

2026 ONTARIO OPEN WATER CHAMPIONSHIPS – AGE GROUP

GULL LAKE, GRAVENHURST, ONTARIO

July 25-26, 2026 – EVENT PACKAGE

Hosted By Swim Ontario & Muskoka Aquatic Club



Version 2.0 – June 22 Added link for course maps and Continuous Warm-up

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GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Swim Ontario & Muskoka Aquatic Club in partnership with the Town of Gravenhurst Local Organizing Committee
- **Location:** Gull Lake Rotary Park
 - 405 Brock Street,
 - Gravenhurst, Ontario
- **Dates:** July 25-26, 2026
- Course Maps – available on the meet information page
- [Meet Information Page](#)
- **Race Coordinator:** Christy Yaremczuk, Swim Ontario - christy@swimontario.com - 416-821-8587
- **Safety Coordinator:** Al Shaw
- **Entry Coordinator:** Kirsti Kontor, Swim Ontario, meetentries@swimontario.com
- **On Site First Aid & Medical Team: Local EMS**
- **Meet Manager:** Mary Jane Smith, Level V, Level III Open Water
- **Chief Referee:** Steve Sachs, Level V, Level III Open Water
- **Meet package:** The only meet package that is considered valid is the one posted on Swimming Canada

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and Swim Ontario. A valid SC registration number is required for all swimmers, and entries without a SC registration number will be declined entry. Entries are closed to Swim Ontario clubs only.

- **Swimmers entering the 1 KM & Relay events must be 11 years of age and older to compete.**
- **Swimmers entering the 2 KM & 3 KM events must be 12 years old and older to compete.**
 - To enter the 3KM: 12 & 13 year old swimmers must have 1500m time in Swim Rankings and preferably OW race experience
- **Swimmers entering the 5KM event must be 14 years of age and older to compete.**
 - **The same age restrictions apply to Para Swimmers.**
- Age is as of July 25, 2026

ENTRY FEES

- Individual Event Fee (per event): \$75 + HST = \$84.75 (**limit of 1 individual event/day + relay**)
- Relay Only Swimmer Fee: \$75 + HST = \$84.75 for entry into relays only
- Relay Event Fee: \$30 + HST = \$33.90 per relay event
- Entry Fees must be paid prior to arrival.
- Payment methods:
 - Clubs will be invoiced through REMS and payment is through REMS. Instructions will be provided when invoices have been created in REMS.
 - **Payment will not be accepted onsite (no cheques or cash)**

ENTRY PROCESS

- Age Group swimmers must be entered by their clubs through REMS – entries will not be accepted by email.

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- A registered club coach must be present at the event.
- If a club coach is not available, the club can arrange for a registered coach from another club to be the "coach of record" for the event.
 - The club will need to make those arrangements and provide this information via the [Team registration online form](#).
- Age Group clubs will need to complete a team registration form by Thursday, July 2 at 5pm.
 - [Team registration online form](#)
- **Entry Deadline:** Thursday, July 2, 2026 at 5pm.
- **Entry limits:** Swimmers are limited to 1 individual event **per day**, plus a relay.
- **Entry Notification:**
 - Entries will be confirmed after the entry deadline
 - No late entries will be accepted after the entry deadline
 - No substitutions for withdrawn swimmers are permitted
 - No day of "deck" entries will be accepted
 - No refunds for withdrawals after July 5th at 5pm.
- **Qualifying Standards and Competition Time Limits:**
 - Participants must be able to complete the 1 KM in 35 mins, 3 KM in 100 mins and 5 KM in 2.5 hours
 - The above time limits are a guide for entry; at the event, the time limit will be based on the concept used in World Aquatics Rule 5.14
- **Time Limit Definition:**
 - Swimmers will have 20 minutes to complete the race after the first swimmer in their wave finishes
- **Referee Discretion:**
 - The Referee may permit a swimmer to finish beyond the 20-minute window **if:**
 - The swimmer has rounded the last buoy, and;
 - Their finish will not interfere with the start of the next wave.
- Participants will be entered by their designated age and gender and marshalled in waves.
- Estimated entry times are required for 3 KM and 5 KM races so that the waves can be seeded appropriately
- **Relay (4x500m Mixed Relay):**
 - Mixed relay teams should be comprised of 2 males and 2 females.
 - All relays will be exhibition; there will be no awards for relays.
 - There is no qualifying standard for the 4x500m mixed relay, but teams **must provide an estimated entry time for each relay team** so that teams can be organized into waves with similarly seeded teams.
 - **Coaches to use relay swimmers' 400 Free times to generate a cumulative team time** (4x400 free time = estimated relay time). Times do not have to be provable but should be realistic estimates for a 4x400 Free event.

