

2026 TCDSSI

Meet Information Package

May 29th and 30th, 2026



Hosted by: All Saints and St. Cyril

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MEET DETAILS

Dates: Friday, May 29th, 2025 (Preliminaries – AM/PM Sessions)
 Saturday, May 30th, 2025 (Finals & Special Olympics Event)

Location: The Etobicoke Olympium (590 Rathburn Road, Toronto, ON M9C 3T3)

Host: All Saints Catholic School (1435 Royal York Road, Toronto, ON M9P 3A7)
 St. Cyril Catholic School (18 Kempford Blvd., North York, ON M2N 2B9)

Meet Managers: Robert Rivers / Nino Montanari/Rob Rudd

Email: tcdssi2026@gmail.com

Website: www.tcdssi2026.org

KEY DATES

Date	Task	Notes/Dependencies
Feb 2nd 2026	Meet Information Package	Post and make available for download
Friday, April 24th, 2026	Registration Submission Deadline	Complete Registration Package including hard copy of Entries, School Summary Form, Declaration & Registration Checklist, Volunteer Form, Coach Information Form and required payment due by 4:00 p.m. at All Saints or St. Cyril. Electronic Entries file emailed to Meet Manager at tcdssi2026@gmail.com & Steve Goodwin at sdg9@rogers.com before the midnight deadline.
Friday, May 15th, 2026	Scratch & Change Deadline	Any scratch/changes must be emailed to the Meet Manager at tcdssi2026@gmail.com & Steve Goodwin at sdg9@rogers.com before the midnight deadline.
Friday, May 15th, 2026	Relay Cards Submission Deadline	All relay card submissions must be emailed to the Meet Manager at tcdssi2026@gmail.com & Steve Goodwin at sdg9@rogers.com before the midnight deadline.
Friday, May 29th, 2026	TCDSSI Preliminaries	Team will be assigned to either Division A (AM) or Division B (PM)
Saturday, May 30th, 2026	TCDSSI Finals	One session (AM)

REGISTRATION

Meet Information Package

The Meet Information Package is posted to the TCDSB Swim Invitational website (www.tcdssi2026.org) and available for download. Software instructions and event file required for entries will be available soon for download and emailed to each school.

Eligibility and Ethics:

All swimmers must be a student enrolled at the elementary school he/she is representing.

A signed **Swimmer Registration Form** and **Code of Conduct Form** (in appendix for reference and available for download @ www.tcdssi2026.org) must be completed for each swimmer and this documentation **must be on hand** at the swim meet in case of an accident. **These forms are NOT to be submitted with registration.**

Age Levels:

8 and under

9-year-old (9 and under 25m butterfly only)

10-year-old

11-year-old

12-year-old (12 and under 100 IM only)

13 & 14 year olds

Entry Limitations

- Maximum number of swimmers per school is **100**
- Maximum number of entries per school is **200** individual events.
- Maximum 3 individual events per swimmer entered at his/her age level. Age level is determined by age of swimmer as of **December 31, 2025**.
- The same swimmer must swim in preliminaries and finals in individual event. No substitution on individual events.
- Relays – maximum **one entry per school per event**. Maximum **4 relay events per swimmer**, to be entered at his/her age group or higher, up to two age levels up. Swimmers must swim at least one individual event to be eligible to participate in a relay.

Deck Entries

Deck entries will NOT be accepted.

Session Summary

- Preliminaries on Friday, May 29th, 2026, are split into two half-day sessions.
 - Morning Session – 10:00 a.m. – 1:30 p.m.
 - Afternoon Session – 2:30 p.m. – 6:00 p.m.
- Finals will be one session on Saturday, May 30th, 2026 beginning at 9:00 a.m.
- Each school will compete in either the morning (Division A) or the afternoon session (Division B), but not both. Schools will arbitrarily be assigned a division at the sole discretion of the Meet Manager.
- Schools will be advised of their division assignment once registration is completed by all attending schools.
- All participating schools will be on deck simultaneously during their respective Division sessions.

- Marshalling for the north tank during preliminaries on Day 1 and for finals on Day 2 will take place in the 'Junior Pool'.

