

# 2024 EASTERN ONTARIO REGIONAL CHAMPIONSHIP MEET - SUMMER

## MEET INFORMATION

<b>Date</b>	Thursday, May 30 - Sunday, June 2, 2024
<b>Hosted by</b>	Nepean Kanata Barracudas
<b>Location</b>	Nepean Sportsplex, 1701 Woodroffe Avenue, Ottawa
<b>Facility</b>	Long Course all races. Electronic timing
<b>Pool Format</b>	Long Course for all races

### Meet Package

The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)

<b>Competition Coordinator:</b>	William Van Straaten - <a href="mailto:Williamvans@icloud.com">Williamvans@icloud.com</a>
<b>Meet Manager:</b>	Heidi Wechselberger - <a href="mailto:meet.manager@swimnkb.com">meet.manager@swimnkb.com</a>
<b>Officials:</b>	Shari Schaepper - <a href="mailto:officials@swimnkb.com">officials@swimnkb.com</a>

### Description

Eastern Ontario Championship qualifying meet. Invitational (closed). Age Groups, Male and Female (10 & under, 11-12, 13-14, 15 & Over). Swimmers age is as of the first day of the meet. Meet management reserves the right to adjust the meet package in order to run a fair meet.

## SAFETY & LIABILITY

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe, welcoming and inclusive sport environment that is free of abuse, harassment and discrimination. The [Swim Ontario Concussion Management](#), the [Swimming Canada Event Photography and Videography](#) and the Swim Ontario Event Photography procedures will be in effect. For complete details click [HERE](#).

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#)

### Procedure

- Only individuals that have made an application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. All individuals making applications must follow the [Screening Requirements Procedures](#). Please contact Meet Management for the application and authorization process.
- Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relation to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming
- By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the
- qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.

## COMPETITION RULES

Sanctioned as an 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. It is not required to declare the choice of swimwear to the Referee if 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](#)

### Dive Starts

As per the Facility Rules for Dive Starts, this competition will be conducted as follows:

- Starts will be conducted from Starting Platforms (blocks) as per World Aquatics II.16.1.4 and 4.1
  - From deep end only

### Mixed Gender

- 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.
- 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 insures that the swimmer competes with competitors of the same gender for his/her heat.
- In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.

## QUALIFYING & ENTRIES

### ELIGIBILITY FOR OLYMPIC PROGRAM SWIMMERS

#### Standards

2023-2024 Eastern Ontario Regional Standards. See Appendix B.

#### Qualifying

Swimmers must achieve at least one (1) Minimum Qualifying Standard (MQS) in an Olympic Program event to be eligible to enter the competition.

50 FLY, 50 BK, and 50 BR are not Olympic Program Events, therefore not eligible for entry into the competition.

*(For example, if a swimmer only meets the 50 BK Minimum Entry Time (MET) in Appendix B and does not have at least one (1) MQS in an Olympic Program event, they are not eligible for the competition.)*

#### Bonus Swims/Entry Limits

##### 12 & Under swimmers

- A 12 & Under swimmer with one (1) or more Minimum Qualifying Standards in an Olympic Program event may enter a maximum of two (2) individual events per day up to a total maximum of six (6) events.
- 50 FLY/BK/BR may be swum as bonus events, and count toward the maximum number of events.

##### 13 & Over swimmers

- A 13 & Over swimmer with one (1) or more Minimum Qualifying Standards in an Olympic Program event may enter a maximum of two (2) individual events per day up to a total maximum of six (6) events.
- A Qualified Entry Event means a swimmer has met or bettered either the Minimum Qualifying Standard (MQS) or the Minimum Entry Time (MET) for a given event.
- The 50 FLY, 50BK and/or 50BR are considered Qualified Entry Events provided a swimmer has met or bettered the MET. Otherwise, they may only be swum as bonus events, which count toward the maximum number of bonus swims. If they choose to swim the bonus stroke 50, then limited to 4 events and not 6.

