2026 Dominique Bouchard Invitational

Brief Meet Information

NAME OF MEET:	2026 Dominique Bouchard Invitational
DATE(s):	**November 13-15, 2026**
HOSTED BY:	North Bay Y Titans Swim Club
LOCATION:	North Bay Aquatic Community Centre YMCA
FACILITY:	25m pool, 6 lanes, Colorado Systems (Plungers and touchpads)
PURPOSE & DESCRIPTION:	Age Group Invitational Swim Meet
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 http://www.swimming.ca/ and the Swimming Canada Registration and Event Management System (REMS).
LAST UPDATE:	Nov 6, 2026

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Connie Zwarich	zwarichc@gmail.com	5
MEET MANAGER(S):	Mike Blair Tina Guenther Tim Freeman	michaelshawnblair@gmail.com treasurer@nbtitans.com ts.freeman2006@gmail.com	
OFFICIALS COORDINATOR:	Melissa Young	officials@nbtitans.com	

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Safety at Competitions

Swimming Canada and Swim Ontario believe 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.

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.

ADDITIONAL INFORMATION	• Meet management will not accept requests to access the competition deck to record. • The following are approved by Swim Ontario Official Photographers/Videographers for this event: **Julie Blair & Jason Perrin**

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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 Warm-up Supervisors.

- 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 Warm-up Supervisors 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.

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:**
	• from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.15.4.3 from
	  ○ from deep end only
	and/or
	• from the Deck or Bulkhead as per Swimming Canada Rule C4.1.1 and World Aquatics II.15.4.3
	  ○ from deep end
	and/or
	• In-water starts will be conducted as per Swimming Canada Rule II.C4.1.2 and World Aquatics II.15.4.3
	  ○ from deep end

	• In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C15.1.4.1 ○ 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: • 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. **Requesting Accommodations:** 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 of the first day of the competition November 13, 2026.

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.

ADDITIONAL ELIGIBILITY INFORMATION:	• Preference will be given to the host club first. • Pre-competitive registered swimmers are welcome to attend, but may not exceed 1 competition. At this competition, they will compete as Exhibition and are not eligible for scoring or awards.
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. **Athletes must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.** 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. 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. • 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. • Meet management will notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries. • 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 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. 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.
ENTRY DEADLINE:	**The online entry deadline is October 27, 2026 (17 days prior to meet)** • Changes to entries will be accepted until November 3, 2026
ENTRY FEE:	The following fees will apply for this competition: • Individual Events: $15 • Relay Events: $20 • Swimmer Fee: $17.50 Payment Method: e-transfer to treasurer@nbtitans.com OR provide cheque at Admin. Desk
ENTRY LIMITS:	The following limits are in place for this competition: • The maximum number of participants per session is 150 • The maximum number of entries per swimmer is 10 (6 Ind. plus 4 relays) • The maximum number of relays per club is 2 per event

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RELAY ENTRIES & MIXED RELAYS:	Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. ● Relay swimmers must be entered in a non-relay event in order to compete.
ENTRY TIMES & CONVERSION:	● Entries can be submitted with No Time (NT). ● Estimate entry times are accepted. ● Entry Times can be converted (i.e. LCM to SCM) ● Times will not be converted by meet management.

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
Session 1	**Nov. 13**	**4:30pm - 5:05pm**			
	Nov. 13	**5:10pm - 5:50pm**	**5:55pm**	**9:10pm**	**Timed Finals**
Session 2	**Nov. 14**	**7:45am - 8:10am**			
	Nov. 14	**8:15am - 8:40am**	**9:00am**	**12:00pm**	**Timed Finals**
Session 3	**Nov. 14**	**12:30pm - 12:55pm**			
	Nov. 14	**1:00pm - 1:25pm**	**1:35pm**	**6:00pm**	**Timed Finals**
Session 4	**Nov. 15**	**7:45am - 8:10am**			
	Nov. 15	**8:15am - 8:40am**	**8:45am**	**11:30am**	**Timed Finals**
Session 5	**Nov. 15**	**12:00pm - 12:25pm**			
	Nov. 15	**12:30pm - 12:55pm**	**1:05pm**	**5:00pm**	**Timed Finals**
Warm-up and start times may be modified based on the number of swimmers subscribed per session.					

Meet Format & Administration

SEEDING:	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.

