

2014 Ontario Summer Festival

For Able Bodied & PARA Athletes

June 28th & 29th, 2014

Nepean Sports Complex

Nepean, Ontario

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RISK MANAGEMENT / WARM-UP PROCEDURES

During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed." (CSW 2.13.1.5)

GENERAL WARM-UP RULES:

- Swimmers shall enter the water **FEET FIRST** in a cautious manner.
- **No Running on the pool deck or Diving from the side of the pool.**
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming' during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & SWAD the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

SPECIFIC/SPRINT WARM-UP PERIOD:

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:
"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

EQUIPMENT:

- **FLUTTER BOARDS and PULLBUOYS are allowed.**
- **HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.**

SNC Board Approved 2005



Ontario Summer Festival SC 2014 – Nepean Kanata Barracudas

General Information

Date:

June 28th & 29th, 2014

Meet Type:

Short Course Timed Final

Sanction:

Sanctioned by Swim Ontario

Competition Host:

Nepean Kanata Barracudas

Location & Facility:

Nepean Sportsplex – 1701 Woodroffe Ave, Nepean, ON

Eight lane, 50m indoor tank, with bulkheads to create two 25m competition pools; Electronic Timing

Meet Officials: Kevin Little

Meet Manager: Margaret Quirie

Meet Referee: Dave Roza

Meet Entry Coordinator: Margaret Quirie

Officials Chair: Kevin Little

Mailing Address: 1701 Woodroffe Ave, Nepean ON

Competition Times:

- AM Session Warm-up: 8:00-8:55am; Start Time: 9:00am
- PM Session Warm-up: 1:00-1:55pm; Start Time: 2:00pm

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

Psych Sheets:

Psych Sheets will be posted online at www.swimnkb.com **Friday June 20th, 2014.**

Meet Results: Meet results will be provided in the following manner:

1. **Live Results** will be available on our website www.swimnkb.com each day through a link on the front page.
2. Results will be forwarded to www.swimming.ca/meetlist.aspx within 48 hours of the completion of the meet.

Eligibility:

Swimmers must be registered as **competitive** with Swim Ontario, SNC and/or FINA recognized organizations in order to compete in the Swim Ontario Festival competitions.

Qualifying:**To Qualify:**

All swimmers must achieve at least 1 (one) Swim Ontario Festival Qualifying Standard and meet the Swim Ontario Festival Prerequisite event time standards.

Qualifying Period: As of the **final entry deadline (Monday June 16th, 2014)****Standards:** 2013 -16 Swim Ontario Festival Qualifying standards (p.20)**Prerequisites:** Required as of the final entry deadline. Refer to the appropriate age categories as follows:

Swim Ontario Festival Prerequisite Events		
Girls	Prerequisite Events	Boys
10 Years and Under	200 Free & 200 IM	10 Years and Under
11 Years Old	400 Free & 200 IM	11 Years Old
12 Years Old	400 Free & 400 IM or 200 IM	12 Years Old
13 Years Old	400 Free & 400 IM or 200 IM	13 Years Old

Swim Ontario Festival Prerequisite Times			
Girls	Ontario Festival "D" Standard		Boys
10 Years and Under	200 FR: 3:12.17(SC) 3:16.01(LC)	200 FR: 3:17.95(SC) 3:21.91(LC)	10 Years and Under
	200 IM: 3:38.79(SC) 3:43.17(LC)	200 IM: 3:42.26(SC) 3:46.71(LC)	
11 Years Old	400 FR: 6:15.07(SC) 6:22.57(LC)	400 FR: 6:22.02(SC) 6:29.66(LC)	11 Years Old
	200 IM: 3:20.27(SC) 3:24.28(LC)	200 IM: 3:26.63(SC) 3:22.58(LC)	
Girls	Ontario Festival "C" Standard		Boys
12 Years Old	400 FR: 5:32.06(SC) 5:40.74(LC)	400 FR: 5:35.16(SC) 5:41.86(LC)	12 Years Old
	400 IM: 6:18.16(SC) 6:25.72(LC)	400 IM: 6:25.87(SC) 6:33.60(LC)	
	200 IM: 2:59.71(SC) 3:03.30(LC)	200 IM: 2:59.71(SC) 3:03.30(LC)	
13 Years Old	400 FR: 5:30.75(SC) 5:37.37(LC)	400 FR: 5:25.24(SC) 5:31.74(LC)	13 Years Old
	400 IM: 6:15.95(SC) 6:23.47(LC)	400 IM: 6:08.24(SC) 6:15.60(LC)	
	200 IM: 2:56.40(SC) 2:59.93(LC)	200 IM: 2:51.44(SC) 2:54.87(LC)	

Other Qualifying Information:

- In the 10/U category, swimmers must qualify for the 100m backstroke, breaststroke or butterfly to be considered qualified for the corresponding 50m events.