- A 13 & Over swimmer may enter a maximum of two (2) individual events per day. The maximum number of events a swimmer may be entered in for this meet is determined as outlined below:

If a 13 & Over swimmer has:	They are eligible for:
One (1) Minimum Qualifying Standard (MQS)	three (3) bonus swims
Two (2) Qualified Entry Events*	two (2) bonus swims
Three (3) Qualified Entry Events*	one (1) bonus swim
Four (4) Qualified Entry Events*	no bonus swims
Five (5) Qualified Entry Events*	no bonus swims
Six (6) Qualified Entry Events*	no bonus swims

\* at least one of the Qualified Entry Events must be an MQS

**All bonus swims must be marked as bonus in the entry file.**

400IM/800/1500 FREE may only be selected as bonus swims if they meet the following criteria:

- 12&Under Swimmers
  - For the 400 IM/800 Free - achieve the E Festival standard (one deviation down from Regional qualifying time.)
- 13 Year Old Swimmers
  - For 400 IM/800 Free - achieve the 13 D Festivals standard (one deviation down from Regional qualifying time). *Note: Regional standards remain unchanged from the 2022-2023 to the 2023-2024 season. 13 year old standards are drawn from the 2022-2023 Swim Ontario standards grid, since 13 year olds were removed from Festivals in the 2023-2024 season.*
- 14 Year Old Swimmers
  - For 400 IM/800 Free - achieve the 14 D Provincial standard (one deviation down from Regional qualifying time)
- 14 & Under Swimmers
  - For 1500 Free 14 & Under D Provincial standard (one deviation down from Regional qualifying time)
- 15 & Over Swimmers
  - For 400 IM/800 Free/1500 Free - achieve the D Provincial standard (one deviation down from the Regional qualifying time)

### Female Bonus Standards - 400IM/800FR/1500FR

'E' Fest Standard		'D' Fest Standard	'D' Standard				'E' Fest Standard		'D' Fest Standard	'D' Standard		
11	12	13	14	14&U	15&O	EVENT	11	12	13	14	14&U	15&O
SCM	SCM	SCM	SCM	SCM	SCM		LCM	LCM	LCM	LCM	LCM	LCM
7:39.20	7:12.18	6:32.15	6:11.85		6:01.50	400 IM	7:48.40	7:20.82	6:39.99	6:19.29		6:08.74
13:56.50	12:55.69	11:42.31	11:10.08		11:02.48	800 FR	14:13.24	13:11.21	11:56.35	11:23.48		11:16.89
				21:24.27	21:09.76	1500 FR					21:49.96	21:35.15

## Male Bonus Standards - 400IM/800FR/1500FR

'E' Fest Standard		'D' Fest Standard	'D' Standard				'E' Fest Standard		'D' Fest Standard	'D' Standard		
11	12	13	14	14&U	15&O	EVENT	11	12	13	14	14&U	15&O
SCM	SCM	SCM	SCM	SCM	SCM		LCM	LCM	LCM	LCM	LCM	LCM
8:10.24	7:21.00	6:24.10	5:53.99		5:48.43	400 IM	8:20.04	7:29.82	6:31.78	6:01.08		5:55.40
14:34.98	13:05.63	11:34.37	10:51.27		10:32.11	800 FR	14:52.48	13:21.34	11:48.26	11:04.30		10:44.75
				20:48.59	20:11.85	1500 FR					21:13.56	20:36.09

## PARALYMPIC PROGRAM SWIMMERS

### Standards

2023-2024 Eastern Ontario Regional Standards. See Appendix C

### Qualifying

Swimmers with a disability (ParaOlympic Swimmers) are eligible to compete in this meet, provided they have achieved the minimum entry time in at least one (1) event. ParaOlympic Swimmers may choose Bonus Swims outside of the aforementioned events. Para-Swimmers will be entered according to time in the morning sessions. Please designate classification when entering. There will not be a designated lane for ParaOlympic Swimmers during warm-up.

### Para Bonus Swims

- Swimmers qualifying in one event may enter three additional events.
- Swimmers qualifying in two events may enter two additional events.
- Swimmers qualifying in three or more events may enter one additional event, to a maximum of six individual events.
- 200 events and above cannot be swum as bonus swims.

## ALL SWIMMERS

### Qualifying period

September 1, 2021 – May 20, 2024

### Entry Submission

- Entries must be submitted through the SNC online entries system at [www.swimming.ca](http://www.swimming.ca).
- Meet Management will not accept entries directly via email.
- Entries must be submitted using provable times, recorded during the qualifying period. Swimmers with provable times recorded during the qualifying period must submit those times.
- No NT will be accepted.
- Meet management will use SNC's time validation system to ensure that swimmers have achieved the qualifying requirements. Times not found on the SNC database will be returned to coaches for correction or proof.
- Meet management will notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition.

### Relay Entries

- Teams may enter two (2) relays per event.
- All members of the 10 & Under, 11 & 12, 13 & 14, and 15 & Over relay teams must be qualified for and properly entered in the meet
- Exception: Teams with only one relay entry may have one (1) non-qualified relay only swimmer per event
- Each relay team may include up to two (2) swimmers from a younger age category.
- 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 cards must be submitted to the chief administrative desk no later than 30 minutes prior to the start of the session the event occurs.

