



2026 U SPORTS Swimming Championships

Brief Meet Information

MEET NAME	2026 U SPORTS Swimming Championships
DATE(s):	March 12-14, 2026
HOSTED BY:	McMaster University
LOCATION:	Markham Pan Am Centre, 16 Main St Unionville, Markham, ON L3R 0W7
FACILITY:	10 Lane - 50 m pool with Electronic timing (Two 10 lane SCM pools - Competition in East end, Continuous warm-up/cool-down in West end)
PURPOSE & DESCRIPTION:	U SPORTS Championships (National Varsity Championships)
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:	February 6, 2026

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Trevor Cowan	trevor.cowan@gmail.com	5
MEET MANAGER(S):	Cody Bradt Jen Potma	cody@ghacswimming.ca jen.potma@gmail.com	
OFFICIALS COORDINATOR:	Trevor Cowan	trevor.cowan@gmail.com	

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

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: **To be added in a future update**

Competition Rules

Sanctioned as an Varsity Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed.

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.

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.

All current USports Playing Regulations will be followed :https://en.usports.ca/HQ/Playing_Regs

Coaches: you are responsible for reading and following these regulations

AGE UP DATE:	The competitor's age is as the first day of the competition: March 12, 2026
DIVE STARTS:	As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <input checked="" type="checkbox"/> from deep end only
BACSTROKE LEDGES:	<input checked="" type="checkbox"/> Ledges will be used and available for all ages and sessions
d/DEAF AND HARD OF HEARING ACCOMMODATION:	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> • 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. • Visual Start Strobe Light options <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Facility-Provided Strobe Light: An external strobe light is available at this facility <p>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.</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 Varsity swimmers with Swimming Canada and possess a valid Swimming Canada registration number. All athletes must meet USPORT Eligibility rules. 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:	<input checked="" type="checkbox"/> This meet is a Closed Invitational for the following clubs: U SPORTS Teams
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COACH & SUPPORT STAFF REGISTRATION:	<p>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.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</p> <p>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.</p>
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Entry Process

ENTRY SUBMISSIONS:	<p>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:</p> <ul style="list-style-type: none"> • 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 5 days prior to the start of the competition <p>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.</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>
ENTRY DEADLINE:	<p>The online entry deadline is : 3:00 PM ET - Friday, March 6, 2026</p> <p><input checked="" type="checkbox"/> Changes to entries will be accepted until: 3:00 PM ET - Monday, March 9, 2026</p>
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <p><input checked="" type="checkbox"/> Team Fees - TBD</p> <p>Payment Method: _____</p>
ENTRY LIMITS:	<p>The following limits are in place for this competition (Rules 3.1):</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Each Team is limited to the following number of swimmers 18 men/18 women <input checked="" type="checkbox"/> The maximum number of entries per swimmer is 6 individual events. Swimmer may only compete in a maximum of 4 individual events (plus 3 relays) <input checked="" type="checkbox"/> The maximum number of relays per team is one Mens and one Womens per event.
RELAY ENTRIES & MIXED RELAYS:	<p><input checked="" type="checkbox"/> Rule 3.8 & 3.9 Relay entry times shall be from current season (1 October) unless faster proven times (3.8.3) are submitted to MEET MANAGEMENT PRIOR to the technical meeting.</p>
ENTRY TIMES & CONVERSION:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Entries can be submitted with No Time (NT). <input checked="" type="checkbox"/> Entries must be submitted using provable times (not converted), recorded during the qualifying period. Please submit times in the course achieved.

- ☒ All seed times must be since 1 February 2025 **(3.4.2)**
- ☒ Proof of time is required for all timed final events **(3.7.1)**. Times that can not be proven will be entered NT.
- ☒ Qualifying Standards (Time Standards) are detailed in the USPORTS Regulations **(11.1 Time Standards 2025-26)**. Also noted in the appendix in this meet package.

