

Western Ontario Secondary Schools' Athletic Association (WOSSAA)

Championship Swim Meet

Meet Name	Western Ontario Secondary Schools' Athletic Association (WOSSAA) Championship Swim Meet
Date(s)	Wednesday, February 11, 2026 The meet will be rescheduled for Wednesday, February 18, 2026 if cancelled due to inclement weather. Coaches will be notified by email by the swimming convenor if the meet is cancelled.
Meet Referee	Paul Cappa / Brad Sales - subject to change
Swim Convenor	SAC Committee - Kara Nolan, Annalise Staples, David Landry, Amy Degiorgio, Wendy Million
Meet Organizer	wossaaswimming@gmail.com
Facilities	Canada Games Aquatic Centre, London Ontario 8 lanes in a 25m pool, Quantum Timing System

Competition:

Rules and Officials	The WOSSAA Championship Swim Meet shall provide competition in the High School, Open and PARA divisions. Swim Canada rules shall govern the competition at the WOSSAA Championship meet. Any athlete participating in the WOSSAA Swimming Championship must have participated as a member of a bona fide high school program during the current school season (Sept-February) in a minimum number of swimming practices (10 - as set by OFSAA), at a location where the majority of their high school practices are held under the supervision of a teacher coach as certified by the school Principal. This rule does not preclude the school and/or school coach from instituting more stringent guidelines. Swimmers MUST stay away from the refereeing and starting areas. No running on deck. No horseplay on deck, in change rooms or in the building. No glass containers allowed in the pool area. No food or drinks allowed in the pool area. Lane 1 is reserved as a PARA-only lane during warm-ups. Feet first entry only is allowed during warm-ups. If a swimmer is caught diving in, they will be removed from their first individual event. Coaches must remain in the facility for the duration of the meet. Teams without coaches present will not be allowed to compete unless a designated coach has been appointed. School coaches, competitors and officials only shall be allowed on the pool deck. Coaches must check in before the coaches meeting. Each team is requested to provide two (2) volunteers to assist with timing.
A Jury of Appeal	A Jury of Appeal will consist of members of the SAC committee. Members of the Jury of Appeal must not have any conflict of interest relevant to the incident under protest (such committee members will abstain from the appeal). The Jury of Appeal shall handle all disputes which do not fall within the jurisdiction of the officials.
Uniforms / Equipment	All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colours, and logos. No sport club insignia on swimsuits, caps or other apparel shall be permitted. Sponsorship recognition is permitted.

Entry Process:

Entry Submission	Entries must be done using Hy- Tek Team Manager 8.0 Lite or a previous version of Team Manager Lite to wossaaswimming@gmail.com. Entries will be accepted from coaches only. You will receive an entry list so that you can confirm your entries. Although coaches can enter more than three (3) competitors per event, only the three (3) fastest competitors will score points for the school in each individual event and only one (1) team in relay events. We ask that coaches not mark any swimmers as exhibition in attempts to select what competitors may score points – the software will automatically select and award points to the three fastest competitors from your school (see Scoring). A PARA competitor who chooses to swim in the PARA division may not swim in the corresponding event in the High School division. For the other events, however, he/she may swim in the High School division.
Entry Deadline	9pm Monday, January 26, 2026. Entries received after the deadline will be accepted at the discretion of the convenor (or designate) if there is room in the meet and if they fit within the time lines of the meet. Such entries will be exhibition only and will not score points or receive awards. These times will be valid for entry to OFSAA. Deck entries are not permitted at the WOSSAA Championship Swim Meet.
Entry Fees	Entry fees are: \$9.00 per individual event and \$12.00 per relay. Please make cheque payable to “Sir Frederick Banting Secondary School.” Entry fee verification will be sent to each individual coach upon receipt of the entry file. Fees are due by the start of warm-up on the day of the meet. Non-payment of fees may result in the team being removed from the meet. OFSAA entries will not be made for schools which have any outstanding fees from any of the meets.
Entry Limits	A competitor may enter up to four (4) events, provided at least one (1) is a relay event.
Relay Entries	A relay team may be made up of six (6) swimmers, any four (4) of whom may swim, but for all six (6) listed the relay is considered an event. Names of swimmers, including alternates, must be entered at the time of entry submission. The order of swimmers may be changed the day of the meet prior to the deadline set by the convenor (or designate) on the day of the meet. For the Open Relays, teams may consist of swimmers from the High School Division, the Open Division or any combination thereof.
Entry Times	“NT” (no time) entries will not be accepted. WOSSAA time standards must be met for entry into this meet.