NKB can provide for D/deaf and Hard of hearing Swimmers at their event. NKB can provide the following accommodations for swimmer who are d/Deaf and Hard of hearing:

- Non-verbal instruction provided by a support person duly registered in the RTR
- An External strobe light

### Deck Entries

No deck entries will be allowed.

**Seeding** All timed final races will be seeded slow to fast unless otherwise noted. All preliminary events will be swum with fastest 3 heats circle seeded, in accordance with II.3.1.1.2.

### Conversion

All entries received shall be unconverted. No converted times will be accepted. The host will convert all times to LCM after validation of entries

**Deadline** **Monday, May 20, 2024 (midnight)**

Payment: e-transfer to [nkbswimming@gmail.com](mailto:nkbswimming@gmail.com) - please put "Club Name + Regionals" in the message field

Fees: \$84.00 + HST = \$94.92 per swimmer  
\$25.00 + HST = \$28.25 per relay team

Changes to entries will not be accepted after Wednesday, May 22, 2024. After that time, fees will be calculated. No refunds will be granted for missed swims.

### AMENDMENT - MAY 5, 2024

Swimmers who newly qualify for Regionals between Monday, May 20, 2024 and Sunday, May 26, 2024 may be added to the meet without penalty and in accordance with qualifying/bonus structure guidelines per the meet package.

- The entry deadline of Monday, May 20, 2024 and change deadline - Wednesday, May 22, 2024 still remain in place for all swimmers qualified by Monday, May 20, 2024.
- Only swimmers who NEWLY qualify between Monday, May 20, 2024 and Sunday, May 26, 2024 may be added to the meet following the change deadline of Wednesday, May 22, 2024.
- To add these swimmers to the meet, the coach/staff entry coordinator for the swimmer is to contact meet management directly via email to submit details for entry. Meet Management will manually verify the new swimmers and add them to the meet.
- Deadline for entering these accommodated swimmers is NOON on Monday, May 27, 2024.

## SCHEDULE OF SESSIONS

Session #	Date	Age Group	Prelims/ Finals	Warm Up	Start
1	Thursday, May 30	All Ages	Timed Finals	4:00 p.m.	5:00 p.m.
2	Friday, May 31	13 & over	Prelims	8:00 a.m.	9:00 a.m.
3	Friday, May 31	12 & under	Time Finals	12:30 p.m.	1:15 p.m.
4	Friday, May 31	13 & over	Finals	5:00 p.m.	6:00 p.m.
5	Saturday, June 1	13 & over	Prelims	8:00 a.m.	9:00 a.m.
6	Saturday, June 1	12 & over	Time Finals	12:30 p.m.	1:15 p.m.
7	Saturday, June 1	13 & over	Finals	5:00 p.m.	6:00 p.m.
8	Sunday, June 2	13 & over	Prelims	8:00 a.m.	9:00 a.m.
9	Sunday, June 2	12 & under	Time Finals	12:30 a.m.	1:15 p.m.
10	Sunday, June 2	13 & over	Finals	5:00 p.m.	6:00 p.m.

## SCHEDULE OF EVENTS, ADDITIONAL EVENT DETAILS

### Schedule of Events

See event list – Appendix A

### Individual Events - 12 & Under

- All individual events for swimmers 12 & under are timed finals.
- Fastest 8 swimmers by gender and age group (10 & under, 11-12) will swim together in one heat.
- 200 Breast, 200 Fly, 400 IM and 800 Free are offered as an event in the 12 & under age category only. Swimmers younger than 12 years old may race in these events but will be scored as 12 years & under (not broken out by age).

### Individual Events - 13 & Over

- All individual events for swimmers 13 & Over, except 800 or 1500 Free, will be swum as preliminaries and finals.
- All preliminary heats will be seeded by time, slowest to fastest, as per SW3.1 with fastest 3 heats circle seeded regardless of age
- Events with 8 or fewer entries will swim both prelims and finals.
- "A" and "B" finals will be held in events 200 meters or shorter with 18 or more swimmers entered, before scratches. Events with fewer than 18 swimmers entered will have "A" finals only.
- 400's will swim a A final only, regardless of the number of swimmers entered in the event.
- Finals will be broken into the following age groups: 13-14 & 15 & over

### Distance Events - All Ages

- 800/1500 FR are timed final events.
- Verified entry times must be submitted for the 800 and 1500 free events. No coach's times will be accepted.
- The 800/1500 Free will be swum multi-age, mixed gender, seeded fastest to slowest.
- 1500 Free is offered as an event in the 14 & under age category only. Swimmers younger than 14 years old may race in this event but will be scored as 14 years & under (not broken out by age).

