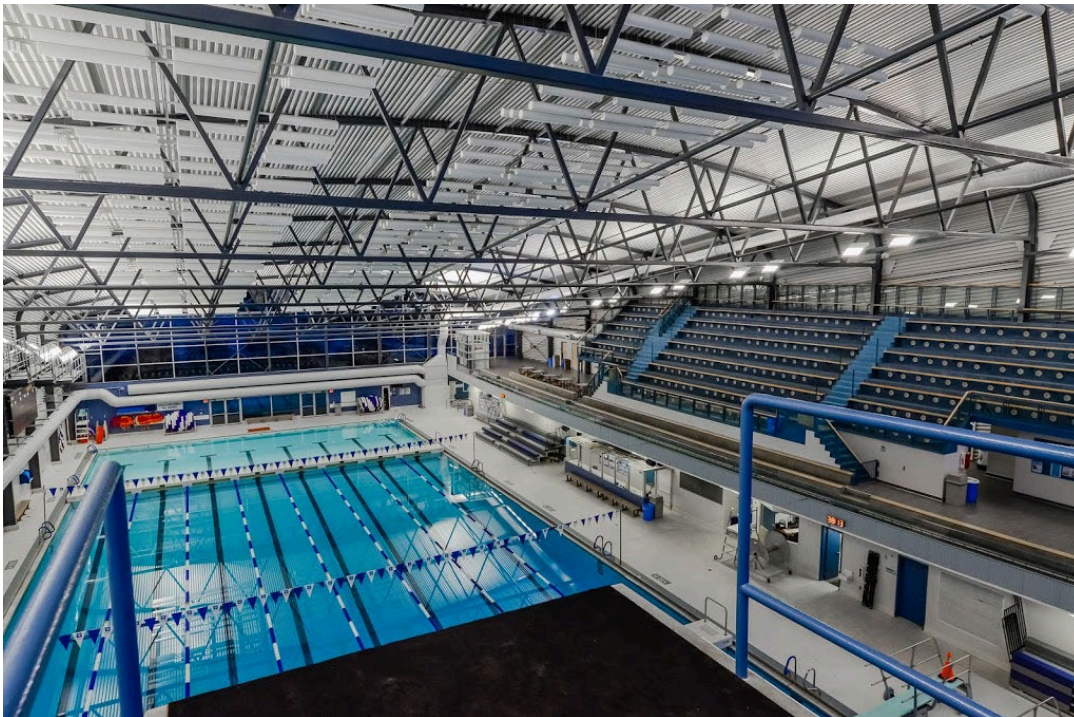




47th ANNUAL LAC – SHORT COURSE

Dr. Paul Hauch Invitational

MEET PACKAGE – UPDATED SESSION TIMES

(as of June 21, 2026)

Saturday, July 4 - Sunday, July 5, 2026

CANADA GAMES AQUATIC CENTRE

LONDON, ONTARIO

L O N D O N



AQUATIC CLUB

47th Annual

LAC - Dr. Paul Hauch Invitational

DATE(S):	Saturday, July 4, 2026 to Sunday, July 5, 2026
HOSTED BY:	London Aquatic Club
PURPOSE:	Short Course Invitational
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and, if available, on the Swimming Canada Registration and Event Management System (REMS).
SAFETY AT THE COMPETITION:	Swimming Canada and Swim Ontario believe 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. 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. Every club and its participants are responsible for ensuring all facility rules and requirements are followed.
LOCATION:	Canada Games Aquatic Centre 1045 Wonderland Road North London, Ontario N6G 2Y9 (Between Gainsborough and Lawson Road. Parking Map – Appendix C)
FACILITY:	8-lane, 50-meter indoor tank, with bulkheads, creating two (2) 25-metre pools, with “Keifer” type lane markers, Daktronics 64101-H8 8-lane swimming scoreboards at both ends of the pool with Swiss Timing Quantum Aquatic Timing Systems.

MEET MANAGER:	Kerry McGladdery Dent	kerrymcgladderydent@gmail.com
ASSOCIATE MEET MANAGER:	Kendra Wojcik	kendramjeffrey@gmail.com
COMPETITION COORDINATOR:	Mark Lukings (Level 5)	lac.coc@gmail.com
MINOR OFFICIALS:	Rebecca Shearer Sonya Beckett Dana Kinchen Alicia Payne	lacminorofficials@hotmail.com

DESCRIPTION: This Short Course Invitational Meet will be 6 sessions long.

