

2024 WESTERN REGION SHORT COURSE CHAMPS

February 23 – 25, 2024

Meet Information Package

Sponsored By:



Hosted By:



CANADA GAMES AQUATIC CENTRE – LONDON, ONTARIO

2024 Western Region – Short Course Champs

DATES:	February 23 - 25, 2024	Region: Western
HOSTED BY:	London Aquatic Club	
PURPOSE:	Short Course Regional Championship	
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca .	
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 .	
LOCATION:	Canada Games Aquatic Centre 1045 Wonderland Road North, London, Ontario, N6G 2Y9 (Between Gainsborough and Lawson Road)	
FACILITY:	8-lane, 50-meter indoor tank, with bulkheads, creating two (2) 25-metre pools, with “Keifer” type lane markers, Daktronics 64101-H8 8-lane swimming scoreboards at both ends of the pool with Swiss Timing Quantum Aquatic Timing Systems.	
COMPETITION COORDINATORS:	Mark Lukings Level V	Email: lac.coc@gmail.com
MEET MANAGER(S):		
LEAD:	Alex Isings Level II	Email: wosa2024sc@gmail.com
ENTRIES:	Dmitrij Zagidulin Level I	Email: wosa2024sc@gmail.com
SUPPORT:	Tracy Tolton Level I	
	Solomiia Havryliuk Level I	
	Melanie Brimson Level I	
	Kim Forgetta Level I	
MINOR OFFICIALS:	Rebecca Shearer Sonya Beckett Dana Kinchen	Email: lacminorofficials@hotmail.com
DESCRIPTION:	12 & Under: ALL events will be timed finals. <ul style="list-style-type: none">• Friday, Saturday, and Sunday: Afternoons. 13 & Over: <ul style="list-style-type: none">• Friday, Saturday, and Sunday: Events are preliminary and finals except 400, 800, 1500, and relay events, which are timed finals swimming mostly in the mornings.• Preliminary events swim in the morning – the top 8 in each age group going to finals.• The fastest heats of 400s and relays swim in Finals	

POOL ASSIGNMENT: Meet Management will determine the distribution of swimmers into session ends.
All Evening Finals will be held in the Deep End.

COMPETITION RULES: Sanctioned 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](#)

Depending on swimmer count in the sessions, any warm-up may be split into two parts and teams may be assigned lanes. If lanes are assigned, then coaches are expected to supervise their lanes.

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, Swimming Canada C16.1.4.1, C4.1.1 & C4.1.2

- at the end wall for the deep end AND
- on the bulkhead positioned at the midpoint in the pool for the shallow end.

AGE-UP DATE: The competitor's age is determined as of the first day of the competition, **Friday, February 23, 2024.**

Birthdays that fall AFTER the WOSA SC Champs Age Up Date & BEFORE applicable same-season Provincial-level SC meets - if a coach wants to have a swimmer compete in a de-qualified event for the purpose of achieving a Festival/Provincial time in the next age group, they must email Meet Management to find out if there is room available to have the swimmer placed as exhibition for this swim in their current age group.

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 registration status will be declined entry.

All swimmers must be registered with a **Western Region** club and be in good standing.

RECORDS: Coaches are asked to inform Meet Management of any potential Swimming Canada and/or Swim Ontario record attempts.

Swim times achieved at this event will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey (25m and 50m pool only) for the aforementioned swimming pool.

**QUALIFYING /
DE-QUALIFYING
INFORMATION:**

For all Events:

- The qualifying standards for entry are the Western Region Qualifying Standards.
- Stroke 50 events (50 fly, 50 back & 50 breast) are **NOT** eligible for use in qualifying for this meet. **EVERY** swimmer must qualify in some other event. Stroke 50 events can **ONLY** be used as bonus swims.
- Swimmers are not required to enter all events that they have qualified for.
- Valid SC and LC entry times will be accepted and not converted. See Appendix B.
- Any 12 & Under swimmers qualifying for the Ontario Festival Championships Winter/Summer are de-qualified from that event.
- Any 13 & Over swimmers qualifying for the Ontario Swimming Championships are de-qualified from that event.
- A coach, who has a swimmer qualify for an Ontario Festival Championship or Ontario Swimming Championships after the entry deadline has passed, must email Meet Management to withdraw the swimmer(s) from that event. The swimmer may be placed in an alternate event, which the swimmer is not de-qualified from, with NO PENALTY, provided there is an open lane. If no open lane exists, the swimmer will be refunded for the event. A new heat will not be created. It is incumbent on the coaches to make sure over-qualified swimmers are not entered in events, whether the qualification was in LC or SC.
- Stroke 50s (50 fly, 50 back & 50 breast) will use the Swimming Canada National Easterns/Westerns Standard for de-qualification.
- There are NO qualifying or de-qualifying standards for PARA events. See PARA Entries section.

BONUS SWIMS:

Any swimmer qualifying in one (1) or more events using the Western Region Qualifying Standards is eligible to enter bonus swims until they are entered in the maximum of 3 individual events per day.

The 1500/800/400 free and the 400 IM may **NOT** be used as bonus swims.

All bonus swims must be entered with a 'B' indicator following the seedtime. To facilitate the most efficient sessions, coaches are requested to enter actual times for bonus swims and NOT enter them with NT.

CONVERSIONS:

Long Course times are to be submitted without conversion and they will seeded as described below.

- SEEDING:** Pre-meet seeding, including exhibition swims, will be in the following order:
1. Entries with qualifying short course (metres) times.
 2. Entries with qualifying long short course (metres) times.
 3. Bonus swim entry times
- ENTRY FEES:** Swimmer Surcharge: \$5.00 per swimmer
Individual Events (400m or less): \$15.00 per swimmer
Distance Events (800m/1500m): \$18.00 per swimmer
Relay Events: \$18.00 per team
(includes HST – London Aquatic Club GST # R103378279)
- Cheques/Payments and Club Information Sheets (Appendix D) must be completed and submitted along with a signed hard-copy of the Team’s entry report, before the Team’s first warm-up at the meet.
- PAYMENT:** Please submit one (1) cheque for all club swimmers with your Club Information sheets:
Payable to: **London Aquatic Club**
Payment may also be made by e-transfer to: lacmembership01@gmail.com.
- ENTRIES:** Only entry files for the entire team, of the correct types, and with appropriate entry times in SC or LC metres will be accepted.
- All entries must be in a Hy-Tek accepted format and must be submitted through the Swimming Canada online entries system at: www.swimming.ca. Meet Management will not accept entries directly via any other means. Entries must include all attending coaches. 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. **The deadline for entry CHANGES is Friday, February 16, 2024, at NOON.**
 - Any entry changes must be submitted as a new entry file containing ALL of the Team’s entries.
 - Coaches will be sent confirmation in the form of an entry list after your club’s entries have been finalized.
 - "Relay-Only" swimmers are **NOT** permitted.
 - Each club is limited to 2 relay teams per club per relay event.
 - Each swimmer is limited to 3 individual event entries per session.
 - Except for relays, each swimmer must swim in the proper age group, no swimming up is permitted. Swimming “up” is only permitted for relays as per SC rules. A maximum of 2 swimmers may swim up for a relay team.
 - Coaches are asked to consider entering Athletes who will not be available for evening finals as exhibition in the morning preliminary events.
- ENTRY DEADLINE:** **Monday, February 12, 2024**
- Coaches will be sent confirmation in the form of an entry list after receipt of your club’s entries. Please contact Meet Management immediately if there is a discrepancy or issue of any kind.

