



30 April - 3 May 2026

MISSISSAUGA AQUATIC CLUB

DR. RALPH HICKEN
INTERNATIONAL

ETOBICOKE OLYMPIUM

MEET PACKAGE

HOSTED BY MISSISSAUGA AQUATIC CLUB



Brief Meet Information

MEET NAME	2026 Dr Ralph Hicken Meet
DATE(s):	30 April – 3 May 2026
HOSTED BY:	Mississauga Aquatic Club and York Swim Club
LOCATION:	Etobicoke Olympium, 590 Rathburn Road, Etobicoke ON M9C 3T3
FACILITY:	50M, 8 lane Pool, Electronic Timing
PURPOSE & DESCRIPTION:	For swimmers to compete and achieve times to qualify for championship meets LCM Chase will be used if the entries in a session require this format (Not Distance, nor FINALS)
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:	Rev 1A – 3 Mar – updated session max swimmers, and Thurs session warm-up/start time, changed Comp Coordinator Rev 1B – 11 Mar - added Competition Coordinator & Meet Manager & LCM Chase Rev 1C – 29 Mar – added Competition Coordinator

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Will Li Bob Albert	Williamli_gm@gmail.com cobra.officials@gmail.com	V IV
MEET MANAGER(S):	Vera Fammee Andrea Pittis	vera.fammee@gmail.com swimandrea@hotmail.com	
OFFICIALS COORDINATOR:	Mindy Chase	mindy.mssac@gmail.com	
ENTRY & RESULT MANAGEMENT	Steve Goodwin	sdg9@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.

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.

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

- A. The following are approved by Swim Ontario Official Photographers/Videographers for this event: **to be provided on future release**

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.

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.

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 30 April 2026
DIVE STARTS:	<p>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:</p> <ul style="list-style-type: none"> A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <ul style="list-style-type: none"> a. both ends <p>and/or</p> <ul style="list-style-type: none"> B. from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> a. from both ends <p>and/or</p> <ul style="list-style-type: none"> C. In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 <ul style="list-style-type: none"> a. from both ends
BACSTROKE LEDGES:	<ul style="list-style-type: none"> ● Ledges will be available to use during the following session: 13&O sessions ONLY
d/DEAF AND HARD OF HEARING ACCOMMODATION:	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> ● 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 hand signals given by the starter/referee. ● Visual Start Strobe Light options <ul style="list-style-type: none"> A. Facility-Provided Strobe Light: An external strobe light is available at this facility B. 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. <p>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.</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:

- A. This meet is an OPEN Invitational
- B. Preference will be given to the host club.
- C. 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.
- D. This meet has Time Standards as follows (see Qual Standards in order of Events, and Event File):
 - 12&U
 - No time standard (50 & 100m events)
 - Faster than 2025 Div 2 Qual Std (200m events)
 - Faster than 2025 Div 1 Qual Std (400 & 800 events)
 - 13&O
 - No time standard (50m events)
 - Faster than 2025 Div 2 Qual Std (100 & 200m events)
 - Faster than 2025 Div 1 Qual Std (400, 800, 1500m events)
- D. Para-swimmers are exempt from the Time Standards at this competition.

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:	<p>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.</p> <p>A. Foreign Teams and their competitors are welcome, subject to the following provisions.</p> <ul style="list-style-type: none"> ○ 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.
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Entry Process

ENTRY SUBMISSIONS:	<p>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:</p> <ul style="list-style-type: none"> ● 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 <p>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.</p> <p>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.</p>
ENTRY DEADLINE:	<p>The online entry deadline is 13 April 2026</p> <p>A. Changes to entries will be accepted until 26 April 2026</p>
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <p>A. Individual Events: \$15 (for 50/100/200 events), \$20 (400/800/1500 events)</p> <p>B. Relay Events: \$30</p> <p>C. Swimmer Fee: \$15</p> <p>Payment Method: Please make cheque payable to “Mississauga Aquatic Club” or by e-transfer to susanne@mississaugaswimming.com</p>

ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <p>A. The maximum number of participants per session is 400</p> <p>B. The maximum number of entries per swimmer is 3 individual and 1 relay per session (only 1 event Thursday)</p>
RELAY ENTRIES & MIXED RELAYS:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</p> <p>A. Relay swimmers must be entered in a non-relay event in order to compete.</p>
ENTRY TIMES & CONVERSION:	<p>A. Entries can NOT be submitted with No Time (NT)</p> <p>B. Estimate entry times are accepted in events with no time standard.</p> <p>C. Entry Times can be converted (i.e. LCM to SCM) at 2%</p> <p>D. Entries must be submitted using provable times recorded during the qualifying period for all entries with qualifying standards. Please submit times in LCM</p> <ol style="list-style-type: none"> a. Times achieved since (Qualifying Period): 1 Sep 2025 b. Qualifying Standards (Time Standards) – see previous ‘Additional Eligibility Information’ on Page 4 <ol style="list-style-type: none"> i. See Time Standards in Order of Events and Event File c. Submit seed times in LCM (SCM results may be converted at 2%)

Schedule of Sessions

Session #	Date	Age Group	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1A	Thurs Aft	Open	1:00-1:25 pm	1:30 pm	4:00 pm	Time Finals
1B	Thurs Eve	Open	4:30-4:55 pm	5:00 pm	8:00 pm	Time Finals
2	Fri Prelims	13&O	Grp A – 8:00-8:55 am Grp B – 8:30-8:55 am	9:00 am	12:30 pm	Prelims
3	Fri Aft	12&U	Grp A – 1:00-1:25 pm Grp B – 1:30-1:55 pm	2:00 pm	5:30 pm	Time Finals
4	Fri FINALS	13&O	6:00-6:55 pm	7:00 pm	9:00 pm	FINALS
5	Sat Prelims	13&O	Grp B – 8:00-8:25 am Grp A – 8:30-8:55 am	9:00 am	12:30 pm	Prelims
6	Sat Aft	12&U	Grp B – 1:00-1:25 pm Grp A – 1:30-1:55 pm	2:00 pm	5:30 pm	Time Finals
7	Sat FINALS	13&O	6:00-6:55 pm	7:00 pm	9:00 pm	FINALS
8	Sun Prelims	13&O	Grp A – 8:00-8:55 am Grp B – 8:30-8:55 am	9:00 am	12:30 pm	Prelims
9	Sun Aft	12&U	Grp A – 1:00-1:25 pm Grp B – 1:30-1:55 pm	2:00 pm	5:30 pm	Time Finals
10	Sun FINALS	13&O	6:00-6:55 pm	7:00 pm	9:00 pm	FINALS

Split Warm-up Groups

Grp A – TBD

Grp B - TBD

Meet Format & Administration

SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ol style="list-style-type: none"> A. 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. <ol style="list-style-type: none"> a. with the exception of Distance Events (400/800/1500) which will be seeded fastest to slowest. B. Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded.
RELAY NAME SUBMISSION:	<p>Relay Cards:</p> <ol style="list-style-type: none"> A. Relay Cards are available at the Admin Desk during warm-up B. The Relay Name submission deadline is at the beginning of the relay event C. Please have swimmers bring relay card with Relay Names to check in at their lane.
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <ol style="list-style-type: none"> A. A scratch deadline will apply for finals events: <ol style="list-style-type: none"> a. 30 minutes following the posting of results of last preliminary event for that FINALS session <p>The following are the Positive Check-in deadlines for this competition.</p> <ol style="list-style-type: none"> A. There is a positive check-in 30 minutes before the start of the session at the Admin Desk for the following events: 400s, 800s, 1500s. B. During FINALS, all finalists and alternates are required to check-in with the Admin Desk 15 minutes prior to their event.
PENALTIES:	<ol style="list-style-type: none"> A. No penalty shall be imposed for late or day of scratches and No-Shows B. Failure to positive check-in by the deadline will result in the removal of the swimmer from that event C. Failure to participate in an event with a scratch or positive check-in deadline will result in following penalty: <ol style="list-style-type: none"> a. \$50 fine for each offence (applies to initially named finalists and alternates – payable to the Mississauga Aquatic Club). Failure to pay before the swimmer’s next event will exclude the swimmer from further participation in the meet.)
OFFICIAL SPLIT TIMES:	<p>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.</p> <ol style="list-style-type: none"> A. Official Split Forms are available at the Admin Desk. B. There is a \$5 Fee for any accepted split requests. Payable by Cash or Card. C. Not all Official Split requests can be accommodated.
SWIM OFFS:	<p>This competition offers preliminary events.</p> <ul style="list-style-type: none"> ● 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. ● Coaches are to report to the Admin Desk when a swim-off is announced.