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	March 12, 2026	8:00-9:20 am	9:30 am	12:00 pm	Heats
2	March 12, 2026	4:00-5:20 pm	5:30 pm	8:00 pm	FINALS
3	March 13, 2026	8:00-9:20 am	9:30 am	12:00 pm	Heats
4	March 13, 2026	4:00-5:20 pm	5:30 pm	8:00 pm	FINALS
5	March 14, 2026	8:00-9:20 am	9:30 am	12:00 pm	Heats
6	March 14, 2026	4:00-5:20 pm	5:30 pm	8:00 pm	FINALS

Meet Format & Administration

SEEDING:	<p>After all times are converted as pursuant to the conversion process the following seeding order will apply:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Seeding for Timed Final events will be in order of entry times, slowest to fastest. <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Swimmers entered with NT (no time) will be seeded last with the exception of Distance Events which will be seeded fastest to slowest. <input checked="" type="checkbox"/> Seeding for Preliminary events will be as per Section II 3.1 with fastest 3 heats circle seeded (400 prelims events with fastest 2 heats circle seeded). <input checked="" type="checkbox"/> Prelims will be swum in 10 lanes <input checked="" type="checkbox"/> Finals will be swum in 8 lanes
DECK ENTRIES:	<p>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). The following are the Deck Entry Rules for this competition:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> No Deck Entries are permitted.
RELAY NAME SUBMISSION:	<p><u>Please Read 3.8 and 3.9 in the USports Regulations</u> Relay Cards or Forms must be returned to the Admin Desk.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Relay Cards are available at Admin Desk during warm-up. <input checked="" type="checkbox"/> The Relay Name submission deadline is at the start of the session in which the relay is being held.
SCRATCH RULES:	<p>Meet management will provide a daily updated team list for scratch purposes. To withdraw swimmers from 'extra' events, scratch cards/sheets will be placed in box at admin table:</p>

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	<p>For Day 1 - Events 1-12 by the conclusion of the U SPORTS Technical Meeting</p> <p>For Day 2 - Events 13-26 – 30 minutes after the end of Day 1 finals</p> <p>For Day 3 - Events 27-38 - 30 minutes after the end of Day 2 finals</p>
PENALTIES:	There will be no additional penalties in the USPORTS Championships beyond missing the event and the missed event counting towards their max number of events.
OFFICIAL SPLIT TIMES:	<p>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.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Official Split Forms are available at the Admin Desk. <input checked="" type="checkbox"/> Not all Official Split requests can be accommodated.
RECORDS:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Swim times achieved at this competition will be eligible for Provincial and National Records.
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Unofficial Results will be posted at the meet. <input checked="" type="checkbox"/> Unofficial mobile applications results will be available. <input checked="" type="checkbox"/> Unofficial Live Results will be available.
SCORING:	<p>The meet will be scored to 24 places using an A, B, C finals of 8 lanes (3.13)</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> A Final 32-28-27-26-25-24-23-22 <input checked="" type="checkbox"/> B Final 20-17-16-15-14-13-12-11 <input checked="" type="checkbox"/> C Final 9-7-6-5-4-3-2-1
AWARDS:	Awards will be distributed in accordance with the U SPORTS playing regulations
ACCREDITATION & DECK ACCESS:	<ul style="list-style-type: none"> • Each institution shall be provided with accreditation for each entered swimmer. • Each institution shall be provided with accreditation for staff; including coaches, managers, and on-deck therapists. Each school is to provide their list of staff requiring accreditation to the convener in advance as detailed in the entry section below. • Accreditation must be shown to security staff upon each entry to the pool deck from the changerooms/washrooms. • Deck access will be strictly limited. Spectators will be limited to the viewing gallery, and are required to purchase tickets. See “Tickets” section for details.
TICKETING:	Tickets can be purchased at https://mcmaster.universitytickets.com/ . Single session tickets go on sale February 23, 2026.
DOPING CONTROL	<p>DOPING CONTROL</p> <p>Participants registered for this event must be aware that doping control may be conducted by Sport Integrity Canada in accordance with the Canadian Anti-Doping Program. All athletes attending this event must bring picture identification in order to verify identity upon selection.</p> <p>To avoid a positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:</p> <ul style="list-style-type: none"> • Check your medications: Use the Global DRO (http://www.globaldro.com/) to determine if any prescription or over-the-counter medications or treatments you are using are banned by the WADA Prohibited List.

