

## Brief Meet Information

APPROVED – Sanction# 55923

By Swim Ontario on: 05/23/2025 16:44:49

|                                   |  |
|-----------------------------------|--|
| <b>MEET NAME</b>                  | 2025 Age Group International (LC)  |
| <b>DATE(s):</b>                   | 5-8 June 2025  |
| <b>HOSTED BY:</b>                 | Etobicoke Swim Club  |
| <b>LOCATION:</b>                  | Etobicoke Olympium, 590 Rathburn Road, Etobicoke ON M9C 3T3  |
| <b>FACILITY:</b>                  | Eight lane 50 m pool, Swiss Timing   |
| <b>PURPOSE &amp; DESCRIPTION:</b> | Age Group competitive environment to earn LCM official times for future meets.   |
| <b>MEET PACKAGE:</b>              | The only meet package which will be considered as valid must be the most current version found on <a href="http://www.swimming.ca">www.swimming.ca</a> and the Swimming Canada Registration and Event Management System (REMS).  |
| <b>LAST UPDATE:</b>               | Rev 1 – corrected typo in qual std (event file correct), added/changed Organizing Committee, meet qualifying standard reduced to 1 event, corrected check-in requirement. Rev 2 – merged 13-14 prelim session into 15&O morning prelim session, split/modified warm-up/start times |

## Competition Organizing Committee

| ROLE                                 | NAME   | EMAIL  | LEVEL          |
|--------------------------------------|--|--|----------------|
| <b>COMPETITION COORDINATOR(S):</b>   | Janice Charles<br>Bud Seawright<br>Cassey Tan                            | <a href="mailto:jdcharles9@rogers.com">jdcharles9@rogers.com</a><br><a href="mailto:bud@seawright.ca">bud@seawright.ca</a><br><a href="mailto:cassey.tan@gmail.com">cassey.tan@gmail.com</a>   | IV<br>V<br>III |
| <b>MEET MANAGER(S):</b>              | Elizabeth Skuriat<br>Krysteen Chau<br>Caroline Liu<br>Kimberlie Dufresne | <a href="mailto:elizabeth.skuriat@eswim.ca">elizabeth.skuriat@eswim.ca</a><br><a href="mailto:kryschau@gmail.com">kryschau@gmail.com</a><br><a href="mailto:liuyuehan@gmail.com">liuyuehan@gmail.com</a><br><a href="mailto:ksdufresne@hotmail.com">ksdufresne@hotmail.com</a> |                |
| <b>ENTRY &amp; RESULTS MANAGERS:</b> | Steve Goodwin<br>Charlotte Carroll                                       | <a href="mailto:sdg9@rogers.com">sdg9@rogers.com</a><br><a href="mailto:charlottecarrroll1@gmail.com">charlottecarrroll1@gmail.com</a>   |                |
| <b>OFFICIALS COORDINATOR:</b>        | Elizabeth Skuriat<br>Kimberlie Dufresne                                  | <a href="mailto:elizabeth.skuriat@eswim.ca">elizabeth.skuriat@eswim.ca</a><br><a href="mailto:ksdufresne@hotmail.com">ksdufresne@hotmail.com</a>   |                |

## 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](http://www.swimming.ca/safesport)

The [Swim Ontario Concussion Management](#) & [Swim Ontario Photography, Videography, and Cellphone Procedure](#) will be in effect. For complete details click [HERE](#).

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

## Competition Rules

**Sanctioned as an Age Group Swimming Invitational by Swim Ontario.**

All current [Swimming Canada rules](#) will be followed.

