

2024-2025 Eastern Ontario Regional Championships Overview

As of November 14, 2024

	Winter Regionals	Summer Regionals	Notes
Dates	January 31-Feb 2, 2024	June 5-8, 2024	
Hosts	Kingston Blue Marlins	Nepean Kanata Barracudas	
Location	Queens University Kingston, Ontario	Nepean Sportsplex Nepean, Ontario	
Course	SCM	LCM	
Days	3 12&Under: Timed Finals Friday (midday) Saturday (midday) Sunday (morning) 13&Over: Prelims/Finals on Friday/Saturday (morning/evening) Timed Finals on Sunday (midday)	3.5 Thursday: Timed Finals/Distance for all ages 12&Under: Timed Finals Friday/Saturday/Sunday 13&Over: Prelims/Finals Friday/Saturday/Sunday	
Age Groups	10&U, 11-12, 13-14, 15-16, 17&O		
Qualification Requirement	One (1) regional qualifying standard		
Dequalifying	Dequalified from specific event (not meet) if have OAG qualifying time	Dequalified from specific event (not meet) if have OSC qualifying time	
Qualifying Window	As of September 1, 2023 until entry deadline, 10 days prior to meet		
Standards	Olympic Stream Single aged qualifying standards OSC + X% as follows 10&U: OSC 11 year old standard + 24% 11: OSC + 14% 12: OSC + 12 % 13, 14, 15, 16, 17&O: OSC + 10% (if using) Para Stream Swim Ontario Para Regional Motivation Times		Swim Ontario has developed Motivational Regional Standards based at OSC + 7.5%. Based on our region's current standards and feedback, this does not align with our region. A secondary set of motivational times at OSC + 10% was developed and this was used as a starting point for our region, then adjusted to meet common themes from coach feedback. 10& Under standards: Soften slightly to increase engagement but still challenge swimmers, ensure swimmers attending are entry level championship ready. 11 Year old Standards: Soften slightly to increase engagement but still challenge swimmers, ensure reasonable in alignment with 10&U and 12. 12 Year old Standards: Generally maintain
Bonus Structure	12&Under: 1 qualifying time gets you 6 swims total 13&Over: 1 qualifying time = 3 bonus swims 2 qualifying times = 2 bonus swims 3 qualifying times = 1 bonus swim 4 or more qualifying times = no bonus, up to 6 swims total If qualified in stroke 100, 50 of same stroke considered qualified	12&Under: 1 qualifying time gets you 6 swims total 13&Over: 1 qualifying time = 3 bonus swims 2 qualifying times = 2 bonus swims 3 qualifying times = 1 bonus swim 4 or more qualifying times = no bonus, up to 6 swims total If qualified in stroke 100, 50 of same stroke considered qualified	