# OSAC Team Challenge Short Course Swim Meet

**Revised November 11, 2026**

## Brief Meet Information

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| **NAME OF MEET:** | OSAC Team Challenge Short Course Swim Meet |
| **DATE(s):** | **November 20,21,22 2026** |
| **HOSTED BY:** | Owen Sound Aquatic Club (OSAC) |
| **LOCATION:** | Julie McArthur Regional Recreation Centre, 700 10th St. East Owen Sound, Ontario N4K 0C6 |
| **FACILITY:** | Owen Sound YMCA |
| **PURPOSE & DESCRIPTION:** | To promote and recognize individual and team racing accomplishments. This will be a 6 session 3-day event. |
| **COMPETITION CONFIGURATION** | • Single Ended 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:** | November 11, 2026 |

## Competition Organizing Committee

| ROLE | NAME | EMAIL | LEVEL |
|---|---|---|---|
| **COMPETITION COORDINATOR(S):** | Brian O'Doherty | brian.m.odoherty@gmail.com | 5 |
| **MEET MANAGER(S):** | Scott Kocher<br>Clinton Stredwick | osacmeetmanager@gmail.com<br>cgstredwick@gmail.com | |
| **OFFICIALS COORDINATOR:** | Emilie Adams | OSACChiefOfficialsChair@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.

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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.**

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.

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| **ADDITIONAL INFORMATION** | • The following are approved by Swim Ontario Official Photographers/Videographers for this event: This will be emailed to coaches after approval.<br><br>**Warm-up Protocols**:<br>There will be split warm up periods for sessions 1and 3.<br>(a) CATS, CCSC, OTTER<br>(b) BST, CAJ, HSC, OSAC<br><br>Dive starts off the blocks will be permitted in lanes 3 to 7, and backstroke ledge starts will be permitted in lanes 2 and 8 for the **last 10 minutes** of each warm up period.<br>**Viewing area upstairs will be available – no food or drink allowed upstairs.**<br><br>**OFFICIALS:**<br>We appreciate the support of both our visiting and home officials! If you can volunteer during this meet, please sign up online on Signup Genius.<br>https://www.signupgenius.com/go/10C0F48A4A923A1FDC25-65506215-copy |

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| | An updated official's grid will be posted in the official's room each morning. Please arrive 1 hour before the session starts. Marshall's must arrive 15 minutes prior to the warmup and meet with the session referee. Senior officials' briefing will be 1 hour prior to the start of each session. General briefing will be 45 min prior to the start of each session.<br><br>Suggested attire: Timers (including Chief Timer) – white tops with black bottoms and shoes. All other officials – red tops with black bottoms and shoes. |

## 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.

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.

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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:<br>● from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.1.4 from<br>● from deep end only<br>and/or<br>● from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1<br>● from deep end<br>and/or<br>● In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1<br>● from deep end |
| **BACSTROKE LEDGES:** | ● Ledges will be used and available for all ages and sessions |
| **d/DEAF AND HARD OF HEARING ACCOMMODATION:** | This competition can provide the following accommodations for athletes who are d/Deaf and Hard of hearing:<br>● non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as active as Support Staff, Coach or attending registered Swimmer.<br>● Visual Start hand signals given by the starter/referee.<br>● Visual Start Strobe Light options:<br>● **Facility-Provided Strobe Light**: An external strobe light is available at this facility<br>**Requesting Accommodations:**<br>Clubs requiring accommodations must contact Meet Management by the Entry Deadline. 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. |
| **AGE UP DATE:** | The competitor's age is as the first day of the competition Friday November 20, 2026 |

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## 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 registration status in a swimmer category in REMS.

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| **ADDITIONAL ELIGIBILITY INFORMATION:** | • Preference will be given to the host club first. |
| **COACH & SUPPORT STAFF REGISTRATION:** | Coaches and Support Staff must have active REMS registration and be included in the club's event entry submission. Those not listed in the entry submission will be denied deck access.<br><br>Athletes must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.<br><br>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.<br><br>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. |
| **FOREIGN TEAMS / COMPETITORS:** | The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.<br><br>• Foreign Teams' / competitors' entries will not be accepted by the host club. |

## Entry Process

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| **ENTRY SUBMISSIONS:** | Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.<br><br>• Meet management will not accept entries via email.<br>• Meet management will notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries. |

