

APPROVED
By Swim Ontario at 11:24 am, Apr 16, 2025

JULY 9 - 13, 2025

ONTARIO SWIMMING CHAMPIONSHIPS

speedo 

ONTARIO SWIMMING CHAMPIONSHIPS
TORONTO PAN AM SPORT CENTRE

MEET PACKAGE



HOSTED BY
WHITBY SWIMMING, PETERBOROUGH SWIM CLUB &
ETOBICOKE SWIM CLUB

PERFORMANCE PARTNERS AND SUPPORTERS

Swim Ontario proudly acknowledges the invaluable contributions of our partners and supporters who help advance swimming in Ontario.

Ontario 



VENDORS & SERVICES

The following vendors and services will be onsite at this event:

- **Apparel:**
- **Photography:** Jeff Vogan Photography
- **Livestreaming:** RecTec TV
- **Race Analysis:** RaceTek

GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Whitby Swimming, Peterborough Swim Club & Etobicoke Swim Club
- **Meet Format:** Long Course – Prelims & Finals (OPEN) with Youth (12&U) Timed Finals events
- **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:** July 9 - 13, 2025
- **Meet package:** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).

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.

All participants in this event are reminded that they are bound by Swim Ontario Policies and Procedures, including but not limited, to the Swim Ontario Code of Conduct procedure. For more information regarding the Swim Ontario Policies and Procedures or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety>. Conduct that violates the Swim Ontario bylaws, policies, procedures and comprehensive code of conduct and ethics may be subject to filing a formal complaint. [Submit a Complaint](#)

- 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 7 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, cellphones or other recording devices allowed in the area immediately behind the starting blocks during competitions, or in locker rooms, bathrooms, or any other dressing area. The [Swim Ontario Photography, Videography, and Cellphone Procedure](#) is in effect.

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 Swim Ontario (nicole@swimontario.com) for application and authorization process.
 - **The official Photographer for this event is Jeff Vogan Photography.**
- 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 Director:** Nicole Parent – nicole@swimontario.com
- **Meet Manager(s):** Lead: Kirsti Kontor – kirsti@swimontario.com
- **Competition Coordinator(s):** Steve Sachs, Level 5 - compcoordinator@whitbyswimming.ca
- **Para Technical Advisor:** Charles Montpetit

- **Officials Coordinators:** TBC
 - **Link for official signup:** <https://form.jotform.com/SwimOntario/2025-OSC-official-sign-up>
- **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/2025-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) aged
 - **Open Sessions:** All ages
 - **Youth Sessions:** 12 & Under
- Out-of-country foreign teams are not permitted to attend.
- A competitor's age is their age as of July 9, 2025

PARA SWIMMERS

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

SPECIAL OLYMPIC SWIMMERS

- Eligibility of the Special Olympics Athletes is at the invitation and approval of Special Olympics Ontario and Swim Ontario.
- There will be separate Special Olympic Events.

ENTRY FEES & PAYMENT

- **Swimmer Fee:** \$110 + HST (\$124.30)
- **Relay Events:** \$25 + HST (\$28.25)
- Entry Fees must be paid prior to arrival or at team registration
- **Payment methods:** To be confirmed
 - An online Invoice will be sent to the Club Contact declared on the Entry Submission and will be sent after the change deadline (after June 25).
 - Payment will be online via Stripe.
 - **Please do NOT send payment via e-transfer, cheque or direct deposit.**

ENTRY PROCESS & DEADLINE

- **Entry Deadline: Monday, June 23, 2025**
- **Qualifying Period:** January 1, 2024 – Sunday, June 22, 2025
- **Qualifying Standards:**
 - OLY Swimmers: 2025 Ontario Swimming Championship Standards – [PDF view](#)
 - PARA Swimmers: 2025 Para Ontario Swimming Championship Standards – [PDF view](#)
- All OLY swimmers must achieve at least 2 (two) 2025 Ontario Swimming Championship Standard to attend the competition.
 - 12&U swimmers that achieve 2 (two) 13&U qualifying time must choose to participate in all the Open sessions or all the Youth sessions. They cannot participate in both.
- All PARA swimmers must achieve at least 2 (two) 2025 Para Ontario Swimming Championship Standard to attend the competition.
- All entries received shall be UNCONVERTED and must be provable official time on Swim Rankings (excludes split times)
 - **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 6 individual events per swimmer provided they meet the qualifying times (QT).