DISQUALIFICATION & APPEAL PROCEDURE:	<ul style="list-style-type: none"> 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 coach 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 coach representative. <ul style="list-style-type: none"> A written appeal must be presented within 30 minutes after the conclusion of the <u>event</u> 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 coach representative.
RECORDS:	<p>A. 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>
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <p>A. Unofficial mobile applications results will be available. B. Unofficial Live Results will be available.</p>
SCORING:	<p>The following scoring will be applied:</p> <p>A. Individual – 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 B. Relay – 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 C. Individual High Point Scoring – 5-3-1</p>
AWARDS:	<p>The following will be awarded in each gender and age group (10&U, 11-12, 13-14, 15&O):</p> <p>A. Individual Events – Medals – Gold, Silver, Bronze B. Relay Events – Medals – Gold, Silver, Bronze C. Individual High Point Awards for each gender/age Group (ties broken by: number of gold, then silver, then bronze, then highest FINA point swim)</p>
PRIZES:	<p>Arena Golden Crown Race – 50 Freestyle</p> <ul style="list-style-type: none"> 12&Under – During the 50m Free event, winner of heat 1 will hold the crown. Each following heat winner will claim the crown provided they beat the current crown holder's time. The final heat (8 swimmers) will swim one at a time trying to beat the current crown holder's time. Fastest time for both boys and girls 12&Under age group wins the Golden Crown Prize (Arena ST swimsuit) 13&Over – A slowest to fastest swim-off by the top 8 males and top 8 females in the 50m Freestyle Preliminary results. Fastest time in the 13-14 age group and the 15&Over age group wins the Golden Crown Prize (Arena Carbon Swimsuit). <p>Bell Heat Prizes – 12 & Under events</p> <p>Top Overall FINA (AQUA) Point Prizes (one per gender)</p> <ul style="list-style-type: none"> 1st - \$500 (or equivalent value prize) <p>Ties will be determined by the next highest scoring swim. Swimmers must be in attendance at the Sunday FINALS to receive the award. If they are not there the award will go to the next highest FINA (AQUA) points recipient</p>

ADDITIONAL INFORMATION:

See **Parking Information** at end of this Meet Package

SAFETY REQUIREMENTS FOR LCM CHASE STARTS

- Officials will help ensure finishing swimmers clear the wall quickly -- swimmers are to move to the lane rope immediately upon finishing and follow Official directions so incoming chase swimmers can turn safely.
- Para heats (needing extra exit time) must be fully cleared before chase heat starts.
- No more than two heats (actively racing) may be in the water during LCM chase.
- 50m events run single ended, and next heat does not start until all swimmers in previous heat have touched.
- Coaches are responsible for ensuring swimmers remain aware of incoming chase swimmers and follow all instructions provided by the Lane Officials.

ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. Absolutely no food in the bleachers or on the pool deck.
3. No running on the deck, under the bleachers or on the bleachers.
4. No climbing across the railing between the gallery and the bleachers.
5. No climbing over the yellow gates between the pool deck and the bleachers.
6. Shoes must be worn whenever outside the pool or change room areas.
7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.
8. The use of flippers and hand paddles, during warm-ups is prohibited.
9. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments.

Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium

Schedule of Events

Session 1 – Thursday Distance - Boys Thursday 30 April 2026 Warm-up: 1:00-1:25 PM Start: 1:30 PM			
Boys	Event	Qualifying Std.	
2	1500 Free (13&O)	13-14	20:47.91
		15&O	20:35.12
4	800 Free (12&O)	12-12	11:18.68
		13-14	10:37.90
		15&O	10:18.98

Session 2 – Thursday Distance - Girls			
Thursday 30 April 2026			
Warm-up: 4:30-4:55 PM		Start: 5:00 PM	
Girls	Event	Qualifying Std.	
1	1500 Free (13&O)	13-14	22:13.37
		15&O	21:51.77
3	800 Free (12&O)	12-12	12:02.07
		13-14	11:10.72
		15&O	11:04.01

