

FEBRUARY 17 - 18, 2024

**WINTER 2024**  
**FESTIVAL**  
*ONTARIO FESTIVAL CHAMPIONSHIPS*

Presented by



**TEAM AQUATIC  
SUPPLIES LTD**



ONTARIO WINTER FESTIVAL CHAMPIONSHIPS

ETOBICOKE OLYMPIUM

MEET PACKAGE

HOSTED BY ETOBICOKE SWIM CLUB





## GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Etobicoke Swim Club
- **Meet Format:** Short Course – Time Finals
- **Location:** Etobicoke Olympium - 590 Rathburn Rd, Etobicoke, ON M9C 3T3
- **Facility:** 8 lane 50m competition pool - Swiss Timing electronic timing system.
- **Dates:** February 17-18, 2024
- **Meet package:** The only meet package that is considered valid is the most current one located at [www.swimming.ca](http://www.swimming.ca)

## PARTICIPANT SAFETY

Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.
- Spectators will be permitted at the discretion of the facility. They are not permitted on deck.

## SWIM ONTARIO CONCUSSION MANAGEMENT PROCEDURE (ROWAN'S LAW)

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.

- The [Swim Ontario Concussion Management Procedure](#) is in effect at all Swim Ontario sanctioned events. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Clubs and coaches must ensure athletes are aware of this procedure.
- Meet Management will have copies of the [Concussion Management procedure](#) at the competition.
- Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the [Swim Ontario Injury reporting form](#)

## OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust must be in an environment or space that is both 'open' and 'observable' to others.



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## EVENT PHOTOGRAPHY/VIDEOGRAPHY

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 application must follow the [Screening Requirements Procedures](#). Please contact Meet Management for 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.
- Live Streaming services provided by RecTec TV.



## ORGANIZING COMMITTEE

- **Meet Managers:** Romeo Marra [mm+festivals@eswim.ca](mailto:mm+festivals@eswim.ca) / Clarissa Salinas [mm+festivals@eswim.ca](mailto:mm+festivals@eswim.ca)
- **Competition Coordinators:** Jeff Holmes L5 [jeff\\_holmes@bell.net](mailto:jeff_holmes@bell.net) / Stanley Liu L5 [mm+festivals@eswim.ca](mailto:mm+festivals@eswim.ca)
- **Officials Coordinator:** Romeo Marra / [gm@eswim.ca](mailto:gm@eswim.ca)
- **Entries Coordinator:** Nicole Parent – [meetentries@swimontario.com](mailto:meetentries@swimontario.com)

## ELIGIBILITY AND ENTRIES INQUIRIES:

All eligibility and entries inquiries are to be directed to [meetentries@swimontario.com](mailto:meetentries@swimontario.com)

- Swim Ontario Meet Information Page:  
<https://www.swimontario.com/athletes/competitions/2024-winter-ontario-festivals-championships>



## ENTRY INFORMATION

### ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada. A valid Swimming Canada registration number is required for all swimmers, and entries without a registration number will be declined. **All swimmers must be registered with a Swim Ontario affiliated club. Out-of-province swimmers are not eligible to attend.**

- A competitor's age is their age as of February 17, 2024
- **The following swimmers are ineligible to attend Festivals:**
  - Swimmers 12&Under as of February 29, 2024 with 2 or more OSC Qualifying Times (age as of Feb 29) in either SCM or LCM
- **A competitor is permitted to attend either the 2024 Ontario Winter Festival Championship or the 2024 Ontario Winter Youth-Junior (OYJ) Championship but not both.**
- **Relay-only swimmers are permitted**, however a swimmer at either the 2024 Ontario Winter Festival Championship or the 2024 Ontario Winter Youth-Junior Championship cannot be a relay-only swimmer at the other event. As an example, a qualified Festivals swimmers attending this meet cannot be a relay-only swimmer at OYJ as well. As well, a relay only swimmer cannot participate in both Festivals and OYJ s as a relay-only swimmer.

### PARA SWIMMERS

- Para-swimmers must have a **current Level 1** or higher classification with Swimming Canada
- Para swimming events are open (any age) and are subject to ineligibility for de-qualifying.
  - De-qualifying: A para-swimmer with 1 or more provincial para standard is not eligible to attend Festivals.

