to be submitted in LCM times.</b>  <b>Entry Times can be converted (i.e. SCM to LCM), please use the HY-TEK default conversion factor to convert SCM times to LCM times at 2% before submitting entries.</b>  <b>Times achieved since (Qualifying Period): October 1, 2024</b>  <b>Times will not be converted by meet management.</b></p>
<p><b>Qualifying standard for entry is:</b></p>	<p>12&amp; Under (including Para Swimmers) – MAC “E” Time Standard, Timed Finals  13&amp; Over (including para swimmers) – MAC “E” Time Standard, Prelim &amp; Finals A &amp; B  - MAC “D” Time Standard for Distance Events, Timed Finals &amp; Fastest Heat Final Swims  Level 2 or above para swimmers base on 2025-2026 Para Invitational Recommendation standards and limits to 50 &amp; 100 events + 200 Free and 200 IM  <b>The Markham Aquatic Club reserves the right to allow all of its swimmers to enter this meet regardless of the time standards.</b></p>

### Schedule of Sessions

Session #	Date	Warm-up period (i.e. 1:00pm-1:50pm)	# of warm-ups	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1 A	Thursday AM May 28, 2026	12:25 PM – 12:55 AM 11 & Over	1	1:00 PM 4:45 PM	3:45 PM 7:20 PM	Time Final
1B	Thursday PM	4:10 PM - 4:40 PM				
2	May 29, 2026 Friday AM	7:45 AM – 8:10AM – Group A 8:15 AM- 8:40AM – Group B 13 & Over	2	8:45AM	12:20 PM	Prelim Double Ended
3	May 29, 2026 Friday PM	12:50 PM – 1:20PM 12 & Under	1	1:25 PM	4:40 PM	Time Final
4	May 29, 2026 Friday Evening	5:10 PM – 5:55 PM 13 & Over	1	6:00 PM	7:45 PM	Finals
5	May 30, 2026 Saturday AM	7:45 AM – 8:10AM – Group B 8:15 AM- 8:40AM – Group A 13 & Over	2	8:45AM	1:00 PM	Prelim Double Ended
6	May 30, 2026 Saturday PM	1:30 PM – 2:00 PM 12 & Under	1	2:05 PM	5:30 PM	Time Final
7	May 30, 2026 Saturday Evening	6:00 PM – 6:45 PM 13 & Over	1	6:50 PM	8:30PM	Finals
8	May 31, 2026 Sunday AM	7:45 AM – 8:10AM – Group A 8:15 AM- 8:40AM – Group B 13 & Over	2	8:45AM	12:45 PM	Prelim Double Ended
9	May 31, 2026 Sunday PM	1:15 PM – 1:45PM 12 & Under	1	1:50PM	5:20 PM	Time Final
10	May 31 ,2026 Sunday Evening	5:50 PM – 6:35 PM 13 & Over	1	6:40 PM	8:35PM	Finals

Meet Management reserves the right to change warm-up session times and 2 warmups will be split by club.

For the Finals warm up - only finalists will be permitted for warm up.

Diving lanes will be open for the last 10 minutes of warm- up- one-way swimming.

West End Lane 0, 2, 4 and East End 1, 3, 5. **Para Lane 9**

Backstroke Ledge will be located at West End Lane 0 during Warmup up.

<b>Group A</b>	<b>AJAX, CREST, FINS, GRAC, KAP, LSC, MAC, NYAC, RDCSC, SLSC, TSC</b>
<b>Group B</b> <b>Para Lane 9</b>	<b>BWSC, COBRA, DUCKS, MSSAC, OTTSC RAMAC, RSWIM, SCAR, VAC, WSSC, YORK</b>

**Meet Format & Administration**

<p><b>SEEDING:</b></p>	<p>After all times are converted as pursuant to the conversion process: Seeding for Timed Final events will be in order of entry times, slowest to fastest. with the exception of <b>Distance Events which will be seeded fastest to slowest.</b> Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded.</p>
<p><b>DECK ENTRIES:</b></p>	<p><b>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).</b> The following are the Deck Entry Rules for this competition: <b>Only event deck entries are permitted for swimmers <u>already entered in the competition.</u></b> <b>Fee: \$25 payable in cash to Admin Desk prior to the event</b></p>
<p><b>RELAY NAME SUBMISSION:</b></p>	<p><b>Relay Cards or Forms must be returned to the Admin Desk.</b> Relay Cards are available at Meet Management Office The Relay Name submission deadline is 30 mins before the start of the session.</p>
<p><b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b></p>	<p><b>The following are the Scratch deadlines for this competition.</b> Scratches for Prelim/Heats are to be made at the Admin Desk 30 minutes prior to the start of each session. <b>A scratch deadline will apply for finals events:</b> 30 minutes following the posting of results of last preliminary event in that session ( excluding time final events) at the Admin Desk. <b>The following are the Positive Check-in deadlines for this competition.</b> There is a positive check-in 30 minutes before the start of the session at the Admin Desk for the following events: 400/800/1500 and Relay Events</p>
<p><b>PENALTIES:</b></p>	<p>No penalty shall be imposed for late or day of scratches and No-Shows <b>Failure to positive check-in by the deadline will result in the removal of the swimmer from that event.</b> <b>Scratching from Finals after the final scratch deadline or failure to participate in an individual final event will result in a \$50 FINE for each offence (applies to initially named finalist and alternates swimming in the finals)</b> <b>All fines will be invoiced to the club by Markham Aquatic Club.</b></p>
<p><b>OFFICIAL SPLIT TIMES:</b></p>	<p><b>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.</b> Official Split Forms are available at the Admin Desk. Not all Official Split requests can be accommodated.</p>
<p><b>SWIM OFFS:</b></p>	<p><b>This competition offers preliminary events.</b></p> <ul style="list-style-type: none"> <li>● 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.</li> <li>● Coaches are to report to the Admin Desk when a swim-off is announced.</li> </ul>
<p><b>FINALS</b></p>	<p>There will be an “A “&amp; “B “final for all 100 m and 200m events + 50 Free There will be an “A” final only for 50m fly, back, breast. 400 Free, 400 IM, Relay events fastest heat swim at Finals. The finals sessions will run <b>A</b> final followed by <b>B</b> final.</p>

	<b>All 'A &amp; B Finals' swimmers + alternates are required to check in with the Admin Desk at Marshalling area 10 minutes prior to each FINALS swim</b>
<b>DISQUALIFICATION &amp; Appeal PROCEDURE:</b>	<ul style="list-style-type: none"> <li>● 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.</li> <li>● A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.</li> <li>● 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"> <li>○ A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> in question.</li> <li>○ Appeal forms are available at the Admin Desk.</li> </ul> </li> <li>● If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal.</li> <li>● 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.</li> </ul>
<b>Competition Configuration</b>	<b>COMPETITION CONFIGURATION – LCM Chase Starts</b>
<b>Safety Requirements</b>	<p><b>SAFETY REQUIREMENTS FOR LCM CHASE STARTS</b></p> <p><b>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.</b></p> <p><b>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.</b></p> <p><b>Coaches are responsible for ensuring swimmers remain aware of incoming chase swimmers and follow all instructions provided by the Inspector of Turns.</b></p>
<b>RECORDS:</b>	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.
<b>MEET RESULTS:</b>	<p><b>Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a></b></p> <p>Unofficial Results will be posted at the meet.</p> <p>Unofficial mobile applications results will be available.</p> <p>Unofficial Live Results will be available.</p>
<b>SCORING:</b>	<p>Individual Events - 20, 19, 18, 17, 16, 15, 14,13, 12, 11, 10, 9, 8,7,6,5,4,3,2,1</p> <p>Relay Events – 40,38,36,34,32,30,28,26,24,22,20,18,16,14, 12,10,8,6,4,2</p> <p>Individual High Point for age group 13-14 and 15 &amp; Over: 5,2,1</p>
<b>AWARDS:</b>	<b>The following will be awarded:</b>