Schedule of Sessions:

	Date	Warm-up Start	Session Start	Session End
Session 1:	Wednesday Feb 11, 2026	8:00am	9:30am	12:00noon
Session 2:	Wednesday Feb 11, 2026	N/A	12:30pm	3:00pm
Notes:	- Competition shall be conducted over one (1) day. All events are time finals. - Start and end times are approximate and may change at convenor’s discretion. The events list is attached. - Swimmers must swim during their team’s scheduled time. A warm-up schedule will be provided by email before the meet. The shallow end will remain open (except during lunch) for continuous warm up/down. Swimmers may not loiter in the shallow end and must follow warm up rules. Unsafe behaviour may result in removal from the meet. - A mandatory coaches’ meeting shall be held at 8:45am in the large upstairs meeting room. Attendance will be taken and teams without coaches’ present will not be allowed to swim until a coach checks in.			

Meet Format and Administration:

Classification of Swimmers	<u>Para-swimmer</u> All swimmers must have a classification provided by an OFSAA designated classifier to compete at the OFSAA Championship. Classifications for Para-swimming Competitors: ● S1-10 is for physical impairment. ● S11, S12, S13 are for visual impairment. ● S14 is for intellectual impairment. <u>Open Division</u> All swimmers not in the Para or High school division who are bonafide members of the school team must compete in this division. ● Any swimmer who has trained/competed with a competitive swimming program after November 1 of the current school year, regardless of whether or not they have met the OFSAA Open Exemption Times. ● Any swimmer who trained/competed with a competitive swimming program during the PREVIOUS school year and whose best time has met the OFSAA Open Exemption Time in any event. <u>High School Division</u> Junior ● An individual's birthday indicates that they have not reached their 15th birthday by January 1 prior to the start of the school year in which the competition is held. Senior ● An individual's birthday indicates that they have not reached their 19th birthday by January 1 prior to the start of the school year in which the competition is held. <u>Rules:</u> ● A swimmer is eligible to compete who exclusively trains with and competes for their high school. The student must not train / compete with any other competitive swimming program. The following programs are NOT considered to be competitive swim programs: diving, kayak, canoe, sailing, artistic swimming, water polo, lifeguarding and triathlon. A swimmer is eligible who has ceased to train / compete with a competitive swim program prior to November 1 of the previous school year. ● A swimmer is eligible to compete who has ceased to train/compete with a competitive swim program prior to November 1 of the current school year AND whose best time has not met the "OFSAA Open Exemption Time" in ANY of the following events: 50 free, 100 free, 200 free, 100 back, 100 breast, 100 fly. The "OFSAA Open Exemption Times" are determined as follows: - For Junior aged swimmers, the cutoff time shall be the current 14-Year-Old Ontario Age Group Standard plus 25%. - For Senior aged swimmers, the cutoff time shall be the current 16-Year-Old Ontario Age Group Standard plus 25%. ● Refer to the Swim Ontario website for the most recent "Ontario Age Groups (OAG) Time Standards". "OFSAA Open Exemption Times" will be posted on the OFSAA Swim website.
Scratches & Relay Cards	Entry scratches shall be made by the coach (or designate) in person or in writing to the convenor or the official's office by 8:30 am. The relay cards must be returned at the end of the coaches meeting. (9:00am)
Meet Results	Official meet results will be emailed to all coaches. Unofficial meet results will be posted at the meet, if time allows, at the discretion of the convenor. Meet results may be posted on Meet Mobile, if available.