Session 3 – Friday Prelims (13&O)						
Friday 1 May 2026						
Split Warm-up: Grp A 8:00-8:25 AM --- Grp B 8:30-8:55 AM			Start: 9:00 AM			
Girls			Boys			
Event No	Qual Std		EVENT	Qual Std		Event No
5	13-14	3:42.79	200 Breast	3:29.61	13-14	6
	15&O	3:41.30		3:17.72	15&O	
7	13-14	1:18.24	100 Free	1:12.43	13-14	8
	15&O	1:16.85		1:10.11	15&O	
9	13-14	3:13.71	200 Back	3:02.56	13-14	10
	15&O	3:10.28		2:56.62	15&O	
11	13-14		50 Fly		13-14	12
	15&O				15&O	
13			4x100 Free Relay (TF 13-14)			14
15			4x100 Free Relay (TF 15&O)			16
17	13-14	6:11.75	400 IM (TF – Fast to Slow)	5:46.28	13-14	18
	15&O	6:08.64		5:35.45	15&O	

2026 Dr. Ralph Hicken Invitational

Session 4 – Friday Afternoon (12&U)						
Friday 1 May 2026						
Split Warm-up: Grp A 1:00-1:25 PM --- Grp B 1:30-1:55 PM				Start: 2:00 PM		
Girls			Boys			
Event No	Qual Std		EVENT	Qual Std		Event No
19	11-12	3:59.84	200 Breast	3:56.65	11-12	20
21	10&U		100 Free		10&U	22
	11-12				11-12	
23	10&U	3:40.63	200 Back	3:41.20	10&U	24
	11-12	3:28.77		3:28.02	11-12	
25	10&U		50 Fly	n/a	10&U	26
	11-12			n/a	11-12	
27	10&U		4x50 Free Relay (10&U)	n/a	10&U	28
29	11-12		4x50 Free Relay (11-12)	n/a	11-12	
31	11-12	6:40.24	400 IM (TF – Fast to Slow)	6:36.17	11-12	32

Session 5 – Friday FINALS (13&O)		
Friday 1 May 2026		
Warm-up: 6:00-6:55 PM		Start: 7:00 PM
Consol/Final for 13-14, 15 & Over (no consols if fewer than 18 entries in event or fewer than 4 swimmers in Consol after scratch deadline)		
Girls	EVENT	Boys
5	200 Breast	6
7	100 Free	8
9	200 Back	10
11	50 Fly	12

Session 6 – Saturday Prelims (13&O)						
Saturday 2 May 2026						
Split Warm-up: Grp B 8:00-8:25 AM --- Grp A 8:30-8:55 AM				Start: 9:00 AM		
Girls			Boys			
Event No	Qual Std		EVENT	Qual Std		Event No
33	13-14	3:14.21	200 IM	3:01.42	13-14	34
	15&O	3:13.32		2:56.15	15&O	
35	13-14	1:26.96	100 Fly	1:20.81	13-14	36
	15&O	1:24.81		1:17.38	15&O	
37	13-14		50 Free		13-14	38
	15&O				15&O	
39	13-14	1:42.07	100 Breast	1:33.17	13-14	40
	15&O	1:39.83		1:29.88	15&O	
41			4x100 Medley Relay (TF 13-14)			42
43			4x100 Medley Relay (TF 15&O)			44

Session 7 – Saturday Afternoon (12&U)						
Saturday 2 May 2026						
Split Warm-up: Grp B 1:00-1:25 PM --- Grp A 1:30-1:55 PM				Start: 2:00 PM		
Girls			Boys			
Event No	Qual Std		EVENT	Qual Std		Event No
45	10&U	3:40.56	200 IM	3:42.50	10&U	46
	11-12	3:29.85		3:27.78	11-12	
47	10&U		50 Free (GOLDEN CROWN RACE FORMAT)		10&U	48
	11-12				11-12	
49	10&U		100 Breast		10&U	50
	11-12				11-12	
51	10&U		100 Fly		10&U	52
	11-12				11-12	
53	10&U		50 Back		10&U	54
	11-12				11-12	
55			4x50 Medley Relay (TF 10&U)			56
57			4x50 Medley Relay (TF 11-12)			58
59	10&U	6:07.09	400 Free (Girls Only – Fast to Slow)	Boys 400 Free swims on Sunday Aft		
	11-12	5:44.78				