Registration: A registration table will be set up in the lobby of the Sportsplex outside the pool doors:

- 5:00 pm to 7:00 pm on Friday June 27th, 2014
- 7:00 am to 9:00 am on Saturday, June 28th, 2014

One coach designate from each team is asked to register the following:

- ✓ Team coaches with proof of CSCTA registration, SWON Coach certification & compliance cards
- ✓ Festival payment

Upon receipt of the above, the coach designate will receive a participant Festival Package for each member of the team.

The Festival package includes:

- ✓ A rucksack
- ✓ A Festival cap
- ✓ A Festival t-shirt

Coaches' Meeting:

Will be held at 8:15am on Saturday June 28th, 2014. Please report outside the Meet Management Office located at the deep end of the pool.

SNC Coach Registration Policy

The SNC 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. (See full SNC Coach Registration Policy and Coach Compliant List at www.swimontario.com). All teams will be asked to submit a list of coaches attending the Ontario Summer Festival at the time of entry. Meet management will cross-reference this list with the Swim Ontario Coach Compliant list both prior to the competition as well as at Registration. Coaches found not to be on the compliant list will not be eligible to participate in the Provincial Age Group Championships.

SNC Swim Suit Policy

Effective September 1, 2009, all swimwear worn in swimming competitions sanctioned under the authority of Swimming Canada must conform to the January 1, 2010 FINA swimwear approval guidelines at www.swimming.ca

CSCTA Policy:

As per the CSCTA/OSCA/SNC/ coach registration policies and insurance all coaches will be asked to prove membership in CSCTA. Coaches will not receive heat sheets if they cannot prove CSCTA membership. Coaches must have CSCTA ID for deck access.

OSOA Policy:

Only Competitors, Certified Coaches and Officials are allowed on deck. NO OTHER PERSON IS PERMITTED ON DECK unless expressly authorized by the Meet Manager or Swim Ontario.

Facility Policy:

The Nepean Sportsplex has a Facility Policy in place during the meet. Please see Appendix D.

Accommodations:

For full hotel advertisements and discounts please link to www.swimnkb.com

Entry Information

Entry Deadline: Monday June 16th, 2014

Entry Submission:

All entry files will be handled through www.swimming.ca/meetlist.aspx

To submit entries:

1. All entries must be in Hy-tek (or Splash if in Quebec) format and submitted via www.swimming.ca/meetlist.aspx. No entries will be accepted directly by Meet Management..
2. Please ensure all Ontario-based club entries contain valid 9 digit Swim Ontario ID registration numbers. Any out of province entries as asked to submit a valid SNC Swimming Canada ID registration number.
3. Please ensure that all entries include the head **coach's name, phone # and/or e-mail address**. This applies for any entry format. Please include a full list of coach attendees (Appendix B)

4. You will be sent confirmation of receipt of your entries ~ HOWEVER PLEASE NOTE - A successful entry file upload is only the validation of membership entry information against the national membership database and is not a guarantee of entry acceptance.

All files will appear to Meet Management at this point as “Pending”.

Passing the membership and entry validation DOES NOT guarantee a club entry will be accepted by meet management.

Accepted or Rejected entries will be identified with a second notification from Meet Management. Meet Management may reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline or any other lack of compliance with Swim Ontario meet policy and procedure.

Entry Procedure:

All entries received shall be **unconverted**. No converted times will be accepted. Only SCM or LCM actual times that meet the qualifying standard will be accepted. While exporting entries from Team Manager, you will be prompted to indicate that you would like the times to be **unconverted**, if LCM times are being submitted.

Entry Fees:

Individual Entry Fee: \$12.00 including HST (Nepean Kanata Barracudas HST # 13949 8844 RT 0001)

Relay Entry Fee: \$16.00 including HST (Nepean Kanata Barracudas HST # 13949 8844 RT 0001)

Splash Fee: \$5.65 including HST (Nepean Kanata Barracudas HST #13949 8844 RT 0001)

Payment:

Please make cheques payable to “**Nepean Kanata Barracudas Swim Club**” and bring to the meet. There will be a \$50.00 NSF fee for any returned cheques.