Scoring	Points shall be awarded as follows to determine team championships: 1st -18; 2nd -16; 3rd -15; 4th -14; 5th -13; 6th -12; 7th -11; 8th -10; 9th -9; 10th -7; 11th -6; 12th -5; 13th -4; 14th -3; 15th -2; 16th -1. All position points for relays are doubled (e.g., 1st -36; 12th -10). The PARA division will be divided into male and female for awards. The total points of the top sixteen (16) swimmers in each event.
Awards	Individual and Relays: WOSSAA medallions shall be presented to the first place finishers in each event. WOSSAA ribbons shall be presented to the second and third place finishers in each event. Team: A Team Championship shall be declared for Girls' High School Champions, Boys' High School Champions, Overall High School Champions, and OPEN Champions and Mike Williams Award. The Mike Williams Award: to be given to the school that obtains the most points per swimmer. In order to be eligible for this award, a school must have a minimum of five swimmers participating at the meet. It will be calculated by the total number of points obtained divided by the total number of swimmers that participated at the meet (swimmers that are scratched or "no-shows" do not count in this calculation). The schools represented by these Championship teams shall receive plaques to be retained by the schools.

Schedule of Events:

Session 1: Wednesday morning. Warm-up at 08:00 am, start at 09:30 am, tentative end at 12:00 noon.

** Swimmers must warm up during your team's scheduled time during session 1. **

1	Jr. 200 Freestyle Girls
2	Jr. 200 Freestyle Boys
3	Sr. 200 Freestyle Girls
4	Sr. 200 Freestyle Boys
5	Open 200 Freestyle Girls
6	Open 200 Freestyle Boys
7	Jr. 50 Breaststroke Girls
8	Jr. 50 Breaststroke Boys
9	Sr. 50 Breaststroke Girls
10	Sr. 50 Breaststroke Boys
11	Open 100 Breaststroke Girls
12	Open 100 Breaststroke Boys
301	Para 50 Breaststroke
13	Jr. 50 Backstroke Girls
14	Jr. 50 Backstroke Boys

15	Sr. 50 Backstroke Girls
16	Sr. 50 Backstroke Boys
17	Open 100 Backstroke Girls
18	Open 100 Backstroke Boys
302	Para 50 Backstroke
19	Jr. 100 Freestyle Girls
20	Jr. 100 Freestyle Boys
21	Sr. 100 Freestyle Girls
22	Sr. 100 Freestyle Boys
23	Open 100 Freestyle Girls
24	Open 100 Freestyle Boys
401	Jr. 200 Medley Relay Girls
402	Jr. 200 Medley Relay Boys
403	Sr. 200 Medley Relay Girls
404	Sr. 200 Medley Relay Boys
405	Open 200 Medley Relay Girls
406	Open 200 Medley Relay Boys

Session 2: Wednesday afternoon. Start at 12:30 pm, tentative end at 3:00 pm.

407	Sr. 200 Mixed Free Relay
303	Para 100 Freestyle
25	Jr. 100 I.M. Girls
26	Jr. 100 I.M. Boys
27	Sr. 100 I.M. Girls
28	Sr. 100 I.M. Boys
29	Open 100 I.M. Girls
30	Open 100 I.M. Boys
31	Jr. 50 Freestyle Girls
32	Jr. 50 Freestyle Boys
33	Sr. 50 Freestyle Girls
34	Sr. 50 Freestyle Boys
35	Open 50 Freestyle Girls
36	Open 50 Freestyle Boys
407	Sr. 200 Mixed Free Relay
303	Para 100 Freestyle
25	Jr. 100 I.M. Girls
26	Jr. 100 I.M. Boys
27	Sr. 100 I.M. Girls
28	Sr. 100 I.M. Boys

29	Open 100 I.M. Girls
30	Open 100 I.M. Boys
31	Jr. 50 Freestyle Girls
32	Jr. 50 Freestyle Boys
33	Sr. 50 Freestyle Girls
34	Sr. 50 Freestyle Boys
35	Open 50 Freestyle Girls
36	Open 50 Freestyle Boys
37	Jr. 50 Butterfly Girls
38	Jr. 50 Butterfly Boys
39	Sr. 50 Butterfly Girls
40	Sr. 50 Butterfly Boys
41	Open 100 Butterfly Girls
42	Open 100 Butterfly Boys
304	Para 50 Freestyle
409	Jr. 200 Freestyle Relay Girls
410	Jr. 200 Freestyle Relay Boys
411	Sr. 200 Freestyle Relay Girls
412	Sr. 200 Freestyle Relay Boys
413	Open 200 Freestyle Relay Girls
414	Open 200 Freestyle Relay Boys