### ENTRY FEES & PAYMENT

- **Swimmer Fee:** \$85 + HST (\$96.05)
- **Relays:** \$25 + HST (\$28.25)
- **Relay-Only Swimmer Fee:** \$85 + HST (\$96.05)
- Entry Fees must be paid prior to arrival or at team registration
- **Payment methods:**
  - **Etransfer:** [etransfers@swimontario.com](mailto:etransfers@swimontario.com) – indicate 2024 Winter OYJ and Club Code
  - **Credit Card (only prior to arrival):** contact - Clubs wishing to pay by credit card should contact [nicole@swimontario.com](mailto:nicole@swimontario.com) for payment instructions.
  - **Cheque: Payable to Swim Ontario**
  - **Direct Deposit is possible**
  - **NO CASH PAYMENT ACCEPTED**

### ENTRY PROCESS & DEADLINE

- **Entry Deadline: Wednesday, February 7, 2024**
- **Qualifying Period:** September 1, 2022 – February 4, 2024



# 2024 ONTARIO WINTER FESTIVALS



- **Qualifying Standards:** 2024 Swim Ontario Festival Standards– [PDF view](#)
- All swimmers must achieve at least 1 (one) 2024 Swim Ontario Festival Standard
- In the 10&U category, swimmers must qualify for the 100m backstroke, breaststroke or butterfly to be considered qualified for the corresponding 50m events.
- All entries received shall be UNCONVERTED and must validate in the RTR. No converted times will be accepted. Yards times will not be accepted.
- No Time (NT) will not be accepted.
- Maximum of 6 individual events per swimmer provided they meet the qualifying times (QT).

## BONUS SWIMS

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- Structure
  - 1 QT = 3 Bonus swims
  - 2 QTs = 2 Bonus swims
  - 3 QTs = 1 Bonus swim
  - 4 or more QTs = 0 Bonus swim
- 400/800 Free and 400 IM events are NOT ELIGIBLE AS BONUS SWIMS
- For 10&Unders: the 50m event may be entered as a Bonus event if no qualifying time in the corresponding 100m event.
- Bonus swims must be entered with actual times for seeding purposes
- Please indicate bonus events by the BONUS check in Hytek Team Manager and or provide a Team Unify report of Bonus Swims.

## RELAYS

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- Clubs may enter a maximum of two (2) relay teams per event.
- Clubs are permitted 1 (one) relay-only swimmer per age group, per relay event. Clubs are not permitted to enter Relay-Only swimmers if they have 4 or more swimmers in that specific age grouping that are properly entered in an individual event. Three (3) members of the relay team must be properly entered in an individual event. The fourth swimmer's name must appear on the entry grid as "Relay-Only".
- When a club enters more than one relay team, every member of every team must be properly entered in the meet in at least one individual event.
- Teams may move up no more than two swimmers from a younger category to fill a relay

## EVENT NUMBERING

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- All able-bodied individual events: 1 – 199
- Relay events; 201 – 299
- All Para events: 401 – 499

## PARA ENTRIES

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- **Entry Deadline: Wednesday, February 7, 2024**
- **Qualifying Period:** September 1, 2022 – February 4, 2024
- Para-swimmers must have a **current Level 1 or higher classification** with Swimming Canada



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- Para swimming events are open to any age group
- Para-swimmers are subject to ineligibility for meet de-qualifying.
  - De-qualifying: A para-swimmer with 1 or more provincial para standard is not eligible to attend Festivals.
- All events are swum as OPEN in the MORNING sessions.
- Swimmers qualifying in an able-bodied event in their age category may choose to swim in that event, but cannot swim in the corresponding PARA event.
- Eligible PARA events (all classifications S1SB1SM1 – S14SB14SM14)
  - 50 Free, Back, Breast, & Fly
  - 100 Free, IM
- There are NO BONUS SWIMS for para swimmers

## SUBMISSION

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- All entries must be submitted via the Meet List online entries system. <https://www.swimming.ca>
- **Attending coaches must be listed when uploading the entries file** to [www.swimming.ca](https://www.swimming.ca)
- A successful entry file upload is only the confirmation of membership entry information against the national membership and entry confirmation does not guarantee a club's entries will be accepted by Swim Ontario.
- Once an entry file is uploaded, the RTR entry system will automatically email a confirmation of entries with an attached a validation report.