Morning: 13 & Over Preliminaries
Afternoon: 12 & Under Timed Finals
Evening: 13 & Over Finals

All events are Short Course, Single-ended.

Individual events will be senior seeded by gender, and awards given by age classification.

The top 10 finishers (8 finalists plus 2 alternates) of each event, for each age group from the morning preliminaries, will move on to finals.

Should over-subscription occur, the affected clubs will be notified ASAP.

COMPETITION RULES: Sanctioned 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.

Depending on the swimmer count in the sessions, any warm-up may be split into two parts and teams may be assigned lanes. If lanes are assigned, then coaches are expected to supervise their lanes.

DIVE STARTS:

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, at this competition, Starts will be conducted as follows:

- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from the deep end and/or from bulkhead positioned at the mid-point in the pool into the shallow end.

BACKSTROKE LEDGES:

Backstroke ledges will be available for all ages and sessions, and their use is optional. Swimmers and coaches are expected to know, understand, and follow rule II.6.1 regarding the backstroke start. Warnings will **NOT** be given.

**d/DEAF & HARD OF
HEARING
ACCOMMODATION:**

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.
- **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.

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

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.

AGE-UP DATE:

The competitor's age is determined as of the first day of the competition, **Saturday, July 4, 2026.**

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. This event is sanctioned as an Age Group Swimming 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.**

RECORDS:

Swim times achieved at this event 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 records 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 (25m and 50m pool only) for the aforementioned swimming pool.

QUALIFYING TIMES: There are no qualifying times for events shorter than 400m. There are qualifying times for 400m and 800m events. The standards for events 400m or longer are as stated in the attached schedule. Non-conforming entry times will be automatically converted to short course times which will need to meet the qualifying standard. These qualifying times must have been achieved:

- On or after September 1, 2024
- and must be achieved and be verifiable on SwimRankings.com by the entry deadline
- All times will be validated by Meet Management.

There are no de-qualifying standards.

Paralympic Program swimmers are not subject to the qualifying standards.

ENTRY FEES: \$16.00 per swimmer per individual event for all individual events shorter than 800m.
\$20.00 per swimmer for 800m events.
\$20.00 per relay team.
(Includes HST – London Aquatic Club GST # R103378279)

PAYMENT: Please submit one cheque for all club swimmers with your entries.
Payable to: **London Aquatic Club**
Payment may also be made by e-transfer to: lacmembership01@gmail.com.

ENTRIES: Due to limitations of the facility and adherence to Swim Ontario session length restrictions, team entries will be considered as follows:

1. Preference is given to regularly attending teams with possible adjustments to team size.
2. First come, first served.

Entries will be at the discretion of the Meet Manager.

All entries must be in a Hy-Tek accepted format and 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 directly via email or any other means
- Notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries.
- Notify Swim Ontario and approved attending 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.

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.

The deadline for entry changes is at noon on Friday, June 26, 2026. Meet Management will notify Swim Ontario and approved attending clubs of any meet format changes or designated warm-up times at least 10 days prior to the start of the competition.

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.

Please include appropriate Short Course (in meters) entry times (**estimate if necessary – “NT” entries WILL NOT be accepted**). 400m and 800m events will require validated times if session lengths are tight. **If SC entry times are not available, Long Course entry times received will be automatically converted to Short Course. See the Qualifying Times section above for entries 400m and longer.**

Each swimmer must swim in the proper age group. Swimming up is NOT permitted.

Each swimmer's entries are limited as follows:

Saturday and Sunday AM/PM - maximum 3 individual events per day

Sunday afternoon's 200m butterfly is restricted to ages 11 & Over.

13 & Over 400m IM and 800m FR– Swimmers may swim one **OR** the other but **NOT** both.

Coaches are asked to consider entering Athletes, who will NOT be available for evening Finals, as exhibition in the morning preliminary events.

ENTRY DEADLINE: **Entry Deadline: Wednesday, June 17, 2026.**

You will be sent confirmation of receipt of your entries.