OLY BONUS SWIMS

- If necessary, Swim Ontario reserves the right to remove bonus events should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.
- **15 & Over swimmers:** No bonus swims permitted. All entries must meet the qualification time in either SCM or LCM.
- **14 & Under Swimmers in either Open or Youth sessions:**
 - 2 QTs= 1 Bonus swims
 - 3 or more QTs = 0 Bonus swim
 - **400 IM & 400/800/1500 Free events are NOT ELIGIBLE AS BONUS SWIMS**
 - Olympic Program Athletes must have achieved the [Provincial Consideration Time](#) to enter as a Bonus event (excludes 400 IM & 400/800/1500 Free)
 - Bonus swims must be entered with provable official time on Swim Rankings (excludes split 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 for the 4x50 and 4x100 relays**
- **Clubs may enter a maximum of one (1) relay team per event for the 4x200 relay.**
- Relay Only swimmers are not permitted at this event. All relay participant must be entered in at least two (2) individual events.
- 12&Under swimmers may only participate in the relays taking place in the sessions they choose to compete in, i.e. if competing in the Youth sessions, they may only participate in the Youth relays.
- Relays can include OLY, PARA and SOC swimmers provided they are from the same club.

EVENT NUMBERING

- All Open Session Olympic Program individual events: 1 – 99
- All Open Session Relay events: 101 – 199
- All Paralympic Program events: 201 – 299
- All Special Olympic Program events: 301 – 399
- All Youth Session events: 401 - 499

PARA ENTRIES

- **Entry Deadline:** June 23, 2025
- **Qualifying Period:** January 1, 2024 – Sunday, June 22, 2025
- Para-swimmers must have a current Level 2 classification with Swimming Canada
- Para-swimmers must achieve a minimum of 2 (two) 2025 Para Ontario Swimming Championship Standards to attend the competition – [PDF view](#)
- Swimmers may enter any PARA event on the Ontario chart for which they have achieved a [Para Ontario Swimming Championship Standards](#) in their disability class up to a maximum of 6 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 competing as SOC swimmers may not enter PARA events
- 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 relays will be offered. Details to follow. PARA swimmers may compete in Olympic program relays offered at this event provided the relay team members are all from the same club.
- Para Bonus Structure
 - If necessary, Swim Ontario reserves the right to remove bonus events should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.
 - 2 QTs= 1 Bonus swims
 - 3 or more QTs = 0 Bonus swim
 - 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

SPECIAL OLYMPIC ENTRIES

- Registration of the Special Olympics Athletes is at the invitation and approval of Special Olympics Ontario
 - Those athletes may not compete in para events.
- Special Olympics Athletes are eligible to compete in the following events
 - 50 Back, 100 Back, 50 free, 100 Free and 50 Breast
- Special Olympic events will be HEATS & FINALS
- **Entry Deadline:** June 23, 2025
- Meet Management reserves the right to combine Special Olympic events with Olympic program events or Paralympic events should it be deemed necessary.

SUBMISSION

- **Entries MUST** be submitted through the following online form along with Proof of Time for all entries: <https://form.jotform.com/SwimOntario/2025-OSC-meet-entry-submission>
- **Attending domestic coaches and support staff must be listed on the [2025 Team Registration Online Form](#)**
- Each submitted entry file upload will be validated for membership entry information against REMS. Clubs will be required to make corrections to membership entry information in either REMS or their entry management software (Hy-Tek TM, Team Unify, PoolQ, etc).
- Entries found to not be in compliance with entry requirements may result in individual swimmers and clubs being ineligible for entry into the event.
- Accepted or rejected entries will be identified with a second notification from Swim Ontario via a Confirmation report.
- Swim Ontario reserved the right to reject an entry file for lack of compliance in membership entry information, entry times, failure to submit the file before the entry deadline or any other lack of compliance with Swim Ontario meet policy and procedure.
- Pre-Scratch Entry Lists will be posted online at www.swimontario.com by **June 30, 2025**
- 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.