## VALIDATION REPORT

- The validation report will list all entries for all swimmers and whether their entry time validates (see last column in the validation report).
- All entry times for individual events (including bonus events) must be validated in the RTR to be accepted.
- It is the club's responsibility to provide proof of time **within the qualifying period** for any non-validated times.
  - Unofficial split times will not be accepted as proof of time
  - Meet Mobile screenshots will not be accepted as proof of time
  - Best times reports will not be accepted as proof of time
  - Any official results document or website must be in English or French or translation provided by the club.
- Any non-validated entries without proof of time for qualifying events by the posting of final Psych Sheets will be removed or be designated as a bonus event if permissible under the bonus swim rules and seeded last.
  - Any non-validated entries without proof of time for qualifying events may result in the swimmer not being eligible to attend the competition.
- Any non-validated entries without proof of time for bonus events:
  - Will be removed or seeded last if validated time available.

## CHANGES



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- Clubs will have 48 hours after the entry deadline to review the validation report and make corrections/modifications to entries. After that time, fees will be calculated; no refunds will be granted for late scratches or missed swims.
- Following the 48 hours period, clubs requesting changes and corrections to entries may be made up until the final Psych Sheets are posted **at a cost of \$100 per change or correction**.
  - The per change cost is per swimmer, per event, per change; not per email sent.
  - Corrections or changes requested from the Swim Ontario Entries Coordinator are NOT subject to penalties.
- **Late Entries** for swimmers not entered by the 48 hours grace period will be accepted up until the final Psych Sheets are posted at a cost of double the meet entry fee.
- **Late entries or changes are subject to the qualifying times and the qualifying period. Times achieved AFTER the entry deadline are not eligible for qualifying or upgrade of entry time.**
- The Club Entries Contact person is required to complete an online form (link below) with Club Information for Swim Ontario and Meet Management. An auto-response will be sent to the person completing the form.
  - [Club Information Online Form](https://form.jotform.com/SwimOntario/2024-provincial-meets-team-reg-form) or copy and paste into browser <https://form.jotform.com/SwimOntario/2024-provincial-meets-team-reg-form>
- Entries submitted without the online form submission will not be accepted.
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the competition.
- Psych Sheets will be posted online at [www.swimontario.com](http://www.swimontario.com) no later than February 12, 2024
- All entries inquiries or request for changes to entries are to be directed to [meetentries@swimontario.com](mailto:meetentries@swimontario.com)
- Deck entries and time trial events will not be permitted at the competition

## REGISTRATION INFORMATION

### SWIMMING CANADA COACH REGISTRATION POLICY

The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. All teams must submit a list of coaches attending at the time of entry. 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 SNC policy and not permit that coach to attend meet.

- Athletes must have a coach or designated coach (coach representative) in attendance during the event.

### TEAM REGISTRATION

- **Team Registration will be done through an Online Team Registration Form** <https://form.jotform.com/SwimOntario/2024-provincial-meets-team-reg-form> **and in person**.
  - All attending coaches, support staff contact information will be collected.
    - Support Staff will be limited and not all request will be granted
    - Any club or High Performance Centre with Para Support Staff must submit an application through the **Online Team Registration Form**



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<https://form.jotform.com/SwimOntario/2024-provincial-meets-team-reg-form>  
(complete on or before February 7).

- Onsite Team Registration location & times: TBD

## TRAINING SESSIONS

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- No pre-meet training available.

## COACH MEETING

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- There will be no onsite coaches meeting.
- Meet Management and Swim Ontario will provide technical meet format details via email and through the meet information page – click [HERE](#)

## COMPETITION RULES

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*Swimming Canada and Swim Ontario rules govern this competition. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook.*

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## WARM-UP SAFETY PROCEDURES

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The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

## SWIMWEAR

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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.

## DIVE STARTS

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Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Regulations. For Para-swimming events starts will be conducted as per WPS rules. This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing: Non-verbal instruction provided by a support person duly registered in the RTR and/or an external strobe light and/or hand signals given by the starter/referee. Clubs with attending d/Deaf and Hard of hearing swimmers must contact [meetentries@swimontario.com](mailto:meetentries@swimontario.com) by February 5, 2024 to request the preferred accommodation.

