



MAY 15 – MAY 18, 2025

MISSISSAUGA
AQUATIC CLUB
DR. RALPH HICKEN
INTERNATIONAL

ETOBICOKE OLYMPIUM
MEET PACKAGE
HOSTED BY MISSISSAUGA AQUATIC CLUB



DR. RALPH HICKENS INVITATIONAL

FOOD MENU

MAINS

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|---|--------|
| BAGEL W/ BUTTER (PLAIN OR SESAME) | \$4.00 |
| BAGEL W/ CREAM CHEESE (PLAIN OR SESAME) | \$5.00 |
| JUMBO ALL BEEF HOT DOGS | \$5.00 |



SNACKS

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|---|--------------|
| MUFFINS (BANANA NUT/CHOCOLATE CHIP/BLUEBERRY) | \$3.00 |
| CHIPS | \$2.00 |
| JUMBO FREEZE | \$2.00 |
| JUMBO SOUR KEYS | 2 FOR \$1.00 |
| CANDY CUPS | \$5.00 |
| JOLLY RANCHER GUMMIES | \$4.00 |
| MENTOS FRUIT CANDIES | \$2.00 |
| MUTELLA 2 GO | \$2.00 |



Beverage

| | |
|-----------------------|--------|
| COFFEE | \$2.00 |
| BOTTLED WATER | \$2.00 |
| BUBLY SPARKLING WATER | \$2.00 |
| GATORADE | \$4.00 |
| APPLE-GRAPE JUICE | \$3.00 |





THANK YOU FOR SUPPORTING OUR SWIMMERS!

2025 Dr Ralph Hicken Meet

Brief Meet Information

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|-----------------------------------|---|
| MEET NAME | 2025 Dr Ralph Hicken Meet |
| DATE(s): | May 15-18, 2025 |
| HOSTED BY: | Mississauga Aquatic Club |
| LOCATION: | Etobicoke Olympium, 590 Rathburn Road, Etobicoke, Ontario M9C 3T3 |
| FACILITY: | 50M, 8 Lane Pool, Electronic Timing |
| PURPOSE & DESCRIPTION: | For swimmers to compete and achieve times to qualify for championship meets |
| 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: | May 12, 2025 |

Competition Organizing Committee

| ROLE | NAME | EMAIL | LEVEL |
|------------------------------------|-----------------|--|-------|
| COMPETITION COORDINATOR(S): | Richard Chan | richardctchan@gmail.com | 5 |
| | Bud Seawright | bud@seawright.ca | 5 |
| | Daniel Zou | nyacofficials@nyacswimming.ca | 5 |
| | James McGrath | james.mcgrath@rogers.com | 4 |
| MEET MANAGER(S): | Michael Connors | connormd@hotmail.com | |
| | Andrea Pittis | swimandrea@hotmail.com | |
| | Jackie Hatherly | jackiehatherly@gmail.com | |
| OFFICIALS COORDINATOR: | Mindy Chase | mindy.mssac@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

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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| AGE UP DATE: | The competitor's age is as the first day of the competition - <u>May 15, 2025</u> |
| DIVE STARTS: | As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows: <ul style="list-style-type: none"> from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from both ends |
| 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"> Facility-Provided Strobe Light: An external strobe light is available at this facility 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** 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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| ADDITIONAL ELIGIBILITY INFORMATION: | <ul style="list-style-type: none"> A. Preference will be given to the host club first. B. Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition and not be eligible for scoring or awards. C. This meet has Time Standards (See Entry Times & Conversions section) D. Para swimmers are welcome and are exempt from the above stated time standards |
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| 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>Foreign Teams and their competitors are welcome, subject to the following provisions.</p> <ul style="list-style-type: none"> ○ Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate. ○ All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics. ○ All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing. ○ All competitors and coaches must be in good standing with their respective governing swim body. ○ 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 Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate. ○ Foreign Team entries are not to be accepted by the host club until Swim Ontario approval. |

Entry Process

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| 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> |
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2025 Dr Ralph Hicken Meet

