

## Timed Finals for all age groups

<b>MEET NAME</b>	Whitby Pan Am Open 2026
<b>DATE(s):</b>	February 21-22, 2026
<b>HOSTED BY:</b>	Whitby Swimming
<b>LOCATION:</b>	Toronto Pan Am Sports Centre (competition pool) 875 Morningside Ave, Toronto
<b>FACILITY:</b>	10 lane 25m short course (single double ended)
<b>PURPOSE &amp; DESCRIPTION:</b>	This is a timed finals meet with all ages in the same session. The program will repeat from morning to afternoon to allow flexibility for clubs to attend sessions with all swimmers.
<b>COMPETITION CONFIGURATION</b>	Single Double Ended
<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>LAST UPDATE:</b>	February 17 January 14, 2026

## Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
<b>COMPETITION COORDINATOR(S):</b>	Paul Duff Steve Sachs	<a href="mailto:duffpa49@gmail.com">duffpa49@gmail.com</a> <a href="mailto:compcoordinator@whitbyswimming.ca">compcoordinator@whitbyswimming.ca</a>	5 5
<b>MEET MANAGER(S):</b>	Andrea Ford Suzi Santaguida	<a href="mailto:meetmanager@whitbyswimming.ca">meetmanager@whitbyswimming.ca</a> <a href="mailto:office@whitbyswimming.ca">office@whitbyswimming.ca</a>	
<b>OFFICIALS COORDINATOR:</b>	Bryan Kelly	<a href="mailto:officials@whitbyswimming.ca">officials@whitbyswimming.ca</a>	

## 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](http://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.

<b>ADDITIONAL INFORMATION</b>	The following are approved by Swim Ontario Official Photographers/Videographers for this event: Grace Renwick, Cory MacNeil
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## Competition Rules

### Sanctioned as an Age Group Swimming Invitational 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.

○ **The South tank will be available to swimmers for continuous warm up/cool down for all sessions.**

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.

<b>AGE UP DATE:</b>	The competitor's age is as the first day of the competition February 21, 2026
<b>DIVE STARTS:</b>	<p><b>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:</b></p> <p>from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from start end only</p> <p>and/or</p> <ul style="list-style-type: none"> <li>• from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from start end</li> </ul> <p>and/or</p> <ul style="list-style-type: none"> <li>• In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from start end</li> </ul>
<b>BACSTROKE LEDGES:</b>	Ledges will be used and available for all ages and sessions
<b>d/DEAF AND HARD OF HEARING ACCOMMODATION :</b>	<p><b>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</b></p> <ul style="list-style-type: none"> <li>• non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.</li> <li>• Visual Start hand signals given by the starter/referee.</li> <li>• Visual Start Strobe Light options <ul style="list-style-type: none"> <li>○ <b>Facility-Provided Strobe Light:</b> An external strobe light is available at this facility</li> </ul> </li> </ul> <p><b>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.</b></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 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.

### **ADDITIONAL ELIGIBILITY INFORMATION:**

Preference will be given to the host club first.

### **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 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.

### **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.**

- Foreign Teams' / competitors' entries will not be accepted by the host club.

## 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 if necessary to keep session times to within 4.5 hours.

<b>ENTRY DEADLINE:</b>	<b>The online entry deadline is February 10, 2026</b> Changes to entries will be accepted until February 13, 2026
<b>ENTRY FEE:</b>	<b>The following fees will apply for this competition:</b> Individual Events: 15.00 Individual Events 400m and longer: 17.00 Relay Events: 25.00 Swimmer Fee: 12.00 <b>Payment Method:</b> e-transfer to treasurer@whitbyswimming.ca
<b>ENTRY LIMITS:</b>	<b>The following limits are in place for this competition:</b> The maximum number of participants per session is 350 The maximum number of entries per swimmer is 3 individual per session The maximum number of relays per club is 3
<b>RELAY ENTRIES &amp; MIXED RELAYS:</b>	<b>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</b> Relay swimmers must be entered in a non-relay event in order to compete. The only relay offered will be a fun all ages relay. Each relay team must have one swimmer from each of the following age groups (10&under, 11-12, 13-14, 15&over)
<b>ENTRY TIMES &amp; CONVERSION:</b>	No Time (NT) entries are not permitted. Estimated entry times are accepted. Entry Times can be converted (i.e. LCM to SCM) Times will be converted by meet management to SCM

## Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	February 21	8:00-8:55am	9:00am	12:30pm	timed finals all ages
2	February 21	1:00-1:55pm	2:00pm	5:00pm	timed finals all ages
3	February 22	8:00-8:55am	9:00am	12:55 12:30 pm	timed finals all ages
4	February 22	1:00-1:40 1:55 pm	1:45 2:00 pm	5:00pm	timed finals all ages

## Meet Format & Administration

<b>SEEDING:</b>	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. with the exception of Distance Events which will be seeded fastest to slowest
<b>DECK ENTRIES:</b>	<b>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).</b> The following are the Deck Entry Rules for this competition: Only event deck entries are permitted for swimmers <u>already entered in the competition</u> . Fee: 25.00
<b>RELAY NAME SUBMISSION:</b>	<b>Relay Cards or Forms must be returned to the Admin Desk.</b> Relay Cards are available at admin desk The Relay Name submission deadline is 30 mins before the start of the session.