CONFIRMATION REPORT

- The confirmation report will list all entries for all swimmers. Rejected entries will also be listed.
- It is the club's responsibility to provide proof of time **within the qualifying period** for any rejected entries.
 - 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 rejected entries without proof of time for qualifying events by the posting of final Entry List will be removed or be designated as a bonus event with a provable time if permissible under the bonus swim rules.
- Any rejected entries without proof of time for qualifying events may result in the swimmer not being eligible to attend the competition.

- Any rejected entries without proof of time for bonus events:
 - Will be removed for bonus events unless a validated time meets the Ontario Consideration Time within the qualification period.

CHANGES

- 48 hours after entry deadline is June 25 at 11:59 PM)
- Clubs will have **48 hours after the entry deadline** to 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 Entry Lists 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 Entry Lists are posted at a cost of double the meet entry fee.
 - **Swim Ontario reserves the right to not permit late entries for swimmers if oversubscribed.**
- **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.
 - [2025 Team Registration Online Form](https://form.jotform.com/SwimOntario/2025-prov-meets-team-registration) or copy and paste into browser - <https://form.jotform.com/SwimOntario/2025-prov-meets-team-registration>
- 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 swimmers and clubs being ineligible for entry into the competition.
- Final Entry Lists will be posted online at www.swimontario.com no later than **July 4, 2025**
- 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.

D/DEAF AND HARD OF HEARING ACCOMMODATION:

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 from the swimmer's own club, who is registered in the REMS as support staff.
- Visual Start hand signals given by the starter/referee.
- Visual Start Strobe Light: **Facility-Provided Strobe Light:** An external strobe light is available at this facility
- **Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations. Support Staff must be included in the submission of entries process.**
- Support Staff must have active REMS registration. All support staff must be declared on the [2025 Team Registration Online Form](https://form.jotform.com/SwimOntario/2025-prov-meets-team-registration).

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 the 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 [2025 Team Registration Online Form](#) (complete on or before Monday, June 23) and in person.**
 - All attending coaches, support staff contact information will be collected.
 - Support Staff will be limited to those required for Para, d/Deaf and Hard of hearing and Special Olympic Swimmers.
- 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: **TBD**

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

- Pre-Training may be available on **Tuesday, July 8 – 4:30 – 7:30 PM – 10 lanes LCM – restricted to swimmers entered in the competition.**
- The Dive Tank will be available during the competition for warm-up / 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 is available. **Warm-ups are restricted to swimmers racing in the current session.**
- Warm-up periods will be split.

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/2025-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 provided 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.

BACKSTROKE LEDGES

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

OLY AGE GROUPS

- A competitor's age is their age as of the first day of the competition (July 9, 2025).
- **Individual events:**
 - **Open Sessions:** 14&Under, 15-16, 17&Over
 - **Junior Sessions:** 11&Under, 12
- **Relay events:**
 - Restricted to swimmers entered in at least 2 individual events
 - **Open Sessions:** 14&Under and 15&Over (OPEN for 4x200 relay)
 - **Junior Sessions:** 12&Under

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 seeded last (i.e. LCM then SCM seeding)**
- Swim Ontario reserves the right to limit entries and/or change events to timed final.
- If necessary, Swim Ontario reserves the right to implement some or all of the following options should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies:
 - Remove bonus events
 - Create overflow sessions

- Combine sessions
- Combine heats or limit the number of heats
- Move events

PRELIMINARIES

- All **400m or less** 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 seeded by time, slowest to fastest. No circle seeding.
- Special Olympic events heats will be seeded by time, slowest to fastest.
- Paralympic & Special Olympic events with less than 10 swimmers will swim both prelims and finals.

YOUTH TIMED FINALS

- All events, except distance events, will be seeded slowest to fastest by gender (age combined) with fastest heat of each age (11&U, 12) swimming together.
- All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding) with SCM times swimming first then LCM times. The events will be swum age combined. Results will be split by age group.