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| ENTRY DEADLINE: | The online entry deadline is <u>April 28, 2025</u> Changes to entries will be accepted until <u>May 11, 2025</u> |
| ENTRY FEE: | The following fees will apply for this competition: A. Individual Events: \$15.00 (50m to 200m), \$20.00 (400m, 800m & 1500m) B. Relay Events: \$25.00 C. Swimmer Fee: \$15.00 Payment Method: Please make cheque payable to “ Mississauga Aquatic Club ” or by e-transfer to susanne@mississaugaswimming.com |
| ENTRY LIMITS: | The following limits are in place for this competition: A. The maximum number of participants per session is <u>600</u> B. Each club is limited to the following number of swimmers <u>N/A</u> C. The maximum number of entries per swimmer is <u>3 Individual + 1 Relay per session</u> |
| RELAY ENTRIES: | 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. Relay swimmers must be entered in a non relay event in order to compete. |
| ENTRY TIMES & CONVERSION: | A. No Time (NT) entries are not permitted. B. Estimate entry times are accepted. C. Entry times can be converted. All entries are to be submitted in LCM times. Please use the HY-TEK Team Manager for conversions of SCM time to LCM times at 2% before submitting entries. D. Qualifying Standards (Time Standards) are as follows: <u>12& Under:</u> No time standard (50m & 100m events) Swim Ontario “Division 2” Time Standard (200m events) Swim Ontario “Division 1” Time Standard (400m to 800m events) All events will be timed finals. <u>13& Over:</u> No time standard (50m events) Swim Ontario “Division 2” Time Standard (100m & 200m events) Swim Ontario “Division 1” Time Standard (400m, 800m & 1500m events) See Time Standards Section at the end of the meet package |

SCHEDULE OF SESSIONS

| Session | Date | Age Group | Warm Up Period | Start of Session | Approx. Finish of Session | Est. Duration | Time Final Heat/Finals |
|---------|------------------------|-----------|----------------|------------------|---------------------------|---------------|------------------------|
| 1B | Thursday Afternoon (S) | Open | 1:30 – 1:55 PM | 2:00 PM | 4:30 PM | 2.5 hrs | Time Finals |
| 1G | Thursday Eve (S) | Open | 4:30 – 4:55 PM | 5:00 PM | 8:00 PM | 3.0 hrs | Time Finals |
| 2 | Friday Prelims (D) | 13 & O | 8:30 – 9:25 AM | 9:30 AM | 1:00 PM | 3.5 hrs | Prelims |
| 3 | Friday Afternoon (D) | 12 & U | 1:00 – 1:55 PM | 2:00 PM | 6:00 PM | 4.0 hrs | Time Finals |
| 4 | Friday Finals (S) | 13 & O | 6:00 – 6:55 PM | 7:00 PM | 9:00 PM | 2.0 hrs | Finals |
| 5 | Saturday Prelims (D) | 13 & O | 8:00 – 8:55 AM | 9:00 AM | 1:00 PM | 4.0 hrs | Prelims |
| 6 | Saturday Afternoon (D) | 12 & U | 1:00 – 1:55 PM | 2:00 PM | 6:00 PM | 4.0 hrs | Time Finals |
| 7 | Saturday Finals (S) | 13 & O | 6:00 – 6:55 PM | 7:00 PM | 9:00 PM | 2.0 hrs | Finals |
| 8 | Sunday Prelims (D) | 13 & O | 8:00 – 8:55 AM | 9:00 AM | 1:00 PM | 4.0 hrs | Prelims |
| 9 | Sunday Afternoon (D) | 12 & U | 1:00 – 1:55 PM | 2:00 PM | 6:00 PM | 4.0 hrs | Time Finals |
| 10 | Sunday Finals (S) | 13 & O | 6:00 – 6:55 PM | 7:00 PM | 9:00 PM | 2.0 hrs | Finals |

(S) – single ended, (D) – double ended

Meet Format & Administration

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| MIXED-GENDER: | <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> |
| SEEDING: | <p>After all times are converted as pursuant to the conversion process:</p> <ul style="list-style-type: none"> Seeding for Timed Final events will be in order of entry times, slowest to fastest, with the exception of Distance Events which will be seeded fastest to slowest. Seeding for Preliminary events will be as per Section II 3.1 with fastest 3 heats circle seeded. |
| 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> <p>Only event deck entries are permitted for swimmers already entered in the competition.</p> <p>Fee: \$20.00 (Individual events), \$25.00 (relay events)</p> |
| RELAY NAME SUBMISSION: | <p>Relay Cards or Forms must be returned to the Admin Desk.</p> <p>A. Relay Cards are available at the Admin Desk</p> <p>B. 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>A. A scratch deadline will apply for finals events:</p> <ul style="list-style-type: none"> 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>A. There is a positive check-in 30 minutes before the start of the session at the Admin Desk for the following events: 400 FR, 400 IM, 800 FR & 1500FR</p> <p>B. During finals, all finalists and alternates are required to check-in at the Admin Desk 15 minutes before their event.</p> |
| PENALTIES: | <p>A. Failure to positive check-in by the deadline will result in the removal of the swimmer from that event</p> <p>B. Failure to participate in an event with a scratch or positive check-in deadline will result in the following penalty:</p> <ul style="list-style-type: none"> \$50.00 fine for each offence (applies to initially named finalists and alternates – payable to the Mississauga Aquatic Club. Failure to pay before the swimmer's next event will exclude the swimmer from further participation in the meet.) |
| 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 Referee at least 30 minutes prior to the commencement of the session in which the event will take place.</p> <p>A. Official Split Forms are available at the Admin Desk. There is a \$5 Fee for any accepted split request. Payable via Cash or Card</p> <p>B. Not all Official Split requests can be accommodated.</p> |