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| | • Meet management will 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<br><br>Failure to inform meet management of a no-show / withdrawal prior to the deadline for changes to entries will result in loss of entry fees.<br><br>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 or to respect facility availability. |
| **ENTRY DEADLINE:** | **The online entry deadline is Tuesday November 3, 2026**<br><br>• Changes to entries will be accepted until Tuesday November 10, 2026. |
| **ENTRY FEE:** | The following fees will apply for this competition:<br>• Individual Events: $15.00<br>• Relay Events: $18.00<br>• Swimmer Fee: $15.00<br>Payment Method: Please make cheques payable to Owen Sound Aquatic Club. Clubs may bring a cheque to the meet. Payment by e-transfer can be made to osactreasurer@gmail.com. If you e-transfer, please transact by Tuesday November 17 and note purpose on e-mail. An e-mail to osacmeetmanager@gmail.com would be appreciated. |
| **ENTRY LIMITS:** | The following limits are in place for this competition:<br>• The maximum number of participants per session is 250.<br>• The maximum number of entries per swimmer is 8 individual swims plus relays.<br>• Note the following limits:<br>**Friday** – One distant event and one 50m event plus the relay, **or** three 50m events plus the relay. Events 10 & 11 - 800m relay – limit 2 teams per club. Distant events are 1500 Free, 800 Free, 400 IM<br>**Saturday** – 3 individual events plus the relay.<br>**Sunday** – 3 individual events plus the relay. |
| **RELAY ENTRIES & MIXED RELAYS:** | Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.<br>• Relay swimmers must be entered in a non-relay event in order to compete.<br>• A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification. |
| **ENTRY TIMES & CONVERSION:** | • Entries can be submitted with No Time (NT).44 |

## Schedule of Sessions

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| Session # | Date | Warm-up period | Start of session | Approx. Finish of session | Time Final/Heats /Finals |
|---|---|---|---|---|---|
| Session 1 | Nov 20/26 | 3:20PM – 4:00PM(a)<br>4:00PM – 4:40PM(b) | 4:45PM | 8:45PM | 11&O Timed Finals |
| Session 2 | Nov 21/26 | 7:30AM – 8:25AM | 8:30AM | 11:45AM | 13&O Prelim Heats & Timed Finals |
| Session 3 | Nov 21/26 | 12:00PM-12:35PM(a)<br>12:35PM-1:10PM(b) | 1:15PM | 4:35PM | 12&U Timed Finals |
| Session 4 | Nov 21/26 | 5:00 PM-5:45PM | 5:50PM | 7:55PM | 13&O Finals |
| Session 5 | Nov 22/26 | 7:30AM – 8:25AM | 8:30AM | 11:45AM | 13&O Timed Finals |
| Session 6 | Nov 22/26 | 12:30PM – 1:25 PM | 1:30PM | 4:30PM | 12&U Timed Finals |

## Meet Format & Administration

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| **SEEDING:** | After all times are converted as pursuant to the conversion process:<br>● 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.<br>● with the exception of Distance Events which will be seeded fastest to slowest.<br>● Seeding for Preliminary events will be as per Part II 3.2.4 of the Swimming Canada rulebook with fastest 3 heats circle seeded. |
| **DECK ENTRIES:** | ● No Deck Entries are permitted. |
| **RELAY NAME SUBMISSION:** | ● Relay Cards are available at Electronics/Admin desk.<br>● Relay Cards or Forms must be returned to the Electronics/Admin Desk<br>● The Relay Name submission deadline is 30 minutes after the start of the session. |
| **SCRATCHES & POSITIVE CHECK IN RULES:** | The following are the Scratch deadlines for this competition.<br>● Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session.<br>● A scratch deadline will apply for finals events:<br>● 30 minutes following the posting of results of the last preliminary event in that session. Scratches are to be made at the Admin Desk. |

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| | The following are the Positive Check-in deadlines for this competition.<br>● There is a positive check-in 30 minutes prior to the start of the session at the Admin Desk for the following events: 800m Free, 1500m Free, all Session 4 events. |
| **PENALTIES:** | ● Failure to positive check-in by the deadline will result in the removal of the swimmer from that event<br>● Failure to participate in an event with a scratch or positive check-in deadline will result in following penalty:<br>  ● The swimmer being removed from all remaining events in the session including relay events. |
| **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. 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.<br>● Official Split Forms are available at Electronics/Admin desk.<br>● Official Split Forms must be returned to Electronics/Admin Desk by: 30 minutes prior to session.<br>● Not all Official Split requests can be accommodated. |
| **SWIM OFFS:** | This competition offers preliminary events.<br>● 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.<br>● Coaches are to report to the Admin Desk when a swim-off is announced. |
| **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.<br>● A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.<br>● If not resolved after this discussion, a written appeal may be presented to the Session Referee from the club representative.<br>  ○ A written appeal must be presented within 30 minutes after the conclusion of the event in question.<br>  ○ Appeal on Referee Decision forms are available at the Admin Desk.<br>● If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal.<br>● 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.<br>● The Appeals & Jury of Appeal Standard Operating Procedure will be followed. |

