

January 24 update: Para Finals restrictions for out-of province swimmers. Para technical Advisor change.

FEB 29 – MAR 3, 2024

WINTER 2024

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ONTARIO SWIMMING CHAMPIONSHIPS

Presented by



**TEAM AQUATIC
SUPPLIES LTD**



WINTER ONTARIO SWIMMING
CHAMPIONSHIPS

TORONTO PAN AM SPORT CENTRE

HOSTED BY WHITBY SWIMMING



GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Whitby Swimming
- **Meet Format:** Long Course – Prelims & Finals
- **Location:** Toronto Pan Am Sports Centre – 875 Morningside Ave, Toronto, ON M1C 0C7
- **Facility:** 10 lane 50m competition pool - Swiss Timing electronic timing system.
- **Dates:** February 29 – March 3, 2024
- **Meet package:** The only meet package that is considered valid is the most current one located at 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. There will be no spectator fee at this event. [Parking](#) rates do apply. [Food court hours](#) (note – not open until 8 AM)

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.

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:** Suzi Santaguida, Ali Davidson, Andy Mitchell
meetmanager@whitbyswimming.ca
- **Competition Coordinator:** Steve Sachs, Level V (compcoordinator@whitbyswimming.ca)
- **Para Technical Advisor:** **Sandra Rousseau**
- **Officials Coordinators:** Karthik Balasubramaniam (officials@whitbyswimming.ca)
 - **Link for officials signup:** <https://forms.gle/smf6nSyxEvYk9NPY8>
- **Entries Coordinator:** Nicole Parent – meetentries@swimontario.com

MEET INQUIRIES:

All inquiries are to be directed to meetentries@swimontario.com

Meet Information Page: <https://www.swimontario.com/athletes/competitions/2024-winter-ontario-swimming-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.

- This event is restricted to Ontario based athletes (registered with Swimming Canada) with the exception of para swimmers who may be from across Canada
 - Finals will be open to all Ontario based swimmers and restrictions will apply for out-of-province para finals
- Out-of-country foreign teams are not permitted to attend.
- A competitor's age is their age as of February 29, 2024

PARA SWIMMERS

- Para-swimmers must have a current Level 2 classification with Swimming Canada
- There will be separate para-swimming events with WPS sanction.

ENTRY FEES & PAYMENT

- **Swimmer Fee:** \$120 + HST (\$135.60)
- **Relay-Only Swimmer Fee:** \$115 + HST (\$135.60)
- **Relay Events:** \$25 + HST (\$28.25)
- Entry Fees must be paid prior to arrival or at team registration
- Payment methods:
 - **Etransfer:** etransfers@swimontario.com – indicate 2024 Winter OSC and Club Code
 - **Credit Card (only prior to arrival):** contact - Clubs wishing to pay by credit card should contact nicole@swimontario.com for payment instructions.
 - **Cheque: Payable to Swim Ontario**
 - **Direct Deposit permitted**
 - NO CASH PAYMENT ACCEPTED

ENTRY PROCESS & DEADLINE

- **Entry Deadline: Tuesday, February 20, 2024**
- **Qualifying Period:** September 1, 2022 – February 18, 2024
- Qualifying Standards: 2024 Ontario Swimming Championships Standards – [PDF view](#)
- All swimmers must achieve at least 1 (one) 2024 Ontario Swimming Championships Standard
- All entries received shall be UNCONVERTED and must validate in the RTR.
 - **LCM entry times for distance events (800/1500 Free) is advised. See seeding rules for distance events.**
- No converted times will be accepted. Yards times will not be accepted.
- No Time (NT) will not be accepted.
- Maximum of 8 individual events per swimmer provided they meet the qualifying times (QT).

BONUS SWIMS

- Structure
 - 1 QT = 2 Bonus swims
 - 2 QTs = 1 Bonus swims
 - 3 or more QTs = 0 Bonus swim
- 800/1500 Free events are NOT ELIGIBLE AS BONUS SWIMS
- Athletes must have achieved [“B” Standard](#) to enter as a Bonus event
- Bonus swims must be entered with validated times.
- Please indicate bonus events by the BONUS check in Hytek Team Manager or provide a Team Unify report of Bonus Swims.

RELAY ENTRIES

- **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
- **4x200 Free Relay:** The relay is open to all swimmers regardless of age on first day of competition. All entered 4x200 Free relays will be swum with the fastest heat scheduled for finals. Coaches will need to provide proven LCM times by the entry deadline for entry into these events and only the fastest 10 teams will be entered. The validated time cannot be a conversion from SCM and must be within the qualifying period.