DECK ENTRIES:	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). The following are the Deck Entry Rules for this competition: ● Only event deck entries are permitted for swimmers already entered in the competition. ● Fee: $20

RELAY NAME SUBMISSION:	● Relay Cards are available in the Coaches Package OR at the Admin Desk. ● Relay Cards or Forms must be returned to the Admin Desk. ● The Relay Name submission deadline is 30 minutes before the start of the session.
SCRATCHES & POSITIVE CHECK IN RULES:	The following are the Scratch deadlines for this competition. ● Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session. The following are the Positive Check-in deadlines for this competition. ● There is no positive check-in required for this competition.
PENALTIES:	● No penalty shall be imposed for day of withdrawals and No-Shows except loss of entry fees.
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. ● Official Split Forms are available in the Coaches Package OR at the Admin Desk. ● Official Split Forms must be returned to Admin Desk by: 30 minutes prior to the session ● Not all Official Split requests can be accommodated.

DISQUALIFICATION & APPEAL PROCEDURE:	The Athlete or Coach must be informed of the particulars of the disqualification within fifteen (15) minutes of the Athlete's race. If that deadline is missed, the disqualification stands only if all reasonable efforts were made to inform them. A public address announcement of the disqualification satisfies this requirement. ● The Coach or Team Leader should first discuss the disqualification with the Session Referee, and may ask to view the disqualification slip. ● If the matter is not resolved, the Coach or Team Leader may submit a written appeal to the Session Referee or Admin Desk within 30 minutes of the result being posted. Appeal forms are available at the Admin Desk. ● If the Session Referee rejects the appeal, the Coach or Team Leader may request a Jury of Appeal. This request must be made within one hour of the Referee's written decision being communicated. ● Video from personal devices will not be accepted at any stage of the appeal process. Only official video approved by the Competition Coordinator before the start of the competition may be consulted (II.C12.5.2). The following are approved as video evidence: A. No approved video • The Appeals & Jury of Appeal Standard Operating Procedure will be followed.

RECORDS:	• Swim times achieved at this competition will NOT be used for applications of provincial and national records.
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca via REMS. • Unofficial Results will be posted at the meet. • Unofficial mobile applications results will be available. • 50 m Free Elimination race times (Events 25 and 26) will only be considered unofficial.
SCORING & AWARDS:	The following scoring will be applied: A. 1st Ind. - 10 B. 2nd Ind. - 8 C. 3rd Ind. - 6 D. 4th Ind. - 4 E. 5th Ind. - 2 F. 6th Ind. - 1 Note: 50 m Free Elimination races will not count towards team or individual scoring points. The following will be awarded: A. Medals - 1st, 2nd and 3rd (individual and relays) B. Ribbons - 4th to 6th (individual only) C. Dominique Bouchard Signed Certificates • Individual Top male and female point for • 10 and under; 11-12; 13-14 and 15 and Over

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Schedule of Events

Session 1 - 11 and Over Friday, November 13, 2026 Warm-up: 4:30 PM -- Start: 6:05 PM		
Women		**Men**
1	*400 IM*	*2*
3	*50 Free*	*4*
5	*800 Free Mixed*	
7	*400 Free*	*8*

Session 2 - 13 and Over Saturday, November 14, 2026 Warm-up: 7:45 AM -- Start: 8:45 AM		
Women		**Men**
9	*200 Freestyle Relay (13-14)*	*10*
11	*200 Freestyle Relay (15 and Over)*	*12*
13	*100 Fly*	*14*
15	*50 Back*	*16*
17	*200 IM*	*18*
19	*100 Free*	*20*
21	*200 Back*	*22*
23	*100 Breast*	*24*
25	*50 Free Eliminator* *(Top 6 times 13 and Over from Nov 13 Events 3 and 4)*	*26*

Session 3 - 12 and Under Saturday, November 14, 2026 Warm-up: 12:30 PM -- Start: 1:35 PM		
Women		**Men**
27	*50 Free (10 and Under ONLY)*	*28*
29	*100 Fly*	*30*
31	*200 IM*	*32*
33	*100 Free*	*34*
35	*200 Back*	*36*
37	*100 Breast*	*38*
39	*200 Freestyle Relay (12 and Under)*	*40*

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Session 4 - 13 and Over Sunday, November 15, 2026 Warm-up: 7:45 AM -- Start: 8:45 AM		
Women		**Men**
41	*200 Fly*	*42*
43	*100 Back*	*44*
45	*50 Breast*	*46*
47	*100 IM*	*48*
49	*200 Free*	*50*
51	*50 Fly*	*52*
53	*200 Breast*	*54*
55	*200 Medley Relay (13-14)*	*56*
57	*200 Medley Relay (15 and Over)*	*58*

Session 5 - 12 and Under Sunday, November 15, 2026 Warm-up: 12:00 PM -- Start: 1:05 PM		
Women		**Men**
59	*200 Medley Relay (12 and Under)*	*60*
61	*100 Back*	*62*
63	*50 Breast*	*64*
65	*100 IM*	*66*
67	*200 Free*	*68*
69	*50 Fly*	*70*
71	*50 Back*	*72*
73	*200 Breast*	*74*