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| **RECORDS:** | • Swim times achieved at this competition 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 record 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 for the aforementioned swimming pool. |
| **MEET RESULTS:** | Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca via REMS.<br>• Unofficial Results will be posted at the meet.<br>• Unofficial mobile applications results will be available.<br>• Unofficial Live Results will be available. |
| **SCORING & AWARDS:** | The following scoring will be applied:<br>• The following scoring will be applied:<br>• Point scoring for individual events will be based on "final" and "timed final" Results.<br>• Points are not awarded for "preliminary" results.<br>• Points will be awarded for each individual event by gender and age group as Follows: 10 and under, 11-12, 13, 14, 15, 16 and over.<br>• Points will be awarded for each relay event by gender as follows: 10 and Under, 11-12, 13-14, 15 and over.<br>• Point scoring for individual events from 1st place to 8th place will be 20, 17, 16, 15 14, 13, 12, 11.<br>• Point Scoring for relays from 1st place to 8th place will be 40, 34, 32, 30, 28, 26, 24, 22.<br><br>The following will be awarded: **$Fly and a Song$**<br>• **$100 Team awards for Medley relay winners** -Session 2 Events 24 & 25, Session 3 Events 42 & 43<br>• **$25 individual awards (per age group) for Fly** - Session 1 Heats 7 & 8, Session 3 Events 32 & 33, Session 4 Events 16 & 17, Session 5 Events 48 & 49, Session 6 Events 61 & 62.<br>• **Top three teams will have their names on the Team Challenge trophy**. |

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## Schedule of Events

| **Session 1**<br>11 & Over Timed Finals<br>Friday, November 20, 2026<br>Warm-up: 3:20 PM -- Start: 4:45 PM | | |
|---|---|---|
| Women | | Men |
| 1 | 1500 Free (Mixed) | 1 |
| 2 | 800 Free (Mixed) | 2 |
| 3 | 50 Back (13 &O) | 4 |
| 5 | 50 Breast (13&O) | 6 |
| 7 | 50 Fly (13&O) | 8 |
| 9 | 400 IM (Mixed) | 9 |
| 10 | 800 Free Relay | 11 |

| **Session 2**<br>13 & Over Prelims & Timed Finals<br>Saturday, November 21, 2026<br>Warm-up: 7:30 AM -- Start: 8:30 AM | | |
|---|---|---|
| Women | | Men |
| 12 | 200 Free | 13 |
| 14 | 100 Back | 15 |
| 16 | 100 Fly | 17 |
| 18 | 200 Breast | 19 |
| 20 | 50 Free | 21 |
| 22 | 200 IM | 23 |
| 24 | 200 Medley Relay (Mixed) (13-14) | 24 |
| 25 | 200 Medley Relay (Mixed) (15&O) | 25 |

| **Session 3**<br>12 & Under Timed Finals<br>Saturday, November 21, 2026<br>Warm-up: 12:00 PM -- Start: 1:15 PM | | |
|---|---|---|
| Women | | Men |
| 26 | 200 Free | 27 |
| 28 | 50 Breast | 29 |
| 30 | 200 Back | 31 |

| | | |
|---|---|---|
| 32 | 100 Fly | 33 |
| 34 | 50 Free | 35 |
| 36 | 100 Breast | 37 |
| 38 | 200 IM | 39 |
| 40 | 100 IM | 41 |
| 42 | 200 Medley Relay (Mixed) (10&U) | 42 |
| 43 | 200 Medley Relay (Mixed) (11-12) | 43 |

| **Session 4**<br>13 & Over Finals<br>Saturday, November 21, 2026<br>Warm-up: 5:00 PM -- Start: 5:50 PM | | |
|---|---|---|
| Women | | Men |
| 12 | 200 Free | 13 |
| 14 | 100 Back | 15 |
| 16 | 100 Fly | 17 |
| 18 | 200 Breast | 19 |
| 20 | 50 Free | 21 |
| 22 | 200 IM | 23 |
| **Session 5**<br>13 & Over Timed Finals<br>Sunday, November 22, 2026<br>Warm-up: 7:30 AM -- Start: 8:30 AM | | |
| Women | | Men |
| 44 | 100 Free | 45 |
| 46 | 200 Back | 47 |
| 48 | 200 Fly | 49 |
| 50 | 100 Breast | 51 |
| 52 | 400 Free (Mixed) | 52 |
| 53 | 200 Free Relay (13-14) | 54 |
| 55 | 200 Free Relay (15&O) | 56 |

| **Session 6**<br>12 & Under Timed Finals<br>Sunday, November 22, 2026<br>Warm-up: 12:30 PM -- Start: 1:30 PM | | |
|---|---|---|
| Women | | Men |
| 57 | 100 Free | 58 |
| 59 | 100 Back | 60 |
| 61 | 50 Fly | 62 |

| | | |
|---|---|---|
| 63 | 50 Back | 64 |
| 65 | 200 Breast | 66 |
| 67 | 400 Free (Mixed) | 67 |
| 68 | 200 Free Relay (10&U) | 69 |
| 70 | 200 Free Relay (11-12) | 71 |