Swimmers Age: As of **June 28th, 2014** (first day of the competition)

Event Maximum: Maximum of **6 individual events** per swimmer providing they meet the qualifying standard.

Bonus Swims:

- Swimmers qualifying in one Festival event are eligible to enter a maximum of three bonus events
- Swimmers qualifying in two Festival events are eligible to enter a maximum of two bonus events
- Swimmers qualifying in three Festival events are eligible to enter a maximum of one bonus event
- Swimmers qualifying in four or more Festival events are not eligible to enter any bonus events
- The 400 Free, 800 Free and 400 IM are not eligible bonus events
- 10 & Under swimmers entered into the corresponding 50m event constitutes a qualifying swim. For example: 10 & Under qualifies for 100 back and 100 fly, and entered into those events plus the 50 back and 50 fly – will not be eligible for further bonus swims.

Out-Of-Province Entries:

Please be advised that Ontario teams are given priority. Space permitting out of province teams will be served on a first come first serve basis. All out-of-province teams must be FINA affiliated. Only meter times will be accepted in SC or LC form with no exceptions.

Proof Of Times Certification Agreement:

Coaches and club presidents are **required** to sign and submit the proof of times certification agreement found in this document (Appendix A) when they submit their entries. Entries submitted without the proof of times certification agreement will **not** be accepted. Entries found not to be in compliance with entry requirements may result in the individual swimmer and club being ineligible for entry into the competition.

PARA Entries:

- Any 13 & Under SNC-classified PARA athlete is eligible to compete in a maximum of 5 (five) events.
- PARALYMPIC Eligible Events:

- S1 to S14 50 FR
 - S1 to S14 50 BR
 - S1 to S14 50 BK
 - S1 to S14 50 FL
 - S1 to S14 100 IM
- All events are swum as 13 & Under.
 - There are NO prerequisite standards.
 - PARA swimmers who achieve 3 (three) Ontario Age Group Championship are INELIGIBLE TO COMPETE at the Ontario Winter Festival.
 - PARA 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.
 - There are NO BONUS SWIMS for PARA athletes.
 - The CURRENT SNC Point Charts shall be used to determine awards and scoring. Only PARALYMPIC-eligible events are eligible for awards and team scoring. PARA swimmers may compete in Able-Bodied relay events provided they meet the appropriate age criteria.
 - Meet Management reserves the right to combine PARA events with able-bodied events should it be deemed necessary.

Relays:

- Relay age groups (for both male and female):
 - 11 & Under
 - 12&13
- Clubs may enter up to a maximum of three (3) relay teams per age group. Only two (2) may score.
- At least three members of the team must be properly entered in an individual event. Clubs are permitted one (1) relay-only swimmer per age group, per relay event, that has NOT met the Swim Ontario Festival standards or prerequisites. The fourth swimmer's name must appear on the entry grid as "Relay-Only".
- Swimmers may move up to swim on older relays. Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.
- Coaches must have relay cards filled in and returned to the Clerk of Course 30 minutes prior to the start of the relay event.

Meet Rules

Seeding:

Short Course entries will be seeded first. Long Course entries denoted with an "L" will be seeded second without conversion.

Event Numbering:

- Events 1-126 : Able-Bodied
- Events in 200's : PARA

Heat Sheets:

Will list Provincial Age-Group Records.

Official Split Policy:

Meet Management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session in question.

General Rules:

- **SNC Warm Up Procedures will be in effect at this meet. Coaches are responsible for their swimmers' conduct and knowledge of the Safety Procedure Rules.** Coaches are responsible to inform their swimmers of the Safety Rules as contained in this package, to ensure the athletes' adherence of these rules and to discipline the athletes' behaviour if necessary.
- **GLASS CONTAINERS** are strictly prohibited in and around the deck area.

- All individual events and relay events are timed finals, swum slowest to fastest in their assigned age category.
- Management reserves the right to combine heats or limit the number of heats should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies.
- The 800 freestyle will be swum fastest to slowest in the following age groups 12-13 Saturday AM, 11 Saturday PM
- Sprint Lanes (lanes 1 and 8) will be available for the last 30 minutes of warm-ups.
- NO deck entries or exhibition swims will be permitted.
- The scratch deadline is 30 minutes before the start of each session. Failure to scratch by the deadline will result in a **\$100.00 fine** for each offence payable to Swim Ontario. Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet. Meet Management will endeavour to move swimmers up as required to fill empty lanes in the final heat of each event.