### Relays

- All relay events will be swum as timed finals.
- A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a relay is not an official time. Requests for official splits are not allowed for mixed relays
- Age groups for relay events will be: 10 & under, 11-12, 13-14, 15 & over
- Fastest 8 relay teams by age and gender (10 & under, 11-12, 13-14, 15 & over) will be swum in one heat.
- Coaches must have relay cards filled in and returned to the Meet Manager 30 minutes prior to the start of the session.
- Changes will be accepted until 30 minutes before the relay event is scheduled to begin.

### Official Time Splits

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.

## Records

Swim times achieved at this event will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.

## CHECK IN & SCRATCHES

### 12 & Under Sessions

Positive check in for all swimmers is required 30 minutes prior to the start of the 12 & under time final session to ensure the fastest heat of each age group is full. This procedure is in part to run a timely meet and to ensure the fastest seeded heats shall have the full complement of swimmers with no empty lanes. Failure to participate in the fastest heat without meet management's knowledge or consent will result in a \$50.00 + 13% HST (\$6.50) = \$56.50 fine for each offense. Payment is due to NKB (paid at the meet management office or by e-transfer to nkbswimming@gmail.com). Failure to pay before the next event will exclude the swimmer from any further participation in the meet.

### 13 & Over Sessions/All Age Sessions

#### Prelims

- Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session.
- No scratch penalty shall be imposed for late or day of scratches.

#### Timed Finals

Positive check in for all swimmers is required 30 minutes prior to the start of the session in which the timed final event occurs. This procedure is in part to run a timely meet and to ensure the fastest seeded heats shall have the full complement of swimmers with no empty lanes.

#### Finals

- Scratches for finals must be made within 30 minutes after the last non distance event of the prelims session.

### All Sessions

Failure to participate in an individual final, leg of a relay final, or in a timed final fastest heat event without meet management's knowledge and consent will result in a \$50.00 + 13% HST (\$6.50) = \$56.50 fine for each offense. Payment is due to NKB (paid at the meet management office or by e-transfer to nkbswimming@gmail.com). Failure to pay before the next event will exclude the swimmer from any further participation in the meet. A swimmer who fails to scratch from an event in finals but will not swim the rest of the meet will not be penalized.

## COACHES' REGISTRATION & MEETING

### Coach Registration

Meet management will cross reference the list of coaches in attendance 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 meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

### Coaches' Meeting

- Date: Thursday, May 30 at 4:20 p.m. during the warmup for session 1.
- Location: On deck of the 25 m warm down pool.
- If requested, a second coaches meeting will be held during warm-ups of the first 12 & Under session of the competition

## SCORING

### Scoring

- Top 16 swimmers in individual events and the top 16 relays will score team points.
- Individual event points: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
- Team relay event points: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

## AWARDS

## Individual and Relay Awards

Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Ribbons for 4<sup>th</sup> - 8<sup>th</sup>

### Receiving Awards

- Medals for 12 & under timed final events will be awarded on deck during each session as results are available.
- Medals for 13 & over finals will be awarded on deck during finals, immediately following each event. Top 3 swimmers are encouraged to go directly to the podium to receive medals following each heat.
- All medals and ribbons are to be picked up by swimmers at the awards table. Awards packages will not be mailed after the meet.

### Team Awards

- Overall team trophy to the team with the highest number of team points.
- Small team award to the team with the highest number of points, and fewer than 50 registered competitive swimmers as of May 30, 2024
- These awards will be presented at the end of the last finals session.

## RESULTS

- The meet program will be run on Hy-Tek Meet Manager. Results will be posted as quickly as possible at the meet.
- Live Results/Meet Mobile will be available.
- Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)
- Results will be published according to age group and gender (10&Under, 11-12, 13-14, 15 & Over)

## HOSPITALITY

A selection of food and refreshments will be made available between sessions of the meet for coaches and officials only. Please be considerate that food provided is for those in attendance for consecutive sessions.