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.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

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| <b>AGE UP DATE:</b>                               | The competitor's age is as the first day of the competition – 5 June 2025   |
| <b>DIVE STARTS:</b>                               | <b>As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows:</b> <ul style="list-style-type: none"> <li>A. from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from <ul style="list-style-type: none"> <li>a. both ends</li> </ul> </li> </ul>   |
| <b>d/DEAF AND HARD OF HEARING ACCOMMODATION :</b> | <p><b>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</b></p> <ul style="list-style-type: none"> <li>• non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff.</li> <li>• Visual Start hand signals given by the starter/referee.</li> <li>• Visual Start Strobe Light options <ul style="list-style-type: none"> <li>A. <b>Facility-Provided Strobe Light:</b> An external strobe light is available at this facility</li> <li>B. <b>Personal Strobe Light:</b> 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.</li> </ul> </li> </ul> <p><b>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.</b></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 swimmers with Swimming Canada and possess a valid Swimming Canada registration number. 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.**

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| <b>ADDITIONAL<br/>ELIGIBILITY<br/>INFORMATION:</b>     | <p>A. Preference will be given to the host club.</p> <p>B. Pre-competitive swimmers are NOT welcome to attend.</p> <p>C. <b>Meet Qualifying standard for entry – Swimmers (excluding para swimmers) must have a least <b>2-1</b> qualifying entries/events to enter the meet</b>, additional (bonus) events may be added to entry limit. Qualifying standards are in Order of Events, and Event File. <b>ALL entries in 400/800/1500 events must meet the qualifying standard.</b></p> <p>a. Para swimmers should have at least two <a href="#">Swim ON 2024-25 PARA Invitational Recommendation Standard</a>.</p> <p>E. Entries may need to be limited (particularly 400/800/1500's) to fit the pool time available.</p>  |
| <b>COACH &amp; SUPPORT<br/>STAFF<br/>REGISTRATION:</b> | <p>Meet management will cross reference the <b>list of coaches submitted with entries</b> at this competition with the <a href="#">Swim Ontario Compliance lists</a>. 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><b>Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.</b></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>  |
| <b>FOREIGN TEAMS /<br/>COMPETITORS:</b>                | <p><b>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.</b></p> <p>A. Foreign Teams and their competitors are welcome, subject to the following provisions.</p> <ul style="list-style-type: none"> <li>o <b>Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate.</b></li> <li>o All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.</li> <li>o All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing.</li> <li>o All competitors and coaches must be in good standing with their respective governing swim body.</li> <li>o All foreign competitors and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the <a href="#">Proof of Residence and Registration Status form</a> to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate.</li> <li>o <b>Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.</b></li> </ul> |

## Entry Process

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| <b>ENTRY SUBMISSIONS:</b>            | <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"> <li>• not accept entries via email;</li> <li>• notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries;</li> <li>• 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 &amp; IV sanctions) prior to the start of the competition</li> </ul> <p><b>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.</b></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> |
| <b>ENTRY DEADLINE:</b>               | <p><b>The online entry deadline is 22 May 2025</b></p> <p>A. Changes to entries will be accepted until 2 June 2025</p>  |
| <b>ENTRY FEE:</b>                    | <p><b>The following fees will apply for this competition:</b></p> <p>A. Individual Events: \$15.00 -- \$20 per 400/800/1500 events</p> <p>B. Swimmer Fee: \$10.00</p> <p><b>Payment Method:</b></p> <ul style="list-style-type: none"> <li>• Email transfer is preferred to -- <a href="mailto:office@eswim.ca">office@eswim.ca</a> - include club code and Meet Name</li> <li>• OR</li> <li>• Cheque payable to Etobicoke Swim Club delivered to the Admin Desk</li> </ul>   |
| <b>ENTRY LIMITS:</b>                 | <p><b>The following limits are in place for this competition:</b></p> <p>A. The maximum number of participants per session is 450</p> <p>B. Each club is limited to the following number of swimmers n/a</p> <p>C. The maximum number of entries per swimmer is 10 (3 events per session (Fri/Sat/Sun), 1 distance event on Thursday (800/1500)</p>   |
| <b>RELAY ENTRIES:</b>                | <p><b>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.</b></p> <p>A. No relays will be offered at this competition.</p>   |
| <b>ENTRY TIMES &amp; CONVERSION:</b> | <p>A. Entries can be submitted with No Time (NT).</p> <p>B. Estimate entry times are not accepted.</p> <p>C. Entry Times may be converted (i.e. SCM to LCM) at 2%</p> <p>D. Entries must be submitted using provable times, recorded during the qualifying period. Please submit times in LCM.</p> <p>a. Times achieved since (Qualifying Period): 1 Sep 2023</p> <p>b. Qualifying Standards (Time Standards) are shown in Order of Events (and Event File)</p>   |