DECK ENTRIES: Deck Entries are **NOT** permitted.

MARSHALLING: All Shallow end heats will be marshalled on the shallow end deck due to the bulkhead starts. Swimmers will move onto the bulkhead from the scoreboard side. Swimmers are not allowed to go directly to their lane from the audience's side.

Finals will also be marshalled on the shallow end deck. The timely arrival of the 8 swimmers **AND** the 2 alternates for marshalling is important. For finals, failure to arrive for marshalling before a swimmer's heat is sent past the middle bulkhead will count as a no show, the alternate will swim, and the penalty (as described below) will be assessed to the late swimmer/no show. Please see scratch rules below.

SCRATCH RULES: Swimmers will not be penalized for scratching from preliminary/timed finals heats.

The scratch deadline for all preliminary and timed finals sessions will be 30 minutes prior to the start of the session. Coaches, we would appreciate you reporting any scratches prior to this deadline so that the session heat sheets can be as accurate as possible for key officials.

Finals Scratch Deadline: One (1) hour after the completion of the preliminary session.

Finals Scratch Fee: The Top 16 swimmers in the posted official results for a preliminary event are subject to a \$25.00 penalty for failing to scratch by the deadline. The fee does not apply to those ranked 21st or higher prior to scratches. The swimmer will **NOT** be permitted to swim in any further events until the penalty is paid. The penalty will be payable to the host club. Coaches are required to ensure that all of their swimmers know if they are in the top 16 swimmers from the preliminaries. Scratch forms, available in the office, must be filled out and submitted to the office by the scratch deadline. Coaches should check scratch sheets and/or posted results to ensure that **THE OFFICE** has crossed out their swimmer if scratched. Swimmers crossed out without scratch forms submitted on time are **NOT** considered scratched until forms are submitted, and the penalty is paid. Once heat sheets are printed for finals, the fee will only apply to the top 8 swimmers in each final, and the 2 alternates **AND** only if they were in the top 16 swimmers in the posted official results for the preliminaries for that event. Scratches include no shows and step downs.

Suggestion: If you know that your swimmer will NOT be attending finals, consider entering them into preliminaries as exhibition.

AGE Male and female:

CLASSIFICATIONS:

- **Individual:** 10 & Under; 11; 12; 13; 14; 15; 16 & Over
- **Relays:** 10 & Under; 11 - 12; 13 - 14; 15 & Over

PARA: PARA swimmers will be officiated under WPS Swimming Rules.

PARA ENTRIES: There are NO qualifying or de-qualifying standards for PARA.

PARA events are as follows:

50 Free S1-S14, 100 Free S1-S14, 200 Free S1-S14, 400 Free S6-S13
50 Back S1-S5, 100 Back S1-S14
50 Breast S2-S3, 100 Breast S1-S14
50 Fly S1-S7, 100 Fly S8-S14
150 IM SM1-SM4, 200 IM SM5-SM14

- PARA **400 Free S6-S13** will be Timed Finals.
- PARA events (other than the 400 Free) will swim preliminaries and the top 8 swimmers by points will compete in PARA events in finals, seeded by time.
- PARA swimmers who have achieved the age group standard in any event may enter that event as age group. A PARA athlete may swim as either age group or PARA in any event they qualify for, but **NOT** both. There will not be separate PARA awards for age group events.
- PARA only events will be in the 400 event number series. See event file and **Appendix A** below.
- **Coaches must indicate each PARA classification with their entries: for PARA swimmers entered into the age group events AND for PARA swimmers entered into the PARA (400 series) events.**
- **PARA Swimmers 12 & Under** – PARA events only: PARA will swim in the 12 & Under session with their peers in the age group events. These results will be moved to the 400 series PARA events for scoring.

Meet Management reserves the right, if session lengths demand compression, to:

- Send PARA events with 8 or fewer entries directly to finals, seeded by entry times.
- Manually combine PARA preliminary events with the age group events, seeded by time. In that situation, **PARA swimmers would compete in age group heats during preliminaries, seeded by time, then compete in a PARA swimming final during the finals session.** Once the preliminary event has been completed, the results will be manually moved into the 400 series event.

**MANAGEMENT
ITEMS:**

Meet Management reserves the right to, and teams will be informed if we:

- Reduce the bonus swims in a session or event, slowest to fastest, with entry fee refunds.
- Split session age categories to ensure proper session lengths.
- Adjust warm-up and session start times.
- Split warm-ups into two parts.
- Move events or heats within or between sessions.
- Make day-of decisions to combine heats of the same stroke and distance.
- Split sessions to respect the 4.5-hour session length limitation.
- Combine age groups (senior seed) 1500/800/400 Free and 400 IM if demand and time limitations warrant.

The 1500 and 800 Free will swim fastest to slowest. The 1500/800/400 Free and 400 IM will swim as timed finals.

Racing 2 swimmers per lane is no longer permitted in Ontario. Meet Management reserves the right to move heats or limit the number of heats in an event, or split sessions if a session will be over 4.5 hours. Preventing any qualified swimmer from swimming an event will be an absolute last resort.

Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules. Before arrival, coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence to these rules and to discipline the athletes' behavior if necessary.

Meet Officials will provide a safe environment and an organized competition. Meet Officials are **NOT** responsible for the supervision of the athletes during the competition and especially during session breaks.

GLASS CONTAINERS are strictly prohibited in and around the deck area.

Sprint Lanes (lanes 1 and 8) will be available for the last 20 minutes of warm-ups. Lanes 1 and 8 will be used for Sprinting and are designated as diving lanes. The sprint lanes are one direction only. After the dive the swimmer must leave the lane. PARA warm-up lanes and Backstroke sprint lanes may also be designated, will be announced, and then will be controlled by the Safety Marshals.

13 & Over preliminaries will swim combined age groups (senior seeded) and will be separated into designated age groups for finals.

There will be an "A" final only for male and female 13, 14, 15, and 16 & Over age categories and PARA.

Coaches must have relay cards filled in and returned to the Clerk of Course or Meet Office **at least 30 minutes** prior to the start of the relay events.

This meet will be scored. (see SCORING)

Meet Management understands that not all clubs host meets and have officials. On the other hand, most clubs are still working to rebuild the ranks of their officials. This host club is no different. **All clubs are encouraged to offer 2 officials per session that they are participating in.** We at LAC are proud of our record of helping aspiring senior officials get the experiences that they are seeking!