Please ensure that you check these entries and immediately contact Meet Management with any problems.

DECK ENTRIES: Swimmers entered on deck are permitted provided proof of active registered status with valid Swimming Canada ID is provided to Meet Management. Deck entries are Exhibition Only. Deck entries will be accepted to fill empty lanes or scratched lanes (no new heats will be created) but will not be eligible for scoring or awards in those events. Swimmers entered on deck must have valid proof of Swimming Canada registration as an active, registered, competitive swimmer.

DECK ENTRY FEES: \$18.00 per swimmer per individual event for all events except for 800m.
\$22.00 per swimmer for 800m events.
\$22.00 per relay team entry.
Payable at the time of the request.
(includes HST – London Aquatic Club GST # R103378279)

MARSHALLING: All heats will be marshalled on the shallow end deck. Heats will move from the shallow end to the deep end along the scoreboard side of the pool. Swimmers are not allowed to go directly to their lane from the audience side.

Finals will also be marshalled on the shallow end deck. The timely arrival of the 8 swimmers **AND** the 2 alternates for marshalling is important. For Finals, failure to arrive for marshalling before a swimmer's heat is sent past the middle bulkhead will count as a no show and the alternate will swim. Please see scratch rules below.

SCRATCH RULES: The scratch deadline for all preliminary and timed final sessions will be 30 minutes prior to the start of the session. Coaches, we would appreciate you reporting any deck entries or scratches prior to this deadline so that the session heat sheets can be as accurate as possible for key officials. No penalty for scratches or no shows.

The scratch deadline for Finals sessions will be **30 minutes** after the conclusion of the preliminary session. **If a swimmer is a late scratch or is a no show or steps down for a Final swim that swimmer will not be allowed to swim any of their other events during that Finals session.** While there is no monetary penalty for Finals scratches, to be fair to alternates, please inform us of all scratches.

CONVERSION: Any Long Course times submitted will be converted into Short Course times using MM8 default conversion factor. Yards time and other non-conforming entry times are not permitted.

- AGE CLASSIFICATIONS:** Male and female:
Individual: 8 & Under; 9, 10, 11, 12, 13, 14, 15, 16 & Over
Relays: 8 & Under, 9 & 10, 11 & 12, 13 & 14, and 15 & Over
- PARALYMPIC PROGRAM:** Paralympic Program Swimmers will be officiated under WPS Swimming Rules.
- MANAGEMENT ITEMS:** **Racing 2 swimmers per lane is no longer permitted in Canada.**

Meet Management reserves the right to, and teams will be informed if we:

- Make day-of-the-session decisions to combine heats of the same stroke and distance.
- Split preliminary/timed final session age categories to ensure proper session lengths.
- Further limit the number of entries/swimmers in any event or session.
- Decide to swim the meet double-ended (2 pools).
- Adjust warm-up and session start times.
- Split warm-ups into 2 parts.
- Move events or heats within or between sessions.
- Split sessions to respect the 4.5-hour session length limitation.
- Add short break(s) as required.
- Eliminate the relays.

Session Formats:

- Seeding for all swims will be slowest to fastest by submitted entry times, except 800m Freestyle which will be fastest to slowest.
- Except for the relays, this meet will be senior seeded by gender.
- All events for 12 and Under are Timed Finals.
- All Individual events for 13 and Over, except 400m and 800m Freestyle and 400IM events, will be swum as Preliminaries and the top 8 swimmers (plus 2 alternates) will move on to Finals in the evening.
- Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded.
- 400m, 800m and relay events will be Timed Finals.
- Preliminary events with less than 9 swimmers will still swim – will NOT go straight to Finals.
- Warm-ups end 5 minutes before the start of racing.

Depending on the swimmer count in the sessions, any warm-up may be split into two parts and teams may be assigned lanes. If lanes are assigned, then coaches are expected to supervise their lanes. We have two 25m pools available. Both can be used for warm-ups.

Sprint lanes for the last 20 minutes of warm-ups. Lanes 1 and 8 in the deep end only will be used for Sprinting and are designated as diving lanes with one-way traffic only. After the dive, the swimmer must leave the lane and return to the starting end. PARA and Backstroke start lanes may also be designated, will be announced, and then will be controlled by the Safety Marshals.

Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules. Before arrival, coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence to these rules and to discipline the athletes' behavior if necessary.

Meet officials will provide a safe environment and a well-organized competition. We are not responsible for the supervision of the athletes during the competition or during session breaks.

CANCELLATIONS:	In the event of unforeseen circumstances beyond the control of the City of London or London Aquatic Club, (for example but not limited to; weather interruptions or facility malfunctions) that force the cancellation of all or part of the meet, a partial refund may be granted at the discretion of Meet Management.
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 Paralympic 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.
OFFICIAL TIME 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 <u>Meet Management Office</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. Please note that the coach must provide 3 timekeepers to complete this official split if it will NOT occur at the same end as the finish of the race. Event Finals (sessions 3 and 6) 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 in the Meet Management Office. • 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.
RELAYS:	Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 male and 2 female swimmers. No other combination is allowed. Relay Information Sheets can be picked up at the Meet Office. Teams must have them filled in and returned to the Meet Office <u>at least 30 minutes prior to the start of the session.</u>

AWARDS:

Individual events: age categories 8 & Under; 9; 10; 11; 12; 13; 14; 15; 16 & Over:

- 12 & Under AND 13 & Over - medals for 1st through 3rd, ribbons for 4th through 8th
- Awards for all events will be distributed by age and gender within the classifications listed above, even though most events will have multiple ages and perhaps mixed swimming together.

Relay events:

- There will be ribbons for 1st through 3rd for each event.

MEET RESULTS:

The meet will run on Hy-Tek Meet Manager. Official results will be posted within 48 hours of completion of the meet to www.swimming.ca.

Unofficial results will also be posted to Meet Mobile following each event.

SWIM-OFFS:

This competition offers preliminary events.

- 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.
- Coaches are to report to the Meet Management Office when a swim-off is announced.

DURING THE MEET:**Parking & Accommodations:**

- Parking options can be found in Appendix C below and will also be posted on the LAC website – LAC Hosted Meets – Dr. Paul Hauch Invitational. (<http://www.londonaquaticclub.ca>)
- Parking is allowed, except in spots with signage or pylons, in the pool lots south of the arena and at Sir Frederick Banting High School immediately to the west.
- Parking on the grass is prohibited.

Concession:

- Food will be available for purchase during the meet (BBQ)
- Please note cash only and no ATM on site
- BBQ food will be provided for coaches and volunteers.

SCHEDULE OF SESSIONS: - Updated
as of June 21, 2026

Session #	Date	Timed Finals	Warm Up	Start	Finish	Estimated Duration
1	Sat, July 4	13 & Over (Max 3)	8:00 a.m.	9:00 a.m.	12:30 p.m.	3:30 hrs.
2	Sat, July 4	12 & Under (Max 3)	12:30 p.m.	1:30 p.m.	5:00 p.m.	3:30 hrs.
3	Sat, July 4	13 & Over (Finals)	5:00 p.m.	6:00 p.m.	8:00 p.m.	2:00 hrs.
4	Sun, July 5	13 & Over (Max 3)	8:00 a.m.	9:00 a.m.	12:30 p.m.	3:30 hrs.
5	Sun, July 5	12 & Under (Max 3)	12:30 p.m.	1:30 p.m.	5:00 p.m.	3:30 hrs.
6	Sun, July 5	13 & Over (Finals)	5:00 p.m.	6:00 p.m.	8:00 p.m.	2:00 hrs.

*** The above schedule is estimated times. No session will be longer than 4.5 hours in length.

**MEET QUALIFYING
STANDARDS:**

Meet Qualification Standards						
13 & Over 800m Freestyle, 400m Freestyle and 400 IM						
Female			Age	Male		
800m FR	400m FR	400 IM		400 IM	400m FR	800m FR
10:46.66	5:23.73	6:13.06	13	5:57.36	5:17.43	10:30.60
10:40.19	5:20.73	6:09.33	14	5:48.05	5:07.96	10:08.30
10:33.79	5:17.29	6:01.97	15	5:38.39	4:59.25	9:54.53
10:27.44	5:14.12	5:55.63	16 & Over	5:33.58	4:53.92	9:48.48

**SCHEDULE OF
EVENTS:**

Updated as June 21, 2026

Session 1 – 13 & Over
Maximum 3 individual events
Saturday Morning, July 4, 2026
Preliminaries and Timed Finals (TF)
Warm-up ⇒ 8:00 a.m. Start ⇒ 9:00 a.m. Finish ⇒ 12:30 p.m.