## Schedule of Sessions

| Session # | Date               | Warm-up period                       | Start of session | Approx. Finish of session | Time Final/Heats /Finals |
|-----------|--------------------|--------------------------------------|------------------|---------------------------|--------------------------|
| 1         | Thurs (11&O Dist.) | 3:30-3:55 pm<br>Plus 15 min interim  | 4:00 pm          | 8:00 pm                   | TF - Distance            |
| 2         | Fri (13&O)         | A - 8:00-8:55 am<br>B - 8:45-9:25 am | 9:30 am          | 1:40 pm                   | Prelim                   |
| 3         | Fri (13-14)        | Merged into Morning Prelims          |                  |                           |                          |
| 4         | Fri (12&U)         | 1:45-2:25 pm                         | 2:30 pm          | 5:00 pm                   | Time Finals              |
| 5         | Fri (13&O)         | 5:00-5:55 pm                         | 6:00 pm          | 8:00 pm                   | FINALS                   |
| 6         | Sat (13&O)         | B - 8:00-8:55 am<br>A - 8:45-9:25 am | 9:30 am          | 1:00 pm                   | Prelim                   |
| 7         | Sat (13-14)        | Merged into Morning Prelims          |                  |                           |                          |
| 8         | Sat (12&U)         | 1:30-2:25pm                          | 2:30 pm          | 4:45 pm                   | Time Finals              |
| 9         | Sat (13&O)         | 5:00-5:55 pm                         | 6:00 pm          | 8:00 pm                   | FINALS                   |
| 10        | Sun (13&O)         | A - 8:00-8:55 am<br>B - 8:45-9:25 am | 9:30 am          | 1:15 pm                   | Prelim                   |
| 11        | Sun (13-14)        | Merged into Morning Prelims          |                  |                           |                          |
| 12        | Sun (12&U)         | 1:30-2:25pm                          | 2:30 pm          | 5:00 pm                   | Time Finals              |
| 13        | Sun (13&O)         | 5:00-5:55 pm                         | 6:00 pm          | 8:00 pm                   | FINALS                   |

### Split Warmup

A – Club Code A-H – AJAX, BAD, BROCK, BTSC, CW, DUCKS, ESWIM, GGST, GRAC, HAC, HHBF

B – Club Code L-Y – LSC, MST, NEW, NSSC, OSHAC, OTTER, RAMAC, RCAQ, ROW, SCAR, SLSC, TORCH, UG, WAT, YORK

## Meet Format & Administration

|                      |   |
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| <b>MIXED-GENDER:</b> | <p>An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.</p> <p>In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.</p> <p>In the event that mixed gender swims are permitted; the results must still be posted separately by gender of swimmers.</p> |
| <b>SEEDING:</b>      | <p>After all times are converted as pursuant to the conversion process:</p> <p>A. Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded in slowest heats.</p> <p>a. with the exception of Distance Events (400/800/1500) which will be seeded fastest to slowest.</p> <p>B. Seeding for Preliminary events will be as per Section II 3.1 with fastest 3 heats circle seeded.</p>  |