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| 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. |
| RECORDS: | <ul style="list-style-type: none"> 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. |
| MEET RESULTS: | <p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <p>A. Unofficial Results will be posted at the meet. B. Unofficial mobile applications results will be available. C. Unofficial Live Results will be available.</p> |
| SCORING: | <p>The following scoring will be applied:</p> <p>Individual: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</p> <p>Relay: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2</p> <p>Individual High Point Awards for each gender/age group (Scoring 5,3,1)</p> |
| AWARDS: | <p>Awards will be separated by gender and age group: 10 & Under, 11-12, 13-14, 15 & Over</p> <p>The following will be awarded:</p> <p>Individual events – medals for 1st to 3rd. Relay events – medals for 1st to 3rd.</p> <p>Individual High Point Awards for each gender/age group (Scoring 5,3,1)</p> |
| PRIZES: | <ul style="list-style-type: none"> Arena Golden Crown Race – 50 Breast <p>12 & Under – During the 50m Breast event, winner of heat 1 will hold the crown. Each following heat winner will claim the crown provided they beat the current crown holder's time. The final heat (8 swimmers) will swim one at a time trying to beat the current crown holder's time. Fastest time for both boys and girls 12 & Under age group wins the Golden Crown Prize (Arena ST swimsuit)</p> <p>13 & Over – A slowest to fastest swim-off by the top 8 males and top 8 females in the 50m Breast based on the 50m Breast Preliminary results. Fastest time in the 13-14 age group and the 15 & Over age group wins the Golden Crown Prize (Arena Carbon Swimsuit).</p> <ul style="list-style-type: none"> Bell Heat Prizes – 12 & Under events Top male and female 12 & Under, 13-14, 15 & Over Top Overall Fina Point Prizes <ul style="list-style-type: none"> 1st - \$500 (or equivalent value prize) 2nd - \$100 (or equivalent value prize) 3rd - \$50 (or equivalent value prize) <p>Ties will be determined by next highest scoring swim. Swimmers must be in attendance at the Sunday Finals to receive the award. If they are not there the award will go to the next highest FINA points recipient</p> |
| ADDITIONAL INFORMATION: | |

Schedule of Events:

Warm-up Group A: COBRA, HHBF, IS, MSSAC, NL, RCAQ, TSC, UT, YORK

Warm-up Group B: BAD, CW, ESWIM, OTTSC, RAMAC, RHAC, TORCH

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|---|--|-----------|-----------|-------|
| <p>Session 1B (Timed Finals) Thursday, May 15, 2025 Warm-up: 1:35 PM – 1:55 PM (Group A & B) Start: 2:00 PM</p> | | | | |
| | | EVENTS | MALE | |
| | | | Age | Event |
| | | 1500 FREE | 13 & OVER | 2 |
| | | 800 FREE | 12 & OVER | 4 |
| | | 400 FREE | 13 & OVER | 6 |
| Meet Management reserves the right to limit entries if required to fit available pool time. | | | | |

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|---|-----------|-----------|--|--|
| <p>Session 1G (Timed Finals) Thursday, May 15, 2025 Warm-up: 4:30 PM – 4:55 PM (Group A & B) Start: 5:00 PM</p> | | | | |
| FEMALE | | EVENTS | | |
| Event | Age | | | |
| 1 | 13 & OVER | 1500 FREE | | |
| 3 | 12 & OVER | 800 FREE | | |
| 5 | 13 & OVER | 400 FREE | | |
| Meet Management reserves the right to limit entries if required to fit available pool time. | | | | |