Scratches

Scratches from preliminary events can be made up until **Friday, March 15th, 2026**, by emailing Meet Manager at tcdssi2026@gmail.com & Steve Goodwin at sdg9@rogers.com. Scratches sent after the deadline may not appear in the printed program. All scratches should be sent as soon as possible.

Events

Refer to *Appendix 1* for the Event Listing.

Please Note: Events are to start with FLY to avoid conflicts with 12&U swimmers competing in their 50m events in the deep end at the same time their 25m FLY events are being marshalled or raced in the shallow end.

Special Olympics Event

Swimmers with a disability (SWAD) are encouraged to participate provided they meet reasonable swim standards.

Event 74 is an Exhibition Event for Special Olympic (SO) Athletes.

- To encourage enrolment in this event, the number of SO athletes will NOT count toward a school's 100 athlete maximum NOR with their entries count toward a school's 200 entry maximum for individual entries.
- Due to these factors, Event 74 **will NOT be scored**.
- Schools will NOT be charged an entry fee for SOA swimmers.
- Event 74 has been designated as a manually timed Individuals 25M Finals Event scheduled for the FINALS session on **Saturday, May 30th, 2026**.

Coaches, please contact Meet Management at tcdssi2026@gmail.com to register your SO Athletes.

Awards

Medals for 1st, 2nd and 3rd and ribbons for 4th through 8th in all individual and relay events. Trophies will be awarded in the categories listing in *Appendix 6*.

Scoring

Individual events (1-50) points: 30-25-20-15-14-13-12-11-8-7-6-5-4-3-2-1

Relay events (51-73) points: 30-25-20-15-14-13-12-11

(Event 74 – Special Olympics, will NOT be scored)

Entry Fees

\$10.00 per individual event and **\$16.00** per relay event

Please make cheque payable to **All Saints Catholic School**.

REGISTRATION DEADLINE – FRIDAY, APRIL 24TH, 2026

Hardcopy Submissions to All Saints (1435 Royal York Road, Toronto) or St. Cyril(18 Kempford Blvd., North York) by 4:00 p.m.		Electronic Submissions by midnight
School Summary & Payment		Entries File emailed to Meet Manager at tcdssi2026@gmail.com & Steve Goodwin at sdg9@rogers.com
Declaration & Registration Checklist		
Meet Entries Report		
Coach Registration Form		Electronic copy of Coach Registration emailed to Meet Manager at tcdssi2026@gmail.com
Volunteer Registration Form		Electronic copy of Volunteer Registration to Meet Manager at tcdssi2026@gmail.com
Trophies (updated with 2025 winners)		

**SCRATCH & CHANGE DEADLINE and
RELAY CARDS SUBMISSION DEADLINE – FRIDAY, MAY 16th, 2025**

Email to: Meet Manager at tcdssi2026@gmail.com & Steve Goodwin at sdg9@rogers.com	
Scratch & Change Requests	Email listing school/swimmer/age/specific request
RELAY Cards Submission	Email RELAY Card file

THE ETOBICOKE OLYMPIUM RULES & REGULATIONS

The host school must respect the capacity limit on deck and in the gallery per session.

Security procedures will be implemented to limit both deck access to authorized officials and participating teams and limit the number of spectators in the gallery.

Deck access for Finals on Saturday, May 30th, 2026, is limited to participating finalists & coaches only. Team members not advancing to finals are not allowed on deck.

Given the capacity limits, the number of teams and estimated number of swimmers, teams are limited to one coach for each 10 swimmers (minimum of 2 coaches) to a maximum of 10 coaching staff.

Schools with >10 coaches may wish to have their extra coaching staff sign up for one of the deck official positions if they wish to be on deck during the meet.

The bulkheads are limited to officials and swimmers. No coaches are allowed on the bulkhead.

Coaches are responsible for their swimmers at all times – while on deck, in change rooms or in the marshalling zones. We request that at least one coach **be present in the marshalling zone for the younger swimmers at all times**, to ensure their team is organized and quiet.

Following each session all swimmers and coaches are responsible for cleaning their seating area, prior to leaving the pool deck.