OLYMPIC PROGRAM FINALS

- In each finals event all female finals will swim, followed by all male finals; Youngest to Oldest.
 - There is an “A” final only for 400m events.
 - There is an “A” and “B” final for each age group. The “A” final will swim before the “B” final.
 - Events with 24 or less entries in an age group (by the Final Entry List) will have an A final only OR
 - Events with 22 or less swimmers after the scratch deadline will have an A final only

OPEN DISTANCE SESSIONS 800 AND 1500 FREE

- **All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding)**
- 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 Final session regardless of age.
- Positive check-in is required 30 mins after the start of prelims session on the day of the respective distance event.
- Heats will 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 2025 Canadian Para Swimming Point System.
- An A final with 10 swimmers will be offered for each event.
 - 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:
 - based on para points
 - Should additional lanes remain in non-breaststroke events, SB9 swimmers will be added
 - 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.

SPECIAL OLYMPIC EVENTS

- Meet management reserves the right to combine Special Olympic program events should it be deemed necessary.
- Preliminaries and finals for all events regardless of number of swimmers.
- The top 10 swimmers from the preliminaries of each event will advance to finals.

Meet Management reserves the right to create overflow sessions, combine 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 Admin Desk 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

- **Open Sessions:** 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 Final 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 mins after the start of prelims session on the day the event is scheduled to allow meet management the opportunity to **ensure a full complement of swimmers for fastest heat in finals and possibly collapse heats**.
- **Youth Sessions events**
 - NO scratch deadline for 200m and below events including relays.
 - The deadline for scratches & positive checkin for the 400 Free, 400 IM and 800 Free is 30 minutes before the start of the **Youth session on the day the event is scheduled** to allow meet management the opportunity to ensure a full complement of swimmers for fastest heat in the respective age groups.

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 **\$100 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.
- Accepted payment is via the Online Penalty Form via Credit Card
<https://form.jotform.com/SwimOntario/2024-25-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**

TAPING & RECORDS

- No Taping Review Committee will be in place for this competition.
- Internationally classified para swimmers shall be required to comply with WPS taping rules and regulations.
 - Coaches are to submit a request for consultation with the Para Technical Advisor at the Administrative Desk 1 hour prior to the first session where taping will be worn.
 - The consultation will take place during the warm-up period. Both the coach and athlete need to be present for the consultation.
 - Any internationally classified swimmers wearing taping that has not been cleared by the Para Technical Advisor or failure to comply with the recommendation of the Para Technical Advisor will be disqualified.
- Swim times achieved at this competition will be eligible for provincial records without consideration for taping beyond the principles of rule II.15.3.
- Swim times achieved at this competition will be eligible for national records under the following conditions:
 - Canadian Age-Group records will be eligible without consideration for taping beyond the principles of rule II.15.3.
 - Canadian Senior/Open Canadian records will be eligible provided no taping is worn. Athletes are advised to remove taping prior to any record-breaking attempt.
 - Canadian Para records will be eligible provided no taping is worn or the protective medical taping has been cleared by the Para Technical Advisor. Para swimmers are advised to follow the Para Technical Advisor recommendation to comply with World Para Swimming Rules and Regulations prior to any record-breaking attempt.
- 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

OLY 200M OR LESS EVENTS

- The top twenty (20) individual per age group events
- Individual Events: 50-45-40-35-30-25-20-15-12-11-10-9-8-7-6-5-4-3-2-1
- Only times that meet the qualifying standard count towards team scoring.
- Reverse scoring will be in effect for any event in which there are less than 20 swimmers:
 - 20 swimmers per final: 50-45-40-35-30-25-20-15-12-11-10-9-8-7-6-5-4-3-2-1
 - 19 swimmers per final: 45-40-35-30-25-20-15-12-11-10-9-8-7-6-5-4-3-2-1
 - 18 swimmers per final: 40-35-30-25-20-15-12-11-10-9-8-7-6-5-4-3-2-1
 - 17 swimmers per final: 35-30-25-20-15-12-11-10-9-8-7-6-5-4-3-2-1
 - 16 swimmers per final: 30-25-20-15-12-11-10-9-8-7-6-5-4-3-2-1
 - 15 swimmers per final: 25-20-15-12-11-10-9-8-7-6-5-4-3-2-1
 - 14 swimmers per final: 20-15-12-11-10-9-8-7-6-5-4-3-2-1
 - 13 swimmers per final: 15-12-11-10-9-8-7-6-5-4-3-2-1