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|---|-----------|----------------|-----------|-------|
| <p>Session 2 – FRIDAY PRELIMS Friday, May 16, 2025 Warm-up #1: 8:30 AM – 8:55 AM (Group A) Warm-up #2: 9:00 AM – 9:25 AM (Group B) Start: 9:30 AM</p> | | | | |
| FEMALE | | EVENTS | MALE | |
| Event | Age | | Age | Event |
| 7 | 13 & OVER | 200 BREAST | 13 & OVER | 8 |
| 9 | 13 & OVER | 100 FREE | 13 & OVER | 10 |
| 11 | 13 & OVER | 200 BACK | 13 & OVER | 12 |
| 13 | 13 & OVER | 50 FLY | 13 & OVER | 14 |
| 201 | 13-14 | 400 FREE RELAY | 13-14 | 202 |
| 203 | 15 & OVER | | 15 & OVER | 204 |

2025 Dr Ralph Hicken Meet

Warm-up Group A: COBRA, HHBF, IS, MSSAC, NL, RCAQ, TSC, UT, YORK

Warm-up Group B: BAD, CW, ESWIM, OTTSC, RAMAC, RHAC, TORCH

| Session 3 – FRIDAY AFTERNOON | | | | |
|---|------------|----------------|------------|-------|
| Friday, May 16, 2025 | | | | |
| Warm-up #1: 1:00 PM – 1:25 PM (Group A) | | | | |
| Warm-up #2: 1:30 PM – 1:55 PM (Group B) | | | | |
| Start: 2:00 PM | | | | |
| FEMALE | | EVENTS | MALE | |
| Event | Age | | Age | Event |
| 101 | 12 & UNDER | 200 BREAST | 12 & UNDER | 102 |
| 103 | 12 & UNDER | 100 FREE | 12 & UNDER | 104 |
| 105 | 12 & UNDER | 200 BACK | 12 & UNDER | 106 |
| 107 | 12 & UNDER | 50 FLY | 12 & UNDER | 108 |
| 301 | 10 & UNDER | 200 FREE RELAY | 10 & UNDER | 302 |
| 303 | 11-12 | | 11-12 | 304 |
| 109 | 11-12 | 400 IM | 11-12 | 110 |

| Session 4 – FRIDAY FINALS | | | | | | |
|----------------------------|-----------|----------|------------|----------|-----------|-------|
| Friday, May 16, 2025 | | | | | | |
| Warm-up: 6:00 PM – 6:55 PM | | | | | | |
| Start: 7:00 PM | | | | | | |
| FEMALE | | | EVENTS | MALE | | |
| Event | Age | Finals | | Finals | Age | Event |
| 7 | 13 – 14 | A & B | 200 BREAST | A & B | 13 – 14 | 8 |
| | 15 & OVER | A & B | | A & B | 15 & OVER | |
| 9 | 13 – 14 | A & B | 100 FREE | A & B | 13 – 14 | 10 |
| | 15 & OVER | A & B | | A & B | 15 & OVER | |
| 11 | 13 – 14 | A & B | 200 BACK | A & B | 13 – 14 | 12 |
| | 15 & OVER | A & B | | A & B | 15 & OVER | |
| 13 | 13 – 14 | A, B & C | 50 FLY | A, B & C | 13 – 14 | 14 |
| | 15 & OVER | A, B & C | | A, B & C | 15 & OVER | |

| Session 5 – SATURDAY PRELIMS | | | | |
|---|-----------|------------------|-----------|-------|
| Saturday, May 17, 2025 | | | | |
| Warm-up #1: 8:00 AM – 8:25 AM (Group B) | | | | |
| Warm-up #2: 8:30 AM – 8:55 AM (Group A) | | | | |
| Start: 9:00 AM | | | | |
| FEMALE | | EVENTS | MALE | |
| Event | Age | | Age | Event |
| 15 | 13 & OVER | 200 IM | 13 & OVER | 16 |
| 17 | 13 & OVER | 100FLY | 13 & OVER | 18 |
| 19 | 13 & OVER | 200 FREE | 13 & OVER | 20 |
| 21 | 13 & OVER | 50 BREAST | 13 & OVER | 22 |
| 205 | 13-14 | 400 MEDLEY RELAY | 13-14 | 206 |
| 207 | 15 & OVER | | 15 & OVER | 208 |