- CANCELLATIONS:** In the event of unforeseen circumstances beyond the control of the City of London or London Aquatic Club, (for example but not limited to; weather interruptions or facility malfunctions) that force the cancellation of all or part of the meet, a partial refund **may** be granted at the discretion of the Meet Manager.
- COACH'S 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 the meet. Meet Management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.
- TIME SPLITS:** The procedure for obtaining an 'Official Split' now requires that coaches make the request to the Session Referee or Meet Management on a timecard (provided by the Meet Office) prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.
- Official 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. **Please note that the coach must provide 3 timers to complete this official split if it will NOT occur at the same end as the finish of the race.**
- Event finals (sessions 5, 10 and 15) are not eligible for official splits.**
- SCORING:** The meet will be scored as follows:
- Individual and Relay events will be scored, 1st to 8th place, on a scale of 9-7-6-5-4-3-2-1.
 - If there are fewer than 8 entrants, the event will be "reverse-scored". (For example, if there are three (3) entrants, the event will be scored 3-2-1.
 - PARA scoring will be based on number of entrants and will be scored the same as age group swimmers.
 - Result times that are slower than the qualifying time for the event are still eligible for scoring.
- AWARDS:** **Individual Events:** Medals 1st to 3rd. Ribbons for 4th to 8th for individual events by age group.
Relay Events: Medals for 1st. Ribbons 2nd and 3rd.
- PARA AWARDS:** Medals will be awarded in IPC eligible events only using the British Paralympic Points (LC and SC Meters only) and shall be awarded on a "mixed gender" basis to the top 3 swimmers in each event. In order to award gold, there must be at least 2 competitors, to award silver there must be at least 3 competitors and to award bronze there must be at least 4 competitors in the event.
- MEET RESULTS:** The meet will run on Hy-Tek Meet Manager.
- Results will be posted on the LAC website: www.londonaquaticclub.ca as quickly as possible.
 - Final results will be uploaded to www.swimming.ca within 48 hours of the completion of the meet.
- Unofficial results will also be posted to Meet Mobile following each event.

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 exceptions, 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 ensures 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 the gender of swimmers.

DURING THE MEET:

Parking:

Parking options are shown In Appendix G and will be posted on the LAC website – LAC Hosted Meets – Western Region SC Champs. (<http://www.londonaquaticclub.ca>)

Supplies:

Equipment and other Vendors will have booths at the pool for all your equipment needs.

Concession:

A snack bar will be open throughout the meet.

SCHEDULE OF SESSIONS:

<u>Session #</u>	<u>Date</u>	<u>Prelim/Finals</u>	<u>Warm Up</u>	<u>Start</u>	<u>Estimated Finish</u>	<u>Estimated Duration</u>
1 / 2	Feb 23	Prelims	7:00-7:50am	8:00am	Noon	4.0hrs
3 / 4	Feb 23	Timed Finals	Noon-12:50pm	1:00pm	5:00pm	4.0hrs
5	Feb 23	Finals	5:00-5:50pm	6:00pm	8:00pm	2hrs
6 / 7	Feb 24	Prelim	7:00-7:50am	8:00am	Noon	4.0hrs
8 / 9	Feb 24	Timed Finals	Noon -12:50pm	1:00pm	5:00pm	4.0hrs
10	Feb 24	Finals	5:00-5:50pm	6:00pm	8:00pm	2hrs
11 / 12	Feb 25	Prelims	7:00-7:50am	8:00am	Noon	4.0hrs
13 / 14	Feb 25	Timed Finals	Noon-12:50pm	1:00pm	5:00pm	4.0hrs
15	Feb 25	Finals	5:00-5:50pm	6:00pm	8:00pm	2hrs

SCHEDULE OF EVENTS:

See Event List – **Appendix A** - below

Appendix A Event List

Session 1 / 2						
Friday, February 23, 2024						
Warm-Ups: 7:00-7:50am Start: 8:00am						
		EVENT				
EVENT #	WOMEN	DISTANCE	STROKE	TYPE	MEN	EVENT #
301	15 & Over	200	<i>4 x 50 Free Relay</i>	Timed Final**	15 & Over	302
303	13 - 14	200	<i>4 x 50 Free Relay</i>	Timed Final**	13 - 14	304
1	13 & Over	400	<i>Individual Medley</i>	Timed Final**	13 & Over	2
401	S1 - S14	200	<i>Freestyle</i>	Prelims*	S1 - S14	402
403	S6 - S13	400	<i>Freestyle</i>	Timed Final*	S6 - S13	404
3	13 & Over	200	<i>Freestyle</i>	Prelims	13 & Over	4
405	S1 - S14	100	<i>Breaststroke</i>	Prelims*	S1 - S14	406
5	13 & Over	100	<i>Breaststroke</i>	Prelims	13 & Over	6
407	S1 - S5	50	<i>Backstroke</i>	Prelims*	S1 - S5	408
7	13 & Over	50	<i>Backstroke</i>	Prelims	13 & Over	8
409	S8 - S14	100	<i>Butterfly</i>	Prelims*	S8 - S14	410
9	13 & Over	100	<i>Butterfly</i>	Prelims	13 & Over	10
201	15 & Over	800	<i>Freestyle</i>	Timed Final		
203	13 - 14	800	<i>Freestyle</i>	Timed Final		

*See PARA Entries

**Fastest Heat will race in FINALS

Session 3 / 4

Friday, February 23, 2024

Warm-Ups: **Noon-12:50pm** Start: **1:00pm**

EVENT						
EVENT #	WOMEN	DISTANCE	STROKE	TYPE	MEN	EVENT #
305	11 - 12	200	<i>4 x 50 Free Relay</i>	Timed Final	11 - 12	306
307	10 & Under	200	<i>4 x 50 Free Relay</i>	Timed Final	10 & Under	308
11	12	400	<i>Individual Medley</i>	Timed Final	12	12
13	11	400	<i>Individual Medley</i>	Timed Final	11	14
15	12	200	<i>Freestyle</i>	Timed Final	12	16
17	11	200	<i>Freestyle</i>	Timed Final	11	18
19	10 & Under	200	<i>Freestyle</i>	Timed Final	10 & Under	20
21	12	100	<i>Breaststroke</i>	Timed Final	12	22
23	11	100	<i>Breaststroke</i>	Timed Final	11	24
25	10 & Under	100	<i>Breaststroke</i>	Timed Final	10 & Under	26
27	12	50	<i>Backstroke</i>	Timed Final	12	28
29	11	50	<i>Backstroke</i>	Timed Final	11	30
31	10 & Under	50	<i>Backstroke</i>	Timed Final	10 & Under	32
33	12	100	<i>Butterfly</i>	Timed Final	12	34
35	11	100	<i>Butterfly</i>	Timed Final	11	36
37	10 & Under	100	<i>Butterfly</i>	Timed Final	10 & Under	38
205	11 - 12	800	<i>Freestyle</i>	Timed Final		

Session 5						
Friday, February 23, 2024						
FINALS						
Warm-Ups: 5:00-5:50pm Start: 6:00pm						
		EVENT				
EVENT #	WOMEN	DISTANCE	STROKE	TYPE	MEN	EVENT #
401	S1 - S14	200	<i>Freestyle</i>	Final	S1 - S14	402
3	13 & Over	200	<i>Freestyle</i>	Final	13 & Over	4
405	S1 - S14	100	<i>Breaststroke</i>	Final	S1 - S14	406
5	13 & Over	100	<i>Breaststroke</i>	Final	13 & Over	6
407	S1 - S5	50	<i>Backstroke</i>	Final	S1 - S5	408
7	13 & Over	50	<i>Backstroke</i>	Final	13 & Over	8
409	S8 - S14	100	<i>Butterfly</i>	Final	S8 - S14	410
9	13 & Over	100	<i>Butterfly</i>	Final	13 & Over	10
1	13 & Over	400	<i>Individual Medley</i>	Timed Final**	13 & Over	2
301	15 & Over	200	<i>4 x 50 Free Relay</i>	Timed Final**	15 & Over	302
303	13 - 14	200	<i>4 x 50 Free Relay</i>	Timed Final**	13 - 14	304