EVENT NUMBERING

- All Olympic Program individual events: 1 – 99
- Relay events: 101 – 199
- All Paralympic Program events: 201 – 299

PARA ENTRIES

- **Entry Deadline:** February 20, 2024
- **Qualifying Period:** September 1, 2022 – February 18, 2024
- Para-swimmers must have a current Level 2 classification with Swimming Canada
- Swimmers may enter any PARA event on the Ontario chart for which they have achieved [SC or LC junior standards](#) in their disability class up to a maximum of 8 events.
- Swimmers qualifying in an Olympic Program event in their age category may choose to swim in that event, but cannot swim in the corresponding PARA event.
- Para Swimmers may only swim in the eligible events for their classification.

- These are:

| | | | |
|-----------|-------------|------------|---------------------|
| 50 Free | S1-S14 | 100 Free | S1-S14 |
| 200 Free | S1-S5 & S14 | 400 Free | S6-S13 |
| **50 Back | S1-S5 | **100 Back | S1-S2 & S6-S14 |
| 50 Breast | SB1-SB3 | 100 Breast | SB4-SB9 & SB11-SB14 |
| 50 Fly | S1-S7 | 100 Fly | S8-S14 |
| 150 IM | SM2-SM4 | 200 IM | SM5-SM14 |

- ** S1 & S2 swimmers are not allowed to enter both the 50 Back and 100 Back
- PARA swimmers may compete in the Olympic program relay events provided they meet the appropriate age criteria.
- Swimmers are eligible for one (1) bonus swims
 - Olympic event are not eligible for bonus swims
- SB9 only swimmers may enter S10/SM10 para events as EXHIBITION
- PARA 400 Free event is NOT ELIGIBLE AS BONUS SWIMS

SUBMISSION

- 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
- 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 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.
- All relay entry times in which a validated time is required 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 with a validated time 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 for bonus events unless a validated time meets the B Standard.
- Any non-validated relay entries for the 4x200 Free without proof of time will be seeded last with NT.

CHANGES

- Clubs will have **24 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 **24 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 **24 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 no later than February 24, 2024
- All entries inquiries or request for changes to entries are to be directed to 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 including pre-meet training sessions.

TEAM REGISTRATION

- **Team Registration will be done through an [Online Team Registration Form](#) (complete on or before Tuesday, February 20) 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 to ensure all health regulations are maintained.
 - Any club or High Performance Centre with Para / d/Deaf/Hard of Hearing Support Staff must submit an application through the [Online Team Registration Form](#) (complete on or before Tuesday, February 20) and be duly registered in the RTR.
- Onsite Team Registration in room 2060. One club representative must collect deck accreditations for their club. Accreditations will be required to access the lower deck. Team Registration times: **Wed. 4:00 – 7 PM, Thu-Sat 6:30 – 9 AM**

PRE-MEET TRAINING & WARM-UP/COOL-DOWN AVAILABILITY

- Pre-Training will be available on Wed., February 28 **4:30 – 7:30 PM 10 LCM Lanes (TBC)**
- The Dive Tank will be available during the competition for cool-down.
 - During **Prelims** warm-up periods: the Competition pool will be designated for those that are racing in the current session. Anyone not racing is asked to use the Dive Tank during warm-up periods.
 - **During Finals warm-up periods: the Dive tank will not be available on Thurs/Fri and Sat. Warm-ups are restricted to swimmers racing in the current session.**
- Warm-up periods may be split by club.

COACH MEETING

- There will be no coaches meeting.
- Meet Management and Swim Ontario will provide technical meet format details via email and through the meet information page - <https://www.swimontario.com/athletes/competitions/2024-winter-ontario-swimming-championships>

COMPETITION RULES

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.

WARM-UP SAFETY PROCEDURES

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

SWIMWEAR

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

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 by February 20, 2024 to request the preferred accommodation.