# APPENDIX A - EVENT SCHEDULE

## 13 & OVER

### Session 1: All Ages, Timed Finals

Thursday, May 30, 2024

Warm Up: 4:00 PM/Start: 5:00 PM

<i>Mixed</i>	<i>Event</i>	
1	400 Mix Med R(10&U)	
2	400 Mix Med R(11-12)	
3	800 FR - All Ages	
4	1500 FR - All Ages	
5	400 Mix Med R(13-14)	
6	400 Mix Med R(15+)	

### Session 2: 13 & Over Prelims

Friday, May 31, 2024

Warm Up: 8:00 AM/Start: 9:00 AM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
7	200 FR	8
9	50 BK	10
11	100 BR	12
13	100 FLY	14
15	400 IM	16

### Session 4: 13 & Over Finals

Friday, May 31, 2024

Warm Up: 5:00 PM/Start: 6:00 PM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
7	200 FR	8
9	50 BK	10
11	100 BR	12
13	100 FLY	14
15	400 IM	16
41	400 FR R (13-14)	42
43	400 FR R (15+)	44

### Session 5: 13 & Over Prelims

Saturday, June 1, 2024

Warm Up: 8:00 AM/Start: 9:00 AM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
45	50 FLY	46
47	200 BR	48
49	100 BK	50
51	200 FLY	52
53	50 FR	54

### Session 7: 13 & Over Finals

Saturday, June 1, 2024

Warm Up: 5:00 PM/Start: 6:00 PM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
45	50 FLY	46
47	200 BR	48
49	100 BK	50
51	200 FLY	52
53	50 FR	54
75	400 Medley R (13-14)	76
77	400 Medley R (15+)	78

### Session 8: 13 & Over Prelims

Sunday, June 2, 2024

Warm Up: 8:00 AM/Start: 9:00 AM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
79	200 IM	80
81	50 BR	82
83	200 BK	84
85	100 FR	86
87	400 FR	88

### Session 10: 13 & Over Finals

Sunday, June 2, 2024

Warm Up: 5:00 PM/Start: 6:00 PM

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
79	200 IM	80
81	50 BR	82
83	200 BK	84
85	100 FR	86
87	400 FR	88
109	400 Mix FR R (13-14)	n/a
110	400 Mix FR R (15+)	n/a

**12 & UNDER**

**Session 1: All Ages, Timed Finals**  
**Thursday, May 30, 2024 - See previous page**

**Session 3: 12 & Under, Timed Finals**  
**Friday, May 31, 2024**

**Warm Up: 12:30 PM/Start: 1:15 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
17	200 IM 10 & under	18
19	200 IM 11-12	20
21	50 Breast 10 & under	22
23	50 Breast 11-12	24
25	100 Back 10 & under	26
27	100 Back 11-12	28
29	50 Fly 10 & under	30
31	50 Fly 11-12	32
33	400 FR 10 & Under	34
35	400 FR 11-12	36
37	400 Free Relay 10 & under	38
39	400 Free Relay 11-12	40

**Session 6: 12 & Under, Timed Finals**  
**Saturday, June 1, 2024**

**Warm Up: 12:30 PM/Start: 1:15 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
55	200 Free 10 & under	56
57	200 Free 11-12	58
59	50 Back 10 & under	60
61	50 Back 11-12	62
63	200 Breast 12 & under	64
65	50 Free 10 & under	66
67	50 Free 11-12	68
69	200 Fly 12 & under	70
71	400 Medley Relay 10 & under	72
73	400 Medley Relay 11-12	74

**Session 9: 12 & Under, Timed Finals**  
**Sunday, June 2, 2024**

**Warm Up: 12:30 PM/Start: 1:15 PM**

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
89	100 Fly 10 & under	90
91	100 Fly 11-12	92
93	100 Breast 10 & under	94
95	100 Breast 11-12	96
97	200 Back 10 & under	98
99	200 Back 11-12	100
101	100 Free 10 & under	102
103	100 Free 11-12	104
105	400 IM 12 & under	106
107	400 Mix Free Relay 10 & under	n/a
108	400 Mix Free Relay 11-12	n/a