## BACKSTROKE LEDGES

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Backstroke ledges will be available for use for the 11-12 sessions. Swimmers shall be responsible for setting the device.





## AGE GROUPS

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- A competitor's age is their age as of the first day of the competition (February 17, 2024).
- **Individual events:** 10&Under, 11, 12
  - **Para events:** OPEN
- **Relay events:** 10&Under, 11-12

## SEEDING

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- After all times have been proven, entry times will be converted to SCM using Hy-Tek default conversion factor and seeded by time regardless of bonus swim designation.
- All events, except distance events, will be timed final seeded slowest to fastest by age category and gender.
- All distance events (800 Free) will be swum as timed finals seeded fastest to slowest by gender in following age category: 11-12

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*Meet Management reserves the right to combine PARA events, combine heats or limit the number of heats should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.*

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## RELAYS

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- All relays will be swum as timed final.
- Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.
- Coaches must have relay forms filled in and returned to the Admin Desk 30 minutes prior to the start of the session. No name changes will be accepted after this deadline unless approved by meet management.

## OFFICIAL SPLITS & DECK ENTRIES

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- 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 must advise the Referee prior to the commencement of the event in question on the "Official Split Request" form prior to the race.
- The Official Split Request forms are available at the Admin Desk.
- Official Split Requests must be submitted 30 mins before the start of the session.
- Deck entries and time trial events will not be permitted.

## SCRATCH RULES

### ALL EVENTS

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The deadline for scratches for all events (including relays) is 30 minutes before the start of the session to allow meet management the opportunity to ensure a full complement of swimmers in the fastest heat of each event.



## PENALTY

Failure to participate in the **FASTEST HEAT** of an event without meet management's knowledge and consent will result in a **\$50 fine** for each offence payable to Swim Ontario.

- All fines for “No-Shows”, “step-downs” and “unexcused incomplete swims” will be recorded by the Clerk of Course. Unexcused incomplete swims shall be the sole determination of the Referee.
- Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.
- A club representative must make payment for the fine.
- All unpaid fines will be invoiced by Swim Ontario.
- **Individual Events:** Failure to pay the fine before the swimmer’s next individual event will exclude the swimmer from any further participation in individual events at the meet.
- **Relay Events:** Failure to pay before the next session will exclude the team from any further participation in relay events at the meet.
- Accepted payment is via the Online Penalty Form via Credit Card – link coming soon
- **All penalties must be paid to Swim Ontario before a Club entry file is accepted for the next Swim Ontario Provincial Championship meet**

## RECORDS

- Swim Ontario has a completed certified pool length survey and swim times achieved at this competition will be eligible for provincial or national records.
- Coaches are asked to inform meet management of possible record attempts and/or if records are broken to ensure meet management can process the record application.

## SCORING AND AWARDS

### EVENT SCORING

- Only the top eight (8) individual events and relays score
  - Individual Events: 12,10,8,7,6,5,4,3
  - Relay Events: 24,20,16,14,12,10,8,6
- Both able-bodied and PARA contribute to team scoring.
- The Hy-Tek Para British Points System points charts shall be used to determine awards and scoring for para events. In the event of a points tie with swimmers of the same class in a race, the swimmer who touched first will be given that position. Level 1 classified swimmers will not be ranked or scored.
- Only times that meet the festival qualifying standard count towards team scoring.
- Reverse scoring will be in effect for any able-bodied or PARA event in which there are less than 8 swimmers or teams:
  - 8 swimmers/teams per final: 12-10-8-7-6-5-4-3 / 24-20-16-14-12-10-8-6
  - 7 swimmers/teams per final: 10-8-7-6-5-4-3 / 20-16-14-12-10-8-6
  - 6 swimmers/teams per final: 8-7-6-5-4-3 / 16-14-12-10-8-6
  - 5 swimmers/teams per final: 7-6-5-4-3 / 14-12-10-8-6



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- 4 swimmers/teams per final: 6-5-4-3 / 12-10-8-6
- 3 swimmers/teams per final: 5-4-3 / 10-8-6
- 2 swimmers/teams per final: 4-3 / 8-6
- 1 swimmers/teams per final: 3 / 6

## EVENT AWARDS

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- **Medals:** first through third (individual and relay events)
- **Ribbons:** Fourth through eight (individual events)
- Only times that meet the festival qualifying standard are eligible for awards