BACKSTROKE LEDGES

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

AGE GROUPS

- A competitor's age is their age as of the first day of the competition (February 29, 2024).
- **Individual events:**
 - **Women** 13&Under, 14, 15, 16&Over
 - **Men** 14&Under, 15, 16, 17&Over
- **Relay events:** 15&O, 16&O (4x200 F.R. OPEN)

SEEDING

- After all times have been proven, entry times will be converted to LCM using 2% conversion factor and seeded by time regardless of bonus swim designation for 400m events and lower.
- **All SCM submitted entries for the distance events will be changed to the following**
 - **A LCM qualifying time within the qualifying period for the swimmer**
 - **If no LCM time within the qualifying period, the swimmer will be entered at the LCM qualifying time for their age group.**
- Swim Ontario reserves the right to limit entries and/or change events to timed final.

PRELIMINARIES

- All preliminary heats will be seeded by time, slowest to fastest, as per Section II 3.1 with fastest 3 heats circle seeded regardless of age.
- Paralympic Program events heats will be seeding by time, slowest to fastest. No circle seeding.
- If necessary, Swim Ontario reserves the right to implement some or all of the following options:
 - **Option 1** – If swimmer subscription is less than 700 or number of swims is less than 2,100, the session formats will be as follows:
 - Single ended
 - Heats & Finals for 400s
 - Additional distance and 400s sessions
 - **Option 2** – If swimmer subscription is more than 700 or number of swims is greater than 2,100 the session formats will be as follows:

- Single ended
- Timed Finals for 400s with **fastest heat of each age group** swimming in finals
- Timed Finals for PARA 200/400 Free
- Reduce the number of relays
- Additional distance and 400s sessions

OLYMPIC PROGRAM FINALS

- In each finals event all female finals will swim, followed by all male finals; there is an “A” final only for all events. Youngest to Oldest.
 - W 13&U / M 14&U
 - W 14 / M 15
 - W 15 / M 16
 - W 16&O / M 17&O

800 AND 1500 FREE

- All SCM submitted entries for the distance events will be changed to the following
 - A LCM qualifying time within the qualifying period for the swimmer
 - If no LCM time within the qualifying period, the swimmer will be entered at the LCM qualifying time for their age group.
- All distance events will be swum as timed finals seeded fastest to slowest by gender regardless of age.
- The fastest heat by gender will compete during the finals session regardless of age.
- Positive check-in is required *30 mins before start of prelims session* on the day of the respective distance event
- Meet management reserves the right to alternate genders
- **Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.**

PARA EVENTS

- Meet management reserves the right to combine Paralympic program events should it be deemed necessary.
- Preliminaries and finals for all events regardless of number of swimmers.
- Finalists will be determined utilizing the Canadian Para Swimming Point System.
- **An A final with 10 swimmers will be offered for each event.**
 - **All Ontario based swimmers have priority.**
 - **A maximum of three (3) swimmers per sport class are eligible to advance to the Final.**
 - **Should empty lanes exist following the maximum of three (3) swimmers per sport class for Ontario based swimmers, additional swimmers will be added to fill the A Final according to the following:**
 - **Ontario based swimmers based on para points scores followed by**
 - **Out-of province swimmers based on para points scores.**
 - **The additional swimmers added will swim as exhibition in finals and not be eligible for awards.**
- PARA finals will be seeded by time with combined classification.

PARA RELAY EVENTS

Para relays are based on a point system with the total sum of the classification of each swimmer being the restriction, i.e. a 34pt relay can include 3 S8 para swimmers (24) + 1 S10 para swimmer.

- The relays will be EXHIBITION and will not be eligible for points or awards.
- Para swimmer relay team members may be from different clubs.
- The relays will be mixed gender. Every effort to have 2 female and 2 male para swimmers will be utilized, however, meet management reserves the right to have any combination of gender provided the points for the relay are not exceeded.
- The relays will take place during finals only. There will be a 4x50m free 20pt relay and a 4x100m free 34pt/56pt relay. The 20 pts and 34pts relays are for classes S1-10 and 56pt relay is for class S14.
- The 4x100 Free 34pt/56pt relays will be swum in the same heat on Thursday prior to the 4x200 Free relay. The 4x50 Free 20pt relay will be swum on Saturday prior to the 4x200 Free relay.
- The para relays will not be part of the event file. Clubs with para swimmers attending will declare they intent of interest in participating in the para relays through the team registration online form – <https://form.jotform.com/SwimOntario/2024-provincial-meets-team-reg-form>
- Please indicate interest in participation in the relays and names of swimmers and their S (free) classification.
- Meet Management will designate one coach representative for each relay.
 - Relay name changes can be submitted to the Admin Desk up to 30 minutes prior to the start of the finals session.
- For additional details on the para relays please email meetentries@swimontario.com

RELAY EVENTS

- All relays will be swum as timed finals with the fastest 10 seeded teams competing during the finals session at night.
- Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.
- Coaches must have relay cards with names filled in and returned to the Admin Desk 30 minutes prior to the start of the session in which the relay will be swum. No relay name changes will be accepted after this deadline unless approved by meet management.
- **Requests for relays to be moved to the preliminary session will NOT be granted.**

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

OFFICIAL SPLITS & DECK ENTRIES

- 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 30 mins prior to the commencement of the session in question on the “Official Split Request” form.
- 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.

