

2024-25 Revised Standards & Competitions

- Regional
- Provincial
- National

Central Region Competitions & Standards

- Standards to be revised based on a percentage above the NEW Ontario Age Group standards
- Central Region to continue to offer “B” and “C” Championships in February and June 2025

Provincial Competitions

- Ontario Junior International December 12-15 at TPASC (OJI short course standards for 18 & under)
- Ontario Age Group Championships February 27-March 2 (new long course event with standards for ages 11 & under to 18 years)-14 & under at Markham, 15-18 at TPASC
- Ontario Swimming Championships July 9-13 (new standards to include 11 & under through 18 years)-14 & under at Markham, 15-18 at TPASC

Changes to Provincial Programming

- Ontario Age Group Championships is intended to be an “in-season” check point that is a step below the Ontario Swimming Championships in the summer. Taking this progressive approach should allow for clubs to build their season plans towards swimming their fastest near or at the end of the season rather than in the middle of the season. For this to happen clubs and coaches need to be allowed to build and implement appropriate training blocks that allow their swimmers to build the technical and tactical skill sets to maximize their performance development.

Development of Ontario Swimming Championship Standards

- times were set based on the final provincial rankings for the 2023/2024 season. Using these rankings as a baseline helped to create a progressive performance expectation across the age categories for each event
- **RANKING CONSIDERATIONS**
 - 13 and Unders: 40th ranked performance from the 2023/2024 season
 - Swim Ontario viewed this age bracket as a new standard, rather than a version of the previous Festival standard.
 - 14-16 Year Olds: 30th ranked performance for the 2023/2024 season.
 - Changes to these standards looked to address event qualification deficits that became clear over the past two provincial competition cycles.
 - 17 year olds and 18 and Overs: 24th ranked performance for the 2023/2024 season.
 - Management of this age group became important for the performance along the national and international tracks.

Development of Ontario Age Group Championship Standards

- Standards were developed using the Ontario Swimming Championships times as the baseline.
- Ontario Swimming Championships (OSC) + 2.5%.
- The new standard allowed for a slight step up from the historic OYJ & Festivals standards
- Individual events were also monitored to ensure a clear pathway
- Individual swimmers must achieve one (1) qualifying standard to attend the competition.
- Swimmers must also meet the event consideration time of **OSC standard** + 5% to be eligible to enter a bonus event.

National Competitions

- Speedo Swimming Canadian Open April 10-12 in Edmonton (short and long course standards)
- Canadian Swimming Trials June 7-12 in Victoria (Junior and Senior long course standards only)
- Speedo Canadian Short Course Championships August 7-10 in Sherbrooke (short course and long course standards) ***NEW***
- Canada Games August 10-15 in St. John's Newfoundland