Wristband Policy in Effect for Deck and Gallery Access

To adhere to capacity limits, a wristband policy will be in effect for 'Preliminaries'. The capacity limits are as follows:

470 person limit on deck per session (meet personnel, officials, lifeguards and swimmers in races)

697 person limit in lower stands (swimmers and coaches)

747 person limit in gallery (upper stands for spectators)

Policy:

All swim meet personnel, officials and coaches must have the appropriate on-deck wristband to gain access to the deck.

Spectators attending the preliminary sessions will be required to have the appropriate gallery wristband to gain access. The wristbands will be distributed to the swim team prior to the swim meet via the School Board courier. Each school is to distribute the wristbands, at their own discretion. (Approximately 1 wristband per swimmer registered for the meet.)

At this time, there is no wristband policy in effect for Finals on Day 2. However, security individuals will be present to ensure that the gallery is not overcrowded and will redirect spectators should there be any issues with overcrowding in any section of the gallery.

Over capacity is a fire hazard and will result in immediate termination of the Swim Meet.

TCDSSI RULES & PROCEDURES

Starts

There will be starting blocks on the bulkheads at the Etobicoke Olympium. All 25m events that swim in the shallow end will start from the middle bulkhead. All deep end events (50m/100m) will start from the south end starting blocks.

False Starts

As this is an elementary school swim meet with many young, inexperienced swimmers, there will be some leniency in disqualifications on false start in the Preliminaries ONLY.

Regardless of whether or not all swimmers enter the water, the heat may be stopped and restarted due to a false start. A swimmer will be disqualified if they false start for a second time for that particular heat. If a swimmer dives in too soon but is much slower and is unlikely to advance to the Final, in the interest of time efficiency, we may continue to the next heat rather than have those swimmers swim again. False starts will be at the discretion of the Referee, Starter and Meet Management.

Missed Heats

Swimmers who miss their heats may forfeit their event as it is not possible to run heats in excess of scheduled heats given the time constraints. Meet officials will make best efforts to find an opportunity for the swimmer to race in another heat, if an empty lane becomes available.

- Coaching teams are responsible for getting their swimmer to the holding zone in either the shallow or deep end for each event/heat as it is being marshalled.
- If a swimmer reports to their event/heat/lane before the start of their race and misses their race through no fault of their own, meet officials will make best efforts to find an opportunity for the swimmer to race in another heat, if an empty lane becomes available.

For the Finals, coaches must send in a “stand-in” swimmer to hold the place of a swimmer that cannot make it to the marshalling zone, because they are in another event. If a swimmer (or their stand-in) fails to show up for marshalling, and an alternate swimmer (ie. placed 17 or 18 in prelims) is put in, the alternate’s placement is firm, once the heat leaves the marshalling area. The qualified swimmer forfeits their spot in the Final.

Relays

Relay cards must be completed and emailed to the Meet Manager (tcdssi2026@gmail.com) and Steve Goodwin (sdg9@rogers.com) by **Friday, May 15th, 2026**. Entries for each relay team are subject to inspection prior to the meet to ensure compliance to the Age Up policy.

One entry per school per relay event.

Maximum 4 relay events per swimmer to be entered at his/her age group or higher, up to two age levels up. Swimmers must swim at least one individual event to be eligible to participate in a relay.

Mixed Relay: Eligible for small schools only (30 swimmers or less). The team must consist of 2 boys and 2 girls (in any order), and one swimmer must be in each of the following age categories – 9 and under; 10 and under; 12 and under; and 13 and under.

Relay Rules

- Relay teams must be filled with eligible swimmers in each respective age & gender range before Aging Up is allowed.
- If a school cannot make up a relay team of 4 in an age/gender group, they can Age Up to 2 years. Example: There are only two Grade 8 Girls (13/14 yr old). Swimmers from the 11 & 12 year old age groups can be slotted into the 13/14 Yr Girls relay to make up a relay team but the two Grade 8 girls must be on the team.
- The same 4 swimmers on a Relay Team must swim in both the Preliminary and Finals.
- The ONLY exception is for swimmers who are so ill they cannot compete or have become injured (e.g. broken leg/arm).
- To ensure this rule will only be used on an exception basis:
- The swimmer who backfills someone in the Finals must have competed in the Preliminaries (this is to avoid substituting a better swimmer who was not available for preliminaries due to prior commitments).
- The swimmer who participated in the Preliminaries but can't swim the Relay in the Finals will also be scratched from their Individual Events they placed in the finals (this is to prevent abuse of the substitution).