SWIM OFFS

- 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.
- **Coaches are to report to the Admin Desk when a swim-off is announced.**

SCRATCH RULES

TIMED FINAL EVENTS

- Relays and 800 & 1500 Free
- The deadline for scratches for relays events is 30 minutes before the start of the **preliminary session on the day the event is scheduled** to allow meet management the opportunity to ensure a full complement of teams for the finals session.
 - The deadline for relay name submission is 30 mins prior to the start of the session in which the relay will be swum. Coaches must have relay cards with names filled in and returned to the Admin Desk 30 minutes prior to the start of the session in which the relay will be swum. No relay name changes will be accepted after this deadline unless approved by meet management.
- The deadline for scratches & positive checkin for the 800 and 1500 Free is 30 minutes before the start of the **preliminary session on the day the event is scheduled** to allow meet management the opportunity to ensure a full complement of swimmers for the finals session.

PRELIMINARIES

There will be no scratch deadline for preliminary events.

FINALS

All Scratches for Finals from preliminary events results must be provided to the Admin Desk within 30 minutes after **the completion of the last preliminary event.**

PENALTY

Failure to participate in an individual **FINAL** or the **FASTEST HEAT** of a time final 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 Admin desk. 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
<https://form.jotform.com/SwimOntario/2023-24-Prov-Meet-penalty-form>
- **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 ten (10) individual events and relays score
- Olympic & Paralympic Individual Events: 30-25-20-15-14-13-12-11-10-9
- Relay Events: 60-50-40-30-28-26-24-22-20-18
- Only times that meet the qualifying standard count towards team scoring.
 - In the W16&Over & M17&O category: swimmers must meet the W16 year old & M17 year old meet standards to score points.
- The Canadian Paralympic Point system 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.
- Reverse scoring will be in effect for any event in which there are less than 10 swimmers or teams:
 - 10 swimmers/teams per final: 30-25-20-15-14-13-12-11-10-9/ 60-50-40-30-28-26-24-22-20-18
 - 9 swimmers/teams per final: 25-20-15-14-13-12-11-10-9/ 50-40-30-28-26-24-22-20-18
 - 8 swimmers/teams per final: 20-15-14-13-12-11-10-9/ 40-30-28-26-24-22-20-18
 - 7 swimmers/teams per final: 15-14-13-12-11-10-9/ 30-28-26-24-22-20-18
 - 6 swimmers/teams per final: 14-13-12-11-10-9/ 28-26-24-22-20-18
 - 5 swimmers/teams per final: 13-12-11-10-9/ 26-24-22-20-18
 - 4 swimmers/teams per final: 12-11-10-9/ 24-22-20-18
 - 3 swimmers/teams per final: 11-10-9/ 22-20-18
 - 2 swimmers/teams per final: 10-9/ 20-18
 - 1 swimmer/team per final: 9/ 18

EVENT AWARDS

- **Medals:** first through third (regardless of qualifying times)

INDIVIDUAL AWARDS



- Individual High Point Awards will be awarded in the following age categories:
 - W 13&U / M 14&U, W 14 / M 15, W 15 / M 16, W 16&O / M 17&O
- Individual high point awards will be based on High Point Aggregate by age group and gender (5-3-1)*
 - Swimmers must meet the qualifying standard to accumulate aggregate points
- *If necessary, ties will be broken by number of gold medals. If a tie still exists, then it will be broken by number of silver medals then bronze medals. If swimmers have accumulated the exact scores and numbers of each medal, two winners will be awarded.

PARA HIGH POINT AWARD

Male & Female PARA with the single highest-scoring swim in the meet using the World PARA Ranking.

TEAM AWARDS

- **High Point Team-Overall:** The club with the highest 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 competition swimmers based on Swim Ontario club registration statistics as of one day prior to the start of the competition.