****Fastest Heat will race in FINALS**

Session 6 / 7

Saturday, February 24, 2024

Warm-Ups: 7:00-7:50am Start: 8:00am

EVENT						
EVENT #	WOMEN	DISTANCE	STROKE	TYPE	MEN	EVENT #
309	15 & Over	200	<i>4 x 50 Medley Relay</i>	Timed Final**	15 & Over	310
311	13 - 14	200	<i>4 x 50 Medley Relay</i>	Timed Final**	13 - 14	312
		400	<i>Freestyle</i>	Timed Final**	13 & Over	40
411	S2 - S3	50	<i>Breaststroke</i>	Prelims*	S2 - S3	412
41	13 & Over	50	<i>Breaststroke</i>	Prelims	13 & Over	42
43	13 & Over	200	<i>Butterfly</i>	Prelims	13 & Over	44
413	S1 - S14	50	<i>Freestyle</i>	Prelims*	S1 - S14	414
45	13 & Over	50	<i>Freestyle</i>	Prelims	13 & Over	46
415	S1 - S14	100	<i>Backstroke</i>	Prelims*	S1 - S14	416
47	13 & Over	100	<i>Backstroke</i>	Prelims	13 & Over	48
49	13 & Over	200	<i>Breaststroke</i>	Prelims	13 & Over	50
		800	<i>Freestyle</i>	Timed Final	15 & Over	202
		800	<i>Freestyle</i>	Timed Final	13 - 14	204

*See Para entries

**Fastest Heat will race in FINALS

Session 8 / 9

Saturday, February 24, 2024

Warm-Ups: **Noon-12:50pm** Start: **1:00pm**

EVENT						
EVENT #	WOMEN	DISTANCE	STROKE	TYPE	MEN	EVENT #
313	11-12	200	<i>4 x 50 Medley Relay</i>	Timed Final	11-12	314
315	10 & Under	200	<i>4 x 50 Medley Relay</i>	Timed Final	10 & Under	316
51	12	50	<i>Breaststroke</i>	Timed Final	12	52
53	11	50	<i>Breaststroke</i>	Timed Final	11	54
55	10 & Under	50	<i>Breaststroke</i>	Timed Final	10 & Under	56
57	12	200	<i>Butterfly</i>	Timed Final	12	58
59	11	200	<i>Butterfly</i>	Timed Final	11	60
61	10 & Under	100	<i>Individual Medley</i>	Timed Final	10 & Under	62
63	12	50	<i>Freestyle</i>	Timed Final	12	64
65	11	50	<i>Freestyle</i>	Timed Final	11	66
67	10 & Under	50	<i>Freestyle</i>	Timed Final	10 & Under	68
69	12	100	<i>Backstroke</i>	Timed Final	12	70
71	11	100	<i>Backstroke</i>	Timed Final	11	72
73	10 & Under	100	<i>Backstroke</i>	Timed Final	10 & Under	74
75	12	200	<i>Breaststroke</i>	Timed Final	12	76
77	11	200	<i>Breaststroke</i>	Timed Final	11	78
		800	<i>Freestyle</i>	Timed Final	11 - 12	206

Session 10						
Saturday, February 24, 2024						
FINALS						
Warm-Ups: 5:00-5:50pm Start: 6:00pm						
		EVENT				
EVENT #	WOMEN	DISTANCE	STROKE	TYPE	MEN	EVENT #
411	S2 - S3	50	<i>Breaststroke</i>	Final	S2 - S3	412
41	13 & Over	50	<i>Breaststroke</i>	Final	13 & Over	42
43	13 & Over	200	<i>Butterfly</i>	Final	13 & Over	44
413	S1 - S14	50	<i>Freestyle</i>	Final	S1 - S14	414
45	13 & Over	50	<i>Freestyle</i>	Final	13 & Over	46
415	S1 - S14	100	<i>Backstroke</i>	Final	S1 - S14	416
47	13 & Over	100	<i>Backstroke</i>	Final	13 & Over	48
49	13 & Over	200	<i>Breaststroke</i>	Final	13 & Over	50
		400	<i>Freestyle</i>	Timed Final**	13 & Over	40
309	15 & Over	200	<i>4 x 50 Medley Relay</i>	Timed Final**	15 & Over	310
311	13 - 14	200	<i>4 x 50 Medley Relay</i>	Timed Final**	13 - 14	312

****Fastest Heat will be race in FINALS**

Session 11 / 12

Sunday, February 25, 2024

Warm-Ups: 7:00-7:50am Start: 8:00am

EVENT						
EVENT #	WOMEN	DISTANCE	STROKE	TYPE	MEN	EVENT #
317	Mixed 15 & Over	200	<i>4 x 50 Medley Relay</i>	Timed Final**	Mixed 15 & Over	317
318	Mixed 13 - 14	200	<i>4 x 50 Medley Relay</i>	Timed Final**	Mixed 13 - 14	318
79	13 & Over	400	<i>Freestyle</i>	Timed Final**		
417	SM1 - SM4	150	<i>Individual Medley</i>	Prelims*	SM1 - SM4	418
419	SM5 - SM14	200	<i>Individual Medley</i>	Prelims*	SM5 - SM14	420
81	13 & Over	200	<i>Individual Medley</i>	Prelims	13 & Over	82
421	S1 - S14	100	<i>Freestyle</i>	Prelims*	S1 - S14	422
83	13 & Over	100	<i>Freestyle</i>	Prelims	13 & Over	84
423	S1 - S7	50	<i>Butterfly</i>	Prelims*	S1 - S7	424
85	13 & Over	50	<i>Butterfly</i>	Prelims	13 & Over	86
87	13 & Over	200	<i>Backstroke</i>	Prelims	13 & Over	88
207	15 & Over	1500	<i>Freestyle</i>	Timed Final	15 & Over	208
209	13 - 14	1500	<i>Freestyle</i>	Timed Final	13 - 14	210

***See PARA Entries**

****Fastest Heat will race in FINALS**

Session 13 / 14

Sunday, February 25, 2024

Warm-Ups: **Noon-12:50pm** Start: **1:00pm**

EVENT						
EVENT #	WOMEN	DISTANCE	STROKE	TYPE	MEN	EVENT #
319	Mixed 11-12	200	<i>4 x 50 Medley Relay</i>	Timed Final	Mixed 11-12	319
320	Mixed 10 & Under	200	<i>4 x 50 Medley Relay</i>	Timed Final	Mixed 10 & Under	320
89	12	200	<i>Individual Medley</i>	Timed Final	12	90
91	11	200	<i>Individual Medley</i>	Timed Final	11	92
93	10 & Under	200	<i>Individual Medley</i>	Timed Final	10 & Under	94
95	12	100	<i>Freestyle</i>	Timed Final	12	96
97	11	100	<i>Freestyle</i>	Timed Final	11	98
99	10 & Under	100	<i>Freestyle</i>	Timed Final	10 & Under	100
101	12	200	<i>Backstroke</i>	Timed Final	12	102
103	11	200	<i>Backstroke</i>	Timed Final	11	104
105	10 & Under	200	<i>Backstroke</i>	Timed Final	10 & Under	106
107	12	50	<i>Butterfly</i>	Timed Final	12	108
109	11	50	<i>Butterfly</i>	Timed Final	11	110
111	10 & Under	50	<i>Butterfly</i>	Timed Final	10 & Under	112
113	12	400	<i>Freestyle</i>	Timed Final	12	114
115	11	400	<i>Freestyle</i>	Timed Final	11	116
117	10 & Under	400	<i>Freestyle</i>	Timed Final	10 & Under	118