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|   | <ul style="list-style-type: none"> <li>• Prelim/Finals for all 13&amp;O events 50-200m (400/800/1500 are Time Final).</li> <li>• A &amp; B Finals for 13-14, 15-16, 17&amp;O (Events with less than 16 entries at change deadline will have A final only. B finals will not run if fewer than 5 swimmers in B final after scratch deadline.)</li> <li>• Finals seeding -- A Final before B Final, Young to Old (13-14, 15-16, 17&amp;O)</li> <li>• All 12&amp;U events are Time Finals</li> <li>• All 400/800/1500 are Time Finals swum Fast to Slow</li> <li>• 400's (for 13&amp;O events) fastest heat of each age group/gender swim at finals.</li> </ul>   |
| <b>DECK ENTRIES:</b>                            | <p><b>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).</b> The following are the Deck Entry Rules for this competition:</p> <p>A. Swimmer Deck entries are permitted provided proof of active registration status with valid Swimming Canada ID is provided to Meet Management.</p> <p>a. Fee: \$20.00</p>  |
| <b>SCRATCHES &amp; POSITIVE CHECK IN RULES:</b> | <p><b>The following are the Scratch deadlines for this competition.</b></p> <p>A. Scratches for all Prelim and 12&amp;U events to be made on posted heat sheets – no penalty</p> <p>B. A scratch deadline will apply for FINALS events:</p> <p>a. 30 minutes following the posting of results of last preliminary event in that session (Friday – 200 Fly, Saturday – 50 Breast, Sunday 50 Fly)</p> <p><b>The following are the Positive Check-in deadlines for this competition.</b></p> <p>A. <del>There is a positive check-in 30 minutes before the start of the session at the Admin Desk for the following events: all 400/800/1500 (13&amp;O 400's fastest heats at finals to be filled, no moving from Evening FINALS to Morning Prelims will be allowed).</del> <b>Positive Check-in applies for the 13&amp;O 400's (where fastest heats swims at Finals). All fastest heat 400 swimmers must check in at the start of the Prelim Sessions to allow us to ensure that this fastest heat is filled at finals (no moving from Evening FINALS to Morning Prelims will be allowed).</b></p> |
| <b>PENALTIES:</b>                               | <p>A. No penalty shall be imposed for late or day of scratches and No-Shows for Prelims or 12&amp;U events.</p> <p>B. Failure to participate in an event with a scratch or positive check-in deadline will result in following penalty:</p> <p>a. Fee: \$30.00 payable to Etobicoke Swim Club</p>  |
| <b>OFFICIAL SPLIT TIMES:</b>                    | <p><b>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 Referee prior to the commencement of the event.</b></p> <p>A. Official Split Forms are available at the Admin Desk.</p> <p>B. Not all Official Split requests can be accommodated.</p>  |
| <b>SWIM OFFS:</b>                               | <p><b>This competition offers preliminary events.</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Coaches are to report to the Admin Desk when a swim-off is announced.</li> </ul>  |
| <b>RECORDS:</b>                                 | <p>A. Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.</p>  |

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| MEET RESULTS:           | <p><b>Official Results will be posted within 48 hours of completion of the meet to <a href="http://www.swimming.ca">www.swimming.ca</a></b></p> <ul style="list-style-type: none"> <li>A. Unofficial Results will be posted electronically at the meet.</li> <li>B. Unofficial mobile applications results will be available.</li> <li>C. Unofficial Live Results will be available.</li> </ul>  |
| SCORING:                | <p><b>The following scoring will be applied:</b></p> <ul style="list-style-type: none"> <li>A. Team Points for Individual Events – 30-25-20-15-14-13-12-11-9-7-6-5-4-3-2-1</li> <li>B. Individual High Point – 5-2-1</li> </ul>  |
| AWARDS:                 | <p><b>The following will be awarded:</b></p> <ul style="list-style-type: none"> <li>A. Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup></li> <li>B. Individual High Point for each age group/gender – 12&amp;U, 13-14, 15-16, 17&amp;O (Ties broken by highest FINA Point swim)</li> <li>C. Top Team Award</li> </ul>   |
| ADDITIONAL INFORMATION: | <p><b>ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES</b></p> <ol style="list-style-type: none"> <li>1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.</li> <li>2. Absolutely no food in the bleachers or on the pool deck.</li> <li>3. No running on the deck, under the bleachers or on the bleachers.</li> <li>4. No climbing across the railing between the gallery and the bleachers.</li> <li>5. No climbing over the yellow gates between the pool deck and the bleachers.</li> <li>6. Shoes must be worn whenever outside the pool or change room areas.</li> <li>7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.</li> <li>8. The use of flippers and hand paddles, during warm-ups is prohibited.</li> <li>9. Swimmers that are not competing are not to be in other areas of the building and are not to upset the normal operation of the other departments.</li> </ol> <p><b>Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways, and all other areas of the Etobicoke Olympium</b></p> |