Meet management reserves the right to limit entries should the projected timeline exceed the time available to safely run the day's events. Entries will be approved by the Entry Coordinator after the July 2 entry deadline and a final entry report sent to each club.

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EVENT DETAILS

- **On-Site Check-In Start Times:**
 - A memo will be posted & sent out to all participants regarding registration process including:
 - Designated parking arrival on site
 - Check-in, marking, cap identification, chip
 - Designated participant space
 - Participants will check-in and be marshalled as per the event schedule.
 - **Timing:** Timing will be electronic by Chip Timing. All swimmers will wear a timing chip on their wrist.
 - **Technical Meeting & Safety Briefing:** Volunteers, Coaches and Swimmers must attend the in-person Safety Briefing. Officials will have an online safety briefing prior to the event – details TBD.
 - On-Site in-person Safety Briefing will be determined after entries close.
 - Race will run **Rain or Shine!** Cancellation only in the event of thunder/lightning.
 - No wearables, including Smart watches, for pacing or timing purposes will be permitted. Wearables may be worn that transmit data but they cannot provide timing-related feedback to the swimmer (examples include smart goggles, hearing devices, etc.).
 - Wetsuits are not allowed unless the water temperature is less than 18C. No jewelry (earrings, rings, necklaces, etc., including watches) permitted. Fingernails and toenails must be trimmed short.
 - Course Layout – maps are posted on the Swim Ontario [meet page](#)
 - Continuous warm-up will be offered to the south of the start line in a designated area, marked with signage and covered by a dedicated lifeguard

EVENT SCHEDULE

Swim Ontario and Meet Management reserve the right to adjust start times.

Start Lists will be communicated after entries close.

IMPORTANT NOTICE: Warm-up schedules are to be confirmed. Training outside of the event schedules is only covered under our insurance binder by following the OW training safety measures under the supervision of a registered certified coach – click [here](#) for details – and all beach/facility safety rules for swimming must be followed. Boats and water crafts are permitted on the lake – take precautions to be visible.

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Preliminary Schedule*

**Final Schedule to be posted after July 2 entry deadline*

 2026 Ontario Open Water Championships  AGE GROUP SCHEDULE		
Event	Saturday, July 25	Sunday July 26
3 KM	Registration – 7:30am Start – 8:30 am	---
4x500m Relay	Registration – 10:30am Start – 11:30am	---
1 KM	Registration – 1:30pm Start – 2:30pm	---
5 KM	---	Registration – 7:30am Start – 8:30am
2 KM	---	Registration – 10:30am Start – 11:30am

AGE GROUPS AND RESULTS

- The results and ranking will be compiled according to the following age categories:
 - 1 KM 11-12, 13-14, 15-16, 17&Over
 - 2 KM 12-13, 14-15, 16-17, 18&Over
 - 3 KM 12-13, 14-15, 16-17, 18&Over
 - 5 KM 14-15, 16-17, 18&Over
 - 4 x 500 Mixed 11&Over Relay
- **Race Results:** Will be posted on the Swim Ontario Website www.swimontario.com

AWARDS

- Medals (1-3) for Individual events

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COMPETITION RULES

*Swimming Canada and Swim Ontario rules will be in effect
Swim Ontario reserves the right to implement rule II.1.C1.03*

SWIM RULES

- Wetsuits are not allowed unless the water temperature is less than 18 degrees C
- No jewelry (earrings, rings, necklaces, etc., including watches) permitted.
- No wearables, including Smart watches, for pacing or timing purposes will be permitted.
- Fingernails and toenails must be trimmed short.