ALL OTHER EVENTS

- The top ten (10) individual per age group events and relays score
- Individual Events: 50-45-40-35-30-25-20-15-12-11
- Only times that meet the qualifying standard count towards team scoring.
- Relay Events: 100-90-80-70-60-50-40-30-24-22
- 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: 50-45-40-35-30-25-20-15-12-11/ 100-90-80-70-60-50-40-30-24-22
 - 9 swimmers/teams per final: 45-40-35-30-25-20-15-12-11/ 90-80-70-60-50-40-30-24-22
 - 8 swimmers/teams per final: 40-35-30-25-20-15-12-11/ 80-70-60-50-40-30-24-22
 - 7 swimmers/teams per final: 35-30-25-20-15-12-11/ 70-60-50-40-30-24-22
 - 6 swimmers/teams per final: 30-25-20-15-12-11/ 60-50-40-30-24-22
 - 5 swimmers/teams per final: 25-20-15-12-11/ 50-40-30-24-22
 - 4 swimmers/teams per final: 20-15-12-11/ 40-30-24-22
 - 3 swimmers/teams per final: 15-12-11/ 30-24-22
 - 2 swimmers/teams per final: 12-11/ 24-22
 - 1 swimmer/team per final: 11/ 22

EVENT AWARDS

- **Medals:** first through third (regardless of qualifying times) for each individual for the following age groups:
 - **Open Session Individual:** 14&U, 15-16, 17&O + PARA and Special Olympic events
 - **Youth Session Individual:** 11&Under, 12
- **Medals:** first through third for each relay event.
- The Canadian Paralympic Point system shall be used to determine rank & awards 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.

INDIVIDUAL AWARDS

- Individual High Point Awards will be awarded in the following age categories per gender:
 - **Open Session Individual:** 14&U, 15-16, 17&O
 - **Youth Session Individual:** 11&Under, 12
- 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 2025 Canadian Para Point system.

TEAM AWARDS

- **Championship Cup:** The club with the highest team points will be awarded a high point team cup
 - A second and third place team award will also be presented.

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/snack food is not permitted on deck.**
- **Hospitality – Light hospitality will be available for Officials and Coaches in the Leadership Room.**
- **On-site take-out food available (Tim’s, Pizza, Pool Sides).**
 - Tim Hortons: Monday-Friday, **7:00 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 activation deck shoes may be worn on the deck.
 - All coats, boots, etc. must be in lockers.

OFFICIALS & VOLUNTEERS

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

- **Officials Coordinators:** TBC
 - **Link for Official signup:** [HERE](#)

PROGRAM EVENT LIST

Swim Ontario is aware of World Aquatics decision regarding the addition of the stroke 50's to the Olympic program. No decisions will be made regarding adding the events to the provincial program until after the 2024/2025 season.

OPEN SESSIONS

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

Finals session age groups: 14&U, 15-16, 17&O

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

Day 1 – Wednesday, July 9, 2025					
Preliminary Session Warmup: 6:50 am - split Start: 8:45 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
3	200 IM	4	1	1500 Free (FH)	
201	PARA (S6-13) 400 Free	202		800 Free (FH)	2
203	PARA (S1-5 & S14) 200 Free	204	3	200 IM	4
5	100 Back	6	201	PARA (S6-13) 400 Free	202
Distance Session Warmup: 11 AM TBC – following preliminary session Start: 30 mins after warm-up start			203	PARA (S1-5 & S14) 200 Free	204
W		M	5	100 Back	6
1	1500 Free (SH)				
	800 Free (SH)	2			

Day 2 – Thursday, July 10, 2025					
Preliminary Session Warmup: 6:50 am - split Start: 8:45 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
7	200 Free	8	7	200 Free	8
205	PARA (SM1-4) 150 IM	206	205	PARA (SM1-4) 150 IM	206
207	PARA (SM5-14) 200 IM	208	207	PARA (SM5-14) 200 IM	208
9	100 Breast	10	9	100 Breast	10
11	100 Fly	12	11	100 Fly	12
101	14&U 400 Free Relay	102	MX105	200 PARA Mixed Free Relay	MX105
103	15&O 400 Free Relay	104	101	14&U 400 Free Relay	102
			103	15&O 400 Free Relay	104

Swim Ontario reserves the right to change warm-up session times and to allocate team warm-up schedules.