## Schedule of Events

| Thursday - Distance  |                          |                  |                  |                  |
|--|--------------------------|------------------|------------------|------------------|
| Warm-up: 3:30-3:55 pm    Interim Warm-up – approx. 5:45 pm (before 800's)<br>Start: 4:00 pm (1500s)    Re-start: approx.. 6:00 pm (800s) |                          |                  |                  |                  |
| EVENTS   |                          | QUALIFYING TIMES |                  |                  |
| No.  | Description              | 15 & Over        | 13-14            | 11-12            |
| 1  | Mixed1500 Free<br>(11&O) | 18:30.00 (Men)   | 19:30.00 (Men)   | 22:30.00 (Boys)  |
|  |                          | 19:45.00 (Women) | 20:15.00 (Women) | 22:30.00 (Girls) |
| BREAK – 15 min – Interim Warm-up/Cool-down   |                          |                  |                  |                  |
| 3  | Mixed 800 Free<br>(11&O) | 9:30.00 (Men)    | 10:00.00 (Men)   | 11:39.58 (Boys)  |
|  |                          | 10:00.00 (Women) | 10:15.00 (Women) | 11:30.73 (Girls) |

**NOTE – plan is to have a 15 minute interim warm-up break prior to starting 800's**  
Swimming 2 per lane is no longer allowed – entries will be limited to time available.

| <b>Friday Morning – 13&amp;O Prelims</b>                 |            |                   |               |              |            |                   |
|--|------------|-------------------|---------------|--------------|------------|-------------------|
| Warm-up A : 8:00 am Warm-up B: 8:45 am<br>Start: 9:30 am |            |                   |               |              |            |                   |
| <b>GIRLS</b>   |            |                   | <b>EVENTS</b> | <b>BOYS</b>  |            |                   |
| <u>Event</u>   | <u>Age</u> | <u>Qualifying</u> |               | <u>Event</u> | <u>Age</u> | <u>Qualifying</u> |
| 15   | 13-14      | 2:24.51           | 200 Free      | 16           | 13-14      | 2:18.41           |
| 5  | 15&O       | 2:20.44           | 200 Free      | 6            | 15&O       | 2:12.45           |
| 19   | 13-14      | 36.00             | 50 Back       | 20           | 13-14      | 34.00             |
| 7  | 15&O       | 35.00             | 50 Back       | 8            | 15&O       | 31.00             |
| 23   | 13-14      | 1:25.06           | 100 Breast    | 24           | 13-14      | 1:22.05           |
| 9  | 15&O       | 1:23.66           | 100 Breast    | 10           | 15&O       | 1:19.20           |
| 27   | 13-14      | 2:43.13           | 200 IM        | 28           | 13-14      | 2:37.19           |
| 11   | 15&O       | 2:40.07           | 200 IM        | 12           | 15&O       | 2:28.97           |
| 31   | 13-14      | 2:50.79           | 200 Fly       | 32           | 13-14      | 2:43.81           |
| 13   | 15&O       | 2:43.24           | 200 Fly       | 14           | 15&O       | 2:33.75           |

### Split Warmup

A – Club Code A-H – AJAX, BAD, BROCK, BTSC, CW, DUCKS, ESWIM, GGST, GRAC, HAC, HHBF

B – Club Code L-Y – LSC, MST, NEW, NSSC, OSHAC, OTTER, RAMAC, RCAQ, ROW, SCAR, SLSC, TORCH, UG, WAT, YORK

| <b>Friday Early Afternoon – 13-14 Prelims</b> |
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| <b>Session Collapsed into Friday Morning</b>  |



| <b>Friday Late Afternoon – 12&amp;U</b> |            |                   |                      |              |            |                   |
|---|------------|-------------------|----------------------|--------------|------------|-------------------|
| Warm-up: 1:45 pm<br>Start: 2:30 pm      |            |                   |                      |              |            |                   |
| <b>GIRLS</b>                            |            |                   | <b><u>EVENTS</u></b> | <b>BOYS</b>  |            |                   |
| <u>Event</u>                            | <u>Age</u> | <u>Qualifying</u> |                      | <u>Event</u> | <u>Age</u> | <u>Qualifying</u> |
| 17                                      | 12&U       | 2:39.15           | 200 Free             | 18           | 12&U       | 2:38.04           |
| 21                                      | 12&U       | 40.00             | 50 Back              | 22           | 12&U       | 40.00             |
| 25                                      | 12&U       | 1:36.70           | 100 Breast           | 26           | 12&U       | 1:36.15           |
| 29                                      | 12&U       | 3:02.89           | 200 IM               | 30           | 12&U       | 3:02.89           |
| 33                                      | 12&U       | 3:14.51           | 200 Fly              | 34           | 12&U       | 3:17.82           |

