

<b>DATE:</b>	01/23/2026	<b>VARSITY SWIMMING</b>	
<b>HOSTED BY:</b>	University of Toronto/Toronto Swim Club		
<b>LOCATION:</b>	55 Harbord St		
<b>FACILITY:</b>	Short Course 8 lanes Omega Timing		
<b>PURPOSE:</b>	Varsity meet with swimmers NOT in QUAD meet		
<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>COMPETITION COORDINATOR:</b>	Ron Riley	rileyassurance@gmail.com	Level: 5
	If Level 3+ is serving as CC, please indicate that Swim Ontario approval has been granted		
<b>MEET MANAGER:</b>	LINDA KIEFER	Email:	linda.kiefer@utoronto.ca
<b>SAFETY AT COMPETITION:</b>	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 <a href="#">Swim Ontario Concussion Management</a> and the <a href="#">Swim Ontario Photography, Videography and Cellphone</a> procedures will be in effect. For complete details click <a href="#">HERE</a> .		
<b>COMPETITION:</b>	Sanctioned as	Varsity (1 session)	by Swim Ontario.
	All current Swimming Canada (SC) 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 <a href="#">Swimming Canada Competition Warm-Up Safety Procedures</a> and the Swim Ontario warm-up safety rules will be in effect. Events are Timed Finals. <b>There will be no entry fee, scoring or awards permitted.</b> Starts will be conducted from Starting Platforms (blocks), the deck or bulkhead or in-water Clubs are to contact Meet Management by the <a href="#">Entry Deadline</a> of the need for accommodation for d/Deaf and Hard of Hearing swimmers.		
<b>ELIGIBILITY:</b>	This event includes participants from the following clubs:	University of Toronto, Western University, University of Calgary	
	All athletes must be registered as Varsity swimmers with Swimming Canada. The participant is responsible to ensure all facility and club requirements have been met.		
<b>AGE UP DATE:</b>	Ages submitted are to be as	01/23/2026	
<b>ENTRY LIMITS:</b>	The maximum number of participants per session is	50	
	Each club is limited to	16	swimmers
	A maximum of	3	entries per swimmer
<b>ENTRY SUBMISSIONS:</b>	Entries must be submitted through the REMS. Meet Management will not accept entries via email.		
	Entries must include all attending coaches and support staff.		
<b>ENTRY DEADLINE:</b>	01-20-2026		
<b>RACE LANE ASSIGNMENTS:</b>	No specific lanes - seeded by time		

<b>COACH'S REGISTRATION:</b>	Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a> . 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.
<b>SESSION:</b>	This event is limited to 1 session with session length not exceeding 4.5 hours.

<u>Warm-up period</u>	<u>Start</u>	<u>Finish</u>
11:00-11:55am	12:00 noon	1:30pm

**SCHEDULE OF EVENTS:**

Womens 100 Fly	Men 50 Free
Mens 100 Fly	Women 200 Fly
Women 100 Back	Men 200 Fly
Men 100 Back	Women 200 Back
Women 100 Breast	Men 200 Back
Men 100 Breast	Women 200 Breast
Women 100 Free	Men 200 Breast
Men 100 Free	Women 200 Free
Women 800 Free	Men 200 Free
Men 1500 Free	Women 400 Individual Medley
Women 50 Fly	Men 400 Individual Medley
Men 50 Fly	
Women 50 Back	
Men 50 Back	
Women 50 Breast	
Men 50 Breast	
Women 50 Free	
No Score	

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.

Mixed gender swimming is permitted for time trial.

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

Official Results will be posted within 2 days of completion of the meet to [www.swimming.ca](http://www.swimming.ca)