2025 Dr Ralph Hicken Meet

Warm-up Group A: COBRA, HHBF, IS, MSSAC, NL, RCAQ, TSC, UT, YORK

Warm-up Group B: BAD, CW, ESWIM, OTTSC, RAMAC, RHAC, TORCH

| Session 6 – SATURDAY AFTERNOON Saturday, May 17, 2025 Warm-up #1: 1:00 PM – 1:25 PM (Group B) Warm-up #2: 1:30 PM – 1:55 PM (Group A) Start: 2:00 PM | | | | |
|--|------------|---|------------|-------|
| FEMALE | | EVENTS | MALE | |
| Event | Age | | Age | Event |
| 111 | 12 & UNDER | 200 IM | 12 & UNDER | 112 |
| 113 | 12 & UNDER | 50 BREAST (GOLDEN CROWN RACE FORMAT) | 12 & UNDER | 114 |
| 115 | 12 & UNDER | 200 FREE | 12 & UNDER | 116 |
| 117 | 12 & UNDER | 100 FLY | 12 & UNDER | 118 |
| 305 | 10 & UNDER | 200 MEDLEY RELAY | 10 & UNDER | 306 |
| 307 | 11-12 | | 11-12 | 308 |

| Session 7 – SATURDAY FINALS Saturday, May 17, 2025 Warm-up: 6:30 PM – 6:55 PM Start: 7:00 PM | | | | | | |
|---|-----------|--|-----------|----------|-----------|-------|
| FEMALE | | | EVENTS | MALE | | |
| Event | Age | Finals | | Finals | Age | Event |
| 801 | 13 – 14 | GOLDEN CROWN 50 BREAST (TOP 8 BASED ON 50 BREAST PRELIMINARY RESULTS) | | | 13 – 14 | 801 |
| 802 | 15 & OVER | | | | 15 & OVER | 802 |
| 15 | 13 – 14 | A & B | 200 IM | A & B | 13 – 14 | 16 |
| | 15 & OVER | A & B | | A & B | 15 & OVER | |
| 17 | 13 – 14 | A & B | 100 FLY | A & B | 13 – 14 | 18 |
| | 15 & OVER | A & B | | A & B | 15 & OVER | |
| 19 | 13 – 14 | A & B | 200 FREE | A & B | 13 – 14 | 20 |
| | 15 & OVER | A & B | | A & B | 15 & OVER | |
| 21 | 13 – 14 | A, B & C | 50 BREAST | A, B & C | 13 – 14 | 22 |
| | 15 & OVER | A, B & C | | A, B & C | 15 & OVER | |

| Session 8 – SUNDAY PRELIMS Sunday, May 18, 2025 Warm-up: 8:00 AM - 8:25 AM (Group A) Warm-up: 8:30 AM - 8:55 AM (Group B) Start: 9:00 AM | | | | |
|--|-----------|----------------------|-----------|-------|
| FEMALE | | EVENTS | MALE | |
| Event | Age | | Age | Event |
| 23 | 13 & OVER | 200 FLY | 13 & OVER | 24 |
| 25 | 13 & OVER | 50 BACK | 13 & OVER | 26 |
| 27 | 13 & OVER | 100 BREAST | 13 & OVER | 28 |
| 29 | 13 & OVER | 50 FREE | 13 & OVER | 30 |
| 31 | 13 & OVER | 100 BACK | 13 & OVER | 32 |
| 33 | 13 & OVER | 400 IM (Timed Final) | 13 & OVER | 34 |

2025 Dr Ralph Hicken Meet

Warm-up Group A: COBRA, HHBF, IS, MSSAC, NL, RCAQ, TSC, UT, YORK

Warm-up Group B: BAD, CW, ESWIM, OTTSC, RAMAC, RHAC, TORCH

| Session 9 – SUNDAY AFTERNOON | | | | |
|---|------------|------------|------------|-------|
| Sunday, May 18, 2025 | | | | |
| Warm-up #1: 1:00 PM – 1:25 PM (Group A) | | | | |
| Warm-up #2: 1:30 PM – 1:55 PM (Group B) | | | | |
| Start: 2:00 PM | | | | |
| FEMALE | | EVENTS | MALE | |
| Event | Age | | Age | Event |
| 119 | 12 & UNDER | 200 FLY | 12 & UNDER | 120 |
| 121 | 12 & UNDER | 50 BACK | 12 & UNDER | 122 |
| 123 | 12 & UNDER | 100 BREAST | 12 & UNDER | 124 |
| 125 | 12 & UNDER | 50 FREE | 12 & UNDER | 126 |
| 127 | 12 & UNDER | 100 BACK | 12 & UNDER | 128 |
| 129 | 12 & UNDER | 400 FREE | 12 & UNDER | 130 |