| <b>Friday FINALS **</b>            |            |                      |                   |            |
|------------------------------------|------------|----------------------|-------------------|------------|
| Warm-up: 5:00 pm<br>Start: 6:00 pm |            |                      |                   |            |
| <b><u>WOMEN</u></b>                |            | <b><u>EVENTS</u></b> | <b><u>MEN</u></b> |            |
| <u>Event</u>                       | <u>Age</u> |                      | <u>Event</u>      | <u>Age</u> |
| 15                                 | 13-14      | 200 FREE             | 16                | 13-14      |
| 5                                  | 15-16      |                      | 6                 | 15-16      |
|                                    | 17&O       |                      |                   | 17&O       |
| 19                                 | 13-14      | 50 BACK              | 20                | 13-14      |
| 7                                  | 15-16      |                      | 8                 | 15-16      |
|                                    | 17&O       |                      |                   | 17&O       |
| 23                                 | 13-14      | 100 BREAST           | 24                | 13-14      |
| 9                                  | 15-16      |                      | 10                | 15-16      |
|                                    | 17&O       |                      |                   | 17&O       |
| 27                                 | 13-14      | 200 IM               | 28                | 13-14      |
| 11                                 | 15-16      |                      | 12                | 15-16      |
|                                    | 17&O       |                      |                   | 17&O       |
| 31                                 | 13-14      | 200 FLY              | 32                | 13-14      |
| 13                                 | 15-16      |                      | 14                | 15-16      |
|                                    | 17&O       |                      |                   | 17&O       |

**\*\* A & B Finals for each age group if at least 16 swimmers entered in event, AND at least 5 swimmers in B Final after scratches.**

| Saturday Morning – 13&O Prelims             |       |            |                 |       |       |            |
|---|-------|------------|-----------------|-------|-------|------------|
| Warm-up B : 8:00 am      Warm-up A: 8:45 am |       |            |                 |       |       |            |
| Start: 9:30 am                              |       |            |                 |       |       |            |
| GIRLS                                       |       |            | EVENTS          | BOYS  |       |            |
| Event                                       | Age   | Qualifying |                 | Event | Age   | Qualifying |
| 59  | 13-14 | 30.93      | 50 Free         | 60    | 13-14 | 28.79      |
| 35  | 15&O  | 30.33      | 50 Free         | 36    | 15&O  | 27.50      |
| 63  | 13-14 | 2:41.85    | 200 Back        | 64    | 13-14 | 2:34.04    |
| 37  | 15&O  | 2:37.91    | 200 Back        | 38    | 15&O  | 2:29.41    |
| 67  | 13-14 | 1:16.34    | 100 Fly         | 68    | 13-14 | 1:11.03    |
| 39  | 15&O  | 1:13.10    | 100 Fly         | 40    | 15&O  | 1:07.17    |
| 71  | 13-14 | 41.00      | 50 Breast       | 72    | 13-14 | 37.00      |
| 41  | 15&O  | 40.00      | 50 Breast       | 42    | 15&O  | 35.00      |
| 75  | 13-14 | 5:40.00    | 400 IM *** (TF) | 76    | 13-14 | 5:30.00    |
| 43  | 15&O  | 5:30.00    | 400 IM *** (TF) | 44    | 15&O  | 5:00.00    |

\*\*\* Fastest Heat of 13-14, 15-16, and 17&O of each gender swims at finals. (fastest heat must check-in in morning to ensure fastest heats are filled)