Session 8 – Saturday FINALS (13&O)				
Saturday 2 May 2026				
Warm-up: 6:00-6:55 PM			Start: 7:00 PM	
Consol/Final for 13-14, 15 & Over (no consols if fewer than 18 entries in event or fewer than 4 swimmers in Consol after scratch deadline)				
Girls		EVENT	Boys	
801	13-14	GOLDEN CROWN 50 FREE (TOP 8 BASED on 50 FREE PRELIMINARY RESILTS)	13-14	801
802	15&O		15&O	802
33		200 IM	34	
35		100 Fly	36	
37		50 Free	38	
39		100 Breast	40	

Session 9 – Sunday Prelims (13&O)					
Sunday 3 May 2026					
Split Warm-up: Grp A 8:00-8:25 AM --- Grp B 8:30-8:55 AM				Start: 9:00 AM	
Girls			EVENT	Boys	
Event No	Qual Std			Qual Std	Event No
61	13-14	3:22.27	200 Fly	3:07.47	13-14
	15&O	3:17.92		3:00.04	15&O
63	13-14		50 Back		13-14
	15&O				15&O
65	13-14	2:50.52	200 Free	2:40.48	13-14
	15&O	2:48.71		2:35.36	15&O
67	13-14		50 Breast		13-14
	15&O				15&O
69	13-14	1:29.41	100 Back	1:22.78	13-14
	15&O	1:27.73		1:21.66	15&O
71	13-14	5:22.12	400 Free (TF – Fast to Slow)		13-14
	15&O	5:17.45			15&O

2026 Dr. Ralph Hicken Invitational

Session 10 – Sunday Afternoon (12&U) Sunday 3 May 2026 Split Warm-up: Grp A 1:00-1:25 PM --- Grp B 1:30-1:55 PM						Start: 2:00 PM
Girls			Boys			
Event No	Qual Std		EVENT	Qual Std		Event No
73	11-12	3:50.84	200 Fly	3:53.22	11-12	74
75	10&U		50 Breast		10&U	76
	11-12				11-12	
77	10&U	3:15.67	200 Free	3:15.12	10&U	78
	11-12	3:04.30		3:04.55	11-12	
79	10&U		100 Back		10&U	80
	11-12				11-12	
81			4x50 Medley Relay (TF 10&U)			82
83			4x50 Medley Relay (TF 11-12)			84
Girls 400 Free swims on Saturday Aft			400 Free (Boys Only – Fast to Slow)	6:05.13	10&U	60
				5:44.59	11-12	

Session 11 – Sunday FINALS (13&O) Sunday 3 May 2026 Warm-up: 6:00-6:55 PM			Start: 7:00 PM
Consol/Final for 13-14, 15 & Over (no consols if fewer than 18 entries in event or fewer than 4 swimmers in Consol after scratch deadline)			
Girls	EVENT		Boys
61	200 Fly		62
63	50 Back		64
65	200 Free		66
67	50 Breast		68
69	100 Back		70

Etobicoke Olympium Parking – 590 Rathburn

Parking – VERY Limited – because of FIFA World Cup construction and snow clearing – **please limit the number of vehicles. Meet is FULL -- limited spectator Space in Facility** -- please limit the number of ‘fans’ coming to watch and please leave when your swimmer is finished to allow others to view their swimmers.

Parking available – see Map below:

- **A** – Etobicoke Olympium local – very limited parking (do NOT park in Fire/Emergency lanes)
- **B** – Etobicoke Olympium overflow parking – less than half of what was previously available
- **C** – parking near Rob Ford Stadium (fka track centre)
- **Seneca School** – **ONLY SATURDAY & SUNDAY** - (just east of Olympium along Rathburn)
- **Centennial Arena** – farther north off on Centennial Park Rd – lots of parking but a **REALLY** long walk
- **On Street Parking in residential area** south off of Rathburn – 3 hr limit (\$40 ticket), Fire Hydrants (some hidden in snow - \$125 ticket)