	<ul style="list-style-type: none"> • Review your medical exemption requirements: If you require the use of a banned medication for a legitimate medical reason visit (https://sportintegrity.ca/) to obtain information and instructions about how to apply for a medical exemption. • Learn about the doping risks associated with supplements: Do not use supplements or take significant precautions prior to doing so. Supplement products cannot be verified by Sport Integrity Canada or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Find out more at https://sportintegrity.ca/. • Contact the Sport Integrity Canada with any questions: <p>Phone: +1 613 521-3340</p>
ADDITIONAL INFORMATION:	<p>Live streaming will be available.</p> <p>This package should be read in conjunction with the U SPORTS Swimming Regulations. In the event of any discrepancy, the U SPORTS Swimming Regulations shall take precedence.</p>

Schedule of Events

Session 1 - Day One - HEATS

Thursday, March 12, 2026

Warm-up: 8:00-9:20 AM -- Start: 9:30 AM

Women		Men
1	200 Free	2
3	100 Breast	4
5	100 Fly	6
7	50 Back	8
9	400 IM	10

Session 2 - Day One - FINALS

Thursday, March 12, 2026

Warm-up: 4:00-5:20 PM -- Start: 5:30 PM

Women		Men
1	200 Free	2
3	100 Breast	4
5	100 Fly	6

AWARDS BREAK		
7	50 Back	8
9	400 IM	10
AWARDS BREAK		
11	4x100 Free Relay (TF)	12
AWARDS BREAK		

Session 3 - Day Two - HEATS		
Friday, March 13, 2026		
Warm-up: 8:00-9:20 AM -- Start: 9:30 AM		
Women		Men
13	50 Free	14
15	200 Breast	16
17	400 Free	18
19	100 Back	20
21	200 IM	22
23	50 Fly	24

Session 4 - Day Two - FINALS		
Friday, March 13, 2026		
Warm-up: 4:00-5:20 AM -- Start: 5:30 PM		
Women		Men
AWARDS BREAK		
Student-Athlete Community Service (M/W)		
13	50 Free	14
15	200 Breast	16
17	400 Free	18

AWARDS BREAK		
19	100 Back	20
21	200 IM	22
23	50 Fly	24
AWARDS BREAK		
25	4x200 Free Relay (TF)	26
AWARDS BREAK		

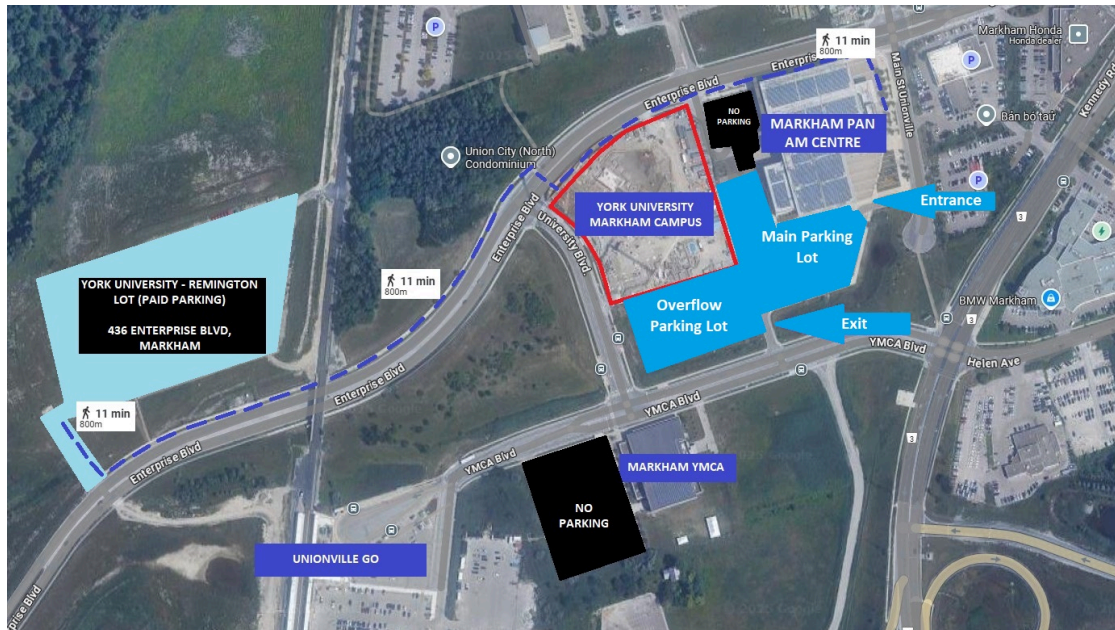
Session 5 - Day Three - HEATS		
Saturday, March 14, 2026		
Warm-up: 8:00-9:20 AM -- Start: 9:30 AM		
Women		Men
27	200 Fly	28
29	50 Breast	30
31	100 Free	32
33	200 Back	34
35 **	800 Free (TF - slower heats)	
	1500 Free (TF - slower heats)	36 **

