

APRIL 17-19, 2026

**2026**  
**MASTERS**  
**PROVINCIALS**

ONTARIO MASTERS PROVINCIAL  
CHAMPIONSHIPS  
ETOBICOKE OLYMPIUM

HOSTED BY ETOBICOKE OLYMPIUM MASTERS AQUATIC CLUB

VERSION 2 FEB 2, 2026 VERSION 3.0 MARCH 23, 2026

VERSION 4.0 APRIL 9, 2026 VERSION 5.0 APRIL 13, 2026



## PERFORMANCE PARTNERS AND SUPPORTERS

Swim Ontario proudly acknowledges the invaluable contributions of our partners and supporters who help advance swimming in Ontario.

# Ontario



## VENDORS & SERVICES

The following vendors and services will be onsite at this event:

- Fine Design Apparel
- Team Aquatic Supplies (Saturday only)

## ACCOMMODATIONS

~~Hotel accommodations and booking link coming soon!~~



## GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by EOMAC
- **Meet Format:** Short Course – Time Finals
- **Location:** Etobicoke Olympium – 590 Rathburn Road, Toronto, ON M9C 3T3
- **Facility:** 50m pool - 2 x 8 lanes 25m competition pool
- **Racing in both tanks, separated by gender: All sessions except Saturday and Sunday morning will be single-ended in Shallow Pool**
- **Dates:** April 17-19, 2026
- **Meet package:** The only meet package that is considered valid is the most current one located at [www.swimming.ca](http://www.swimming.ca)
- All times referenced in this meet package are **EST**.

**Meet Information Page:** <https://www.swimontario.com/athletes/competitions/2026-ontario-masters-championships/>

## PARTICIPANT SAFETY

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.**

Spectators will be permitted at the discretion of the facility. Spectators are not permitted on deck. There will be no spectator fee at this event. Limited parking available at no cost. Plan ahead and carpool, where possible. Cafeteria hours will be posted at the event.

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) will be in effect. For complete details click [HERE](#).

## EVENT PHOTOGRAPHY/VIDEOGRAPHY

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.



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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.

## ORGANIZING COMMITTEE

- **Meet Managers:** Steve Goodwin, [sdg9@rogers.com](mailto:sdg9@rogers.com), Charlotte Carroll, [charlottecarrroll1@gmail.com](mailto:charlottecarrroll1@gmail.com), Janice Charles, [jdcharles9@rogers.com](mailto:jdcharles9@rogers.com), Kevin Charles, [kevin-0011@rogers.com](mailto:kevin-0011@rogers.com),
- **Competition Coordinators:** Bud Seawright, Level 5, [bud@seawright.ca](mailto:bud@seawright.ca)
- **Officials Coordinators:** Bud Seawright, Level 5, [bud@seawright.ca](mailto:bud@seawright.ca)
- **Officials Sign-up:** <https://tinyurl.com/eomacprov2026>
- **Entries Coordinator:** Kirsti Kontor – [meetentries@swimontario.com](mailto:meetentries@swimontario.com)

## MEET ENTRY INQUIRIES:

All inquiries regarding entries are to be directed to [meetentries@swimontario.com](mailto:meetentries@swimontario.com)

- Swim Ontario Meet Information Page:  
<https://www.swimontario.com/athletes/competitions/2026-ontario-masters-championships/>

## ENTRY INFORMATION

### ELIGIBILITY

All athletes must be registered as Masters swimmers with Swimming Canada affiliated clubs. A valid Swimming Canada registration number is required for all swimmers, and entries without a registration number will be declined.

- A competitor's age is their age as of December 31, 2026

Swimmers residing in Ontario and not associated with an affiliated club can register as an Independent Masters (\$73.97 registration fee + service fees) by contacting Ali Gur – [ali@swimontario.com](mailto:ali@swimontario.com)

- Foreign competitors are welcome, subject to the following provisions. All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. All foreign swimmers must be duly registered and residents of the governing body for which they are competing. All swimmers must be in good standing with their respective governing swim body. All foreign swimmers must have primary residence within the country for which they claim registration.
  - With the exception of USA Masters swimmers residing in the USA, proof of residency may be a green card, driver's license, or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) along with Proof of Liability Insurance for a minimum of \$2,000,000 to Swim Ontario no later than **March 30, 2026 at 10 AM**.



