

SCHEDULE OF EVENTS:

Session 1 A (Fast Heat)/ 1 B (Slow Heat) – Thursday PM July 24, 2025

Warm up: 3:00 PM – 3:30 PM; Start: 3:35PM

Alternating Heat for Event 1 & 2

Girls	Events	Boys
Session 1A 1	Mixed 11 & Over 800 Free ** (Fast Heat)	1
2	Mixed 13 & Over 1500 Free ## (Fast Heat)	2
	30 minutes Warm up for Slow Heat	
Session 1 B 1	Mixed 11 & Over 800 Free ** (Slow Heat)	1
2	Mixed 13 & Over 1500 Free ## (Slow Heat)	2

Meet Management reserves the right to limit heats to keep session within time constraints.

Meet Management reserves the right to change warm-up session times and 2 warm ups will be split by club.

** 800 Free Officials splits for 400 M and 1500 Free ## Officials splits for 800 M

- No Diving lanes will be open during warm up
- Positive check in is required 30 minutes before start of session for 800 and 1500 events

SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device

400 Free may limit to top 6 heats, fastest 2 heats swim at Finals

*400 IM may limit to top 6 heats to keep session within time constraints, fastest 2 heats swim at Finals

Meet Management reserves the right to limit heats to keep session to within time constraints

** Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay to keep session within time constraints. Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events

All 50 Events start at WEST END

SESSION 2 – FRIDAY MORNING July 25, 2025

Warm up - 7:30 AM – 8:30AM Start – 8:35 AM

Girls	Events	Boys
3	13 & Over 400 Freestyle # ** (may limit to top 6 heats) Fastest 2 Heats swims at Finals	4
5	13 & Over 200 IM	6
7	13 & Over 50 Freestyle	8
9	13 & Over 100 Backstroke	10
101	**13 & Over 4 X50 Freestyle Relay Fastest Heats swim at Finals	102

SESSION 3 – FRIDAY AFTERNOON July 25, 2025

Warm up - 1:15 PM -1:45PM Start – 1:50 PM

Girls	Events	Boys
11	12 & Under 400 Freestyle #	12
13	12 & Under 200 IM	14
15	12 & Under 50 Freestyle	16
17	12 & Under 100 Backstroke	18
103	**12 & Under 4 X50 Freestyle Relay	104

SESSION 4 – FRIDAY EVENING July 25, 2025

Warm up – 5:15 PM -5:55PM Start – 6:00 PM

Girls	Events	Boys
3	13 & Over 400 Freestyle (Fastest 2 Heats)	4
5	13- 14 Years Old 200 IM (A & B Finals)	6
	15 & Over 200 IM (A & B Finals)	
7	13 – 14 Years Old 50 Freestyle (A & B Finals)	8
	15 & Over 50 Freestyle (A & B Finals)	
9	13 – 14 Years Old 100 Backstroke (A & B Finals)	10
	15 & Over 100 Backstroke (A & B Finals)	
101	13 & Over 4 X 50 Freestyle Relay (Fastest Heat)	102

SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device

400 Free may limit to top 6 heats, fastest 2 heats swim at Finals

*400 IM may limit to top 6 heats to keep session within time constraints, fastest 2 heats swim at Finals

Meet Management reserves the right to limit heats to keep session to within time constraints

** Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay to keep session within time constraints. Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events

All 50 Events start at WEST END

SESSION 5 – SATURDAY MORNING July 26, 2025

Warm up – 7:30 AM – 8:30AM Start – 8:35 AM

Girls	Events	Boys
19	13 & Over 400 IM *	20
	** (may limit to top 6 heats) Fastest Heat swims at Finals	
21	13 & Over 50 Backstroke	22
23	13 & Over 100 Butterfly	24
25	13 & Over 200 Freestyle ##	26
27	13 & Over 100 Breaststroke	28
105	**13 & Over 4 X50 Medley Relay Fastest Heats swims at Finals	106

SESSION 6 – SATURDAY AFTERNOON July 26, 2025

Warm up – 1:15 PM – 1:45PM Start – 1:50 PM

Girls	Events	Boys
29	12 & Under 400 IM *	30
31	12 & Under 50 Back	32
33	12 & Under 100 Butterfly	34
35	12 & Under 200 Freestyle ##	36
37	12 & Under 100 Breaststroke	38
107	**12 & Under 4 X50 Medley Relay	108

SESSION 7 – SATURDAY EVENING July 26, 2025

Warm up - 5:15 PM – 5:55PM Start –6:00 PM

Girls		
19	13 & Over 400IM (Fastest Heat)	20
21	13 - 14 Years Old 50 Backstroke (A Finals)	22
	15 & Over 50 Backstroke (A Finals)	
23	13- 14 Years Old 100 Butterfly (A & B Finals)	24
	15 & Over 100 Butterfly (A & B Finals)	
25	13-14 Years Old 200 Freestyle (A& B Finals)	26
	15 & Over 200 Freestyle (A & B Finals)	
27	13- 14 Years Old 100 Breaststroke (A & B Finals)	28
	15 & Over 100 Breaststroke (A & B Finals)	
105	**13 & Over 4 X50 Medley Relay (Fastest Heat)	106

SCHEDULE OF EVENTS

On Sunday swimmers are limited to two 200M events per session

**** Meet management reserves the right to limit heats to keep session within time constraints**

****Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay**
Back stroke ledges will be available for use. Swimmers shall be responsible for setting the device.

All 50 Events start at WEST END

SESSION 8 – SUNDAY MORNING July 27, 2025

Warm up - 7:30 AM – 8:30AM Start – 8:35 AM

Girls	Events	Boys
39	13 & Over 200 Backstroke	40
41	13 & Over 50 Butterfly	42
43	13 & Over 200 Breaststroke	44
45	13 & Over 100 Freestyle	46
47	13 & Over 50 Breaststroke	48
49	13 & Over 200 Butterfly	50
109	**13 & Over 4 X100 Freestyle Relay Fastest Heats swims at Finals	110

SESSION 9 – SUNDAY AFTERNOON July 27, 2025

Warm up - 1:15 PM – 1:45PM Start – 1:50 PM

Girls	Events	Boys
51	12 & Under 200 Backstroke	52
53	12 & Under 50 Butterfly	54
55	12 & Under 200 Breaststroke	56
57	12 & Under 100 Freestyle	58
59	12 & Under 50 Breaststroke	60
61	12 & Under 200 Butterfly	62
111	**12 & Under 4 X100 Freestyle Relay	112

SESSION 10 – SUNDAY EVENING July 27, 2025

Warm up – 5:15 PM – 5:55PM Start –6:00 PM

Girls		
39	13 - 14 Years Old 200 Backstroke (A & B Finals)	40
	15 & Over 200 Backstroke (A & B Finals)	
41	13 - 14 Years Old 50 Butterfly (A Finals)	42
	15 & Over 50 Butterfly (A Finals)	
43	13- 14 Year Olds 200 Breaststroke (A & B Finals)	44
	15 & Over 200 Breaststroke (A & B Finals)	
45	13 -14 Years Old 100 Freestyle (A & B Finals)	46
	15 & Over 100 Freestyle (A & B Finals)	
47	13- 14 Years Old 50 Breaststroke (A Finals)	48
	15 & Over 50 Breaststroke (A Finals)	
49	13-14 Year Olds 200 Butterfly (A & B Finals)	50
	15 & Over 200 Butterfly (A & B Finals)	
109	**13 & Over 4 X100 Freestyle Relay (Fastest Heat)	106

APPENDIX A – QUALIFYING STANDARDS

13 & Over – Qualifying times are MAC Age Group “E” Time Standard, Prelim/Finals A & B

13 & Over – “D” Times Standard for Distance Events, Timed Finals, fastest heat swims at Finals

12 & Under – Qualifying Times are MAC “E” Time Standard, All events are Timed Finals

12 & Under – “E” Times Standard for Distance Events, Timed Finals

Level 2 and above Para Swimmers base on 2024-2025 Para Invitational recommendation Standards and limit to 50 + 100 Events and 200 Free and 200 IM

https://admin.swimontario.com//documents/764/PARA_Invitational_Recommendation.pdf
Markham Aquatic Club Age group “E” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
10 Years	11 Years	12 Years			10 Years	11 Years	12 Years
45.76	40.51	38.60	Free	50	45.52	40.84	37.73
1:41.46	1:28.62	1:23.56		100	1:43.45	1:29.88	1:22.92
3:43.50	3:13.69	3:02.29		200	3:50.23	3:17.48	3:01.02
7:48.16	6:56.40	6:29.41		400	8:00.08	7:04.12	6:30.70
-----	14:13.24	13:11.21		800	-----	14:52.48	13:21.34
1:56.04	1:41.90	1:35.57	Back	100	1:59.35	1:43.16	1:36.84
4:10.66	3:37.74	3:25.08		200	4:22.58	3:42.80	3:25.70
2:11.30	1:57.73	1:50.77	Breast	100	2:16.60	2:00.26	1:50.14
4:11.93	4:11.93	3:56.72		200	4:23.32	4:23.32	3:56.72
2:02.66	1:45.70	1:38;10	Butterfly	100	2:08.65	1:48.86	1:37.48
4:03.06	4:03.06	3:42.80		200	4:32.17	4:32.17	3:46.60
4:14.47	3:42.34	3:29.48	IM	200	4:18.50	3:44.92	3:29.48
-----	7:48.40	7:20.82		400	-----	8:20.04	7:29.82

Markham Aquatic Club AGE GROUP "E" TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
13 Years	14 Years	15 & Over			13 Years	14 Years	15 & Over
35.03	34.40	33.90	Free	50	33.23	32.24	31.66
1:15.85	1:14.23	1:13.42		100	1:12.73	1:10.24	1:08.58
2:44.76	2:41.15	2:40.68		200	2:39.29	2:34.45	2:29.44
1:25.61	1:24.14	1:22.93	Back	100	1:22.93	1:20.66	1:18.56
3:04.76	3:00.07	2:58.08		200	2:59.22	2:54.76	2:50.70
1:38.09	1:36.91	1:36.17	Breast	100	1:35.23	1:31.74	1:30.72
3:31.30	3:28.66	3:28.03		200	3:25.58	3:20.03	3:17.18
1:25.38	1:24.05	1:22.76	Butterfly	100	1:22.91	1:19.45	1:16.98
3:13.92	3:10.50	3:09.02		200	3:07.04	3:03.35	2:58.38
3:08.92	3:03.68	3:01.79	IM	200	3:01.80	2:55.24	2:50.78

Markham Aquatic Club AGE GROUP "D" TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
13 Years	14 Years	15 & Over			13 Years	14 Years	15 & Over
5:35.80	5:26.93	5:25.11	Free	400	5:26.72	5:16.54	5:07.88
11:33.68	11:23.48	11:16.89		800	11:22.24	11:04.30	10:44.75
22:09.51	21:49.96	21:35.15		1500	21:56.05	21:13.56	20:36.09
6:22.55	6:19.29	6:08.74	IM	400	6:10.87	6:01.08	5:55.40