Tie Breaking Process for Team Awards at Provincial Competitions:

- In the event of a tie, for Team Awards, at a Provincial Championship; Provincial Meet Hosts will undertake the following tie breaking process:
 - Meet Management will rank the tied teams based on number of gold medals and the team with the highest total number of gold medals will be declared the winner.
 - If a tie still remains; Meet Management will then rank the tied teams based on number of silver medals and the team with the highest total number of silver medals will be declared the winner.
 - If a tie still remains; Meet Management will then rank the tied teams based on number of bronze medals and the team with the highest total number of bronze will be declared the winner.
 - If a tie still remains; Meet Management will then rank the tied teams based on number of overall medals and the team with the highest total will be declared the winner.

FACILITY INFORMATION

- **No food is permitted on deck including swimmer snack foods. These must be consumed off deck. Coffee/Tea/Pop is not permitted on deck.**
- **Hospitality – Light hospitality will be available for Officials and Coaches in Studio 4.**
- **On-site take-out food available (Tim's, Pizza, Pool Sides).**
 - Tim Hortons: Monday-Friday, 8:00 am - 6:00 pm | Saturday-Sunday, 8:00 am - 5:00 pm
 - Booster Juice: Monday-Friday, 9:00 am - 6:00 pm | Saturday-Sunday, 9:00 am - 5:00 pm
 - Pizza Pizza: Monday-Sunday, 11:00 am - 3:00 pm
 - Poolsides Grill: Monday-Friday, 11:00 am - 3:00 pm

- **Parking** - Parking is available at the facility in designated areas for a fee of \$14.50 per day weekdays and \$5.00 per day on Saturday and Sunday. The South Parking lot is now closed. Parking available in North, East lots. Overflow parking available in UTS Lot H.
- **Lockers and Outerwear** - Lockers will be available for this event. In the changerooms and WEST hallway. Bring your own lock. No overnight locks permitted.
 - **Swimmers, Coaches and Officials must use lockers for outerwear INCLUDING outdoor shoes.**
 - Only indoor deck shoes may be worn on the deck.
 - All coats, boots, etc. must be in lockers.

OFFICIALS

If a registered official from an attending club is interested in officiating, please complete the following online form:

- **Officials Coordinators:** Karthik Balasubramaniam (officials@whitbyswimming.ca)
- **Link for officials signup:** <https://forms.gle/smf6nSyxEvYk9NPY8>

PERFORMANCE PARTNERS AND SUPPORTERS



PROGRAM EVENT LIST

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

| DAY 1 – THURSDAY, FEBRUARY 29, 2024 | | | | | |
|--|----------------------------|-----|--|----------------------------------|-----|
| Preliminary Session Warmup: 7:00 am Start: 8:30 am | | | Final Session Warmup: 4:00 pm – 4:50 pm Start: 5:00 pm | | |
| W | | M | W | | M |
| 3 | 100 Back | 4 | 1 | 800 Free (FH) | 2 |
| 201 | PARA (S6-13) 400 Free | 202 | 3 | 100 Back | 4 |
| 203 | PARA (S1-5 & S14) 200 Free | 204 | 201 | PARA (S6-13) 400 Free | 202 |
| 5 | 50 Free | 6 | 203 | PARA (S1-5 & S14) 200 Free | 204 |
| 7 | 200 Breast | 8 | 5 | 50 Free | 6 |
| 101 | 15&U 200 Medley Relay (SH) | 102 | 7 | 200 Breast | 8 |
| 103 | 16&O 200 Medley Relay (SH) | 104 | 101 | 15&U 200 Medley Relay (FH) | 102 |
| | | | 103 | 16&O 200 Medley Relay (FH) | 104 |
| | | | 401 | Mixed 4x100 Free 34pt PARA Relay | EXH |
| | | | 402 | Mixed 4x100 Free 56pt PARA Relay | EXH |
| 1 | 800 Free (SH) | 2 | | OPEN 800 Free Relay (FH) | 106 |
| DAY 2 – FRIDAY, MARCH 1, 2024 | | | | | |
| Preliminary Session Warmup: 7:00 am Start: 8:30 am | | | Final Session Warmup: 4:00 pm – 4:50 pm Start: 5:00 pm | | |
| W | | M | W | | M |
| 205 | PARA (S1-S14) 50 Free | 206 | 9 | 1500 Free (FH) | |
| 11 | 200 Free | 12 | 205 | PARA (S1-S14) 50 Free | 206 |
| 13 | 400 IM | 14 | 11 | 200 Free | 12 |
| 207 | PARA (S1-7) 50 Fly | 208 | 13 | 400 IM | 14 |
| 209 | PARA (S8-14) 100 Fly | 210 | 207 | PARA (S1-7) 50 Fly | 208 |
| 15 | 100 Fly | 16 | 209 | PARA (S8-14) 100 Fly | 210 |
| 107 | 15&U 400 Free Relay (SH) | 108 | 15 | 100 Fly | 16 |
| 109 | 16&O 400 Free Relay (SH) | 110 | 107 | 15&U 400 Free Relay (FH) | 108 |
| 9 | 1500 Free (SH) | | 109 | 16&O 400 Free Relay (FH) | 110 |