## Split Warmup

A – Club Code A-H – AJAX, BAD, BROCK, BTSC, CW, DUCKS, ESWIM, GGST, GRAC, HAC, HHBF

B – Club Code L-Y – LSC, MST, NEW, NSSC, OSHAC, OTTER, RAMAC, RCAQ, ROW, SCAR, SLSC, TORCH, UG, WAT, YORK

| Saturday Early Afternoon – 13-14 Prelims |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
| Session Collapsed into Saturday Morning  |  |  |  |  |  |  |

| Saturday Late Afternoon – 12&U TF |      |            |           |       |      |            |
|-----------------------------------|------|------------|-----------|-------|------|------------|
| Warm-up: 1:30 pm                  |      |            |           |       |      |            |
| Start: 2:30 pm                    |      |            |           |       |      |            |
| GIRLS                             |      |            | EVENTS    | BOYS  |      |            |
| Event                             | Age  | Qualifying |           | Event | Age  | Qualifying |
| 61                                | 12&U | 33.70      | 50 Free   | 62    | 12&U | 32.93      |
| 65                                | 12&U | 2:59.04    | 200 Back  | 66    | 12&U | 2:59.59    |
| 69                                | 12&U | 1:25.65    | 100 Fly   | 70    | 12&U | 1:25.10    |
| 73                                | 12&U | 46.00      | 50 Breast | 74    | 12&U | 46.00      |
| 77                                | 12&U | 6:24.85    | 400 IM    | 78    | 12&U | 6:32.70    |

| Saturday FINALS **                 |       |                               |       |       |
|------------------------------------|-------|-------------------------------|-------|-------|
| Warm-up: 5:00 pm<br>Start: 6:00 pm |       |                               |       |       |
| WOMEN                              |       | EVENTS                        | MEN   |       |
| Event                              | Age   |                               | Event | Age   |
| 59                                 | 13-14 | 50 Free                       | 60    | 13-14 |
| 35                                 | 15-16 |                               | 36    | 15-16 |
|                                    | 17&O  |                               |       | 17&O  |
| 63                                 | 13-14 | 200 Back                      | 64    | 13-14 |
| 37                                 | 15-16 |                               | 38    | 15-16 |
|                                    | 17&O  |                               |       | 17&O  |
| 67                                 | 13-14 | 100 Fly                       | 68    | 13-14 |
| 39                                 | 15-16 |                               | 40    | 15-16 |
|                                    | 17&O  |                               |       | 17&O  |
| 71                                 | 13-14 | 50 Breast                     | 72    | 13-14 |
| 41                                 | 15-16 |                               | 42    | 15-16 |
|                                    | 17&O  |                               |       | 17&O  |
| 75                                 | 13-14 | 400 IM ***<br>(Fastest Heats) | 76    | 13-14 |
| 43                                 | 15-16 |                               | 44    | 15-16 |
|                                    | 17&O  |                               |       | 17&O  |

\*\* A & B Finals for each age group if at least 16 swimmers entered in event, AND at least 5 swimmers in B Final after scratches.

\*\*\* 400 – fastest heats of each age group/gender swim at finals (fastest heat must check-in in morning to ensure fastest heats are filled)

| Sunday Morning – 13&O Prelims                                 |       |            |              |       |       |            |
|---|-------|------------|--------------|-------|-------|------------|
| Warm-up A : 8:00 am      Warm-up B: 8:45 am<br>Start: 9:30 am |       |            |              |       |       |            |
| GIRLS   |       |            | EVENTS       | BOYS  |       |            |
| Event   | Age   | Qualifying |              | Event | Age   | Qualifying |
| 89  | 13-14 | 1:06.67    | 100 Free     | 90    | 13-14 | 1:03.24    |
| 79  | 15&O  | 1:05.36    | 100 Free     | 80    | 15&O  | 1:00.04    |
| 93  | 13-14 | 3:03.71    | 200 Breast   | 94    | 13-14 | 2:58.47    |
| 81  | 15&O  | 2:59.91    | 200 Breast   | 82    | 15&O  | 2:55.57    |
| 97  | 13-14 | 1:15.61    | 100 Back     | 98    | 13-14 | 1:11.88    |
| 83  | 15&O  | 1:13.55    | 100 Back     | 84    | 15&O  | 1:09.14    |
| 101   | 13-14 | 36.00      | 50 Fly       | 102   | 13-14 | 34.00      |
| 85  | 15&O  | 35.00      | 50 Fly       | 86    | 15&O  | 32.00      |
| 105   | 13-14 | 5:00.00    | 400 Free *** | 106   | 13-14 | 4:55.00    |
| 87  | 15&O  | 4:50.00    | 400 Free *** | 88    | 15&O  | 4:40.00    |