** Note Events 35 (W 800 Free) and 36 (M 1500 Free) alternate by heat

Session 6 - Day Three- FINALS		
Saturday, March 14, 2026		
Warm-up: 4:00-5:20 AM -- Start: 5:30 PM		
Women		Men
PARADE OF GRADUATES		
27	200 Fly	14
29	50 Breast	16
31	100 Free	18
AWARDS BREAK		
33	200 Back	34
35	800 Free (TF - fastest heat)	
	1500 Free (TF - fastest heat)	36

AWARDS BREAK Rookie of the Year (M/W) Coach of the Year - W Coach of the Year - M		
37	4x100 Medley Relay (TF)	39
AWARDS BREAK Swimmers of the Year (M/W) Grand Slam/Super Grand Slam (if applicable) Team Champions (M/W)		

MPAC Weekend Parking and Additional Parking Map:





AUGUST 2025

PLAYING REGULATIONS – SWIMMING (M/F)

U SPORTS
Playing Regulations
2025-2026 Season

2025-26 U SPORTS STANDARDS						
SCY	LCM	SCM		SCM	LCM	SCY
<i>WOMEN</i>			EVENT	<i>MEN</i>		
0:23.74	0:27.14	0:26.35	50 FREE	0:22.95	0:23.64	0:20.68
0:51.53	0:58.92	0:57.20	100 FREE	0:50.16	0:51.66	0:45.19
1:50.95	2:06.84	2:03.15	200 FREE	1:49.74	1:53.03	1:38.86
4:59.95	4:30.33	4:22.46	400 FREE	3:55.45	4:02.51	4:29.09
10:20.49	9:19.22	9:02.93	800 FREE			
			1500 FREE	15:58.09	16:26.83	15:52.38
0:26.41	0:30.19	0:29.31	50 BACK	0:25.81	0:26.58	0:23.25
0:57.11	1:05.29	1:03.39	100 BACK	0:55.56	0:57.23	0:50.05
2:03.43	2:21.12	2:17.01	200 BACK	2:02.30	2:05.97	1:50.18
0:29.68	0:33.94	0:32.95	50 BREAST	0:28.63	0:29.49	0:25.79
1:04.46	1:13.70	1:11.55	100 BREAST	1:02.17	1:04.04	0:56.01
2:21.30	2:41.55	2:36.84	200 BREAST	2:16.64	2:20.74	2:03.10
0:25.33	0:28.96	0:28.12	50 FLY	0:24.67	0:25.41	0:22.23
0:56.57	1:04.67	1:02.79	100 FLY	0:54.88	0:56.53	0:49.44
2:07.24	2:25.48	2:21.24	200 FLY	2:03.01	2:06.70	1:50.82
2:06.76	2:24.92	2:20.70	200 I.M.	2:03.91	2:07.63	1:51.63
4:28.02	5:06.43	4:57.50	400 I.M.	4:25.59	4:33.56	3:59.27
3:28.38	3:58.24	3:51.30	400 Fr. Rly	3:22.73	3:28.81	3:02.64
7:35.41	8:40.67	8:25.50	800 Fr. Rly	7:30.32	7:43.83	6:45.69
3:50.40	4:23.41	4:15.74	400 Med. Rly	3:44.77	3:51.51	3:22.50

SCM = short course metres
LCM = long course metres
SCY= short course yards