Session 15						
Sunday, February 25, 2024						
FINALS						
Warm-Ups 5:00-5:50pm Start: 6:00pm						
		EVENT				
EVENT #	WOMEN	DISTANCE	STROKE	TYPE	MEN	EVENT #
317	Mixed 15 & Over	200	<i>4 x 50 Medley Relay</i>	Timed Final**	Mixed 15 & Over	317
318	Mixed 13 - 14	200	<i>4 x 50 Medley Relay</i>	Timed Final**	Mixed 13 - 14	318
417	SM1 - SM4	150	<i>Individual Medley</i>	Final	SM1 - SM4	418
419	SM5 - SM14	200	<i>Individual Medley</i>	Final	SM5 - SM14	420
81	13 & Over	200	<i>Individual Medley</i>	Final	13 & Over	82
421	S1 - S14	100	<i>Freestyle</i>	Final	S1 - S14	422
83	13 & Over	100	<i>Freestyle</i>	Final	13 & Over	84
423	S1 - S7	50	<i>Butterfly</i>	Final	S1 - S7	424
85	13 & Over	50	<i>Butterfly</i>	Final	13 & Over	86
87	13 & Over	200	<i>Backstroke</i>	Final	13 & Over	88
79	13 & Over	400	<i>Freestyle</i>	Timed Final**		

****Fastest Heat will race in FINALS**

Appendix B
Qualifying Time Standards: [WOSA Qualifying Standards](#)

WOSA 2023-2024 Standards							
Short Course							
FEMALE	10&U	11	12	13	14	15	16&O
50 FR	41.12	36.41	34.69	31.47	30.92	30.47	30.27
100 FR	1:31.18	1:19.64	1:15.09	1:08.17	1:06.72	1:05.98	1:05.58
200 FR	3:20.86	2:54.08	2:43.82	2:28.07	2:24.83	2:23.52	2:21.65
400 FR	7:00.73	6:14.22	5:49.97	5:14.90	5:06.59	5:04.88	5:00.82
800 FR		12:46.79	11:51.05	10:50.51	10:40.95	10:33.68	10:21.72
1500 FR				20:46.77	20:28.44	20:14.55	19:51.60
100 BK	1:44.29	1:31.58	1:25.90	1:16.93	1:15.61	1:14.53	1:13.40
200 BK	3:45.26	3:15.68	3:04.31	2:46.05	2:41.83	2:40.04	2:38.70
100 BR	1:58.00	1:45.81	1:39.55	1:28.15	1:27.09	1:26.43	1:25.95
200 BR		3:46.40	3:32.74	3:09.89	3:07.52	3:06.96	3:05.52
100 FL	1:50.24	1:35.00	1:28.18	1:16.73	1:15.54	1:14.38	1:13.41
200 FL		3:38.44	3:20.23	2:54.27	2:51.20	2:49.87	2:44.47
100 IM	1:43.53						
200 IM	3:48.69	3:19.82	3:08.27	2:49.77	2:45.07	2:43.37	2:40.96
400 IM		7:00.94	6:36.17	5:58.74	5:55.69	5:45.79	5:43.56
MALE	10 & U	11	12	13	14	15	16&O
50 FR	40.35	36.70	33.90	29.87	28.97	28.45	27.39
100 FR	1:32.96	1:20.78	1:14.53	1:05.36	1:03.12	1:01.63	59.68
200 FR	3:26.91	2:57.47	2:42.69	2:23.15	2:18.81	2:14.30	2:10.43
400 FR	7:11.45	6:21.15	5:51.12	5:06.38	4:56.84	4:48.72	4:41.91
800 FR		13:22.06	12:00.16	10:39.78	10:22.95	10:04.63	9:48.27
1500 FR				20:34.15	19:54.30	19:19.16	18:47.81
100 BK	1:47.27	1:32.72	1:27.03	1:14.53	1:12.49	1:10.60	1:07.55
200 BK	3:55.98	3:20.23	3:04.87	2:41.06	2:37.05	2:33.41	2:26.87
100 BR	2:02.77	1:48.08	1:38.99	1:25.58	1:22.45	1:21.52	1:17.90
200 BR		3:56.63	3:33.74	3:04.76	2:59.76	2:57.21	2:49.74
100 FL	1:55.62	1:37.85	1:27.60	1:14.50	1:11.40	1:09.18	1:06.87
200 FL		4:04.61	3:23.65	2:48.09	2:44.77	2:40.31	2:30.40
100 IM	1:45.81						
200 IM	3:52.32	3:22.13	3:08.27	2:51.05	2:37.49	2:33.48	2:28.83
400 IM		7:29.38	6:44.25	5:47.80	5:38.60	5:33.28	5:25.30

WOSA 2023-2024 Standards

Long Course

FEMALE	10&U	11	12	13	14	15	16&O
50 FR	41.94	37.14	35.39	32.11	31.54	31.08	30.88
100 FR	1:33.01	1:21.24	1:16.59	1:09.53	1:08.05	1:07.30	1:06.89
200 FR	3:24.88	2:57.55	2:47.10	2:31.03	2:27.72	2:27.29	2:24.49
400 FR	7:09.14	6:21.70	5:56.96	5:21.20	5:12.72	5:10.97	5:06.83
800 FR		13:02.13	12:05.27	11:03.52	10:53.76	10:47.46	10:34.15
1500 FR				21:11.71	20:53.01	20:38.84	20:15.43
100 BK	1:46.37	1:33.41	1:27.60	1:18.47	1:17.13	1:16.02	1:14.87
200 BK	3:49.77	3:19.60	3:07.99	2:49.37	2:45.07	2:43.24	2:41.88
100 BR	2:00.36	1:47.92	1:41.54	1:29.91	1:28.84	1:28.15	1:27.67
200 BR		3:50.93	3:37.00	3:13.69	3:11.27	3:10.70	3:09.22
100 FL	1:52.44	1:36.89	1:29.93	1:18.27	1:17.04	1:15.87	1:14.88
200 FL		3:42.81	3:24.24	2:57.76	2:54.63	2:53.27	2:47.76
200 IM	3:53.27	3:23.81	3:12.03	2:53.17	2:48.38	2:46.64	2:44.19
400 IM		7:09.36	6:44.09	6:05.92	6:02.80	5:52.70	5:50.44
MALE	10 & U	11	12	13	14	15	16&O
50 FR	41.72	37.43	34.58	30.46	29.56	29.02	27.94
100 FR	1:34.83	1:22.39	1:16.01	1:06.67	1:04.38	1:02.87	1:00.87
200 FR	3:31.05	3:01.03	2:45.94	2:26.01	2:21.58	2:16.98	2:13.03
400 FR	7:20.08	6:28.77	5:58.14	5:12.51	5:02.78	4:54.49	4:47.55
800 FR		13:38.10	12:14.56	10:52.58	10:35.42	10:16.72	10:00.04
1500 FR				20:58.83	20:18.18	19:42.35	19:10.37
100 BK	1:49.41	1:34.57	1:28.77	1:16.02	1:13.94	1:12.02	1:08.90
200 BK	4:00.70	3:24.24	3:08.56	2:44.29	2:40.19	2:36.48	2:29.81
100 BR	2:05.21	1:50.24	1:40.96	1:27.30	1:24.10	1:23.16	1:19.46
200 BR		4:01.37	3:37.00	3:08.45	3:03.36	3:00.75	2:53.14
100 FL	1:57.93	1:39.79	1:29.35	1:16.00	1:12.83	1:10.57	1:08.21
200 FL		4:09.49	3:27.71	2:51.46	2:48.07	2:43.52	2:33.41
200 IM	3:56.96	3:26.17	3:12.03	2:46.65	2:40.63	2:36.55	2:31.81
400 IM		7:38.37	6:52.34	5:54.75	5:45.38	5:39.94	5:31.80

