



VAC2026 - 1500-800-400 Free Endurance Builder - Vaughan Aquatic Club

NAME OF MEET:	VAC2026 - 1500-800-400 Free Endurance Builder - Vaughan Aquatic Club
DATE(s):	November 14th, 2026
HOSTED BY:	Vaughan Aquatic Club
LOCATION:	Vellore Village C.C. - 1 Villa Royale Ave, Woodbridge, ON, L4H 2Z7
FACILITY:	25 Metre Pool, Stop Watch Timing, 6 lanes
PURPOSE & DESCRIPTION:	To build endurance and to achieve time standards for distance events.
COMPETITION CONFIGURATION	This meet will run single ended in SCM.
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).
LAST UPDATE:	~~October 7, 2026~~ / October 08, 2026

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Peter Larocque	peterlarocque111@gmail.com	5
MEET MANAGER(S):	Brian Pozner	bpozner10@gmail.com	
OFFICIALS COORDINATOR:	Stephen DiBiase	sdibiase27@gmail.com	

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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, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The [Swim Ontario Concussion Management](#) procedure and the [Swim Ontario Photography, Videography, and Cellphone procedure](#) will be in effect. For complete details click [HERE](#).

Competition Rules

Sanctioned as an In House Competition.

All current Swimming Canada rules will be followed.

Seeding for all swims will be optimized by distance and stroke, seeded either slowest to fastest or fastest to slowest as communicated by Meet Management. Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and the [Swim Ontario warm-up safety rules](#) will be in effect. Events are Timed Finals.

DIVE STARTS:

As per Swimming Canada Part II C4.1.1.2 and C4.1.1.3 swimmers are permitted to start in-water or from a standing position on the deck or bulkhead when Starting Platforms (blocks) are available. As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:

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

DISQUALIFICATION & APPEAL PROCEDURE

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

- The Coach or Team Leader should first discuss the disqualification with the Session Referee, and may ask to view the disqualification slip.
- If the matter is not resolved, the Coach or Team Leader may submit a written appeal to the Session Referee or Admin Desk within 30 minutes of the result being posted. Appeal forms are available at the Admin Desk.

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	- If the Session Referee rejects the appeal, the Coach or Team Leader may request a Jury of Appeal. This request must be made within one hour of the Referee's written decision being communicated. - Video from personal devices will not be accepted at any stage of the appeal process. Only official video approved by the Competition Coordinator before the start of the competition may be consulted (II.C12.5.2). The following are approved as video evidence: Race Analysis Video - The Appeals & Jury of Appeal Standard Operating Procedure will be followed.
AGE UP DATE:	The competitor's age is as of November 14th

Eligibility

All athletes must be registered with a valid registration number with the Host Club and active in REMS. The participant is responsible to ensure all facility and club requirements have been met.

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.

Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing athletes must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions.

Entry Process

ENTRY SUBMISSIONS:	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.
ENTRY DEADLINE:	The online entry deadline is November 10th, 2026

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	Changes to entries will be accepted until November 10th, 2026
ENTRY FEE:	The following fees will apply for this competition: Swimmer Fee: \$5.00 Swimmer families will be invoiced by the club.
ENTRY LIMITS:	The following limits are in place for this competition: The maximum number of entries per swimmer is 3

OFFICIAL SPLIT TIMES:	Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Admin Desk prior to the commencement of the session in question.
RECORDS:	Swim times achieved at this competition will NOT be used for applications of provincial and national records.
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca
SCORING & AWARDS:	No scoring permitted. No Awards.

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Schedule of Events

The Session can be 3 hours long maximum

	<u>Warm-up period</u>	<u>Start</u>	<u>Finish</u>
Session	4:45-5:15pm	5:20pm	8:20pm

<i>Event 1 – Women – 1500m Freestyle</i>
<i>Event 2 – Men – 1500m Freestyle</i>
<i>Event 3 – Women - 800m Freestyle</i>
<i>Event 4 – Men – 800m Freestyle</i>
<i>Event 5 – Women - 400m Freestyle</i>
<i>Event 6 – Men – 400m Freestyle</i>