SWIM ONTARIO – OPEN WATER MEET REQUIREMENTS

- All swimmers must be registered with Swim Ontario as Age Group competitive swimmers.
- Host facility is required to supply written water test results to Swim Ontario, two weeks prior to the event, that confirm compliance with Ontario Health Standards
- Water tolerance levels must meet the following standards:
 - pH between 6 and 9
 - E-coli (fresh water) not more than 200 per 100 mils
 - Entero-cocci 35 per 100 mils
- Water temperature to be tested 2 hours before the start of the event, and confirmed at 16 degrees or higher at the centre of the course at a depth of 40 cm
- In the case of bad weather (i.e., thunder or lightning) alternate plans for event date or cancellation must be in place
- Written Emergency extraction plan or medical intervention must be in place and included in meet package and posted at the event
- Must have EMT on site
- Must have certified NLS Lifeguards
- No wet suits will be allowed unless water temperature is below **18 degrees C**
- Each swimmer must be clearly numbered on upper arm, back and swim cap
- No Event shall be more than 10km.
- Swimmers **MUST** be 11 years old and over to participate in any sanctioned Open Water Events in Canada
- Swimmers aged 11 years old are limited to Open Water events of NOT more than 1000m
- Swimmers aged 12 - 13 are limited to Open Water events of NOT more than 3000m
- Swimmers aged 14 years or older may participate in all Open Water events
- The same age restrictions apply to Para Swimmers and will also be in keeping with the FINA suggested distance for their classification
- Clarification of Open Water age/distance limits effective March, 2012
- The course must be clearly marked and defined

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- The finish point where the race terminates must be clearly marked and defined with a predetermined 'touch' point
- Timing procedures need to be outlined and considered satisfactory by SO Regional Sanctioning officer.
- Finish monitors must be in place to assist swimmers out of the water if necessary

PARTICIPANT SAFETY

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.

All participants in this event are reminded that they are bound by Swim Ontario Policies and Procedures, including but not limited, to 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>. Conduct that violates the Swim Ontario bylaws, policies, procedures and comprehensive code of conduct and ethics may be subject to filing a formal complaint. [Submit a Complaint](#).

SWIM ONTARIO CONCUSSION MANAGEMENT PROCEDURE (ROWAN'S LAW)

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.

- The [Swim Ontario Concussion Management Procedure](#) is in effect at all Swim Ontario sanctioned events. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Clubs and coaches must ensure athletes are aware of this procedure.
- Meet Management will have copies of the [Concussion Management procedure](#) at the competition.
- Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the [Swim Ontario Injury reporting form](#)

OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust must be in an environment or space that is both 'open' and 'observable' to others.

EVENT PHOTOGRAPHY/VIDEOGRAPHY

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In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras, cellphones or other recording devices allowed in the area immediately behind the starting blocks during competitions, or in locker rooms, bathrooms, or any other dressing area. The [Swim Ontario Photography, Videography, and Cellphone Procedure](#) is in effect.

PROCEDURE

- Only individuals that have made an application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. All individuals making application must follow the [Screening Requirements Procedures](#). Please contact Meet Management for application and authorization process.
- Please contact Swim Ontario for application and authorization (nicole@swimontario.com)
- Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relations to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.

By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.

ADDITIONAL SAFETY PRECAUTIONS

- A stationary craft will be available every 250 metres of the course with NLS Lifeguard on board and appropriate safety equipment
- Escort crafts, with NLS Lifeguard, in the water following alongside the swimmers as they swim their course
- All boats used in conjunction with the event must meet Safety Compliance Notice issued by Transport Canada for equipment and loading capacity
- All swimmers and coaches must be briefed on emergency procedures prior to the start of the race as well as these procedures must be posted day of event
- Every swimmer must be accounted for before they enter the water and as they exit
- Race course and beach/land area should be checked and cleared of any hazards morning of the event
- Spectators should be kept at a distance from the start/finish lines allowing clear access for the swimmers

Smoking or the use of any other tobacco products is prohibited in the venue of all Swim Ontario sanctioned events.

COMMUNITY GROUPS SUPPORTING THE EVENT

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OPP – will provide a drop in presence

EMS – will be on site

Gull and Silver Lake Residents' Association

Town of Gravenhurst



Gravenhurst Against Poverty – please bring a non-perishable food donation. We will be collecting donations over the weekend and donating them, along with a portion of the apparel proceeds, to this essential community organization.

ACCOMMODATIONS

The Town of Gravenhurst provides a list of different types of accommodations available locally. Summer is the high season so book early! There are bed and breakfasts, camping, hotels and motels, private cottages, and resorts located locally.

Visit: <https://www.gravenhurst.ca/visit-gravenhurst/places-to-stay/>

Some examples:

Residence Inn By Marriott, Gravenhurst Muskoka Wharf – 705-687-6600

Howard Johnson by Wyndham, Gravenhurst 705-687-7707

SPONSORS

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