



North / East Regional League
& Masters Winter Meet 2026

COMPETITION INFO PACKAGE

ONTARIO 
ARTISTIC 
SWIMMING

GENERAL INFORMATION

DATES	Saturday, January 24, 2026
VENUE	Queens University Recreation & Athletic Centre 84 Earl St Kingston, ON K7L 3N6
REGISTRATION DEADLINE	Thursday, January 15, 2026
HOST	Nepean Artistic Swimming Club
MEET MANAGER	Sarah Kennedy
OAS RESOURCE	Lauren Lindner & Shamara Ameer
ELIGIBLE CATEGORIES	Regional League (all age categories) Masters (all age categories)
REGIONAL LEAGUE EVENTS	8U, 10U, 11-12 & Adapted: Figures, Team 13-15 & 16-20: Team
MASTERS EVENTS	19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+: Solo Tech, Solo Free, Duet Tech, Duet Free 18-34, 35-49, 50-64, 65-79, 80+: Team Tech, Team Free, Free Combo, Acrobatic Routine

RULES

This competition will be conducted under Ontario Artistic Swimming rules.

BYES

There will be no byes required for this event.

SCRATCHES

Scratches may be submitted digitally until the start of the competition. To submit a scratch, [click here](#).

Once the competition has begun, scratches must be made on deck at the scoring table.

GELLING

This will be a gelling meet.

**AWARDS: REGIONAL
LEAGUE EVENTS**

Ribbons will be awarded to the top six scores in each figure and routine event category, separated by region. Ribbons will also be awarded to the top six championship scores in each age category.

There will be no separate solo or duet categories.

**AWARDS: MASTERS
EVENTS**

OAS Medals (rank 1-3) and Ribbons (rank 4-6) will be awarded to the top six routine scores in each event category.

Please note that awards will not be separated by region for Masters events.

FIGURE DRAWS

Figure draws have been attached below.

COACH CARD SUBMISSION

SUBMISSION REQUIREMENTS

Under new system protocol, Masters events will now require a coach card to be submitted for each routine.

Regional League routines will not be required to submit a coach card for this event.

SUBMISSION DEADLINE

Sunday, January 18th, 2026 at 11:00 PM EST

DROPBOX ACCESS

OAS will request coach card files from be submitted into an OAS-owned Dropbox folder.

Head coaches will receive access to the submission folder via email following registration.

RESUBMISSION GUIDELINES

Coach card submissions are considered final, aside from the following exceptions:

Medical Issue

Clubs who need to change a coach card because of a medical issue that prevents them from performing a routine as per submitted coach card will be allowed to change their coach card up to 2 hours before the start of a session (event blocks will be considered one session). These changes will need to be approved by the Referee.

Changes between Prelims and Final (N/A for this event)

**RESUBMISSION
GUIDELINES (CONT.)**

Last Resort Desperation Move

Clubs who want to change coach cards for reasons other than the 2 above will be allowed to do so no later than 8:00 PM the night before an event, but will need to pay a \$100 fine to do so.

New coach cards must be submitted by email to Laura Steacy, Lauren Lindner and Shamara Ameer.

**LABELLING
CONVENTIONS**

Coach card files must be labelled with the following information, separated by underscores.

- 1. Category**
- 2. Event Name**
- 3. Club Call Letters**
- 4. Athlete Last Name**

For duets, use both last names. For teams, please use the first swimmer's last name, by alphabetical order.

For example:

Junior_SoloTech_WRASC_Smith.xls

10U_Duet_LRASC_Jones-Chen.xls

Youth_Team_IGNT_Bryant.xls

REGISTRATION, FEES & PAYMENT

REGISTRATION DEADLINE

Thursday, January 15, 2026

ENTRY SUBMISSIONS

Competition registration for the 2025-2026 season has moved to the RAMP registration platform.

For full instructions on how to register for events on the RAMP platform, [click here](#).