| Session 10 – SUNDAY FINALS | | | | | | |
|----------------------------|-----------|----------|------------|----------|-----------|-------|
| Sunday, May 18, 2025 | | | | | | |
| Warm-up: 6:30 PM – 6:55 PM | | | | | | |
| Start: 7:00 PM | | | | | | |
| FEMALE | | | EVENTS | MALE | | |
| Event | Age | Finals | | Finals | Age | Event |
| 23 | 13 – 14 | A & B | 200 FLY | A & B | 13 – 14 | 24 |
| | 15 & OVER | A & B | | A & B | 15 & OVER | |
| 25 | 13 – 14 | A, B & C | 50 BACK | A, B & C | 13 – 14 | 26 |
| | 15 & OVER | A, B & C | | A, B & C | 15 & OVER | |
| 27 | 13 – 14 | A & B | 100 BREAST | A & B | 13 – 14 | 28 |
| | 15 & OVER | A & B | | A & B | 15 & OVER | |
| 29 | 13 – 14 | A, B & C | 50 FREE | A, B & C | 13 – 14 | 30 |
| | 15 & OVER | A, B & C | | A, B & C | 15 & OVER | |
| 31 | 13 – 14 | A & B | 100 BACK | A & B | 13 – 14 | 32 |

Time Standards

2025 Dr. Ralph Hicken International - 5/15/2025 to 5/18/2025

Time Standards Report

| Event | D1Q | D2Q | HICK |
|---------------------------------|----------|---------|----------|
| Event 1 Girls 13-14 1500 Free | 21:47.23 | | 21:47.23 |
| Event 1 Girls 15&O 1500 Free | 21:26.05 | | 21:26.05 |
| Event 2 Boys 13-14 1500 Free | 20:23.44 | | 20:23.44 |
| Event 2 Boys 15&O 1500 Free | 20:10.90 | | 20:10.90 |
| Event 3 Girls 12 800 Free | 11:47.91 | | 11:47.91 |
| Event 3 Girls 13-14 800 Free | 10:57.57 | | 10:57.57 |
| Event 3 Girls 15&O 800 Free | 10:50.99 | | 10:50.99 |
| Event 4 Boys 12 800 Free | 11:05.37 | | 11:05.37 |
| Event 4 Boys 13-14 800 Free | 10:25.39 | | 10:25.39 |
| Event 4 Boys 15&O 800 Free | 10:06.84 | | 10:06.84 |
| Event 5 Girls 13-14 400 Free | 5:15.80 | 5:58.86 | 5:15.80 |
| Event 5 Girls 15&O 400 Free | 5:11.23 | 5:53.68 | 5:11.23 |
| Event 6 Boys 13-14 400 Free | 4:54.80 | 5:35.00 | 4:54.80 |
| Event 6 Boys 15&O 400 Free | 4:47.66 | 5:26.89 | 4:47.66 |
| Event 7 Girls 13-14 200 Free | 2:27.11 | 2:47.18 | 2:47.18 |
| Event 7 Girls 15&O 200 Free | 2:25.55 | 2:45.40 | 2:45.40 |
| Event 8 Boys 13-14 200 Free | 2:18.45 | 2:37.33 | 2:37.33 |
| Event 8 Boys 15&O 200 Free | 2:14.04 | 2:32.31 | 2:32.31 |
| Event 9 Girls 13-14 100 Breast | 1:28.07 | 1:40.07 | 1:40.07 |
| Event 9 Girls 15&O 100 Breast | 1:26.13 | 1:37.87 | 1:37.87 |
| Event 10 Boys 13-14 100 Breast | 1:20.38 | 1:31.34 | 1:31.34 |
| Event 10 Boys 15&O 100 Breast | 1:17.55 | 1:28.12 | 1:28.12 |
| Event 11 Girls 13-14 200 Back | 2:47.12 | 3:09.91 | 3:09.91 |
| Event 11 Girls 15&O 200 Back | 2:44.16 | 3:06.55 | 3:06.55 |
| Event 12 Boys 13-14 200 Back | 2:37.50 | 2:58.98 | 2:58.98 |
| Event 12 Boys 15&O 200 Back | 2:32.28 | 2:53.16 | 2:53.16 |
| Event 13 Girls 13-14 50 Fly | | | |
| Event 13 Girls 15&O 50 Fly | | | |
| Event 14 Boys 13-14 50 Fly | | | |
| Event 14 Boys 15&O 50 Fly | | | |
| Event 15 Girls 13-14 200 IM | 2:47.64 | 3:10.50 | 3:10.50 |
| Event 15 Girls 15&O 200 IM | 2:46.78 | 3:09.53 | 3:09.53 |
| Event 16 Boys 13-14 200 IM | 2:36.52 | 2:57.86 | 2:57.86 |
| Event 16 Boys 15&O 200 IM | 2:31.98 | 2:52.70 | 2:52.70 |
| Event 17 Girls 13-14 100 Fly | 1:15.02 | 1:25.25 | 1:25.25 |
| Event 17 Girls 15&O 100 Fly | 1:13.17 | 1:23.15 | 1:23.15 |
| Event 18 Boys 13-14 100 Fly | 1:09.72 | 1:19.23 | 1:19.23 |
| Event 18 Boys 15&O 100 Fly | 1:06.76 | 1:15.86 | 1:15.86 |
| Event 19 Girls 13-14 200 Breast | 3:12.21 | 3:38.42 | 3:38.42 |
| Event 19 Girls 15&O 200 Breast | 3:10.84 | 3:36.96 | 3:36.96 |
| Event 20 Boys 13-14 200 Breast | 3:00.84 | 3:25.50 | 3:25.50 |
| Event 20 Boys 15&O 200 Breast | 2:50.58 | 3:13.84 | 3:13.84 |
| Event 21 Girls 13-14 50 Free | 30.85 | 35.06 | |
| Event 21 Girls 15&O 50 Free | 30.45 | 34.60 | |
| Event 22 Boys 13-14 50 Free | 28.45 | 32.32 | |
| Event 22 Boys 15&O 50 Free | 27.69 | 31.46 | |
| Event 23 Girls 13-14 200 Fly | 2:54.50 | 3:18.30 | 3:18.30 |