	<p>Medals from 1st to 3rd place for age groups 10 &amp; Under, 11-12, 13-14 and 15 &amp; Over  Relay from 1st to 3rd place for age groups 12 &amp; U and 13 &amp; over  Individual High Point Winner for age groups 13 - 14 and 15 &amp; Over  Team High Point Winner  Coaches please pick up awards prior to leaving – awards will NOT be mailed</p>
<b>Hospitality</b>	Grab and go lunch boxes will be provided to those coaches and officials working back-to-back sessions
<b>Officials</b>	If any registered officials from each attending club are interested in officiating, please send an email to <a href="mailto:officials@markhamaquaticclub.com">officials@markhamaquaticclub.com</a>
<b>ADDITIONAL INFORMATION:</b>	<p>Onsite Parking is <b>PAID</b> and limited. Extra parking space will be available at Unionville GO Station.</p> <p>All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area.</p> <p>Lockers are available but limited; please bring your own lock.</p> <p>NO FOOD and NO DRINK (No Coffee or Tea) ON DECK except for water. There are 2 fill stations and fountains on the pool deck. Concession vendor is available at the Lobby.</p> <p>Nearby Amenities:</p> <ul style="list-style-type: none"> <li>• <a href="#">Restaurants</a></li> <li>• <a href="#">Grocery Stores</a> (T&amp;T and Whole Foods have readymade food)</li> <li>• <a href="#">Tim Hortons</a></li> </ul>

## SCHEDULE OF EVENTS:

### Session 1 A (Fast Heat)/ 1 B (Slow Heat) – Thursday PM May 28, 2026

Warm up: **12:25 PM – 12:55 PM; Start: 1:00PM**

**Alternating Heat for Event 1 & 2**

	Girls	Events	Boys
Session 1A	1	Mixed 11 & Over 800 Free ** (Fast Heat) <b>Fastest 1 heat swims on Saturday Finals</b>	1
	2	Mixed 13 & Over 1500 Free ## (Fast Heat) <b>Fastest 1 heat swims on Friday Finals</b>	2
	<b>Slow Heat</b>	Warm up: <b>4:10PM – 4:40PM; Start -4:45PM</b>	
Session 1 B	1	Mixed 11 & Over 800 Free ** (Slow Heat)	1
	2	Mixed 13 & Over 1500 Free ## (Slow Heat)	2

Meet Management reserves the right to limit heats to keep session within time constraints.

Meet Management reserves the right to change warm-up session times and 2 warm ups will be split by club.

\*\* 800 Free Officials splits for 400 M and 1500 Free ## Officials splits for 800 M

- **No Diving lanes will be open during warm up**
- Positive check in is required 30 minutes before start of session for 800 and 1500 events

## SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device

# 400 Free may limit to top 6 heats, fastest 2 heats swim at Finals

\*400 IM may limit to top 6 heats to keep session within time constraints, fastest 2 heats swim at Finals

## Meet Management reserves the right to limit heats to keep session to within time constraints

\*\* Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay to keep session

within time constraints . Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events

All 50 Events start at WEST END

### SESSION 2 – FRIDAY MORNING May 29 , 2026

Warm up - 7:45 AM – 8:40AM Start – 8:45 AM

Girls	Events	Boys
3	13 & Over 400 Freestyle # ** (may limit to top 6 heats) Fastest 2 Heats swims at Finals	4
5	13 & Over 200 IM	6
7	13 & Over 50 Freestyle	8
9	13 & Over 100 Backstroke	10
101	**13 & Over 4 X50 Freestyle Relay Fastest Heats swim at Finals	102

### SESSION 3 – FRIDAY AFTERNOON May 29, 2026

Warm up - 12:50 PM -1:20PM Start – 1:25 PM

Girls	Events	Boys
11	12 & Under 400 Freestyle #	12
13	12 & Under 200 IM	14
15	12 & Under 50 Freestyle	16
17	12 & Under 100 Backstroke	18
103	**12 & Under 4 X50 Freestyle Relay	104

### SESSION 4 – FRIDAY EVENING May 29, 2026

Warm up - 5:10 PM -5:55 PM Start – 6:00 PM

Girls	Events	Boys
2	Mixed 13 & Over 1500 Free ## Fastest 1 heat swims at Finals	2
3	13 & Over 400 Freestyle # Fastest 2 Heats	4
5	13- 14 Years Old 200 IM (A & B Finals)	6
	15 & Over 200 IM (A & B Finals)	
7	13 - 14 Years Old 50 Freestyle (A & B Finals)	8
	15 & Over 50 Freestyle (A & B Finals)	
9	13 - 14 Years Old 100 Backstroke (A & B Finals)	10
	15 & Over 100 Backstroke (A & B Finals)	
101	13 & Over 4 X 50 Freestyle Relay (Fastest Heat)	102

## SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device

# 400 Free may limit to top 6 heats, fastest 2 heats swim at Finals

\*400 IM may limit to top 6 heats to keep session within time constraints, fastest 2 heats swim at Finals

## Meet Management reserves the right to limit heats to keep session to within time constraints

\*\* Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay to keep session

within time constraints . Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events

All 50 Events start at WEST END

### SESSION 5 – SATURDAY MORNING May 30, 2026

Warm up - 7:45 AM – 8:40AM Start – 8:45 AM

Girls	Events	Boys
19	13 & Over 400 IM * ** (may limit to top 6 heats) Fastest Heat swims at Finals	20
21	13 & Over 50 Backstroke	22
23	13 & Over 100 Butterfly	24
25	13 & Over 200 Freestyle ##	26
27	13 & Over 100 Breaststroke	28
105	**13 & Over 4 X50 Medley Relay Fastest Heats swims at Finals	106

### SESSION 6 – SATURDAY AFTERNOON May 30, 2026

Warm up - 1:30 PM – 2:00 PM Start – 2:05 PM

Girls	Events	Boys
29	12 & Under 400 IM *	30
31	12 & Under 50 Back	32
33	12 & Under 100 Butterfly	34
35	12 & Under 200 Freestyle ##	36
37	12 & Under 100 Breaststroke	38
107	**12 & Under 4 X50 Medley Relay	108

### SESSION 7 – SATURDAY EVENING May 30, 2026

Warm up - 6:00 PM – 6:45 PM Start – 6:50 PM

Girls	Events	Boys
1	Mixed 13 & Over 800 Free ## Fastest 1 heat swims at Finals	1
19	13 & Over 400IM ( Fastest Heat)	20
21	13 - 14 Years Old 50 Backstroke (A Finals)	22
	15 & Over 50 Backstroke (A Finals)	
23	13- 14 Years Old 100 Butterfly (A & B Finals)	24
	15 & Over 100 Butterfly (A & B Finals)	
25	13-14 Years Old 200 Freestyle (A& B Finals)	26
	15 & Over 200 Freestyle (A & B Finals)	
27	13- 14 Years Old 100 Breaststroke (A & B Finals)	28
	15 & Over 100 Breaststroke (A & B Finals)	
105	**13 & Over 4 X50 Medley Relay (Fastest Heat)	106

## SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device

# 400 Free may limit to top 6 heats, fastest 2 heats swim at Finals

\*400 IM may limit to top 6 heats to keep session within time constraints, fastest 2 heats swim at Finals

## Meet Management reserves the right to limit heats to keep session to within time constraints

\*\* Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay to keep session

within time constraints. Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events

All 50 Events start at WEST END

### SESSION 8 – SUNDAY MORNING May 31, 2026

Warm up - 7:45 AM – 8:40AM Start – 8:45 AM

Girls	Events	Boys
39	13 & Over 200 Backstroke	40
41	13 & Over 50 Butterfly	42
43	13 & Over 200 Breaststroke	44
45	13 & Over 100 Freestyle	46
47	13 & Over 50 Breaststroke	48
49	13 & Over 200 Butterfly	50
109	**13 & Over 4 X100 Freestyle Relay Fastest Heats swims at Finals	110

### SESSION 9 – SUNDAY AFTERNOON May 31, 2026

Warm up - 1:15 PM – 1:45 PM Start – 1:50 PM

Girls	Events	Boys
51	12 & Under 200 Backstroke	52
53	12 & Under 50 Butterfly	54
55	12 & Under 200 Breaststroke	56
57	12 & Under 100 Freestyle	58
59	12 & Under 50 Breaststroke	60
61	12 & Under 200 Butterfly	62
111	**12 & Under 4 X100 Freestyle Relay	112

### SESSION 10 – SUNDAY EVENING May 31, 2026

Warm up - 5:50 PM – 6:35PM Start – 6:40 PM

Girls	Events	Boys
39	13 - 14 Years Old 200 Backstroke (A & B Finals)	40
	15 & Over 200 Backstroke (A & B Finals)	
41	13 - 14 Years Old 50 Butterfly (A Finals)	42
	15 & Over 50 Butterfly ( A Finals)	
43	13- 14 Year Olds 200 Breaststroke (A & B Finals)	44
	15 & Over 200 Breaststroke (A & B Finals)	
45	13 -14 Years Old 100 Freestyle (A & B Finals)	46
	15 & Over 100 Freestyle (A & B Finals)	
47	13- 14 Years Old 50 Breaststroke (A Finals)	48
	15 & Over 50 Breaststroke (A Finals)	
49	13-14 Year Olds 200 Butterfly (A& B Finals)	50
	15 & Over 200 Butterfly (A & B Finals)	
109	**13 & Over 4 X100 Freestyle Relay (Fastest Heat)	110

