

Brief Meet Information

MEET NAME	2026 Dave Kensit Memorial SC Championship
DATE(s):	February 6-8, 2026
HOSTED BY:	Sault Surge Aquatic Team
LOCATION:	John Rhodes Community Centre Pool
FACILITY:	8 lane, 25 m, Colorado System
PURPOSE & DESCRIPTION:	This meet is sanctioned by Swim Ontario as the Age Group Short Course Championship for the Northeast Region of Swim Ontario, and to help swimmers prepare for provincial championships.
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:	December 7, 2025

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Erin Banton	ssat.officials.chair@gmail.com	4
MEET MANAGER(S):	Taryn Reid	ssat.meetmanager@gmail.com	
OFFICIALS COORDINATOR:	Leila Park	ssat.officials.coordinator@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	<ul style="list-style-type: none">• 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: Bob Davies
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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 etiquette:**
 - 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

Swimmers must enter the pool FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.

Swimmers witnessed by a Safety Marshal or Meet Management diving or entering the water in a dangerous fashion may be removed, by the Referee, without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final.

AGE UP DATE:	The competitor's age is as the first day of the competition <u>February 6, 2026</u>
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"> from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <ul style="list-style-type: none"> from deep end only <p>and/or</p> <ul style="list-style-type: none"> 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"> from <u>deep</u> end <p>and/or</p> <ul style="list-style-type: none"> 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"> from <u>deep</u> end
BACSTROKE LEDGES:	<ul style="list-style-type: none"> Ledges will be used and available for all ages and sessions
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"> 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:	<ul style="list-style-type: none"> • This meet is a Closed Invitational for the following clubs: all NEOR clubs • Preference will be given to the host club first. • Meet Management reserves the right to limit entries for distance events • This meet has Time Standards <ul style="list-style-type: none"> • for all individual events. • Para-swimmers are exempt from the Time Standards at this competition.
COACH & SUPPORT STAFF REGISTRATION:	<p>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.</p> <p>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</p> <p>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.</p>
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><input checked="" type="checkbox"/> Foreign Teams' / competitors' entries will not be accepted by the host club.</p>

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 January 22, 2026</p> <ul style="list-style-type: none"> Additional qualifiers and changes to entries will be accepted until February 1, 2026
ENTRY FEE:	<p>The following fees will apply for this competition:</p> <ul style="list-style-type: none"> Individual Events: \$15 Relay Events: \$20 Swimmer Fee: \$5 <p>Payment Method: e-transfer to ssat.treasurer@gmail.com or by cheque to Sault Surge Aquatic Team</p>
ENTRY LIMITS:	<p>The following limits are in place for this competition:</p> <ul style="list-style-type: none"> The maximum number of participants per session is 150 The maximum number of entries per swimmer is 19 (7 individual, 8 relay)
RELAY ENTRIES & MIXED RELAYS:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.</p> <ul style="list-style-type: none"> Relay swimmers must be entered in a non-relay event in order to compete. Relay swimmers must be participating in an individual event during the session in which the relay takes place to participate in the relays. A mixed relay must have 2 female and 2 male swimmers. All other combinations will result in a disqualification.
ENTRY TIMES & CONVERSION:	<ul style="list-style-type: none"> Entries can be submitted with No Time (NT). However, the following cannot be used as bonus swims and require an entry time: <ul style="list-style-type: none"> 200 backstroke, butterfly, and breaststroke, 400IM, 400 Freestyle, 800 Freestyle, 1500 Freestyle Entries must be submitted using provable times (not converted), recorded during the qualifying period. Please submit times in the course achieved. <ul style="list-style-type: none"> Times achieved since (Qualifying Period): September 1, 2024 Qualifying Standards (Time Standards) are as follows: <ul style="list-style-type: none"> See Time Standards Section at the end of the meet package

- 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
1 - Friday evening	Friday, February 6	4:00pm	5:00pm	7:00pm	11 & Over
2 - Saturday morning	Saturday, February 7	7:30am	8:30am	11:30am	13 & Over
3 - Saturday afternoon	Saturday, February 7	12:00pm	1:00pm	4:00pm	12 & Unver
4 - Saturday evening	Saturday, February 7	5:30pm	6:30pm	8:00pm	13 & Over
5 - Sunday morning	Sunday, February 8	7:00am	8:00am	11:00am	13 & Over
6 - Sunday afternoon	Sunday, February 8	11:30am	12:30pm	3:30pm	All Ages

Meet Format & Administration

SEEDING:	<p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> 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. <ul style="list-style-type: none"> <input checked="" type="checkbox"/> with the exception of Distance Events which will be seeded fastest to slowest. <input checked="" type="checkbox"/> Seeding for Preliminary events will be as per Part II 3.1 of the Swimming Canada rulebook with fastest 3 heats circle seeded. <input checked="" type="checkbox"/> Non conforming times will be seeded last <ul style="list-style-type: none"> <input checked="" type="checkbox"/> SCM then LCM <input checked="" type="checkbox"/> followed by Bonus swims
DECK ENTRIES:	<p>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:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Only event deck entries are permitted for swimmers <u>already entered in the competition</u>.

