

OYO Fall 2026 Short Course Invitational

Brief Meet Information

MEET NAME	OYO Fall 2026 Short Course Invitational
DATE(s):	Saturday November 14, 2026
HOSTED BY:	Ottawa Y Olympians (OYO) Swim Club
LOCATION:	Richcraft Recreation Complex, 4101 Innovation Drive, Ottawa, On K2K 0J3
FACILITY:	8 lane, 25M competition pool with electronic timing and scoreboard
PURPOSE & DESCRIPTION:	Open Invitational. Priority given to clubs that have confirmed their attendance as of Sept 1 2026. Short Course – Open/Timed finals. All events will be swim mixed gender with results separated by gender and age groups. Seeding will be from slowest to fastest.
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:	

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Bruce Sheppard	tr6bruce@gmail.com	V
MEET MANAGER(S):	Don Richardson	Meet.Manager.OYO@gmail.com	II
OFFICIALS COORDINATOR:	Claude Viau	Officials.OYO@gmail.com	IV

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

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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.

Coaches and athletes are reminded that deck changing is not permitted at Swim Ontario sanctioned competitions. Athletes are asked to use the facility's change rooms, or on-deck changing tents if available. Coaches are asked to discourage deck changing and help keep the sport safe for everyone involved.

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: _None approved yet._

Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook. 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.

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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 rule book. The “misconduct” shall include, but is not limited to (C2.5.2.1):

- 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. While warnings have previously been issued for these actions, the rule is now fully enforceable and may result in disqualification.

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.

AGE UP DATE:	The competitor’s age is as the first day of the competition <u>November 14, 2026</u>
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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, this competition Starts will be conducted as follows: ☒ from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.1.4 from ☒ from deep end only ☒ from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1 ☒ from deep end ☒ In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1 ☒ from deep end
BACSTROKE LEDGES:	☒ Ledges will <u>not</u> be used in the swim meet
d/DEAF AND 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 athlete's own club, who is registered in the REMS as active as Support Staff, Coach or attending registered Swimmer. • Visual Start hand signals given by the starter/referee. • Visual Start Strobe Light options ☒ Facility-Provided Strobe Light: An external strobe light is available at this facility with advance notice to Meet Management. ☒ 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. Requesting Accommodations: Clubs requiring accommodations must contact Meet Management by the <u>Entry Deadline</u>. The support person must have active REMS registration and be listed in the entry submission. Those not listed in the entry submission will be denied deck access. Athletes approved for visual accommodation will have the "HH" designation displayed on heat sheets, which must be made available to the Session Referee, Starter, and officials responsible for the strobe light.

Eligibility

All athletes must be registered as Competitive swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Athletes may only compete under the club or 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 athlete's club to provide proof of active

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registration status in a swimmer category in REMS. This event is sanctioned as an Age Group Swimming Invitational including foreign competitors/teams subject to the provisions below.

1. 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.**

ADDITIONAL ELIGIBILITY INFORMATION:

- ☒ Preference will be given to the host club first.
- ☒ Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition and not be eligible for scoring or awards.
- ☒ Usport Varsity registered swimmers are welcome to attend. They must represent the Varsity Team they are registered with.
- ☒ This meet does not have time standards

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.

Athletes 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 athletes 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.

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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; • 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 (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. Meet Management reserves the right to further limit individual swims per session and to limit heats, a limit events if necessary to keep session times to within 4 hours.
ENTRY DEADLINE:	The online entry deadline is November 4, 2026 ☒ Changes to entries will be accepted until November 11, 2026 at 11:59pm
ENTRY FEE:	The following fees will apply for this competition: ☒ Individual Events: \$13.50 ☒ Relay Entries: \$20.00 Payment Method: __ Please send e-transfer to bookkeeping.oyo@gmail.com If you plan to pay by cheque, please make cheque payable to: OYO Swim Club
ENTRY LIMITS:	The following limits are in place for this competition: ☒ The maximum number of participants per session is 275 ____ ☒ The maximum number of entries per swimmer is 3 individual and 1 relay ☒ Meet Management reserves the right to further limit individual swims per session, limit heats, and limit events if necessary to keep session time to within 4 hours.
MIXED 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 female and 2 male swimmers. All other combinations will result in a disqualification.
ENTRY TIMES & CONVERSION:	☒ No Qualifying standards ☒ Entries <u>can</u> be submitted with No Time (NT). ☒ Estimate entry times are accepted. ☒ Entry Times <u>can</u> be converted (i.e. LCM to SCM)

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Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1 All Ages	Saturday November 14, 2026	WU1: 1:00pm - 1:25pm WU2: 1:30pm - 1:55pm	2:00 PM	6:00 PM	Timed Finals

Meet Format & Administration

SEEDING:	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. Swimmers entered with NT (no time) will be seeded last.
DECK ENTRIES:	☒ No Deck Entries are permitted.
RELAY NAME SUBMISSION:	☒ The deadline is November 4, 2026. ☒ Last minute changes are allowed up to the 30 minutes after the start of meet.
SCRATCHES & POSITIVE CHECK IN RULES:	The following are the Scratch deadlines for this competition. ☒ There is a scratch deadline for: ☒ All events ☒ Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session. ☒ No positive check-in is required.
PENALTIES:	☒ No penalty shall be imposed for late or day of scratches and No-Shows
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

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	Admin Desk at least 30 minutes prior to the commencement of the session in which the event will take place.
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 at the Admin Desk. - 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. - The Appeals & Jury of Appeal Standard Operating Procedure will be followed.
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 ☒ Unofficial mobile applications results will be available. Meet Mobile ☒ Unofficial Live Results will be available. Meet Mobile
SCORING:	The following scoring will be applied: ☒ No Scoring
AWARDS:	The following will be awarded: ☒ Ribbons for individual events (1st- 8th) will be awarded by Boys/Girls as follows: 10 and under 11- 12 13-14 15 and over
ADDITIONAL INFORMATION:	Meet Management reserves the right to change to manual timing in the event of technical problems with the electronics timer and clock system. Volunteers are needed to help officiate.

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Officials signup is currently closed to OYO families at this time. Officials signup for individuals outside of OYO will open up to interested parties two weeks before the start of the meet.

Please note that signup for senior positions are subject to the review and approval by the Competition Coordinator and the Officials Chair.

If you are interested in volunteering please contact the Officials Chair at Officials.OYO@gmail.com

Hospitality: The OYO Hospitality Team will host coaches and officials before and during the session in a room in main hallway at Richcraft.

Schedule of Events

Session All Ages Saturday, November 14, 2026 Warm-up: 1:00 PM -- Start: 2:00 PM		
Event Number	Event	Gender
1	100 Fly	Mixed
2	50 Fly	Mixed
3	100 Back	Mixed
4	50 Back	Mixed
5	100 Breast	Mixed
6	50 Breast	Mixed
7	100 Free	Mixed
8	50 Free	Mixed
9	200 IM	Mixed
10	100 IM	Mixed
11	4 x 50M Mixed Medley Relay 13 and Over	Mixed
12	4 x 50M Mixed Medley Relay 12 and Under	Mixed