\*\*\* Fastest Heat of 13-14, 15-16, and 17&O of each gender swims at finals. (fastest heat must check-in in morning to ensure fastest heats are filled)

## Split Warmup

A – Club Code A-H – AJAX, BAD, BROCK, BTSC, CW, DUCKS, ESWIM, GGST, GRAC, HAC, HHBF

B – Club Code L-Y – LSC, MST, NEW, NSSC, OSHAC, OTTER, RAMAC, RCAQ, ROW, SCAR, SLSC, TORCH, UG, WAT, YORK

|   |
|---|
| <b>Sunday Early Afternoon – 13-14 Prelims</b> |
| <b>Session Collapsed into Sunday Morning</b>  |

| <b>Sunday Late Afternoon – 12&amp;U TF</b> |            |                   |                      |              |            |                   |
|--|------------|-------------------|----------------------|--------------|------------|-------------------|
| Warm-up: 1:30 pm<br>Start: 2:30 pm         |            |                   |                      |              |            |                   |
| <b>GIRLS</b>                               |            |                   | <b><u>EVENTS</u></b> | <b>BOYS</b>  |            |                   |
| <u>Event</u>                               | <u>Age</u> | <u>Qualifying</u> |                      | <u>Event</u> | <u>Age</u> | <u>Qualifying</u> |
| 91   | 12&U       | 1:12.94           | 100 Free             | 92           | 12&U       | 1:12.39           |
| 95   | 12&U       | 3:26.67           | 200 Breast           | 96           | 12&U       | 3:26.67           |
| 99   | 12&U       | 1:23.44           | 100 Back             | 100          | 12&U       | 1:24.55           |
| 103  | 12&U       | 40.00             | 50 Fly               | 104          | 12&U       | 40.00             |
| 107  | 12&U       | 5:39.97           | 400 Free             | 108          | 12&U       | 5:41.09           |

| <b>Sunday FINALS **</b>            |            |                                |                   |            |  |
|------------------------------------|------------|--------------------------------|-------------------|------------|--|
| Warm-up: 5:00 pm<br>Start: 6:00 pm |            |                                |                   |            |  |
| <b><u>WOMEN</u></b>                |            | <b><u>EVENTS</u></b>           | <b><u>MEN</u></b> |            |  |
| <u>Event</u>                       | <u>Age</u> |                                | <u>Event</u>      | <u>Age</u> |  |
| 89                                 | 13-14      | 100 Free                       | 90                | 13-14      |  |
| 79                                 | 15-16      |                                | 80                | 15-16      |  |
|                                    | 17&O       |                                |                   | 17&O       |  |
| 93                                 | 13-14      | 200 Breast                     | 94                | 13-14      |  |
| 81                                 | 15-16      |                                | 82                | 15-16      |  |
|                                    | 17&O       |                                |                   | 17&O       |  |
| 97                                 | 13-14      | 100 Back                       | 98                | 13-14      |  |
| 83                                 | 15-16      |                                | 84                | 15-16      |  |
|                                    | 17&O       |                                |                   | 17&O       |  |
| 101                                | 13-14      | 50 Fly                         | 102               | 13-14      |  |
| 85                                 | 15-16      |                                | 86                | 15-16      |  |
|                                    | 17&O       |                                |                   | 17&O       |  |
| 105                                | 13-14      | 400 Free***<br>(fastest heats) | 106               | 13-14      |  |
|                                    | 15-16      |                                |                   | 15-16      |  |
| 87                                 | 17&O       |                                | 88                | 17&O       |  |

**\*\* A & B Finals for each age group if at least 16 swimmers entered in event/age group, AND at least 5 swimmers in B Final after scratches.**

**\*\*\* 400 – fastest heats of each age group/gender swim at finals (fastest heat must check-in in morning to ensure fastest heats are filled)**