ENTRY FEES: REGIONAL LEAGUE

Figures \$35.00 per entry
 Team \$100.00 per entry
 Athlete Surcharge \$15.00 per athlete

ENTRY FEES: MASTERS

Solo \$75.00 per entry
 Duet..... \$100.00 per entry
 Team \$140.00 per entry
 Combo / Acrobatic Routine \$160.00 per entry
 Athlete Surcharge \$50.00 per athlete

PAYMENT OPTIONS

Entry payments must be received by Ontario Artistic Swimming no later than 10 days following the registration deadline.

Payment can be made through two methods:

1. Credit card payments can be made directly through the RAMP registration platform
2. Electronic Fund Transfers can be sent to oaspayments@ontarioartisticswimming.ca

LATE ENTRIES

Club entry packages which are not received or incomplete upon the stated deadline is automatically subject to a late fine of \$25.00 per routine. This fine must be paid to the OAS office (for Ontario competitions) or to the Chief Referee/designate at the coaches meeting prior to the competition. Routines whose fines are not paid will be disqualified from the event.

For Ontario sanctioned competitions, late entries or corrections to incomplete entries will be accepted beyond two weeks prior to the event start date, but will be subject to the following fines:

Within 24 hours of the first event of the competition: \$100.00 per correction (to a maximum of \$500.00 per Club) Fines apply per figure event and/or per routine per event.

MUSIC SUBMISSION

MUSIC SUBMISSION DEADLINE

Routine music files must be received no later than one week prior to the start of the competition, by **Friday, January 16, 2026.**

DROPBOX ACCESS

To avoid issues of Dropbox storage space, OAS will request music files from each coach be submitted into an OAS-owned Dropbox folder.

Head coaches will receive access to the submission folder via email following registration.

LABELLING CONVENTIONS

Music files must be labelled with the following information, separated by underscores with NO blank spaces (underscores are acceptable).

- 1. Category**
- 2. Event Name**
- 3. Club Call Letters**
- 4. Athlete Last Name**

For duets, use both last names. For teams, please use the first swimmer's last name, by alphabetical order.

For example:

Masters_30_39_SoloTech_WRASC_Smith.mp3

10U_Team_LRASC_Jones.mp3

16_20_Team_IGNT_Bryant.mp3

FILE FORMAT

Digital music will be used at this competition. There must be one digital file for each registered routine in an mp3 format, with a minimum required resolution of 192kbps.

Coaches are asked to review each digital file for quality, timing and completeness. Please ensure that volume is consistent throughout all cuts of music.

METADATA & ID3 TAGS

Metadata (also known as ID3 tags for MP3 files) is information (such as title, artist, album, genre etc.) that is stored inside the song file.

This is often different from the name of the file itself. In order to avoid confusion at the competition music table, we ask coaches to ensure that the title of the song file, and the ID3 tag title of the song file are the same.

For instructions on changing ID3 tags, [click here](#) for Windows and [click here](#) for iTunes.

COMMUNICATION & MEDIA

EMAIL POLICY

Entry and registration correspondence as required will be done through email using registrar contact information. Results will be emailed to head coaches following events.

COMMUNICATIONS

Meet packages and relevant information will be distributed by email through the OAS Communications account.

Competition information, schedules and results will also be made available on the OAS website and on the Sportity app.

SPORTITY

The Sportity App is used to store meet information packages, schedules, publish results and other pertinent information throughout the competition.

The password for this event is: WinterNE2026

The Sportity app can be downloaded from the App Store or from Google Play.

ACCESSIBILITY

ACCOMMODATION REQUESTS

Accommodation requests may be submitted for Athletes, Coaches, Officials or Volunteers in need of additional support at any OAS sanctioned competition. To submit a request, [click here](#).

ACCESSIBILITY COORDINATOR

As per new OAS meet manager guidelines, host clubs are asked to identify an accessibility coordinator to assist as needed. The accessibility coordinator will be identified by each host club prior to the competition.