### APPENDIX A – QUALIFYING STANDARDS

13 & Over – Qualifying times are MAC Age Group - “E” Time Standard, Prelim/Finals A & B

13 & Over –MAC Age group - “D” Times Standard for Distance Events, Timed Finals, fastest heat swims at Finals

12 & Under – Qualifying Times are MAC Age Group - “E” Time Standard, All events are Timed Finals

12 & Under – MAC Age Group - “E” Times Standard for Distance Events, Timed Finals

Level 2 and above Para Swimmers base on 2025-2026 Para Invitational recommendation Standards and limit to 50 + 100 Events and 200 Free and 200 IM

[https://admin.swimontario.com//documents/764/PARA\\_Invitational\\_Recommendation.pdf](https://admin.swimontario.com//documents/764/PARA_Invitational_Recommendation.pdf)

#### Markham Aquatic Club (MAC) Age group “E” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
10 Years	11 Years	12 Years			10 Years	11 Years	12 Years
45.76	40.51	38.60	Free	50	45.52	40.84	37.73
1:41.46	1:28.62	1:23.56		100	1:43.45	1:29.88	1:22.92
3:43.50	3:13.69	3:02.29		200	3:50.23	3:17.48	3:01.02
7:48.16	6:56.40	6:29.41		400	8:00.08	7:04.12	6:30.70
-----	14:13.24	13:11.21		800	-----	14:52.48	13:21.34
1:56.04	1:41.90	1:35.57	Back	100	1:59.35	1:43.16	1:36.84
4:10.66	3:37.74	3:25.08		200	4:22.58	3:42.80	3:25.70
2:11.30	1:57.73	1:50.77	Breast	100	2:16.60	2:00.26	1:50.14
4:11.93	4:11.93	3:56.72		200	4:23.32	4:23.32	3:56.72
2:02.66	1:45.70	1:38:10	Butterfly	100	2:08.65	1:48.86	1:37.48
4:03.06	4:03.06	3:42.80		200	4:32.17	4:32.17	3:46.60
4:14.47	3:42.34	3:29.48	IM	200	4:18.50	3:44.92	3:29.48
-----	7:48.40	7:20.82		400	-----	8:20.04	7:29.82

#### Markham Aquatic Club (MAC) Age GROUP “E” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
13 Years	14 Years	15 & Over			13 Years	14 Years	15 & Over
35.03	34.40	33.90	Free	50	33.23	32.24	31.66
1:15.85	1:14.23	1:13.42		100	1:12.73	1:10.24	1:08.58
2:44.76	2:41.15	2:40.68		200	2:39.29	2:34.45	2:29.44
1:25.61	1:24.14	1:22.93	Back	100	1:22.93	1:20.66	1:18.56
3:04.76	3:00.07	2:58.08		200	2:59.22	2:54.76	2:50.70
1:38.09	1:36.91	1:36.17	Breast	100	1:35.23	1:31.74	1:30.72
3:31.30	3:28.66	3:28.03		200	3:25.58	3:20.03	3:17.18
1:25.38	1:24.05	1:22.76	Butterfly	100	1:22.91	1:19.45	1:16.98
3:13.92	3:10.50	3:09.02		200	3:07.04	3:03.35	2:58.38
3:08.92	3:03.68	3:01.79	IM	200	3:01.80	2:55.24	2:50.78

#### Markham Aquatic Club (MAC) AGE GROUP “D” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
13 Years	14 Years	15 & Over			13 Years	14 Years	15 & Over
5:35.80	5:26.93	5:25.11	Free	400	5:26.72	5:16.54	5:07.88
11:33.68	11:23.48	11:16.89		800	11:22.24	11:04.30	10:44.75
22:09.51	21:49.96	21:35.15		1500	21:56.05	21:13.56	20:36.09
6:22.55	6:19.29	6:08.74	IM	400	6:10.87	6:01.08	5:55.40