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- USA Masters swimmers residing in the USA must provide their USA Masters registration Card by **March 30, 2026 at 10 AM**. Coverage for liability insurance is through their membership. Swimmers' Registration will be verified with USA Masters Swimming.

## ENTRY PROCESS & DEADLINE

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- **Entry Deadline: Monday, March 30, 2026 at 10AM**
- **Entries Inquiries: Kirsti Kontor – [meetentries@swimontario.com](mailto:meetentries@swimontario.com)**
  - Club entries must be submitted through REMS.
  - Masters swimmers must also be submitted through REMS (Sportlomo account)
    - Individual entry instructions are posted on the [meet information page](#).
    - Swimmers should only submit individual entries if their club is not submitting a team entry file – please confirm with the team coach/administrator before submitting an individual entry
  - Meet Management will not accept entries via direct email
- **Entry Limits: 6 entries per swimmer + 1 relay/session**
- No Time (NT) will not be accepted. Please provide best estimate.
- **A maximum of 56 entries will be accepted for the 800 Free and 24 entries for the 1500 Free (per gender)**. Entries will be accepted on a first come first served basis. A waitlist of 10 swimmers per event, per gender will be maintained.
- Deck entries and time trial events will not be permitted.
- **Total swimmer cap of 650**. Meet management reserves the right to close entries due to time constraints. **Swimmers will be encouraged to sit in the spectator stands in between races. A designated athlete area will be provided in the stands.**
- No further entry changes will be accepted after **Wednesday, April 8, 2026 at 10AM**.
- Draft Entry Lists will be posted online on the meet information page by **Friday, April 10**.
- Final Entry Lists will be posted online on the meet information page by end of day **Monday, April 13, 2026**.
- All entries inquiries or requests for changes to entries are to be directed to [meetentries@swimontario.com](mailto:meetentries@swimontario.com)
- Positive Check-in will be required for 400 IM and 400/800/1500 Free. Anyone that does not check-in at the designated time will be removed from the event.
- **Entries will be accepted on a first come, first served basis.**
- Some sessions will be double ended. For some sessions, women's events will run in one pool and men's events in the other. The patio pool will be available for continuous warm-up / cool down throughout the meet.
- Coaches and Support Staff must register using the [Coach & Support Staff Registration form](#) by **Wednesday, April 8, 2026 at 10AM**. Coaches and support staff that do not complete this form will not be given accreditation at check-in and will not be permitted on the pool deck.

***Meet Management reserve the right to close entries due to time constraints.***

## ENTRY FEES & PAYMENT

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- **Swimmer Fee:** \$135.60 (\$120+HST) which includes relays
- Entry Fees must be paid prior to **April 8, 2026 at 10 AM**.
- Payment methods:



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- **Entry Fee payment instructions: e-transfer only to [etransfers@swimontario.com](mailto:etransfers@swimontario.com)**
- **Swimmers: Make sure to put your name (swimmer's name) and Masters Provincials in the Notes section (i.e., Jane Smith Masters Provincials)**
- **Club Entry Coordinators: Put your club code and Masters Provincials in the Notes section (i.e., USC Masters Provincials)**
- CASH AND CHEQUE PAYMENTS WILL NOT BE ACCEPTED

## CHANGES AND CORRECTIONS

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Changes and corrections may be made up to the meet entry deadline without penalty. Following the meet entry deadline, corrections and modifications to entries may be made up until **April 8, 2026 at 10 AM**; there will be a \$25.00 fee per change.

## LATE ENTRIES

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Late entries for swimmers not entered by the meet entry deadline may be accepted, subject to cap limit, up until April 8, 2026 at 10AM at a fee of 200% the initial entry fee.