Finals

All Finals will take place in the shallow end of the pool starting with Individual Events, followed by Relays. Relays are to begin no earlier than a set time that will be posted closer to the date of the meet.

The top 16 swimmers, by time, (plus 2 alternates) from the combined preliminaries will advance to the finals. Individual events with less than 16 entries may advance directly to Finals.

The top 8 relay teams, by time, (plus 2 alternates) from combined preliminaries will advance to the finals. Relay events with less than 8 entries may advance directly to finals.

Finals -- coaches must send "stand-in" swimmers to hold the place of a swimmer that cannot make it to the marshalling zone because they are in another individual event. If a swimmer (or their stand-in) fails to show up for marshalling and an alternate swimmer (i.e. placed 17 or 18 in prelims) is put in, the alternate's placement is firm once the heat leaves the marshalling area. The qualified swimmer forfeits their spot in the Final.

VOLUNTEER REQUIREMENTS

All participating schools are required to provide the names, e-mails and phone numbers of volunteers who are able to volunteer at the meet. Volunteer support will be required at both the prelims and finals. The number of volunteer sessions required for each school will be based on the team size (number of registered swimmers).

School Swim Team Size	Volunteer Sessions Required per School	Max # of Student Volunteers
Small Team School (<=30 swimmers)	8	2
Medium Team Schools (31-60 swimmers)	12	3
Large Team Schools (61+ swimmers)	16	4

Complete the Volunteer Registration Form is included with this package or available for download. Please fill out the electronic table with a **complete** profile of each volunteer's qualifications and experience to limit follow-up communications and best identify volunteers to fill all the on-deck roles requiring previous experience or qualifications. Also, please ensure you identify whether your volunteer has a pool end preference as many parents wish to be on deck in the pool end that their swimmer(s) compete.

When complete, **e-mail it** to the Meet Manager (tcdssi2026@gmail.com) on or before **Thursday, April 23rd, 2026**. We ask that you name your file using the following naming convention:
SchoolName_Volunteers2026.xls

A hard copy of the form should also be submitted with the complete Registration Package on **Friday, April 24th, 2026**.

Volunteers will be assigned in accordance with their availability, skills and experience at the sole discretion of the Meet Manager. Refer to *Volunteer Requirements Appendix 4* for details.

IMPORTANT NOTES:

- Preliminaries are held in both the shallow and deep end. All 10&U events, 25m butterfly events and relays are held in the shallow end. All 11&O events compete in the deep end.
- Finals are held in the shallow end.
- At the discretion of the Meet Manager, a clinic may be offered to familiarize on-deck volunteers with duties such as marshalling, head/lane timing and/or strokes and turns officiating.
- Two parents from the same school will NOT be assigned in the same lane to avoid conflict of interest in recording finish times.
- Volunteers may NOT change lanes once on deck to pair up with someone other than whom they have been assigned.

Appendix 1: Event Listing

Girls Event #	Event Name	Boys Event #
1	13-14yr 50 Butterfly	2
3	12yr 25 Butterfly	4
5	11yr 25 Butterfly	6
7	10yr 25 Butterfly	8
9	9yr & Under 25 Butterfly	10
11	13-14yr 50 Freestyle	12
13	12yr 50 Freestyle	14
15	11yr 50 Freestyle	16
17	10yr 25 Freestyle	18
19	9yr 25 Freestyle	20
21	8yr 25 Freestyle	22
23	13-14yr 100 IM	24
25	12yr & Under 100 IM	26
27	13-14yr 50 Backstroke	28
29	12yr 50 Backstroke	30
31	11yr 50 Backstroke	32
33	10yr 25 Backstroke	34
35	9yr 25 Backstroke	36
37	8yr & Under 25 Backstroke	38
39	13-14yr 50 Breaststroke	40
41	12yr 50 Breaststroke	42
43	11yr 50 Breaststroke	44
45	10yr 25 Breaststroke	46
47	9yr 25 Breaststroke	48
49	8yr & Under 25 Breaststroke	50
51	13yr & Under 100 Freestyle Relay	52
53	12yr & Under 100 Freestyle Relay	54
55	11yr & Under 100 Freestyle Relay	56
57	10yr & Under 100 Freestyle Relay	58
59	9yr & Under 100 Freestyle Relay	60
61	8yr & Under 100 Freestyle Relay	62
63	13yr & Under 100 Medley Relay	64
65	12yr & Under 100 Medley Relay	66
67	11yr & Under 100 Medley Relay	68
69	10yr & Under 100 Medley Relay	70
71	9yr & Under 100 Medley Relay	72
73	Mixed 13yr & Under 100 Freestyle Relay	
74	Special Olympics Race	