Preliminary session will be seeded by time and gender regardless of age

Finals session age groups: W 13&U / M 14&U, W 14 / M 15, W 15 / M 16, W 16&O / M 17&O

SH – Slower heats, FH – Fastest heat - Distance events FH – seeded by time regardless of age

Event 401 – Para swimmers (S1 to S10) may be from different clubs and any combination of gender is permitted.

Event 402 – Para swimmers (S14) may be from different clubs and any combination of gender is permitted.

| DAY 3 – SATURDAY, MARCH 2, 2024 | | | | | |
|--|------------------------------|-----|--|---------------------------------|-----|
| Preliminary Session Warmup: 7:00 am - Start: 8:30 am | | | Final Session Warmup: 4:00 pm – 4:50 pm Start: 5:00 pm | | |
| W | | M | W | | M |
| 211 | PARA (S1-14) 100 Free | 212 | | 1500 Free (FH) | 18 |
| 19 | 100 Free | 20 | 211 | PARA (S1-14)100 Free | 212 |
| 21 | 200 Fly | 22 | 19 | 100 Free | 20 |
| 213 | PARA (SB1-3) 50 Breast | 214 | 21 | 200 Fly | 22 |
| 215 | PARA (SB4-14) 100 Breast | 216 | 213 | PARA (SB1-3) 50 Breast | 214 |
| 23 | 100 Breast | 24 | 215 | PARA (SB4-14) 100 Breast | 216 |
| 111 | 15&U 200 Free Relay (SH) | 112 | 23 | 100 Breast | 24 |
| 113 | 16&O 200 Free Relay (SH) | 114 | 111 | 15&U 200 Free Relay (FH) | 112 |
| | | | 113 | 16&O 200 Free Relay (FH) | 114 |
| | | | 403 | Mixed 4x50 Free 20pt PARA Relay | EXH |
| | 1500 Free (SH) | 18 | 115 | OPEN 800 Free Relay (FH) | |
| DAY 4 – SUNDAY, MARCH 3, 2024 | | | | | |
| Preliminary Session Warmup: 7:00 am Start: 8:30 am | | | Final Session Warmup: 4:00 pm – 4:50 pm Start: 5:00 pm | | |
| W | | M | W | | M |
| 217 | PARA (SM1-4) 150 IM | 218 | 217 | PARA (SM1-4) 150 IM | 218 |
| 219 | PARA (SM5-14) 200 IM | 220 | 219 | PARA (SM5-14) 200 IM | 220 |
| 25 | 200 IM | 26 | 25 | 200 IM | 26 |
| 27 | 200 Back | 28 | 27 | 200 Back | 28 |
| 221 | PARA (S1-5) 50 Back | 222 | 221 | PARA (S1-5) 50 Back | 222 |
| 223 | PARA (S1-2 & S6-14) 100 Back | 224 | 223 | PARA (S1-2 & S6-14) 100 Back | 224 |
| 29 | 400 Free | 30 | 29 | 400 Free | 30 |
| 117 | 15&U 400 Med Relay (SH) | 118 | 117 | 15&U 400 Medley Relay (FH) | 118 |
| 119 | 16&O 400 Med Relay (SH) | 120 | 119 | 16&O 400 Medley Relay (FH) | 120 |

Preliminary session will be seeded by time and gender regardless of age
 Finals session age groups: W 13&U / M 14&U, W 14 / M 15, W 15 / M 16, W 16&O / M 17&O
 SH – Slower heats, FH – Fastest heat - Distance events FH – seeded by time regardless of age
 Event 403 – Para swimmers may be from different clubs and any combination of gender is permitted.

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