2025 Dr Ralph Hicken Meet

2025 Dr. Ralph Hicken International - 5/15/2025 to 5/18/2025

Time Standards Report

| Event | D1Q | D2Q | HICK |
|----------------------------------|---------|---------|---------|
| Event 23 Girls 15&O 200 Fly | 2:50.75 | 3:14.04 | 3:14.04 |
| Event 24 Boys 13-14 200 Fly | 2:41.73 | 3:03.79 | 3:03.79 |
| Event 24 Boys 15&O 200 Fly | 2:35.33 | 2:56.51 | 2:56.51 |
| Event 25 Girls 13-14 50 Back | | | |
| Event 25 Girls 15&O 50 Back | | | |
| Event 26 Boys 13-14 50 Back | | | |
| Event 26 Boys 15&O 50 Back | | | |
| Event 27 Girls 13-14 100 Free | 1:07.51 | 1:16.71 | 1:16.71 |
| Event 27 Girls 15&O 100 Free | 1:06.30 | 1:15.34 | 1:15.34 |
| Event 28 Boys 13-14 100 Free | 1:02.49 | 1:11.01 | 1:11.01 |
| Event 28 Boys 15&O 100 Free | 1:00.49 | 1:08.74 | 1:08.74 |
| Event 29 Girls 13-14 50 Breast | | | |
| Event 29 Girls 15&O 50 Breast | | | |
| Event 30 Boys 13-14 50 Breast | | | |
| Event 30 Boys 15&O 50 Breast | | | |
| Event 31 Girls 13-14 100 Back | 1:17.14 | 1:27.66 | 1:27.66 |
| Event 31 Girls 15&O 100 Back | 1:15.69 | 1:26.01 | 1:26.01 |
| Event 32 Boys 13-14 100 Back | 1:11.42 | 1:21.16 | 1:21.16 |
| Event 32 Boys 15&O 100 Back | 1:10.46 | 1:20.06 | 1:20.06 |
| Event 33 Girls 13-14 400 IM | 6:04.46 | 6:54.16 | 6:04.46 |
| Event 33 Girls 15&O 400 IM | 6:01.41 | 6:50.69 | 6:01.41 |
| Event 34 Boys 13-14 400 IM | 5:39.49 | 6:25.79 | 5:39.49 |
| Event 34 Boys 15&O 400 IM | 5:28.87 | 6:13.71 | 5:28.87 |
| Event 101 Girls 10&U 200 Free | 2:48.81 | 3:11.83 | 3:11.83 |
| Event 101 Girls 11-12 200 Free | 2:39.01 | 3:00.69 | 3:00.69 |
| Event 102 Boys 10&U 200 Free | 2:48.33 | 3:11.29 | 3:11.29 |
| Event 102 Boys 11-12 200 Free | 2:39.21 | 3:00.93 | 3:00.93 |
| Event 103 Girls 10&U 100 Breast | 1:42.00 | 1:55.91 | |
| Event 103 Girls 11-12 100 Breast | 1:35.88 | 1:48.95 | |
| Event 104 Boys 10&U 100 Breast | 1:42.41 | 1:56.37 | |
| Event 104 Boys 11-12 100 Breast | 1:34.89 | 1:47.82 | |
| Event 105 Girls 10&U 200 Back | 3:10.34 | 3:36.30 | 3:36.30 |
| Event 105 Girls 11-12 200 Back | 3:00.11 | 3:24.68 | 3:24.68 |
| Event 106 Boys 10&U 200 Back | 3:10.84 | 3:36.86 | 3:36.86 |
| Event 106 Boys 11-12 200 Back | 2:59.47 | 3:23.94 | 3:23.94 |
| Event 107 Girls 10&U 50 Fly | 45.00 | 52.00 | |
| Event 107 Girls 11-12 50 Fly | | | |
| Event 108 Boys 10&U 50 Fly | 45.00 | 52.00 | |
| Event 108 Boys 11-12 50 Fly | | | |
| Event 109 Girls 11-12 400 IM | 6:32.39 | 7:25.90 | 6:32.39 |
| Event 110 Boys 11-12 400 IM | 6:28.40 | 7:21.36 | 6:28.40 |
| Event 111 Girls 10&U 200 IM | 3:10.29 | 3:36.24 | 3:36.24 |
| Event 111 Girls 11-12 200 IM | 3:01.05 | 3:25.74 | 3:25.74 |
| Event 112 Boys 10&U 200 IM | 3:11.96 | 3:38.14 | 3:38.14 |
| Event 112 Boys 11-12 200 IM | 2:59.27 | 3:23.71 | 3:23.71 |
| Event 113 Girls 10&U 50 Free | 34.52 | 39.22 | |
| Event 113 Girls 11-12 50 Free | 32.87 | 37.35 | |