# APPENDIX B - STANDARDS, OLYMPIC PROGRAM

## 2023-2024 Eastern Ontario Regional Time Standards

Updated as of September 10, 2023

	FEMALE											
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	39.08	36.25	34.55	32.49	30.92	30.47	39.86	36.97	35.24	33.14	31.54	31.08
100 Free	1:26.65	1:19.89	1:14.76	1:10.70	1:06.72	1:05.98	1:28.39	1:20.88	1:16.26	1:12.12	1:08.05	1:07.30
200 Free	3:10.90	2:53.32	2:43.12	2:33.32	2:24.83	2:23.52	3:14.72	2:56.78	2:46.38	2:36.39	2:27.72	2:27.29
400 Free	6:39.87	6:12.60	5:48.45	5:30.00	5:06.59	5:04.88	6:47.86	6:20.05	5:55.42	5:36.60	5:12.72	5:10.97
800 Free		12:43.47	11:47.97	11:11.77	10:40.95	10:33.68		12:58.75	12:02.13	11:25.20	10:53.76	10:47.46
1500 Free					20:28.44	20:14.55					20:53.01	20:38.84
50 BK				34.93	34.93	34.93				35.83	35.83	35.83
100 Back	1:39.12	1:31.18	1:25.53	1:20.72	1:15.61	1:14.53	1:41.10	1:33.00	1:27.23	1:22.34	1:17.13	1:16.02
200 Back	3:34.08	3:14.83	3:03.51	2:54.45	2:41.83	2:40.04	3:38.37	3:18.73	3:07.17	2:57.94	2:45.07	2:43.24
50 BR				39.41	39.41	39.41				40.42	40.42	40.42
100 Breast	1:52.15	1:45.35	1:39.12	1:32.10	1:27.09	1:26.43	1:54.39	1:47.46	1:41.10	1:33.94	1:28.84	1:28.15
200 Breast		3:45.42	3:31.82	3:19.36	3:07.52	3:06.96		3:49.93	3:36.06	3:23.35	3:11.27	3:10.70
50 FLY				33.49	33.49	33.49				34.34	34.34	34.34
100 Fly	1:44.78	1:34.59	1:27.79	1:21.81	1:15.54	1:14.38	1:46.87	1:36.47	1:29.54	1:23.44	1:17.04	1:15.87
200 Fly		3:37.49	3:19.36	3:06.36	2:51.20	2:49.87		3:41.84	3:23.35	3:10.09	2:54.63	2:53.27
100 IM	1:43.09											
200 IM	3:37.35	3:18.95	3:07.45	2:56.00	2:45.07	2:43.37	3:41.70	3:22.93	3:11.20	2:59.52	2:48.38	2:46.64
400 IM		6:59.12	6:34.45	6:15.10	5:55.69	5:45.79		7:07.50	6:42.34	6:22.60	6:02.80	5:52.70

	MALE											
	SHORT COURSE						LONG COURSE					
	10 & Under	11	12	13	14	15 & Over	10 & Under	11	12	13	14	15 & Over
50 Free	39.65	36.54	33.75	30.88	28.97	28.45	40.43	37.27	34.43	31.49	29.56	29.02
100 Free	1:28.35	1:20.43	1:14.20	1:07.72	1:03.12	1:01.63	1:30.13	1:22.03	1:15.68	1:09.07	1:04.38	1:02.87
200 Free	3:16.65	2:56.71	2:41.99	2:28.98	2:18.81	2:14.30	3:20.58	3:00.24	2:45.22	2:31.97	2:21.58	2:16.98
400 Free	6:50.06	6:19.50	5:49.60	5:24.50	4:56.84	4:48.72	6:58.26	6:27.09	5:56.59	5:30.99	5:02.78	4:54.49
800 Free		13:18.59	11:57.04	11:04.18	10:22.95	10:04.63		13:34.56	12:11.38	11:17.47	10:35.42	10:16.72
1500 Free					19:54.30	19:19.16					20:18.18	19:42.35
50 BK				32.48	32.48	32.48				33.31	33.31	33.31
100 Back	1:41.95	1:32.32	1:26.65	1:18.01	1:12.49	1:10.60	1:43.98	1:34.16	1:28.39	1:19.57	1:13.94	1:12.02
200 Back	3:44.28	3:19.36	3:04.07	2:50.12	2:37.05	2:33.41	3:48.77	3:23.35	3:07.75	2:53.51	2:40.19	2:36.48
50 BR				36.55	36.55	36.55				37.49	37.49	37.49
100 Breast	1:56.68	1:47.62	1:38.56	1:30.48	1:22.45	1:21.52	1:59.00	1:49.77	1:40.52	1:32.28	1:24.10	1:23.16
200 Breast		3:55.61	3:31.82	3:15.03	2:59.76	2:57.21		4:00.33	3:36.06	3:18.94	3:03.36	3:00.75
50 FLY				30.97	30.97	30.97				31.77	31.77	31.77
100 Fly	1:49.88	1:37.42	1:27.23	1:18.55	1:11.40	1:09.18	1:52.08	1:39.36	1:28.96	1:20.12	1:12.83	1:10.57
200 Fly		4:03.55	3:22.77	3:04.19	2:44.77	2:40.31		4:08.41	3:26.82	3:07.88	2:48.07	2:43.52
100 IM	1:45.35											
200 IM	3:40.80	3:21.25	3:07.45	2:48.49	2:37.49	2:33.48	3:45.22	3:25.28	3:11.20	2:54.47	2:40.63	2:36.55
400 IM		7:27.44	6:42.50	6:07.40	5:38.60	5:33.28		7:36.39	6:50.55	6:14.75	5:45.38	5:39.94