De-Qualifying Time Standards - 12 & Under

[2023-24 Standards - Ontario Festival Championships](#)

2023-2024 Female Standards - Ontario Festival Championships						
10&U	11	12	EVENT	12	11	10&U
LCM	LCM	LCM		SCM	SCM	SCM
38.13	33.76	32.17	50 Fr	31.54	33.10	37.38
1:24.55	1:13.85	1:09.63	100 Fr	1:08.26	1:12.40	1:22.89
3:06.25	2:41.41	2:31.91	200 Fr	2:28.93	2:38.25	3:02.60
6:30.13	5:47.00	5:24.51	400 Fr	5:18.15	5:40.20	6:22.48
	11:51.03	10:59.34	800 Fr	10:46.41	11:37.08	
1:36.70	1:24.92	1:19.64	100 Bk	1:18.09	1:23.25	1:34.81
3:28.88	3:01.45	2:50.90	200 Bk	2:47.55	2:57.89	3:24.78
1:49.42	1:38.11	1:32.31	100 Br	1:30.50	1:36.19	1:47.27
	3:29.94	3:17.27	200 Br	3:13.40	3:25.82	
1:42.22	1:28.08	1:21.75	100 Fl	1:20.16	1:26.36	1:40.22
	3:22.55	3:05.67	200 Fl	3:02.03	3:18.58	
			100 IM			1:34.12
3:32.06	3:05.28	2:54.57	200 IM	2:51.15	3:01.65	3:27.90
	6:30.33	6:07.35	400 IM	6:00.15	6:22.67	

2023-2024 Male Standards - Ontario Festival Championships						
10&U	11	12	EVENT	12	11	10&U
LCM	LCM	LCM		SCM	SCM	SCM
37.93	34.03	31.44	50 Fr	30.82	33.36	36.68
1:26.21	1:14.90	1:09.10	100 Fr	1:07.75	1:13.44	1:24.51
3:11.86	2:44.57	2:30.85	200 Fr	2:27.90	2:41.34	3:08.10
6:40.07	5:53.43	5:25.58	400 Fr	5:19.20	5:46.50	6:32.23
	12:23.73	11:07.78	800 Fr	10:54.69	12:09.15	
1:39.46	1:25.97	1:20.70	100 Bk	1:19.12	1:24.29	1:37.52
3:38.82	3:05.67	2:51.42	200 Bk	2:48.06	3:02.03	3:34.53
1:53.83	1:40.22	1:31.78	100 Br	1:29.99	1:38.25	1:51.61
	3:39.43	3:17.27	200 Br	3:13.40	3:35.12	
1:47.21	1:30.72	1:21.23	100 Fl	1:19.64	1:28.95	1:45.11
	3:46.81	3:08.83	200 Fl	3:05.14	3:42.37	
			100 IM			1:36.19
3:35.42	3:07.43	2:54.57	200 IM	2:51.15	3:03.75	3:31.20
	6:56.70	6:14.85	400 IM	6:07.50	6:48.53	

De-Qualifying Time Standards - 13 & Over

[2023-24 Standards - Ontario Swimming Championships](#)

2023-2024 Female Standards - Ontario Swimming Championships										
13&U	14	15	16	17&O	EVENT	17&O	16	15	14	13&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
29.05	28.52	28.32	27.81	27.60	50 Fr	27.05	27.25	27.75	27.95	28.47
1:03.34	1:01.78	1:01.26	59.97	59.32	100 Fr	58.13	58.77	1:00.03	1:00.54	1:02.07
2:17.73	2:14.15	2:12.64	2:09.68	2:08.73	200 Fr	2:06.16	2:07.09	2:09.99	2:11.47	2:14.97
4:51.78	4:44.95	4:42.11	4:35.86	4:33.17	400 Fr	4:27.71	4:30.34	4:36.47	4:39.25	4:45.95
10:03.20	9:52.68	9:44.38	9:30.46	9:27.66	800 Fr	9:16.31	9:19.05	9:32.69	9:40.83	9:51.37
19:16.10	18:59.10	18:46.22	18:24.94	18:13.89	1500 Fr	17:52.01	18:02.84	18:23.70	18:36.32	18:53.43
1:12.07	1:09.91	1:08.95	1:07.52	1:07.52	100 Bk	1:06.17	1:06.17	1:07.57	1:08.51	1:10.62
2:35.26	2:31.09	2:28.92	2:25.70	2:25.28	200 Bk	2:22.37	2:22.79	2:25.94	2:28.07	2:32.16
1:21.57	1:19.59	1:19.05	1:17.04	1:16.11	100 Br	1:14.59	1:15.50	1:17.47	1:18.00	1:19.93
2:56.64	2:51.80	2:50.56	2:45.58	2:44.49	200 Br	2:41.20	2:42.27	2:47.15	2:48.36	2:53.11
1:09.95	1:08.06	1:07.17	1:05.66	1:04.81	100 FI	1:03.51	1:04.35	1:05.83	1:06.70	1:08.55
2:39.40	2:34.16	2:32.19	2:27.00	2:24.14	200 FI	2:21.26	2:24.06	2:29.15	2:31.08	2:36.21
2:36.02	2:32.23	2:31.02	2:27.41	2:26.57	200 IM	2:23.64	2:24.46	2:28.00	2:29.19	2:32.90
5:32.15	5:25.04	5:20.51	5:13.74	5:11.38	400 IM	5:05.15	5:07.47	5:14.10	5:18.54	5:25.51

2023-2024 Male Standards - Ontario Swimming Championships										
14&U	15	16	17	18&O	EVENT	18&O	17	16	15	14&U
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
26.68	26.04	25.66	24.93	24.60	50 Fr	24.11	24.43	25.15	25.52	26.15
58.12	56.57	55.72	54.20	53.65	100 Fr	52.58	53.12	54.61	55.44	56.96
2:07.46	2:04.02	2:01.85	1:58.22	1:57.27	200 Fr	1:54.92	1:55.86	1:59.41	2:01.54	2:04.91
4:32.76	4:25.55	4:20.53	4:13.93	4:11.10	400 Fr	4:06.08	4:08.85	4:15.32	4:20.24	4:27.30
9:29.28	9:17.16	9:08.54	9:02.36	8:53.63	800 Fr	8:42.96	8:51.51	8:57.57	9:06.02	9:17.89
18:16.96	17:47.10	17:25.79	17:04.00	16:55.57	1500 Fr	16:35.26	16:43.52	17:04.87	17:25.76	17:55.02
1:06.16	1:04.38	1:03.26	1:01.19	1:00.82	100 Bk	59.61	59.97	1:01.99	1:03.09	1:04.84
2:24.03	2:20.20	2:17.72	2:13.67	2:12.51	200 Bk	2:09.86	2:11.00	2:14.97	2:17.40	2:21.15
1:14.86	1:12.64	1:11.30	1:09.40	1:07.62	100 Br	1:06.26	1:08.01	1:09.87	1:11.19	1:13.36
2:43.86	2:38.86	2:36.08	2:31.30	2:27.51	200 Br	2:24.56	2:28.27	2:32.96	2:35.68	2:40.58
1:03.75	1:01.76	1:00.71	58.90	58.10	100 FI	56.94	57.72	59.50	1:00.52	1:02.48
2:25.68	2:20.71	2:17.72	2:12.85	2:10.63	200 FI	2:08.02	2:10.19	2:14.97	2:17.90	2:22.77
2:24.45	2:20.81	2:18.34	2:14.19	2:13.37	200 IM	2:10.70	2:11.51	2:15.57	2:17.99	2:21.56
5:10.41	5:01.84	4:57.05	4:48.90	4:47.46	400 IM	4:41.70	4:43.12	4:51.11	4:55.80	5:04.20