- \$240 + HST per Swimmer, maximum of 6 individual events
- Please communicate with the meet entries coordinator - [meetentries@swimontario.com](mailto:meetentries@swimontario.com)

## RELAYS

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- Relay Entries: clubs can submit Hy-Tek files or by one relay team member using the online form <https://form.jotform.com/260263995302256>
- Any club with more than 5 relays must submit a team entry Hy-tek file
- **All relay members must be properly entered in one individual event**
- **The Relay Entry Deadline is April 8, 2026 at 10AM**
- There is no fee for relays (included in the swimmer entry fee)
- Swimmers are restricted to 1 relay event per session
- Mixed relays must be composed of 2 women and 2 men.
- Swimmers registered under Swim Ontario Masters (SOM) can enter teams using the online form (all swimmers must be registered as SOM)

## REGISTRATION INFORMATION (AT COMPETITION)

### REGISTRATION

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- Registration and welcome table will be set up – location TBD.
- Coaches and individual swimmers please register upon arrival.
- **Coach, support staff and swimmer accreditation is required for deck access.**
- [Coach and support staff registration](#) is required by April 8 at 10AM
- A full set of heat sheets will be available on the deck at the Admin Desk.
- Heat sheets also available for download on Meet Mobile and from [the meet information webpage](#)



## COMPETITION RULES

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*All current World Aquatics masters rules are in effect with the exception of age eligibility for entry into the competition and swimwear.*

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## WARM-UP SAFETY PROCEDURES

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.

## SWIMWEAR

**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.**

## DIVE STARTS

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics World Aquatics II.16.1.4 and 4.1, Swimming Canada C16.1.4.1, C4.1.1 & C4.1.2

- The one-start rule will be in effect for all types of starts (dive start from blocks, deck or in-water starts).



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- It is important that swimmers are ready in the area behind their designated blocks prior to their heats.
- Swimmers missing their heat are automatically scratched from that event.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start as a result of kicking the footrest/backplate of the starting blocks per Swimming Canada Section II C2.3.2. The Referee may disqualify a swimmer for such misconduct. 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.

## BACKSTROKE LEDGES & LAP COUNTERS:

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- Backstroke ledges will be available for use. Meet officials will install the ledges, the swimmer is responsible to set the device for their start.
- There are a limited number of lap counters available for use which will be available on a first come first served basis. Swimmers are responsible for assigning the person that will use the lap counters and that person must be a registered swimmer, coach or support staff with deck accreditation.

## D/DEAF AND HARD OF HEARING ACCOMMODATION:

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- 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 swimmer’s own club, who is registered in the REMS as support staff.
  - Visual Start Strobe Light options
    - Facility-Provided Strobe Light: An external strobe light is available at this facility
- Swimmers or Clubs are to contact [meetentries@swimontario.com](mailto:meetentries@swimontario.com) by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.
- 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.

## AGE GROUPS

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- Age as of December 31, 2026 determines age groups.
- **Individual events:** 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, etc.

## SEEDING

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- All events will be swum as timed final.
- All events will be run slowest to fastest separated by gender.



## OFFICIAL SPLITS

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No official splits requests will be granted.

## RECORDS

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- Swim Ontario has a completed certified pool length survey and swim times achieved at this competition will be eligible for provincial, national, or world records.
  - All swimmers attempting to set a record **MUST** inform the Clerk at the Admin Desk **prior** to the start of the **session** in which their Provincial, Canadian or World record attempt will occur. Information forms will be available.
- Swimmers under the age of 25 are not eligible for masters **World records**.

## RELAYS NAME SUBMISSION

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- All relays will be swum as timed final.
- Relay forms must be filled in and returned to the Admin Desk 30 minutes prior to the start of the session. No name changes will be accepted after this deadline unless approved by meet management.
- Relay name changes may not change the age category in which the relay was entered. Relays whose name changes result in age category changes will be scratched.
- Mixed relays must be composed of 2 women and 2 men.