<b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b>	<p><b>The following are the Scratch deadlines for this competition.</b> There is no scratch deadline for all events.</p> <p><b>The following are the Positive Check-in deadlines for this competition.</b> There is a positive check-in 30 minutes before the start of the session at the Admin Desk for the following events: 800/1500 freestyle</p>
<b>PENALTIES:</b>	<p>No penalty shall be imposed for late or day of scratches and No-Shows Failure to positive check-in by the deadline will result in the removal of the swimmer from that event Failure to participate in an event with a scratch or positive check-in deadline will result in following penalty: No penalty</p>
<b>OFFICIAL SPLIT TIMES:</b>	<p><b>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. 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.</b> Official Split Forms are available at the Admin Desk. Not all Official Split requests can be accommodated.</p>
<b>DISQUALIFICATION &amp; APPEAL PROCEDURE:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• A club representative should discuss the disqualification with the Session Referee and can request to view the disqualification slip.</li> <li>• If not resolved after this discussion, a written appeal may be presented to the Session Referee from the club representative. <ul style="list-style-type: none"> <li>○ A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> in question.</li> <li>○ Appeal on Referee Decision forms are available at the Admin Desk.</li> </ul> </li> <li>• If not resolved after the decision of the written appeal from the Session Referee the matter may be assigned to a Jury of Appeal.</li> <li>• 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.</li> </ul>
<b>RECORDS:</b>	<p>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.</p>
<b>MEET RESULTS:</b>	<p><b>Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a></b> Unofficial mobile applications results will be available.</p>
<b>SCORING:</b>	<p><b>The following scoring will be applied:</b></p>

	No Scoring
<b>AWARDS:</b>	<b>The following will be awarded:</b> heat winner stickers all ages relay prize
<b>ADDITIONAL INFORMATION:</b>	This meet is designed to allow clubs flexibility in scheduling. The meet program on Saturday morning will repeat on Saturday afternoon. The meet program on Sunday morning will repeat on Sunday afternoon. All sessions are for all ages. The all ages relay is gender separated and each team must have one swimmer from each age group. 1-series events are in the mornings, 100-series events are in the afternoons relays are 200-series

## Schedule of Events

Session 1 Saturday, February 21, 2026 Warm-up: 8:00 AM -- Start: 9:00 AM		
Women		Men
1	200 freestyle	2
3	50 butterfly	4
5	100 breaststroke	6
7	400 freestyle	8
9	200 individual medley	10
11	100 backstroke	12
13	50 freestyle	14
15	200 butterfly	16
201	all ages 4X50 freestyle relay	202
17	800 freestyle	18

Events 17 and 18 will swim as follows: event 17 heat 1, event 18 heat 1, then event 17 heat 2 and event 18 heat 2 will be combined.

Session 2 Saturday, February 21, 2026 Warm-up: 1:00 PM -- Start: 2:00 PM		
Women		Men
101	200 freestyle	102
103	50 butterfly	104
105	100 breaststroke	106
107	400 freestyle	108
109	200 individual medley	110
111	100 backstroke	112
113	50 freestyle	114
115	200 butterfly	116
203	all ages 4X50m freestyle relay	204
117	800 freestyle	118

Events 117 and 118 (800 Free) will be combined.



Session 3		
Sunday, February 22, 2026		
Warm-up: 8:00 AM -- Start: 9:00 AM		
Women		Men
19	50 breaststroke	20
21	200 backstroke	22
23	100 freestyle	24
25	400 individual medley	26
27	100 individual medley	28
29	50 backstroke	30
31	100 butterfly	32
33	200 breaststroke	34
205	all ages 4X50m medley relay	206
35	1500 freestyle	36

Events 35 and 36 (1500 Free) will be combined.

Session 4		
Sunday, February 22, 2026		
Warm-up: 1:00 PM -- Start: 1:45 2:00 PM		
Women		Men
119	50 breaststroke	120
121	200 backstroke	122
123	100 freestyle	124
125	400 individual medley	126
127	100 individual medley	128
129	50 backstroke	130
131	100 butterfly	132
133	200 breaststroke	135
207	all ages 4X50m medley relay	208
135	1500 freestyle	136

Events 135 and 136 (1500 Freestyle) will be combined.