Event #	Ages	Event	Ages	Event #
Women				Men
201	13 & 14	4 X 50 Mixed Freestyle Relay (TF)	13 & 14	201
202	15 & Over	4 X 50 Mixed Freestyle Relay (TF)	15 & Over	202
1	13 & Over	400 IM(TF)*	13 & Over	2
3	13 & Over	200 Freestyle	13 & Over	4
5	13 & Over	100 Breaststroke	13 & Over	6
7	13 & Over	50 Freestyle	13 & Over	8
9	13 & Over	200 Backstroke	13 & Over	10
11	13 & Over	100 Butterfly	13 & Over	12
13	13 & Over	800 Freestyle (TF)*	13 & Over	14

***Swimmers may swim one of the 400IM and 800 Free but NOT both**

Session 2 – 12 & Under
Maximum 3 individual events
Saturday Afternoon, July 4, 2026
Timed Final
Warm-up ⇒ 12:30 p.m. Start ⇒ 1:30 p.m. Finish ⇒ 5:00 p.m.

Event #	Ages	Event	Ages	Event #
Girls				Boys
203	8 & Under	4 X 50 Mixed Freestyle (TF)	8 & Under	203
204	9 & 10	4 X 50 Mixed Freestyle (TF)	9 & 10	204
205	11 & 12	4 X 50 Mixed Freestyle (TF)	11 & 12	205
15	12 & Under	200 Freestyle	12 & Under	16
17	12 & Under	50 Backstroke	12 & Under	18
19	12 & Under	100 Breaststroke	12 & Under	20
21	12 & Under	50 Freestyle	12 & Under	22
23	12 & Under	200 Backstroke	12 & Under	24
25	12 & Under	100 Butterfly	12 & Under	26

Session 3 – 13 & Over
Saturday Evening, July 4, 2026

Finals

Warm-up ⇒ **5:00 p.m.** Start ⇒ **6:00 p.m.** Finish ⇒ **8:00 p.m.**

Event #	Ages	Event	Ages	Event #
Women				Men
3	13 & Over	200 Freestyle	13 & Over	4
5	13 & Over	100 Breaststroke	13 & Over	6
7	13 & Over	50 Freestyle	13 & Over	8
9	13 & Over	200 Backstroke	13 & Over	10
11	13 & Over	100 Butterfly	13 & Over	12

Session 4 – 13 & Over
Maximum 3 individual events
Sunday Morning, July 5, 2026
Preliminaries and Timed Finals (TF)
Warm-up ⇒ 8:00 a.m. Start ⇒ 9:00 a.m. Finish ⇒ 12:30 p.m.

Event #	Ages	Event	Ages	Event #
Women				Men
206	13 & 14	4 X 50 Mixed Medley Relay (TF)	13 & 14	206
207	15 & Over	4 X 50 Mixed Medley Relay (TF)	15 & Over	207
27	13 & Over	200 IM	13 & Over	28
29	13 & Over	100 Backstroke	13 & Over	30
31	13 & Over	200 Butterfly	13 & Over	32
33	13 & Over	100 Freestyle	13 & Over	34
35	13 & Over	200 Breaststroke	13 & Over	36
37	13 & Over	400 Freestyle (TF)	13 & Over	38

Session 5 – 12 & Under
Maximum 3 individual events
Sunday Afternoon, July 5, 2026
Timed Final
Warm-up ⇒ 12:30 p.m. Start ⇒ 1:30 p.m. Finish ⇒ 5:00 p.m.