# APPENDIX C - STANDARDS, PARALYMPIC PROGRAM

## Long Course Regional Para- Standards

### Female

	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 FR	4:23.78	2:51.82	2:26.41	1:46.48	1:33.17	1:23.21	1:02.92	54.57	47.92	46.59	59.90	51.91	47.92	47.92
100 FR	7:59.16	5:44.96	4:52.82	3:46.27	3:19.65	3:11.51	2:26.45	1:59.79	1:46.48	1:39.83	2:13.10	1:59.79	1:43.74	1:46.48
200 FR	15:34.12	10:23.15	9:16.60	8:02.79	6:39.30									
400 FR						10:36.46	9:58.95	9:45.64	8:39.09	8:12.47	9:58.95	9:19.02	8:52.40	8:49.98
50 BK	3:59.58	2:53.03	2:39.72	1:59.79	1:46.48	1:20.85	1:12.60	1:08.37	1:00.50	53.85	1:13.81	1:08.37	1:00.50	1:00.50
100 BK	7:16.26	5:58.16	5:31.54	4:11.68	3:45.06	2:53.03	2:39.50	2:26.41	2:13.10	1:59.79	2:39.50	2:26.41	2:13.10	2:13.10
50 BR	4:39.51	3:32.96	2:39.72	1:43.74	1:47.09	1:40.43	1:27.12	1:13.81	1:07.16		1:27.12	1:13.81	1:07.16	1:07.16
100 BR	9:31.12	7:18.02	5:31.40	4:10.58	3:46.27	3:32.96	3:06.34	2:39.72	2:26.41		3:06.34	2:39.72	2:26.41	2:26.41
50 FL	3:19.65	3:06.34	2:39.72	2:26.41	2:13.10	1:39.83	1:19.86	1:13.81	1:07.16	1:00.50	1:13.81	1:07.16	1:00.50	1:07.16
100 FL	6:51.51	6:18.73	5:25.49	4:57.66	4:32.25	3:31.75	2:45.77	2:39.72	2:26.41	2:13.10	2:39.72	2:26.41	2:13.10	2:26.41
150 IM	8:39.09	8:18.74	7:59.16	6:39.30										
200 IM					7:59.16	6:39.30	5:46.06	5:19.44	4:26.20	4:12.89	5:19.44	5:06.13	4:50.51	4:26.20

### Male

	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 FR	3:32.96	2:13.11	1:46.48	1:33.17	1:23.21	59.90	50.22	46.59	42.59	41.26	53.24	46.59	42.57	42.59
100 FR	6:39.30	4:39.10	3:59.58	3:19.65	2:39.72	2:06.45	1:53.14	1:46.48	1:33.17	1:27.85	1:46.48	1:39.83	1:33.78	1:33.17
200 FR	13:18.60	9:16.60	8:14.34	6:39.30	6:12.68									
400 FR						9:19.02	8:52.40	8:39.09	7:59.16	7:45.85	8:57.02	8:25.78	8:02.79	7:59.16
50 BK	3:32.96	2:39.72	2:13.10	1:46.48	1:19.86	1:07.16	1:00.50	57.16	47.19	45.86	1:07.16	1:00.50	53.85	47.19
100 BK	7:11.97	5:24.39	4:32.25	3:39.01	2:45.77	2:26.41	2:13.11	2:05.84	1:46.48	1:42.85	2:24.41	2:13.10	1:59.79	1:46.48
50 BR	4:23.78	2:39.72	2:13.10	1:27.12	1:23.80	1:20.47	1:13.81	1:01.50	51.18		1:13.81	1:00.50	53.85	51.81
100 BR	8:59.66	5:31.54	4:13.00	3:06.34	2:58.69	3:53.03	2:39.72	2:13.10	1:54.47		2:39.72	2:13.10	1:59.79	1:54.47
50 FL	2:39.72	2:26.41	1:59.79	1:46.48	1:33.17	1:23.21	59.90	57.18	47.19	43.56	1:00.50	50.52	47.19	47.19
100 FL	5:31.54	5:04.92	4:11.68	3:45.06	3:18.44	2:38.51	2:22.89	2:06.45	1:46.48	1:39.22	2:13.10	153.14	1:46.48	1:46.48
150 IM	7:59.16	7:19.23	6:39.30	5:19.44										
200 IM					6:39.30	5:19.44	4:39.51	4:26.20	3:58.90	3:46.27	4:50.62	4:26.20	3:58.90	3:58.90