2025 Dr Ralph Hicken Meet

2025 Dr. Ralph Hicken International - 5/15/2025 to 5/18/2025

Time Standards Report

| Event | D1Q | D2Q | HICK |
|----------------------------------|---------|---------|---------|
| Event 114 Boys 10&U 50 Free | 34.56 | 39.27 | |
| Event 114 Boys 11-12 50 Free | 32.37 | 36.79 | |
| Event 115 Girls 11-12 200 Breast | 3:26.92 | 3:55.14 | 3:55.14 |
| Event 116 Boys 11-12 200 Breast | 3:24.17 | 3:52.01 | 3:52.01 |
| Event 117 Girls 10&U 100 Fly | 1:31.27 | 1:43.71 | |
| Event 117 Girls 11-12 100 Fly | 1:23.72 | 1:35.14 | |
| Event 118 Boys 10&U 100 Fly | 1:31.84 | 1:44.36 | |
| Event 118 Boys 11-12 100 Fly | 1:24.18 | 1:35.66 | |
| Event 119 Girls 11-12 200 Fly | 3:19.16 | 3:46.31 | 3:46.31 |
| Event 120 Boys 11-12 200 Fly | 3:21.21 | 3:48.65 | 3:48.65 |
| Event 121 Girls 10&U 50 Back | | | |
| Event 121 Girls 11-12 50 Back | | | |
| Event 122 Boys 10&U 50 Back | | | |
| Event 122 Boys 11-12 50 Back | | | |
| Event 123 Girls 10&U 100 Free | 1:16.40 | 1:26.81 | |
| Event 123 Girls 11-12 100 Free | 1:12.53 | 1:22.42 | |
| Event 124 Boys 10&U 100 Free | 1:16.52 | 1:26.95 | |
| Event 124 Boys 11-12 100 Free | 1:11.63 | 1:21.40 | |
| Event 125 Girls 10&U 50 Breast | 50.00 | 57.50 | |
| Event 125 Girls 11-12 50 Breast | | | |
| Event 126 Boys 10&U 50 Breast | 50.00 | 57.50 | |
| Event 126 Boys 11-12 50 Breast | | | |
| Event 127 Girls 10&U 100 Back | 1:29.39 | 1:41.58 | |
| Event 127 Girls 11-12 100 Back | 1:24.14 | 1:35.61 | |
| Event 128 Boys 10&U 100 Back | 1:29.66 | 1:41.89 | |
| Event 128 Boys 11-12 100 Back | 1:23.63 | 1:35.04 | |
| Event 129 Girls 10&U 400 Free | 5:59.89 | 6:48.96 | 5:59.89 |
| Event 129 Girls 11-12 400 Free | 5:38.02 | 6:24.11 | 5:38.02 |
| Event 130 Boys 10&U 400 Free | 5:57.97 | 6:46.79 | 5:57.97 |
| Event 130 Boys 11-12 400 Free | 5:37.83 | 6:23.90 | 5:37.83 |