De-Qualifying Time Standards – Stroke 50s Only
(50 Back, 50 Breast, 50 Fly)
Eastern/Westerns
[2023-24 Easterns/Westerns Standards](#)

Swimming Canada 2021-2024 Female Standards												
Event	Trials		CSC Senior	CJC				CJC/CSC relay Open	Easterns/Westerns			
	Senior	Junior		16-17	15	14	13		16&Over	15	14	13
AG												
50 fr	26.87	27.29	27.15	27.29	27.65	27.86	28.46		27.84	28.20	28.42	29.03
100 fr	57.45	58.94	58.31	58.94	59.88	1:00.58	1:01.91		1:00.12	1:01.08	1:01.79	1:03.15
200 fr	2:04.66	2:07.57	2:06.14	2:07.57	2:09.81	2:11.45	2:14.78		2:10.12	2:12.41	2:14.08	2:17.48
400 fr	4:25.15	4:31.63	4:28.98	4:31.63	4:36.11	4:39.16	4:45.34		4:37.06	4:41.63	4:44.74	4:51.05
800 fr	9:11.99	9:21.43	9:18.86	9:21.43	9:29.57	9:37.96	9:45.68		9:32.66	9:40.96	9:49.52	9:57.39
1500 fr	18:01.82	18:11.55	18:07.87	18:11.55	18:30.23	18:32.59	18:49.51		18:33.38	18:52.43	18:54.84	19:12.10
50 bk	30.53	31.08	30.86	30.86	30.86	30.86	30.86		32.40	32.40	32.40	32.40
100 bk	1:04.51	1:05.97	1:05.55	1:05.97	1:07.40	1:08.26	1:10.20		1:07.29	1:08.75	1:09.63	1:11.60
200 bk	2:19.60	2:22.97	2:22.03	2:22.97	2:25.72	2:27.66	2:31.53		2:25.83	2:28.63	2:30.61	2:34.56
50 brst	33.82	34.56	34.26	34.26	34.26	34.26	34.26		35.97	35.97	35.97	35.97
100 brst	1:13.10	1:15.78	1:14.46	1:15.78	1:16.90	1:17.56	1:20.02		1:17.30	1:18.44	1:19.11	1:21.62
200 brst	2:38.35	2:42.80	2:42.05	2:42.80	2:46.84	2:48.13	2:53.12		2:46.06	2:50.18	2:51.49	2:56.58
50 fly	28.31	29.09	28.78	28.78	28.78	28.78	28.78		30.22	30.22	30.22	30.22
100 fly	1:02.63	1:04.35	1:03.81	1:04.35	1:05.45	1:06.47	1:08.12		1:05.64	1:06.76	1:07.80	1:09.48
200 fly	2:21.51	2:24.40	2:22.01	2:24.40	2:27.93	2:30.09	2:34.87		2:27.29	2:30.89	2:33.09	2:37.97
200 IM	2:22.40	2:24.90	2:24.40	2:24.90	2:27.43	2:29.58	2:32.71		2:27.80	2:30.38	2:32.57	2:35.76
400 IM	5:03.68	5:08.43	5:06.78	5:08.43	5:13.48	5:18.17	5:25.72		5:14.60	5:19.75	5:24.53	5:32.23
400 FR								4:05.00				
400 MR								4:35.00				
800 FR								9:00.00				

Swimming Canada 2021-2024 Male Standards												
Event	Trials		CSC Senior	CJC				CJC/CSC relay Open	Easterns/Westerns			
	Senior	Junior		17-18	16	15	14		17&Over	16	15	14
AG												
50 fr	23.95	24.56	24.12	24.56	25.06	25.43	26.04		25.05	25.56	25.94	26.56
100 fr	51.79	53.25	52.60	53.25	54.47	55.39	56.72		54.32	55.56	56.50	57.85
200 fr	1:53.63	1:56.47	1:54.97	1:56.47	1:59.31	2:01.40	2:04.67		1:58.80	2:01.70	2:03.83	2:07.16
400 fr	4:03.10	4:10.18	4:06.18	4:10.18	4:15.78	4:19.43	4:26.40		4:15.18	4:20.90	4:24.62	4:31.73
800 fr	8:40.28	8:44.55	8:43.17	8:44.55	8:53.02	9:00.65	9:11.94		8:55.04	9:03.68	9:11.46	9:22.98
1500 fr	16:23.72	16:48.31	16:35.66	16:48.31	16:58.79	17:16.79	17:33.62		17:08.48	17:19.17	17:37.53	17:54.69
50 bk	27.80	28.23	27.90	27.90	27.90	27.90	27.90		29.29	29.29	29.29	29.29
100 bk	58.88	1:00.11	59.63	1:00.11	1:02.09	1:02.86	1:04.58		1:01.31	1:03.33	1:04.12	1:05.87
200 bk	2:08.48	2:11.69	2:09.91	2:11.69	2:14.61	2:16.45	2:19.99		2:14.32	2:17.30	2:19.18	2:22.79
50 brst	30.15	31.04	30.29	30.29	30.29	30.29	30.29		31.80	31.80	31.80	31.80
100 brst	1:05.49	1:08.10	1:06.29	1:08.10	1:09.16	1:10.60	1:12.69		1:09.46	1:10.54	1:12.01	1:14.14
200 brst	2:22.41	2:28.74	2:24.62	2:28.74	2:31.75	2:34.41	2:38.93		2:31.71	2:34.79	2:37.50	2:42.11
50 fly	25.75	26.35	25.89	25.89	25.89	25.89	25.89		27.24	27.24	27.24	27.24
100 fly	56.33	58.02	56.96	58.02	59.32	1:00.33	1:02.21		59.18	1:00.51	1:01.54	1:03.45
200 fly	2:06.55	2:10.89	2:08.07	2:10.89	2:14.32	2:17.09	2:21.49		2:13.51	2:17.01	2:19.83	2:24.32
200 IM	2:09.02	2:12.21	2:10.75	2:12.21	2:15.45	2:17.18	2:20.78		2:14.85	2:18.16	2:19.92	2:23.60
400 IM	4:37.96	4:44.63	4:41.82	4:44.63	4:50.46	4:54.26	5:04.71		4:50.32	4:56.27	5:00.15	5:10.80
400 FR								3:45.00				
400 MR								4:10.00				
800 FR								8:10.00				

Appendix C
OFFICIALS LIST

CLUB: _____

Please list people who will be at the meet and would be willing to offer their services in officiating. Each session requires two (2) officials to be available, if required.

Please submit with meet entries or if possible e-mail to Meet Officials:

Minor Officials: lacminorofficials@hotmail.com

Senior Officials: Mark Lukings lac.coc@gmail.com

NAME and Level	SESSION	POSITION

Appendix D

CLUB INFORMATION SHEET

COACHES: Please fill out this form and return with entries or payment.