## Short Course Regional Standards

## Female

	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 fr	4:29.06	2:55.25	2:29.34	1:48.60	1:33.17	1:13.20	58.70	53.48	46.96	45.65	58.70	57.52	46.96	46.96
100 fr	8:08.74	5:52.98	5:42.67	3:50.79	3:19.65	2:26.41	2:03.91	1:57.39	1:44.35	1:37.82	2:11.54	2:07.82	1:50.87	1:44.35
200 fr	16:36.8	11:19.61	9:28.16	8:12.47	6:39.30									
400 fr						11:20.5	9:46.97	9:33.93	7:44.71	8:02.61	9:46.97	9:35.23	9:25.75	9:12.71
50 bk	4:04.37	3:40.48	2:42.91	2:02.18	1:47.58	1:20.47	1:12.33	1:06.99	53.9	47.97	1:12.33	1:10.87	59.29	59.29
100 bk	8:21.08	6:05.32	5:38.16	4:16.37	3:45.06	2:53.03	2:36.52	2:23.47	2:10.44	1:57.39	2:36.52	2:33.34	2:10.44	2:10.44
50 br	4:45.10	3:37.22	2:42.91	1:56.01	1:47.09	1:40.43	1:25.37	1:12.38	1:05.80		1:25.36	1:23.67	1:05.80	1:05.80
100 br	9:42.54	7:26.78	5:23.71	4:04.37	3:46.27	3:32.96	3:46.60	2:36.53	2:23.44		3:47.11	3:42.97	2:23.47	2:23.47
50 fly	4:18.64	3:10.08	2:42.91	2:29.38	2:13.10	1:39.88	1:18.21	1:12.38	1:05.80	59.29	1:12.38	1:10.84	59.29	1:05.80
100 fly	8:15.48	6:26.18	5:31.81	4:57.01	4:32.50	3:31.50	2:42.68	2:36.29	2:23.43	2:10.58	2:36.29	2:19.44	2:10.58	2:23.43
150 IM	8:49.46	8:29.10	8:08.75	6:47.29										
200 IM					07:59.2	06:39.2	05:39.1	05:13.1	04:20.9	04:02.3	05:13.1	05:06.8	04:33.9	04:20.9

## Short Course Regional Standards

## Male

	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50 fr	3:37.25	2:15.74	2:18.47	1:21.24	1:13.21	59.95	49.34	45.65	41.75	40.44	52.17	45.65	41.75	38.55
100 fr	6:39.30	4:45.10	4:50.80	4:56.62	2:39.72	2:06.45	1:55.39	1:48.60	1:35.03	1:29.60	1:41.05	1:37.82	1:31.89	1:31.30
200 fr	13:18.60	9:27.60	9:39.04	9:50.67	6:12.68									
400 fr						9:19.02	9:03.05	8:49.46	8:08.74	7:55.17	9:07.83	8:15.66	7:53.13	7:49.57
50 bk	3:32.96	2:42.91	2:46.17	2:49.49	1:19.86	1:07.16	1:01.71	58.30	48.13	46.77	1:05.80	59.29	52.77	46.24
100 bk	7:11.97	5:31.99	5:38.64	5:45.40	2:45.77	2:24.61	2:15.76	2:08.96	1:48.60	1:44.91	2:23.47	2:10.44	1:57.39	1:24.35
50 br	4:23.78	2:42.91	2:46.17	2:49.49	1:23.79	1:20.47	1:15.28	1:02.78	52.21		1:12.33	59.29	52.77	50.15
100 br	8:59.66	5:38.16	5:30.19	5:51.82	2:59.69	2:53.03	2:42.91	2:15.76	1:56.74		2:36.52	2:10.40	1:57.39	1:52.18
50 fly	2:39.20	2:29.34	2:32.32	2:35.38	1:39.17	1:13.21	1:01.08	58.30	48.13	44.43	59.29	49.51	46.24	46.24
100 fly	5:31.54	5:11.01	5:17.23	5:23.58	3:18.44	2:38.51	2:14.52	2:08.96	1:48.60	1:41.20	2:08.58	1:50.79	1:44.35	1:43.25
150 IM	7:58.06	7:28.01	7:36.97	7:44.11										
200 IM					6:39.30	5:19.44	4:45.10	4:37.52	4:04.37	3:50.79	4:47.96	4:45.08	3:54.78	3:54.78