Day 3 – Friday, July 11, 2025					
Preliminary Session Warmup: 6:50 am - split Start: 8:45 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
13	200 Back	14	13	200 Back	14
209	PARA (S1-2 & S6-14) 100 Back	210	209	PARA (S1-2 & S6-14) 100 Back	210
211	PARA (S1-5) 50 Back	212	211	PARA (S1-5) 50 Back	212
301	SOC 50 Back	302	301	SOC 50 Back	302
15	400 IM	16	15	400 IM	16
213	PARA (S8-14) 100 Fly	214	213	PARA (S8-14) 100 Fly	214
215	PARA (S1-7) 50 Fly	216	215	PARA (S1-7) 50 Fly	216
107	OPEN 800 Free Relay (SH)	108	107	OPEN 800 Free Relay (FH)	108
Day 4 – Saturday, July 12, 2025					
Preliminary Session Warmup: 6:50 am - split Start: 8:45 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
17	400 Free	18	17	400 Free	18
303	SOC 100 Free	304	303	SOC 100 Free	304
217	PARA (S1-14) 100 Free	218	217	PARA (S1-14) 100 Free	218
19	200 Breast	20	19	200 Breast	20
21	50 Free	22	21	50 Free	22
305	SOC 100 Back	306	305	SOC 100 Back	306
109	14&U 400 Medley Relay	110	MX113	200 PARA Mixed Medley Relay	MX113
111	15&O 400 Medley Relay	112	109	14&U 400 Medley Relay	110
			111	15&O 400 Medley Relay	112
Day 5 – Sunday, July 13, 2025					
Preliminary Session Warmup: 6:50 am - split Start: 8:45 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
307	SOC 50 Breast	308	23	800 Free (FH)	
219	PARA (SB1-3) 50 Breast	220		1500 Free (FH)	24
221	PARA (SB4-14) 100 Breast	222	307	SOC 50 Breast	308
25	200 Fly	26	219	PARA (SB1-3) 50 Breast	220
223	PARA (S1-S14) 50 Free	224	221	PARA (SB4-14) 100 Breast	222
309	SOC 50 Free	310	25	200 Fly	26
27	100 Free	28	223	PARA (S1-S14) 50 Free	224
Distance Session Warmup: 11 AM TBC – following preliminary session Start: 30 mins after warm-up start			309	SOC 50 Free	310
W		M	27	100 Free	28
23	800 Free (SH)				
	1500 Free (SH)	24			

Swim Ontario reserves the right to change warm-up session times and to allocate team warm-up schedules.

YOUTH SESSIONS

All events will be seeded slowest to fastest by gender (age combined) with fastest heat of each age (11&U, 12) swimming together.

Day 2 – Thursday, July 10, 2025		
Timed Final Warmup: 1:00 – 1:50 PM Start: 2:00 PM		
W		M
401	200 IM	402
403	100 Free	404
405	200 Back	406
407	100 Breast	408
409	200 Free Relay	410
	800 Free	412
Day 3 – Friday, July 11, 2025		
Timed Final Warmup: 1:00 – 1:50 PM Start: 2:00 PM		
W		M
413	100 Fly	414
415	400 Free	416
417	50 Free	418
419	400 IM	420
421	400 Free Relay	422
Day 4 – Saturday, July 12, 2025		
Timed Final Warmup: 1:00 – 1:50 PM Start: 2:00 PM		
W		M
423	200 Free	424
425	200 Fly	426
427	100 Back	428
429	200 Breast	430
431	200 Medley Relay	432
433	800 Free	