	<input checked="" type="checkbox"/> Fee: \$15
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk.</p> <p><input checked="" type="checkbox"/> Relay Cards are available at <u>Administration Desk</u></p> <p><input checked="" type="checkbox"/> The Relay Name submission deadline is 30 mins before the start of the session.</p>
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <p><input checked="" type="checkbox"/> There is a scratch deadline for:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> All events <input checked="" type="checkbox"/> Scratches are to be made at the Admin Desk 30 minutes prior to the start of each session. <p><input checked="" type="checkbox"/> A scratch deadline will apply for finals events:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> 30 minutes following the posting of results of last preliminary event in that session <p>The following are the Positive Check-in deadlines for this competition.</p> <p><input checked="" type="checkbox"/> All swimmers are required to check-in with the Admin Desk 30 minutes prior to each <u>finals</u> session.</p>
PENALTIES:	<p><input checked="" type="checkbox"/> No penalty shall be imposed for late or day of scratches and No-Shows</p> <p><input checked="" type="checkbox"/> Failure to positive check-in by the deadline will result in the removal of the swimmer from that event</p>
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> <p><input checked="" type="checkbox"/> Official Split Forms are available at the Admin Desk.</p>
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:	<p>DISQUALIFICATION & APPEAL PROCEDURE:</p> <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 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 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.

	<ul style="list-style-type: none"> 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 representative.
RECORDS:	<input checked="" type="checkbox"/> Swim times achieved at this competition will NOT be used for applications of provincial and national records.
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Unofficial Results will be posted at the meet. <input checked="" type="checkbox"/> Unofficial mobile applications results will be available.
SCORING:	<p>The following scoring will be applied:</p> <ul style="list-style-type: none"> - Scoring will be based on final results only - 15 & Over must meet the 2025 Dave Kensit standards in order to score - Only 1 relay team per club will be scored for each relay event, with maximum of 2 relay teams per club that may be entered - Para-swimmers will not be scored, but will be awarded medals and ribbons as per the awards information in the next section - High Point Winner will be based on the following scoring: <ul style="list-style-type: none"> - 1st place = 5 points - 2nd place = 2 points - 3rd place = 1 point - Team points based on the following scheme: <ul style="list-style-type: none"> - Individual events: 9, 7, 6, 5, 4, 3, 2, 1 (all stroke 50s score) - Relay events: 18, 14, 12, 10, 8, 6, 4, 2 - Note: Meet will have Large Team/Small Team Awards. Teams will be split into two categories once all entries have been received and the number of swimmers established.
AWARDS:	<p>The following will be awarded:</p> <p>Individual Awards (girls and boys)</p> <ul style="list-style-type: none"> - Medals for 1st, 2nd, 3rd, Ribbons for 4th - 8th for age groups: 10 & Under, 11-12, 13-14, 15 & Over (same age groups for Para-swimmers). Note, 15 & Over who do not meet 2025 Dave Kensit Standards and place in top eight will still receive the appropriate award as outlined above. <p>Relays:</p> <ul style="list-style-type: none"> - Medals for 1st, ribbons for 2nd - 3rd for age groups: 10 & Under, 11-12, 13-14, 15 & Over <p>Individual High Point Awards (girls and boys)</p> <ul style="list-style-type: none"> - Trophy for 1st place for age groups: 10 & Under, 11-12, 13-14, 15 & Over
ADDITIONAL INFORMATION:	<p>Results will be posted by age group and gender. Female and male: 10 & Under, 11-12, 13-14, 15 & Over.</p> <p>Entry Limitations:</p> <ul style="list-style-type: none"> - 100 IM events are limited to ages 10 & Under - 200 Backstroke, 200 Breaststroke, 400 IM events are limited to 11 & Over - 800 Freestyle events are limited to ages 11 & Over - 1500 Freestyle events are limited to ages 13 & Over

- Swimmers may swim 800 Freestyle OR 1500 Freestyle, but not both events
- Clubs are limited to 2 relay teams in each event

Para-swimmers: Para-swimmers will be restricted to the following events and exempt from qualifying times:

- 13 & Over 50 and 100 para Backstroke, Breaststroke, Freestyle, and Butterfly

Bonus Swims: Swimmers are eligible to swim a maximum of 4 individual bonus events. The number of bonus swims each swimmer is entitled to is based on age and the number of events in which they have qualified, as shown in the chart below. 15 & Over swimmers do not require a Qualifying Time to participate in the swim meet. They will automatically be eligible for 4 bonus swims. However, in order to be eligible for more than 4 swims, 15 & over swimmers must achieve at least 1 Dave Kensit Qualifying Standard at the 15 year old level.