Appendix 2: Qualifying Time Guidelines

Girls Event #	Girls Qualifying Time	Event Name 7,8,9,10 yr	Boys Qualifying Time	Boys Event #
3	0:30.00	12yr 25 Butterfly	0:30.00	4
5	0:32.00	11yr 25 Butterfly	0:32.00	6
7	0:35.00	10yr 25 Butterfly	0:35.00	8
9	0:37.00	9yr & Under 25 Butterfly	0:37.00	10
17	0:30.00	10yr 25 Freestyle	0:30.00	18
19	0:35.00	9yr 25 Freestyle	0:35.00	20
21	0:40.00	8yr 25 Freestyle	0:40.00	22
33	0:40.00	10yr 25 Backstroke	0:40.00	34
35	0:40.00	9yr 25 Backstroke	0:40.00	36
37	0:40.00	8yr & Under 25 Backstroke	0:40.00	38
45	0:40.00	10yr 25 Breaststroke	0:40.00	46
47	0:40.00	9yr 25 Breaststroke	0:40.00	48
49	0:45.00	8yr & Under 25 Breaststroke	0:45.00	50
74	N/A	Special Olympics	N/A	74
Girls Event #	Girls Qualifying Time	Event Name 11, 12, 13 & 14 yr	Boys Qualifying Time	Boys Event #
1	1:00.00	13-14yr 50 Butterfly	1:00.00	2
23	1:40.00	13-14yr 100 IM	1:40.00	24
25	2:00.00	12yr & Under 100 IM	2:00.00	26
11	0:50.00	13-14yr 50 Freestyle	0:50.00	12
13	0:55.00	12yr 50 Freestyle	0:55.00	14
15	1:00.00	11yr 50 Freestyle	1:00.00	16
27	1:00.00	13-14yr 50 Backstroke	1:00.00	28
29	1:05.00	12yr 50 Backstroke	1:05.00	30
31	1:10.00	11yr 50 Backstroke	1:10.00	32
39	1:00.00	13-14yr 50 Breaststroke	1:00.00	40
41	1:05.00	12yr 50 Breaststroke	1:05.00	42
43	1:10.00	11yr 50 Breaststroke	1:10.00	44

Appendix 3: Stroke Rules

2026 Swimming Canada Rules [Swimming Canada Rules - Swimming Canada](#)

FREESTYLE

5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

FREESTYLE: Start Mechanics

- Any stroke or combination of strokes may be used, so during the start any combination may be seen. It is very rare to see swimmers pursue anything but 'front crawl'.
- Regardless of 'stroke' - in an event designated as freestyle the head must break the surface by the 15m mark.

FREESTYLE: Swim Mechanics

- Any stroke or combination of strokes (including dog paddle) may be used. Freestyle is 'free style' – anything goes including doing other strokes during the race and even changing strokes in the middle of the race.

FREESTYLE: Turn / Finish Mechanics

- Swimmers may turn in any manner they want as long as they touch the wall at the end of each length of the race.
- A swimmer can go back and "save themselves" if they miss the touch during a turn. The infraction for missing the wall is not "officially" called until the swimmer touches the opposite end of the pool from the wall that they missed.
- The touch at the finish may be made with any part of the body.

BACKSTROKE

6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter, is prohibited. When using a backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

6.2 At the signal for starting and after turning, the swimmer shall push off and swim upon his/her back throughout the race except when executing a turn as set forth in II.6.4. The normal position on the back can include a roll movement of the body up to, but not including, 90 degrees from horizontal. The position of the head is not relevant. 2024 Swimming Canada Rulebook - Part II: Swimming Rules 28

6.3 Some part of the swimmer must break the surface of the water throughout the race except that once some part of the head of the swimmer has passed the 5 metres mark immediately prior to reaching for the finish, the swimmer may be completely submerged. It is also permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body. During

the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

6.5 Upon the finish of the race the swimmer must touch the wall while on the back.

BACKSTROKE: Start Mechanics

Some swimmers may kick out from the start on their side. This is legal but the swimmer must remain past vertical toward the back during this portion of the race.

BACKSTROKE: Swim Mechanics

Very simple – the swimmer may swim in any manner they choose as long as they remain on their back and break the surface of the water throughout the race.

BACKSTROKE: Turn Mechanics

There are 3 possible turns you may see while judging a backstroke turn:

- The swimmer may touch the wall while on their back and then leave the wall on their back;
- The swimmer may turn onto their breast and be right at the wall and unable to initiate a flip turn. This is a defensive turn where they may grab the wall or gutter immediately and then leave the wall on their back again;
- The swimmer may roll onto their breast, immediately begin a single (or simultaneous double) arm pull following which the swimmer must initiate their turn and leave the wall again on their back.

BACKSTROKE: Finish Mechanics

A swimmer may swim in any manner desired while remaining on their back and **MUST** remain on their back until the finish of the race.

BREASTSTROKE

7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race, the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous without alternating movement.

7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous without alternating movement.

7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in II.7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

BREASTSTROKE: Stroke Mechanics

- The stroke is a cyclical arm pull and leg kick with the head breaking the surface of the water on each cycle, except at each turn and the finish of the race, where an arm stroke not followed by a leg kick is permitted.
- The swimmer may only use the breaststroke kick and the feet must be turned outward during the propulsive portion.
- The elbows must not break the surface of the water.
- The swimmer must remain on their breast.

BREASTSTROKE: Turn/Finish Mechanics

- Two hand simultaneous touch.
- Must remain on breast until touch.
- Elbows may break the surface of the water on the final stroke before the turn and the final stroke at the finish.

BUTTERFLY

8.1 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

8.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to II.8.5.

8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him/her to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

BUTTERFLY: Start Mechanics

- Swimmers usually remain on their breast with hands extended forward, kicking in a butterfly-type kick.
- Some swimmers may kick-out on their side – this is legal as long as the swimmer remains past vertical towards the breast.
- The swimmer's first arm pull must bring them to the surface.

BUTTERFLY: Stroke Mechanics

- The stroke requires over the water recovery of the arms.

- The swimmer must use a butterfly kick with no scissors, breaststroke or flutter kick movement.
- Rounding motion of the feet is allowed as long as the toes are pointed backward or inward.
- One foot may be higher than the other as long as the feet do not alternate position.

BUTTERFLY: Turn/Finish Mechanics

- Two hand simultaneous touch – as in breaststroke – separated hands.
- Must remain on breast until touch.
- No underwater recovery.

MEDLEY SWIMMING

9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: **butterfly, backstroke, breaststroke and freestyle**. Each of the strokes must cover one-quarter (1/4) of the distance.

9.2 In freestyle, the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke. Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including a butterfly kick(s), may commence.

9.3 In medley relay events, swimmers will cover the four swimming strokes in the following order: backstroke, breaststroke, butterfly and freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

9.4 Each section must be finished in accordance with the rule which applies to the stroke concerned.

MEDLEY: Start Mechanics

The start mechanics are the same as outlined for butterfly.

MEDLEY: Swim Mechanics

The key stroke mechanics for Medley swimming are the same as outlined for each stroke.

MEDLEY: Turn/Finish Mechanics

The key turn / finish mechanics for Medley swimming are the same as outlined for each stroke.

THE RACE

10.4 The swimmer must remain and finish the race in the same lane in which he/she started.

10.5 In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.

10.6 Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but they shall not walk.

10.7 Pulling on the lane rope is not allowed.

10.8 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender.

10.12 In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.

Appendix 4: Volunteer Requirements

The Etobicoke Olympium has two 8-Lane 25 metre competition pools with Omega electric timing. There is a bulkhead in the middle, separating the “2” pools. There are 8 lanes at each end (16 total). Typically, each lane requires 3 volunteers.

- Head Lane Timer (with stopwatch & plunger)
- Timer (plunger)
- Recorder (checks swimmers’ names & writes down stopwatch time).

The **Preliminaries** use both 25m pools. The Finals use the shallow end pool only. Refer to *Volunteer Registration Form* for a full list of positions required in each session.

Volunteer Positions such as Referee, Starter, Chief Timer, Chief Finish Judge, Hy Tek Operator, and Strokes & Turns Judges **require past experience, specific skills and/or certifications**. The preference will be for volunteer parents with Club Swimming experience. Please ask your volunteers with Swim Club experience to give a full profile of roles they are qualified to complete to allow optimal assignments and reduce additional communications with participating schools.

The balance of on-deck positions, including lane timers, recorder, false start rope, report runners, marshallers, awards desk, and safety marshal positions can be filled from parent and/or high school volunteers from participating schools.

Generally, participating school volunteers wish to be matched to the same session (AM or PM) as their swimmer(s) and this will be taken into consideration when scheduling & confirming volunteer positions. In the event volunteers from a school are not available to complete the assigned duties on the day of the meet, alternate volunteers will be required from that school.

Appendix 5: Host School History

YEAR	HOST SCHOOL	YEAR	HOST SCHOOL
2027	TBD	2007	St Antione Daniel
2026	All Saints / St. Cyril	2006	St. Clement
2025	All Saints	2005	St. Denis
2024	St. John	2004	Blessed Trinity
2023	Holy Angels	2003	Holy Angels/St. Marguerite D'Youville, St. Leo
2019	St. Demetrius	2002	Our Lady of Sorrows
2018	St. Gregory	2001	Annunciation
2017	St. Denis	2000	St. Brendan
2016	St. Clement	1999	St. Michael's Choir
2015	St. Edward	1998	St. Denis
2013	Our Lady of Sorrows	1997	St. Cyril
2012	St. Clement	1996	St. Gabriel
2011	Annunciation	1995	St. Clement
2010	Ste. Marguerite d'Youville	1994	Blessed Trinity
2009	St. John	1993	St. Anselm
2008	St Edward	1992	Our Lady of Sorrows

Appendix 6: List of Trophies

Trophy	2025 Winners	Description
The Sealtest Cup	Our Lady of Sorrows	1st place overall
Omni Cup	St. Clement	1st place medium school (31 to 60 swimmers)
TCDSSI Small School Cup	Our Lady of Peace	1st place small school (<=30 swimmers)
The Pepsi Cup	St. Clement	2nd place overall
James Taylor Memorial Cup	St. Gregory	3rd place overall
Birchcliff National Leasing	St. Cyril	4th place overall
Catholic Youth Organization	Our Lady of Sorrows	1st place Girls Individual points
Elle Sport Cup	Our Lady of Sorrows	1st place Boys Individual points
Wood Gundy, PCI	Our Lady of Sorrows	1st place total Relay points
Callahan Trophy	Our Lady of Sorrows	1st place Girls Relay points
R.J. McCarthy	St. Clement	1st place Boys Relay points
Michael O'Keefe Award	Annunciation	1st place Mixed Relay points

Appendix 7: Code of Conduct Policy

As host of the 2025 TCDSB Swim Invitational our goal is to provide an athletic event that enriches all of our children's lives. To achieve this goal, parents, swimmers, coaches and volunteers are expected to follow general rules and principles to ensure that this is a safe, enriching and rewarding experience for all involved. These rules and principles are derived from rules and regulations of the Etobicoke Olympium to which we must comply, as well as TCDSB principles.

1. All coaches, parents, volunteers, swimmers and meet organizers are expected to:
 - a. Behave in a manner that is respectful and courteous;
 - b. Refrain from the use of demeaning or belittling language; and
 - c. Refrain from the use of abusive or confrontational approaches to swimmers, coaches, swim officials, volunteers or parents.
2. The pool deck at the swim meet is strictly for registered swimmers, registered coaches, and registered volunteers who are officiating at the meet. Absolutely no parents or siblings are allowed on the pool deck.
3. All swimmers must be seated in their assigned area in the bleachers unless they are being marshaled or returning from their event – NO EXCEPTIONS – there is a red line on the pool deck at 1.8 meters that they must be behind at all times. There is no running on deck, under the bleachers or on the bleachers. No climbing across the railing between the viewing gallery and the bleachers. No climbing over the yellow gates between the pool deck and the viewing gallery. There is no access to the hallway from the deep end of the pool. Swimmers are not allowed on the west side of the pool except for marshalling of the 25 M events and to receive awards during the finals event.
4. Absolutely no food in the bleachers or on the pool deck other than plaster water or plastic sports drinks containers. All food and drink brought to the meet and in the cafeteria is to be entirely NUT FREE!
5. Shoes must be worn whenever outside the pool or in the change room areas.
6. The aisle in the viewing gallery must **always remain clear** – **no sitting on the stairs or standing at the rail**. No moving chairs from rooms into the viewing gallery.
7. Parents, coaches and volunteers are reminded to observe parking and fire route signs – vehicles will be ticketed or towed at the owner's expense.
8. Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool areas, change rooms, hallways and all other areas of the Etobicoke Olympium.

Any concerns should be immediately brought to the attention of security personnel who will be clearly identified at the swim meet. In the best interest of the success of this meet, the health and safety of the children, swimmers will be suspended if the swimmer's/parent's/coaches conduct is deemed by the Meet Organizers to be contrary to this code of conduct and the well-being of the meet and swimmers.

Appendix 8: Registration Forms

TCDSSI 2026 SCHOOL SUMMARY FORM

School Name	
School Phone Number	
Number of Coaches	
Number of Swimmers	
Number of Individual Entries	
Total Entries x \$10.00/per entry	\$
Number of Relay Entries	
Total Relays x \$16.00/per entry	\$
Swim Hoodies	
Total Swim Hoodies x \$35.00/Hoodie	\$
Total Fee Enclosed	\$

TCDSSI 2026 – DECLARATION

As the school Principal and the swim team Coach, we each confirm that:

The enclosed list of students and swim events is submitted correctly and in accordance with the Meet Information Package and Registration Instructions.

All students have written permission on the **Swimmer Registration Form** from their parents or guardians to participate in the TCDSSI 2026 – form provided on www.tcdssi2026.org. To be kept on file with the Swim Team.

All students have written permission on the **TCDSB Permission Form for Swim Team Participation** from their parents or guardians, coach, and school Principal to participate in the TCDSSI 2026 – form provided on www.tcdssi2026.org. To be kept on file with the Swim Team.

Students and their Parent or Guardian have been given the **Code of Conduct** and have acknowledged that they will abide by it – form provided on www.tcdssi2026.org. To be kept on file with the Swim Team.

All entries in the individual and relay events are in accordance with the rules outlined in the Information Package

Students are in attendance at the school for which they are competing as of March 8, 2026.

Principal Name: _____

Principal Signature: _____

Date: _____

Coach Name: _____

Coach Signature: _____

Date: _____

TCDSSI 2026 – SWIMMER REGISTRATION

School	
Surname	
First Name	
Date of Birth (DD/MM/YYYY)	
Gender	
Emergency Contact & Phone Number	
** Must be in possession of Ontario Health Card **	

In accepting my child’s registration for the 2026 Toronto Catholic District School Swim Invitational, I hereby give the TCDSB and its volunteers authority to act on my behalf, if I am not present in the case of an emergency. I hereby release the TCDSB and the Etobicoke Olympium Pool and their staff and volunteers from all actions, claims, demands and damages arising from any accidents or injury which are caused by or arise from participation in the 2026 TCDSSI.

I give my consent to the TCDSB to use the following information for promotion of TCDSB students, staff, programs, schools or the Board as a whole, through TCDSB publications (including brochures and advertising), Board and school newsletters, the Board’s website and the outside (print or electronic) media.

- My child’s photograph/image/video footage of my child
- My Child’s Age
- The Name of my Child’s school
- My Child’s Name
- My Child’s Grade level

PARENT OR GUARDIAN’S NAME: _____

SIGNATURE: _____

DATE: _____