

MAC Winter Invitational Long Course

January 18 – 21, 2024



Markham Pan Am Pool

Revised as December 28, 2023 – cancel all relay events. 400 Free and 400IM fastest 2 heats swim at Finals + change of schedule of sessions timelines

Revised as October 23, 2023 – fill up the missed Relay Events Entry Fee

DATE(s):	January 18- 21 ,2024	REGION:	Central
HOSTED BY:	Markham Aquatic Club		
LOCATION:	Markham Pan Am Pool, 16 Main Street , Unionville , ON		
FACILITY:	10 lanes, 50 meters pool , Swiss Timing System		
PURPOSE & DESCRIPTION:	To provide racing opportunities Invitational Age Group Meet - 12& Under – SO Festival “E” Time Standard , Timed Finals 13& Over – SO Age Group “E” Time Standard, Prelim & Finals A & B - “D” Time Standard for Distance Events, Timed Finals & Fastest Heat Final Swims The Markham Aquatic Club reserves the right to allow all of its swimmers to enter this meet regardless of the time standards.		
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca		
COMPETITION COORDINATOR:	Lea Chen , Khatija Mohamed , Stanley Liu , May Loo , Harry Shardlow	Level:	5
	officials@markhamaquaticclub.com		
MEET MANAGER:	YY Wong + Aki Ko + Phoebe Lee	Email:	officials@markhamaquaticclub.com
SAFETY AT COMPETITION:	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 .		
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 As per the Facility Rules for Dive Starts, this competition will be conducted as follows:		
	World Aquatics II.16.1.4 and 4.1, Swimming Canada C16.1.4.1, C4.1.1 & C4.1.2	<input checked="" type="checkbox"/>	Starting Platforms at Both Ends
		<input type="checkbox"/>	Deck or Bulkhead at
		<input type="checkbox"/>	In-Water at
ELIGIBILITY:	All athletes must be registered as Competitive swimmers with Swimming Canada and have a valid Swimming Canada registration number. Entries without a valid Swimming Canada registration number and registered status will be declined entry.		
	This event includes participants from the following clubs:		
	<input checked="" type="checkbox"/>	Preference will be given to the host club first.	
	<input checked="" type="checkbox"/>	Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.	
FOREIGN	<input checked="" type="checkbox"/>	Foreign competitors are welcome, subject to the following provisions. All foreign	

COMPETITORS:	competitors must be registered with an amateur swimming organization recognized by World Aquatics. All foreign swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All foreign swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition.		
AGE UP DATE:	Ages submitted are to be as	January 18 ,2024	
ENTRY DEADLINE:	December 27, 2023 Wednesday		
	Changes to entries will be accepted until	December 30, 2023 Saturday	
ENTRY FEE:	X	Relay Events — \$22	
	X	Individual Events	\$15 for below 200M events \$20 for 400M & above events
	X	Swimmer Fee	\$5
	Payment Method:		Please make cheque payable to Markham Aquatic Club or e transfer
COACH'S REGISTRATION:	Meet management will cross reference the list of coaches submitted with entries 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 the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.		
ENTRY LIMITS:	The maximum number of participants per session is	760	
	The maximum number of entries per swimmer is	Thursday - 1 event Friday, Saturday and Sunday - 3 events + 1 relay per session	
ENTRY SUBMISSIONS:	ENTRIES: Entries must be submitted through the Swimming Canada online entries system at www.swimming.ca and must include all attending coaches. Meet management will: <ul style="list-style-type: none"> • not accept entries via email; • notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; • notify clubs of any meet format changes or designated warm-up times at least 5 days prior to the start of the competition. Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees.		
	X	NT entries are not permitted.	
	X	Entries must be submitted using provable times or estimated entries times to allow proper seeding and not enter swimmers with "NT".	

	X	Qualifying standard for entry is:	12& Under – SO Festival “E” Time Standard 13& Over – SO Age Group “E” Time Standard “D” Time Standard for Distance Events The Markham Aquatic Club reserves the right to allow all of its swimmers to enter this meet regardless of the time standards.
	X	Qualifying period for entry to the meet is:	NO
RELAYS:	Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. 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.		
	X	Relay swimmers must be entered in a non-relay event in order to compete.	
	X	The deadline for relay name submissions is	30 minutes before the session starts at Admin Desk
CONVERSION:	X	All entries are to be submitted in LCM times. Please use the HY-TEK Team Manager for conversions of SCM times to LCM times at 2% before submitting entries	
SEEDING:	X	Seeding will be in order of times entered, slowest to fastest, as converted pursuant to the conversion process as per meet package. Relay events and Distance events will be seeded from fastest to slowest.	
	X	Preliminary heat events will be seeded as per 3.1 with fastest 3 heats circle seeded for all preliminary events.	
SWIM OFFS	X	All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials	
FINALS:	X	<p>There will be an “A” & “B” final for all 100 m and 200m events + 50 Free There will be an “A” final only for 50m fly, back, breast 400 Free, 400 IM, <u>Relay events</u> fastest heat swim at Finals</p> <p>The finals sessions will run A final followed by B final</p> <p>All ‘A & B Finals’ swimmers + alternates are required to check in with the Admin Desk at Marshalling area 10 minutes prior to each FINALS swim</p>	

SCHEDULE OF SESSIONS:

<u>Sessio n #</u>	<u>Date</u>	<u>Warm-up period</u> <u>(i.e. 1:00pm-1:50pm)</u>	<u># of warm- ups</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1 A 1B	January 18, 2024 Thursday PM	3:00 PM – 3:30 PM 11 & Over 30 Minutes warm up for slow heats	1	3:35 PM 7:05 PM	6:30 PM 8:30 PM	Time Final
2	January 19, 2024 Friday AM	7:00 AM – 8:10 AM 13 & Over	2	8:15AM	12:40 PM	Prelim
3	January 19, 2024 Friday PM	12:55 PM – 1:25PM 12 & Under	1	1:30 PM	5:00 PM	Time Final
4	January 19, 2024 Friday Evening	5:15 PM – 5:55 PM 13 & Over	1	6:00 PM	7:30 PM	Finals
5	January 20, 2024 Saturday AM	7:00 AM – 8:10AM 13 & Over	2	8:15AM	12:40 PM	Prelim
6	January 20, 2024 Saturday PM	12:55 PM – 1:25 PM 12 & Under	1	1:30 PM	5:00 PM	Time Final
7	January 20, 2024 Saturday Evening	5:15 PM – 5:55 PM 13 & Over	1	6:00 PM	7:35PM	Finals
8	January 21, 2024 Sunday AM	7:00 AM – 8:10 AM 13 & Over	2	8:15AM	12:40 PM	Prelim
9	January 21, 2024 Sunday PM	12:55 PM – 1:25PM 12 & Under	1	1:30PM	5:00 PM	Time Final
10	January 21, 2024 Sunday Evening	5:15 PM – 5:55 PM 13 & Over	1	6:00 PM	8:00PM	Finals

**Meet Management reserves the right to change warm-up session times and 2 warm ups will be split by Club
For the Finals warm-up, only finalists will be permitted for warm up.**

Diving lanes will be open for the last 10 minutes of warm up – one-way swimming

– West End Lane 0, 2, 4 and East End Lane 1, 3, 5;

Pace Lane will be assigned – West End Lane 6 & 8 and East End Lane 7 & 9

Back Stroke Ledge will be located at West End Lane 0 during warm up.

MIXED-GENDER:	<p>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.</p> <p>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.</p> <p>In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p>
CHECKIN AND	X Scratches for Prelim/ Heats are to be made at the Admin Desk 30 minutes prior to the start

SCRATCHES:	of each session.	
	X	There is a positive check in 30 minutes before the start of the session at the Admin Desk for the following events: Distance Events – 400/ 800/ 1500 and Relays
	X	A scratch deadline will apply for finals.
	X	30 minutes following the posting of results of last event of prelims sessions (excluding time final events) at the Admin Desk
PENALTIES:	X	No scratch penalty shall be imposed for late or day of scratches or No-Shows
	X	Failure to participate in an event with a scratch or checkin deadline will result in following penalty: Scratching from Finals after the final scratch deadline or failure to participate in an individual final event will result in a \$50 FINE for each offence (applies to initially named finalists and alternates swimming in the finals). All fines will be invoiced to the club by Markham Aquatic Club.
DECK ENTRIES:	X	Deck entries are permitted provided proof of registered status with valid Swimming Canada ID is provided to Meet Management. Deck Entries are Exhibition Only. They are not eligible for scoring or awards. Deck entries will be accepted for empty lanes only (no new heats will be created).
	X	Event Deck Entries are permitted for swimmers already entered in the competition.
	X	Deck Entry Fee \$ \$25 payable in cash to Admin Desk prior to the event
OFFICIAL SPLIT TIMES:	X	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:	X	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.
MEET RESULTS:	Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca	
	X	The meet program will be run on Hy-Tek Meet Manager.
	X	Live Results / Meet Mobile are available.
SCORING:	X	The following will be scored: Individual Events - 20, 19, 18, 17, 16, 15, 14,13, 12, 11, 10, 9, 8,7,6,5,4,3,2,1 Relay Events – 40,38,36,34,32,30,28,26,24,22,20,18,16,14, 12,10,8,6,4,2 Individual High Point for age group 13-14 and 15 & Over: 5,2,1
AWARDS:	X	Medals from 1 st to 3 rd for age groups 10 & under, 11- 12, 13 - 14 and 15 & over Relay from 1st to 3rd for age groups 12 & U and 13 & Over Individual High Point Winner for age groups 13 - 14 and 15 & Over Team High Point Winner Coaches please pick up awards prior to leaving – awards will NOT be mailed.
HOSPITALITY :	X	Grab and go lunch boxes will be provided to those coaches and officials working back-to-back sessions
OFFICIALS:	X	If any registered officials from each attending club are interested in officiating, please send an email to officials@markhamaquaticclub.com

<p>ADDITIONAL INFORMATION:</p>	<p>Onsite Parking is limited. Extra parking space will be available at Unionville GO Station.</p> <p>All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area.</p> <p>Lockers are available but limited; please bring your own lock.</p> <p>NO FOOD or DRINK ON DECK except for water. There are 2 filling stations and fountains on the pool deck. Concession vendor is available at the Lobby.</p> <p>Nearby Amenities:</p> <ul style="list-style-type: none"> • Restaurants • Grocery Stores (T&T and Whole Foods have readymade food) • Tim Hortons
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SCHEDULE OF EVENTS:

Session 1 A (Fast Heat)/ 1 B (Slow Heat) – Thursday PM January 18, 2024

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
- Last 15 minutes of warm up, Pace Lanes will be assigned - East End Lane 1 & 9, West End Lane 0 & 8
- Positive check in is required 30 minutes before start of session for 800 and 1500 events

Session 2 (Friday AM), Session 5 (Saturday AM) + Session 8 (Sunday AM) 2 splits of warm up by clubs:

Group A	BTSC, BROCK, CAJ, CW, COBRA, CCSC, CREST, EBSC, GHAC, HBBF, HAC, KBM, LSC
Group B	CBSC, MAC, MINA, MSSAC, OAK, OSHAC, OSAC, PTBO, ROW, RCAQ, SSAT, SJL, SLSC, ROC, RHSD, TBT

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- January 19, 2024 Friday AM -13 & Over – Prelim Warm Up: 7:00 AM – 8:10 AM Start: 8:15AM			Session # 3 –January 19, 2024 Friday PM – 12 & Under – Timed Final Warm Up: 12:55 PM – 1:25 PM Start: 1:30 PM			Session # 4 - January 19, 2024 Friday Evening – 13 & Over - Finals Warm Up: 5:15 PM – 5:55 PM Start: 6:00PM		
Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
3	400 FREE # Fastest 2 heats swim at Finals	GIRLS 13 & O	13	400 FREE #	GIRLS 12 & U	3	400 FREE Fastest 2 heats swim at Finals	GIRLS 13 & O
4	400 FREE # Fastest 2 heats swim at Finals	BOYS 13&O	14	400 FREE #	BOYS 12& U	4	400 FREE Fastest 2 heats swim at Finals	BOYS 13 & O
5	200 IM	GIRLS 13&O	15	200 IM	GIRLS 12& U	5	200 IM (A & B Finals)	GIRLS 13 - 14, 15 & O
6	200 IM	BOYS 13&O	16	200 IM	BOYS 12& U	6	200 IM (A & B Finals)	BOYS 13 - 14, 15 & O
7	50 FREE	GIRLS 13&O	17	50 FREE	GIRLS 12& U	7	50 FREE (A & B Finals)	GIRLS 13 - 14, 15 & O
8	50 FREE	BOYS 13&O	18	50 FREE	BOYS 12& U	8	50 FREE (A & B Finals)	BOYS 13 - 14, 15 & O
9	100 BACK	GIRLS 13&O	19	100 BACK	GIRLS 12& U	9	100 BACK (A & B Finals)	GIRLS 13 - 14, 15 & O
10	100 BACK	BOYS 13&O	20	100 BACK	BOYS 12& U	10	100 BACK (A & B Finals)	BOYS 13 - 14, 15 & O
11	4 X 50 FREE RELAY** Fastest heat swims at Finals	GIRLS 13 & O	21	4 X 50 FREE RELAY **	GIRLS 12 & U	11	4 X 50 FREE RELAY** Fastest heat swims at Finals	GIRLS 13 & O
12	4 X 50 FREE RELAY** Fastest heat swims at Finals	Boys 13 & O	22	4 X 50 FREE RELAY **	Boys 12 & U	12	4 X 50 FREE RELAY** Fastest heat swims at Finals	Boys 13 & O

SCHEDULE OF EVENTS:

Back stroke 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 - January 20 ,2024 Saturday AM -13 & Over – Prelim Warm Up: 7:00 AM – 8:10 AM Start: 8:15AM			Session #6- January 20, 2024 Saturday PM–12 & Under–Timed Final Warm Up: 12:55 PM – 1:25M Start: 1:30 PM			Session #7- January 20, 2024 Saturday Evening – 13 &Over – Finals Warm Up: 5:15 PM – 5:55 PM Start: 6:00 PM		
Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
23	400 IM * Fastest 2 heats swim at Finals	GIRLS 13 & O	35	400 IM *	GIRLS 12 & U	23	400 IM Fastest 2 heats swim at Finals	GIRLS 13 & O
24	400 IM * Fastest 2 heats swim at Finals	BOYS 13&O	36	400 IM *	BOYS 12& U	24	400 IM Fastest 2 heats swim at Finals	BOYS 13 & O
25	50 BACK	GIRLS 13&O	37	50 BACK	GIRLS 12 & U	25	50 BACK (A Finals)	GIRLS 13 – 14 15 & O
26	50 BACK	BOYS 13&O	38	50 BACK	BOYS 12 & U	26	50 BACK (A Finals)	BOYS 13 – 14, 15 & O
27	100 BUTTERFLY	GIRLS 13&O	39	100 BUTTERFLY	GIRLS 12& U	27	100 BUTTERFLY (A & B Finals)	GIRLS 13 - 14, 15 & O
28	100 BUTTERFLY	BOYS 13&O	40	100 BUTTERFLY	BOYS 12& U	28	100 BUTTERFLY (A & B Finals)	BOYS 13 - 14, 15 & O
29	200 FREE ##	GIRLS 13&O	41	200 FREE ##	GIRLS 12& U	29	200 FREE (A & B Finals)	GIRLS 13 - 14, 15 & O
30	200 FREE ##	BOYS 13&O	42	200 FREE ##	BOYS 12& U	30	200 FREE (A & B Finals)	BOYS 13 - 14, 15 & O
31	100 BREAST	GIRLS 13&O	43	100 BREAST	GIRLS 12& U	31	100 BREAST (A & B Finals)	GIRLS 13 - 14 15 & O
32	100 BREAST	BOYS 13&O	44	100 BREAST	BOYS 12& U	32	100 BREAST (A & B Finals)	BOYS 13 - 14, 15 & O
33	4 X 50-MEDLEY RELAY** Fastest heat swims at Finals	GIRLS 13 & O	45	4 X 50-MEDLEY RELAY **	GIRLS 12 & U	33	4 X 50-MEDLEY RELAY** Fastest heat swims at Finals	GIRLS 13 & O
34	4 x 50-MEDLEY RELAY** Fastest heat swims at Finals	BOYS 13 & O	46	4 x 50-MEDLEY RELAY **	BOYS 12 & U	34	4 X 50-MEDLEY RELAY** Fastest heat swims at Finals	BOYS 13 & O

On Sunday swimmers are limited to two 200M events per session and Meet Management reserves the right to limit heats to keep the session within time constraints. ALL 50 Events start at WEST END

Session #8 – January 21 - 2024 Sunday AM -13 & Over – Prelim Warm Up: 7:00 AM – 8:10 AM Start: 8:15AM			Session # 9 - January 21, 2024 Sunday PM – 12 & Under- Timed Final Warm Up: 12:55 PM – 1:25 PM Start: 1:30 PM			Session # 10 – January 21, 2024 Sunday Evening – 13 & Over – Finals Warm Up: 5:15 PM – 5:55 PM Start: 6:00 PM		
Event #	Event	Gender	Event #	Event	Gender	Event #	Event	Gender
47	200 BACK ##	GIRLS 13 & O	61	200 BACK ##	GIRLS 12 & U	47	200 BACK (A & B Finals)	GIRLS 13 - 14, 15 & O
48	200 BACK ##	BOYS 13&O	62	200 BACK ##	BOYS 12& U	48	200 BACK (A & B Finals)	BOYS 13 - 14, 15 & O
49	50 BUTTERFLY	GIRLS 13&O	63	50 BUTTERFLY	GIRLS 12 & U	49	50 BUTTERFLY (A Finals)	GIRLS 13 - 14, 15 & O
50	50 BUTTERFLY	BOYS 13&O	64	50 BUTTERFLY	BOYS 12& U	50	50 BUTTERFLY (A Finals)	BOYS 13 - 14, 15 & O
51	200 BREAST ##	GIRLS 13&O	65	200 BREAST ##	GIRLS 12& U	51	200 BREAST (A & B Finals)	GIRLS 13 - 14, 15 & O
52	200 BREAST ##	BOYS 13&O	66	200 BREAST ##	BOYS 12& U	52	200 BREAST (A & B Finals)	BOYS 13 - 14, 15 & O
53	100 FREE	GIRLS 13&O	67	100 FREE	GIRLS 12& U	53	100 FREE (A & B Finals)	GIRLS 13 - 14 15 & O
54	100 FREE	BOYS 13&O	68	100 FREE	BOYS 12& U	54	100 FREE (A & B Finals)	BOYS 13 - 14, 15 & O
55	50 BREAST	GIRLS 13&O	69	50 BREAST	GIRLS 12 & U	55	50 BREAST (A Finals)	GIRLS 13 - 14, 15 & O
56	50 BREAST	BOYS 13&O	70	50 BREAST	BOYS 12& U	56	50 BREAST (A Finals)	BOYS 13 - 14, 15 & O
57	200 BUTTERFLY ##	GIRLS 13&O	71	200 BUTTERFLY ##	GIRLS 12& U	57	200 BUTTERFLY (A & B Finals)	GIRLS 13 - 14, 15 & O
58	200 BUTTERFLY ##	BOYS 13&O	72	200 BUTTERFLY ##	BOYS 12& U	58	200 BUTTERFLY (A & B Finals)	BOYS 13 - 14, 15 & O
59	4 X 100 FREE RELAY ** Fastest heat swims at Finals	GIRLS 13 & O	73	4 X 100 FREE RELAY **	GIRLS 12 & U	59	4 X 100 FREE RELAY ** Fastest heat swims at Finals	GIRLS 13 & O
60	4 X 100 FREE RELAY ** Fastest heat swims at Finals	BOYS 13 & O	74	4 X 100 FREE RELAY **	BOYS 12 & U	60	4 X 100 FREE RELAY ** Fastest heat swims at Finals	BOYS 13 & O

APPENDIX A - QUALIFYING STANDARDS

13 & Over - Qualifying times are Swim Ontario 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 Swim Ontario Festival "E" Time Standard, All events are Timed Finals
 12 & Under - "E" Times Standard for Distance Events, Timed Finals

SWIM ONTARIO FESTIVAL "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

50M Fly/Back/Breast are qualified for by 100M Fly/Back/Breast

SWIM ONTARIO 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

50M Fly/Back/Breast are qualified for by 100M Fly/Back/Breast

SWIM ONTARIO 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