## POSITIVE CHECK-IN FOR DISTANCE EVENTS

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- Positive check-in is required for the 400 IM and 400/800/1500m free. **Swimmers MUST check-in at the Admin Desk** on the pool deck 30 minutes prior of the **start of session** in which the event is to be swum.
  - **If a swimmer does not positive check-in at the Admin Desk by the deadline, they will be scratched from the event. Plan arrival accordingly.**
- Swimmers that do not positive check-in at the Admin Desk for 800/1500 Free by the check-in deadline will be scratched and replaced with waitlisted swimmers. Once a replacement has been made, the replacement is final.
- 1500 Free heats will be run in a single tank and heats will alternate by gender
- As there are limited spots for the 800/1500 Free, there will be a **\$50 penalty** for all distance **No Shows**.

## DECK ENTRIES

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- Deck entries and time trial events will not be permitted.

## SCORING & AWARDS

### EVENT SCORING

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- Only the top Ten (10) individual events and relays score:



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- Individual Events: 30-25-20-15-14-13-12-11-10-9
- Relay Events: 60-50-40-30-28-26-24-22-20-18

## EVENT AWARDS

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- **Medals:** first through third (individual and relay events)
- Swimmers or their representative can come to collect their awards at the Admin Desk on the pool deck.
  - Relay awards will be given to one team member for distribution.
- **Please note awards will NOT be mailed.**
- **Masters Swim Series Individual Awards will be announced and available at the Admin Desk for pickup.**

## TEAM AWARDS

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- **High Point Team Championships:** The club with the highest points will be **announced at the event and will be sent a custom-made banner.**
  - A second and third place banner will also be awarded
- **Masters Swim Series Team Award**



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## PROGRAM EVENT LIST

Swim Ontario & Meet Management reserves the right to change warm-up session times, cancel relays, change event order or further limit 400 and 800/1500 events to ensure reasonable session timelines

DAY 1 – FRIDAY, APRIL 17, 2026					
Morning Session Warmup: 8:30 AM - Start: 9:00 AM			Afternoon Session Warmup: 12:30 PM - Start: 1:30 PM *Split Group A – 12:30-12:55 PM Group B – 1:00 – 1:25 PM		
W		M	W		M
1	1500 Free	2	3	50 Back	4
	*alternating W/M		5	200 Free	6
			7	100 Fly	8
			9	200 IM	10
			101	400 Free Relay	102
			103	400 Free Mixed Relay	103
DAY 2 – SATURDAY, APRIL 18, 2026					
Morning Session Warmup: 8:00 AM - Start: 9:00 AM *Split Group B – 8:00-8:25 AM Group A 8:30-8:55 AM			Afternoon Session Warmup: 12:30 PM – Start: 1:30 PM *Split Group A – 12:30-12:55 PM Group B– 1:00 – 1:25 PM		
W		M	W		M
11	400 Free	12	17	100 Free	18
13	50 Fly	14	19	200 Back	20
15	200 Breast	16	21	100 Breast	22
105	200 Free Relay	106	109	400 Medley Relay	110
107	200 Mixed Free Relay	107	111	400 Mixed Medley Relay	111
DAY 3 – SUNDAY, APRIL 19, 2026					
Morning Session Warmup: 8:00 AM - Start: 9:00 AM *Split Group B – 8-8:25 AM Group A 8:30-8:55 AM			Afternoon Session Warmup: 12:30 PM – Start: 1:30 PM *Split Group A – 12:30-12:55 PM Group B– 1:00 – 1:25 PM		
W		M	W		M
23	100 IM	24	29	100 Back	30
25	50 Free	26	31	400 IM	32
113	200 Mixed Medley Relay	113	33	50 Breast	34
27	800 Free	28	35	200 Fly	36
			115	200 Medley Relay	116
	*GROUP A – SQUALL, SOM, LSD, NTMSC				GROUP B – ALL OTHER CLUBS



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