## TEAM AWARDS

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- **High Point Team-Overall:** The club with the highest points, including all Able-Bodied and PARA swimmer points will be awarded a high point team banner
- **Small Team Award:** The small team banner will be awarded to the highest scoring team having 50 or fewer Ontario registered competitive swimmers based on Swim Ontario club registration statistics as of one day prior to the start of the competition – February 16, 2024

## ON SITE VENDORS

- [Picture in Motion](#)
- Fine Design Apparel – see [meet info page](#)

## FACILITY RULES

### AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES

1. The Olympium Part Time Pool In-Charge will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event. Coaches are expected to set an example and enforce this rule with their swimmers.
3. No running on the deck, under the bleachers or on the bleachers
4. No climbing across the railing between the gallery and the bleachers.
5. Shoes must be worn whenever outside the pool or change room areas
6. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.
7. The use of flippers and hand paddles, during warm-ups is prohibited.
8. The host club, meet manager and safety marshals are responsible for ensuring that the numbers of swimmers during warm-ups do not exceed the posted pool capacity of 470 (calculated by the Ontario Health Regulations). A good rule of thumb is that a single lane should never exceed more than 29 total swimmers at a time (including those in the water but not swimming). If



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facility staff notice that the overall pool capacity is being exceeded, they will attempt to notify the meet manager or safety marshals for their action. If pool capacities are continually not being adhered to, the pool may be cleared at the discretion of the lifeguards.

- 9. Swimmers who are not competing, are not to be in other areas of the building and are not to upset the normal operation of the other departments.
- 10. Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, changerooms, hallways and all other areas of the Etobicoke Olympium.
- 11. Permit Holders are ultimately responsible for the safety and conduct of third party vendors during their event.

## SWIM ONTARIO PERFORMANCE PARTNERS & SUPPORTERS





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## PROGRAM EVENT LIST

Meet Management reserves the right to change warm-up session times and to allocate team or club warm-up schedules.

Meet Management reserves the right to change event order, limit 400 and 800 events to ensure reasonable session timelines

DAY 1 – SATURDAY, FEBRUARY 17, 2024							
11-12 - Morning Session Warmup: 8:00 am - Start: 9:30 am				10&Under Afternoon Session Warmup: 2:00 pm - Start: 3:00 pm			
101	11-12	400 Medley Relay	102	105	10&U	400 Medley Relay	106
401	OPEN PARA	50 Free	402	27	10&U	50 Free	28
1/3	11 / 12	50 Free	2/4	29	10&U	100 IM	30
5/7	11 / 12	400 IM	6/8	31	10&U	100 Back	32
403	OPEN PARA	50 Back	404	33	10&U	50 Breast	34
9/11	11 / 12	100 Back	10/12	35	10&U	200 Free	36
13/15	11 / 12	200 Breast	14/16	37	10&U	100 Fly	38
17/19	11 / 12	200 Free	18/20	107	10&U	200 Free Relay	108
405	OPEN PARA	50 Fly	406				
21/23	11 / 12	100 Fly	22/24				
25	11-12	800 Free	26				
103	11-12	200 Free Relay	104				
DAY 2 – SUNDAY, FEBRUARY 18, 2024							
11-12 - Morning Session Warmup: 8:00 am - Start: 9:30 am				10&Under - Afternoon Session Warmup: 2:00 pm - Start: 3:00 pm			
109	11-12	200 Medley Relay	110	113	10&U	200 Medley Relay	114
39/41	11 / 12	200 Fly	40/42	63	10&U	50 Fly	64
407	OPEN PARA	100 Free	408	65	10&U	100 Free	66
43/45	11 / 12	100 Free	44/46	67	10&U	200 Back	68
47/49	11 / 12	200 Back	48/50	69	10&U	100 Breast	70
409	OPEN PARA	50 Breast	410	71	10&U	200 IM	72
51/53	11 / 12	100 Breast	52/54	73	10&U	50 Back	74
411	OPEN PARA	100 IM	412	75	10&U	400 Free	76
55/57	11 / 12	200 IM	56/58	115	10&U	400 Free Relay	116
59/61	11 / 12	400 Free	60/62				
111	11-12	400 Free Relay	112				