Club: _____

Club Mailing Address: _____

Club Phone #: _____

Club Contact Person: _____

Phone #: _____

Assistant Coach: _____

Phone #: _____

Chaperone(s): _____

Hotel: _____

Phone #: _____

Appendix E

Canada Games Aquatic Centre

Event Procedure Policy For:

Meet Managers, Officials, Coaches, Athletes & Spectators

1. The City Of London Aquatic Staff (and specifically the CGAC Deck Supervisor) will remain in control of the facility at all times during the event. Their decisions and instructions are to be complied with without argument by all participants, coaches and officials. In the event of an emergency, City staff will only transfer care of an individual to EMS personnel.
2. No coach or official may permit a swimmer to enter the pool prior to the lifeguards being in place. No swimmer is to enter the pool without lifeguards in place.
3. All participants must obey all pool rules as posted.
4. No outside footwear may be worn on the pool deck by any participant, coach, official or any other person.
5. No food of any kind is permitted on the pool deck, except for refreshments provided directly to officials.
6. Coaches are responsible for the conduct of their team at all times in all areas of the facility.
7. Participants / coaches are responsible for picking up their garbage and depositing it in waste containers; excessive garbage left on the pool deck will be billed as an additional staffing charge.
8. Participants must be dry and wearing footwear on the upper level.
9. Participants / coaches / officials must not leave belongings in front of access points, including but not limited to emergency exits, staff offices, first aid rooms, change rooms, etc.
10. Parking is permitted in designated areas only; parking is not permitted on curbs or on grass areas surrounding the building. Signs will be posted indicating parking locations.

RZONE

Rzone is a program requiring all persons wishing to visit or use any City of London recreation facility, park, or program, to respect others and take responsibility in helping the City maintain a positive environment. The "R" in Rzone stands for Respect and Responsibility. Respect for yourself, Respect for others, and Responsibility for your actions. The Rzone program applies to all community organizations and individuals using City of London recreational facilities, parks, and programs.

Please review the information online at <http://london.ca/rzone> before attending this event.

Appendix F

City Of London By-Law

Single Use Disposable Water Bottles

According to the City of London by-laws, single use disposable standard water bottles can no longer be sold at events hosted at city-owned facilities.

We will continue with our Maximize Waste Diversion. Water coolers / city water taps will be available for water needs for our Athletes, Coaches, Officials, and Volunteers.

Please make sure that you bring a refillable water bottle with you to our meet

The City of London, Swim Ontario and the London Aquatic Club would like to ask you to play your part to [Maximize Waste Diversion in London](#).

This is how we can make a difference

- Eliminate non-refillable water bottles at the pool
- Bring along your favorite water bottle

The London Aquatic Club will provide refilling stations on the pool deck for all **Athletes**, **Coaches**, **Officials** and **Volunteers**.

At the conclusion of a large meet we recycle 90% (hundreds and hundreds) of all the non-refillable water bottles. Let's eliminate the hundreds of non-refillable bottles being sent to recycling.



We Can Make a Difference

Appendix G

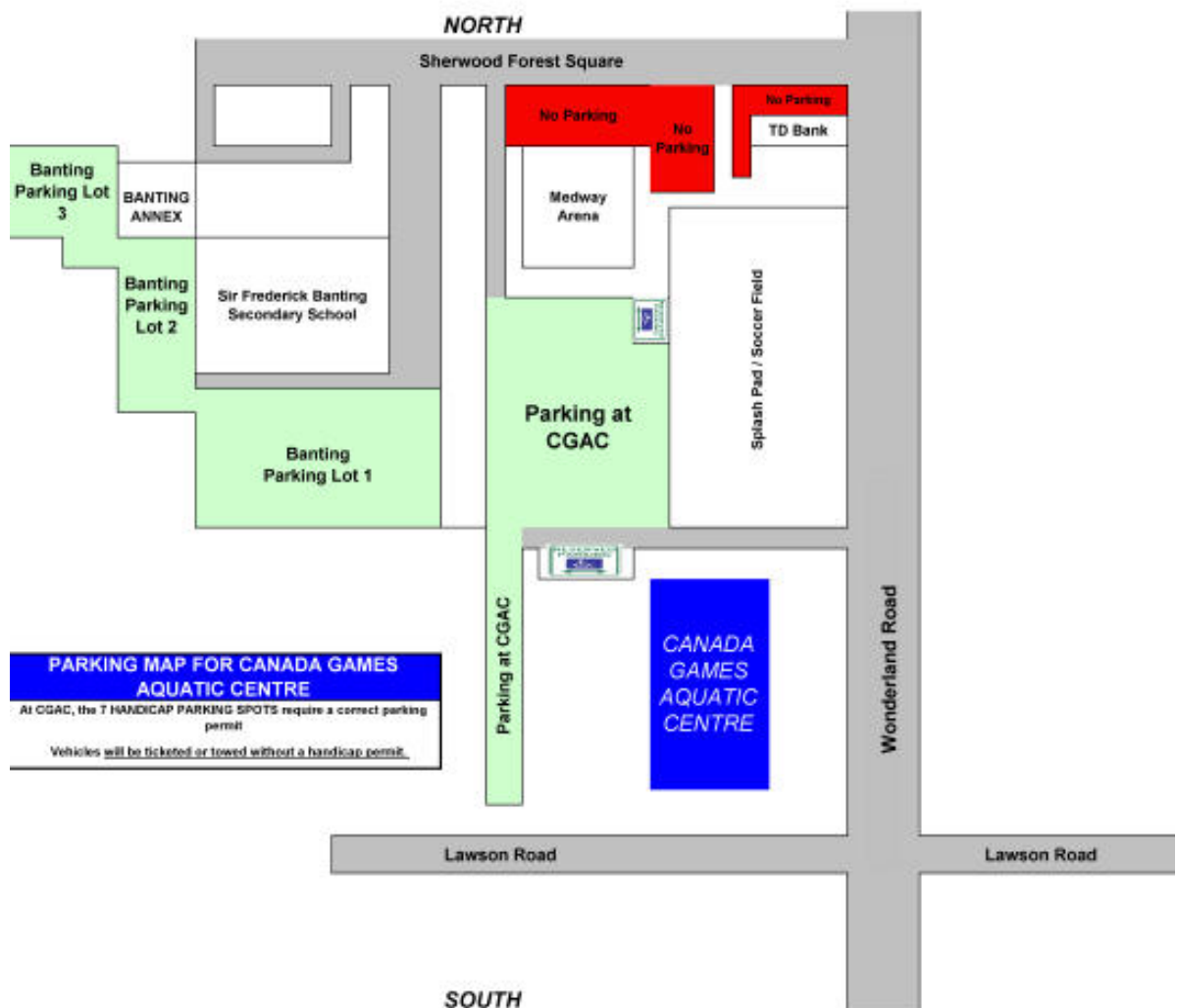
Parking Options

Parking is available at:

1. Canada Games Aquatic Centre (CGAC)
2. Banting Lots 1, 2 and 3 (**Friday after 3:00 PM only**)
3. On neighbourhood streets: EAST and WEST off Lawson Rd.
(City of London parking bylaws in effect)

NO PARKING in neighbouring business lots (which includes Mall, Bank, Arena and others).

Vehicles may be towed.



Sponsored By:

