



2024 Winter Ontario Youth- Junior Championships

Warm Up Schedule

Warm up will be split by club in the Morning Sessions:

Group A - Club Letter A to M; Group B - Club Letter N to Y. Use your Club Code.

Warm up	Thursday Feb 15	Friday Feb 16	Saturday Feb 17	Sunday Feb 18
7:00AM -7:40AM	Group A	Group B	Group A	Group B
7:40 AM - 8:20AM	Group B	Group A	Group B	Group A
4:30PM - 4:55PM	Those Not in Final			
4:55PM - 5:50PM	Finalists swimmers	Finalists swimmers	Finalists swimmers	Finalists swimmers

In Meet Training

All Times are approximate

Thursday	Friday	Saturday	Sunday
7:00am – Prelim Warm up			
8:30am – Prelim Session start			
12:45 PM Session End	11:45AM Session End	12:00PM Session End	12:00PM Session End
12:45-1:45pm Warm Down	11:45-12:45pm Warm Down	12:00 -1:00 pm Warm Down	12:00 -1:00 pm Warm Down
1:45pm – Pool Closed	12:45pm – Pool Closed	1:00 pm – Pool Closed	1:00pm – Pool Closed
4:30 Warm up	4:30 Warm up	4:30 Warm up	4:30 Warm up
6:00pm Session Start	6:00pm Session Start	6:00pm Session Start	6:00pm Session Start
8:15pm Session End	8:15pm Session End	8:15pm Session End	8:15pm Session End