Event #	Ages	Event	Ages	Event #
Girls				Boys
208	8 & Under	4 X 50 Mixed Medley (TF)	8 & Under	208
209	9 & 10	4 X 50 Mixed Medley (TF)	9 & 10	209
210	11 & 12	4 X 50 Mixed Medley (TF)	11 & 12	210
39	12 & Under	200 IM	12 & Under	40
41	12 & Under	50 Breaststroke	12 & Under	42
43	12 & Under	100 Backstroke	12 & Under	44
45	12 & Under	50 Butterfly	12 & Under	46
47	12 & Under	200 Breaststroke	12 & Under	48
49	12 & Under	100 Freestyle	12 & Under	50
51	11 to 12	200 Butterfly	11 & 12	52

Session 6 – 13 & Over
Sunday Evening, July 5, 2026

Finals

Warm-up ⇒ **5:00 p.m.** Start ⇒ **6:00 p.m.** Finish ⇒ **8:00 p.m.**

Event #	Ages	Event	Ages	Event #
Women				Men
27	13 & Over	200 IM	13 & Over	28
29	13 & Over	100 Backstroke	13 & Over	30
31	13 & Over	200 Butterfly	13 & Over	32
33	13 & Over	100 Freestyle	13 & Over	34
35	13 & Over	200 Breaststroke	13 & Over	36

Appendix A

Canada Games Aquatic Centre

Event Procedure Policy For: Meet Managers, Officials, Coaches, Athletes & Spectators

1. The City of London Aquatic Staff (and specifically the CGAC Deck Supervisor) will remain in control of the facility at all times during the event. Their decisions and instructions are to be complied with without argument by all participants, coaches and officials. In the event of an emergency, City staff will only transfer care of an individual to EMS personnel.
2. No coach or official may permit a swimmer to enter the pool prior to the lifeguards being in place. No swimmer is to enter the pool without lifeguards in place.
3. All participants must obey all pool rules as posted.
4. No outside footwear may be worn on the pool deck by any participant, coach, official or any other person.
5. No food of any kind is permitted on the pool deck, except for refreshments provided directly to officials.
6. Coaches are responsible for the conduct of their team at all times in all areas of the facility.
7. Participants / coaches are responsible for picking up their garbage and depositing it in waste containers; excessive garbage left on the pool deck will be billed as an additional staffing charge.
8. Participants must be dry and wearing footwear on the upper level.
9. Participants / coaches / officials must not leave belongings in front of access points, including but not limited to emergency exits, staff offices, first aid rooms, change rooms, etc.
10. Parking is permitted in designated areas only; parking is not permitted on curbs or on grass areas surrounding the building. Signs will be posted indicating parking locations.

RZONE

Rzone is a program requiring all persons wishing to visit or use any City of London recreation facility, park, or program, to respect others and take responsibility in helping the City maintain a positive environment. The "R" in Rzone stands for Respect and Responsibility. Respect for yourself, Respect for others, and Responsibility for your actions. The Rzone program applies to all community organizations and individuals using City of London recreational facilities, parks, and programs.

Please review the information online at <http://london.ca/rzone> before attending this event.

Appendix B

City Of London By-Law

Single Use Disposable Water Bottles

According to the City of London by-laws, single use disposable standard water bottles can no longer be sold at events hosted at city-owned facilities.

We will continue with our Maximize Waste Diversion. Water coolers / city water taps will be available for water needs for our Athletes, Coaches, Officials, and Volunteers.

Please make sure that you bring a refillable water bottle with you to our meet.

The City of London, Swim Ontario and the London Aquatic Club would like to ask you to play your part to [Maximize Waste Diversion in London.](#)

This is how we can make a difference

- Eliminate non-refillable water bottles at the pool
- Bring along your favorite water bottle

The London Aquatic Club will provide refilling stations on the pool deck for all **Athletes, Coaches, Officials and Volunteers.**

At the conclusion of a large meet we recycle 90% (hundreds and hundreds) of all the non-refillable water bottles. Let's eliminate the hundreds of non-refillable bottles being sent to recycling.



We Can Make a Difference

Appendix C

2026 Canada Games Aquatic Centre **Parking Options**

Friday: Parking available at Canada Games Aquatic Centre (CGAC) All Day and Banting Lots 1, 2 and 3 after 3:00 pm.

Saturday & Sunday: Parking available at Canada Games Aquatic Centre (CGAC) and Banting Lots 1, 2 and 3

Parking also available on neighbourhood streets: EAST and WEST off Lawson road. City of London parking bylaws in effect.

**NO PARKING in neighbouring business lots (Mall, Bank and Arena)
as you may be towed.**

Parking Map