The following events **cannot be used as bonus swims**:

- **200 backstroke, butterfly, and breaststroke,**
- **400IM, 400 Freestyle, 800 Freestyle, 1500 Freestyle**

<u>Number of Qualified Events</u>	<u>14 & Under Bonus Swims</u>	<u>15 & Over Bonus Swims</u>
0	0	4
1	4	4
2	4	4
3	4	4
4	3	3
5	2	1
6	1	1
7	0	0

Schedule of Events

Session 1

Friday, February 6, 2026 11 & Over

Warm-up: 4:00 PM -- Start: 5:00 PM

Girls	Ages	Distance	Event/Stroke	Format	Boys
1	13-14	200m	Medley Relay	Timed Final	2
3	15 & Over	200m	Medley Relay	Timed Final	4
5	11-12	50m	Backstroke	Timed Final	6
7	13 & Over	50m	Backstroke	Timed Final	8
9	11-12	200m	IM	Timed Final	10
11	13 & Over	200m	IM	Preliminary	12
13	11-12	50m	Freestyle	Timed Final	14
15	13 & Over	50m	Freestyle	Preliminary	16
17	11 & Over	800m	Freestyle	Timed Final	18
19	13 & Over	1500m	Freestyle	Timed Final	20



2026 Dave Kensis Memorial SC Championship

Session 2

Saturday, February 7, 2026 13 & Over

Warm-up: 7:30 AM -- Start: 8:30 AM

Girls	Ages	Distance	Event/Stroke	Format	Boys
21	13 & Over	200m	Freestyle	Preliminary	22
421	13 & Over	100m	Para Freestyle (multiclass)	Timed Final	422
23	13 & Over	100m	Backstroke	Preliminary	24
423	13 & Over	50m	Para Backstroke (multiclass)	Timed Final	424
25	13 & Over	200m	Breaststroke	Preliminary	26
425	13 & Over	100m	Para Breaststroke (multiclass)	Timed Final	426
27	13 & Over	100m	Butterfly	Preliminary	28
427	13 & Over	50m	Para Butterfly (multiclass)	Timed Final	428
29	13 & Over	50m	Breaststroke	Timed Final	30
31	13 & Over	400m	IM	Timed Final	32
33	13-14	200m	Mixed Free Relay	Timed Final	33
34	15 & Over	200m	Mixed Free Relay	Timed Final	34

Session 3

Saturday, February 7, 2026 12 & Under

Warm-up: 12:00 PM -- Start: 1:00 PM

Girls	Ages	Distance	Event/Stroke	Format	Boys
35	10 & Under	200m	Mixed Free Relay	Timed Final	35
36	11-12	200m	Mixed Free Relay	Timed Final	36
37	12 & Under	200m	Freestyle	Timed Final	38
39	10 & Under	100m	IM	Timed Final	40
41	12 & Under	100m	Backstroke	Timed Final	42
43	12 & Under	50m	Breaststroke	Timed Final	44
45	11-12	200m	Breaststroke	Timed Final	46
47	12 & Under	100m	Butterfly	Timed Final	48
49	10 & Under	200m	IM	Timed Final	50
51	11-12	400m	IM	Timed Final	52
53	10 & Under	200m	Freestyle Relay	Timed Final	54
55	11-12	200m	Freestyle Relay	Timed Final	56



2026 Dave Kensis Memorial SC Championship

Session 4

Saturday, February 8, 2026 13 & Over
Warm-up: 5:30 PM -- Start: 6:30 PM

Girls	Ages	Distance	Event/Stroke	Format	Boys
11A	13-14	200m	IM	Final	12A
11B	15 & Over	200m	IM	Final	12B
21A	13-14	200m	Freestyle	Final	22A
21B	15 & Over	200m	Freestyle	Final	22B
23A	13-14	100m	Backstroke	Final	24A
23B	15 & Over	100m	Backstroke	Final	24B
25A	13-14	200m	Breaststroke	Final	26A
25B	15 & Over	200m	Breaststroke	Final	26B
27A	13-14	100m	Butterfly	Final	28A
27B	15 & Over	100m	Butterfly	Final	28B
15A	13-14	50m	Freestyle	Final	16A
15B	15 & Over	50m	Freestyle	Final	16B

Session 5

Sunday, February 8, 2026 13 & Over
Warm-up: 7:00 AM -- Start: 8:00 AM

Girls	Ages	Distance	Event/Stroke	Format	Boys
57	13 & Over	100m	Freestyle	Preliminary	58
457	13 & Over	50m	Para Freestyle (multiclass)	Timed Final	458
59	13 & Over	200m	Backstroke	Preliminary	60
459	13 & Over	100m	Para Backstroke	Timed Final	460
61	13 & Over	50m	Butterfly	Timed Final	62
63	13 & Over	100m	Breaststroke	Preliminary	64
463	13 & Over	50m	Para Breaststroke (multiclass)	Timed Final	464
65	13 & Over	200m	Butterfly	Preliminary	66
465	13 & Over	100m	Para Butterfly (multiclass)	Timed Final	466
67	13 & Over	400m	Freestyle	Timed Final	68
69	13-14	200m	Freestyle Relay	Timed Final	70
71	15 & Over	200m	Freestyle Relay	Timed Final	72

Session 6
Sunday, February 8, 2026 All Ages
Warm-up: 11:30 AM -- Start:12:30 PM

Girls	Ages	Distance	Event/Stroke	Format	Boys
73	10 & Under	200m	Medley Relay	Timed Final	74
75	11-12	200m	Medley Relay	Timed Final	76
57A	13-14	100m	Freestyle	Final	58A
57B	15 & Over	100m	Freestyle	Final	58B
77	12 & Under	100m	Freestyle	Timed Final	78
59A	13-14	200m	Backstroke	Final	60A
59B	15 & Over	200m	Backstroke	Final	60B
79	11-12	200m	Backstroke	Timed Final	80
81	10 & Under	50m	Backstroke	Timed Final	82
63A	13-14	100m	Breaststroke	Final	64A
63B	15 & Over	100m	Breaststroke	Final	64B
83	12 & Under	100m	Breaststroke	Timed Final	84
65A	13-14	200m	Butterfly	Final	66A
65B	15 & Over	200m	Butterfly	Final	66B
85	12 & Under	50m	Butterfly	Timed Final	86
87	11-12	200m	Butterfly	Timed Final	88
89	10 & Under	50m	Freestyle	Timed Final	90
91	12 & Under	400m	Freestyle	Timed Final	92

DAVE KENSIT STANDARDS 2025-2026

FEMALE TIME STANDARDS					MALE TIME STANDARDS			
15&O	13-14	11-12	10&U	EVENT	10&U	11-12	13-14	15&O
34.90	37.22	37.75	44.86	50 FR	45.52	40.03	35.36	32.58
1:15.58	1:20.98	1:23.18	1:39.46	100 FR	1:41.42	1:28.13	1:16.87	1:10.60
2:44.39	2:55.62	3:09.89	3:39.12	200 FR	3:45.72	3:13.61	2:50.66	2:33.84
5:49.22	6:18.00	6:44.63	7:38.98	400 FR	7:50.67	6:55.80	6:11.70	5:30.71
12:05.84	12:49.48	13:56.50		800 FR		14:34.99	12:40.79	11:32.57
23:11.22				1500FR				22:07.77
			46.88	50 BK	48.03			
1:25.37	1:32.46	1:34.10	1:53.77	100 BK	1:57.02	1:41.16	1:29.36	1:20.87
3:03.32	3:19.83	3:33.47		200BK		3:33.87	3:14.86	2:55.72
			1:01.01	50 BR	1:04.19			
1:38.99	1:45.50	1:48.03	2:08.72	100BR	2:13.93	1:57.92	1:43.64	1:33.38
3:34.15	3:48.36	3:49.45		200 BR		4:18.15	3:43.40	3:22.99
			57.87	50 FLY	1:01.00			
1:25.20	1:33.70	1:43.64	2:00.26	100 FLY	2:06.13	1:46.73	1:29.97	1:19.24
3:14.59	3:33.47	3:58.29		200FLY		4:26.85	3:30.99	3:03.63
			1:58.33	100 IM	2:00.92			
3:07.13	3:21.60	3:36.10	4:09.48	200 IM	4:13.44	3:40.50	3:15.93	2:55.81
6:36.08	7:09.66	7:39.21		400 IM		8:10.25	7:00.84	6:21.76