Awards and Scoring

Festival Participant Recognition Package:

- Each athlete participant will be given the following:
 - Rucksack
 - Festival Cap
 - Festival T-shirt

Age Groupings For Awards:

- Individual Events:
 - **BOYS** – 10 & Under, 11, 12, 13
 - **GIRLS** – 10 & Under, 11, 12, 13
- Relay Events:
 - **BOYS** – 11 & Under, 12-13
 - **GIRLS** – 11 & Under, 12-13

Event Awards:

- Individual Events:
 - **MEDALS** for finishers 1st through 3rd
 - **RIBBONS** for finishers 4th through 8th
- Relays Events:
 - **MEDALS** for finishers 1st through 3rd

Scoring:

- Only the top eight (8) finishers within individual events and relays score:
 - Individual Events: (for all events with 8 or more competitors)
 - Points awarded 1st to 8th place
 - Point system : 9, 7, 6, 5, 4, 3, 2, 1
 - Relay Events: (for all events with 8 or more competitors)
 - Points awarded 1st to 8th place
 - Point system : 18, 14, 12, 10, 8, 6, 4, 2
- Only the times that meet the Swim Ontario Festival Qualifying Standard count towards scoring
- Reverse scoring will be in effect for any event in which there are less than eight (8) competitors:

	<u>Individual Events:</u>	<u>Relay Events:</u>
➤ 7 swimmers / teams per event :	9, 7, 6, 5, 3, 2, 1	18, 14, 12, 10, 6, 4, 2
➤ 6 swimmers / teams per event:	9, 7, 5, 4, 2, 1	18, 14, 10, 8, 4, 2
➤ 5 swimmers / teams per event :	8, 6, 5, 3, 1	16, 12, 10, 6, 2
➤ 4 swimmers / teams per event :	8, 5, 4, 2	16, 10, 8, 4
➤ 3 swimmers / teams per event :	7, 5, 2	14, 10, 4
➤ 2 swimmers / teams per event :	6, 3	12, 6
➤ 1 swimmer / team per event :	5	10

Team Awards:

- High Point Team Overall:** A Swim Ontario Winter Festival Champions banner will be awarded to the team with the most points.
- Small Team Award:** A Swim Ontario Festival Banner will be awarded to the highest scoring team having fifty (50) or fewer Ontario registered swimmers based on Swim Ontario club registration statistics as of one day prior to the start of the competition June 27th, 2014.
- Best Butterfly Team:** A Swim Ontario Festival Banner will be awarded to the team that scores the most points in the butterfly events
- Best Backstroke Team:** A Swim Ontario Festival Banner will be awarded to the team that scores the most points in the backstroke events
- Best Breaststroke Team:** A Swim Ontario Festival Banner will be awarded to the team that scores the most points in the breaststroke events
- Best Freestyle Team:** A Swim Ontario Festival Banner will be awarded to the team that scores the most points in the freestyle events
- Best IM Team:** A Swim Ontario Festival Banner will be awarded to the team that scores the most points in the IM events
- Most Improved Team:** A Swim Ontario Festival Banner will be presented at the 2014 Swim Ontario Summer Festival to the Most Improved Team. The Most Improved Team is defined as the team with the greatest percentage point increase from the Swim Ontario Winter Festival to the Swim Ontario Summer Festival results.

Appendix A



PROOF OF TIMES CERTIFICATION AGREEMENT FOR ALL ENTRIES (Prerequisites and Events)

This document must be completed and submitted to the Host Club via email before entries will be accepted.

Host Club: Nepean Kanata Barracudas – Meet Manager – Margaret Quirie

All swimmers must achieve at least ONE (1) Swim Ontario Festival qualifying standard and meet the Swim Ontario Festival Prerequisite event time standards.

- Entries submitted without the Proof of Times Certification Agreement will not be accepted.
- Entries found not to be in compliance with entry requirements may result in the individual swimmer and/or club being ineligible for entry into the competition.
- Entries found not to be in compliance may be subject to disciplinary action as per Swim Ontario by-laws, policies and procedure.

We certify that all entries submitted for swimmers representing _____
(Club Name)

at the 2014 Swim Ontario Summer Festival are entered with times that have been performed at a FINA sanctioned competition. In addition all swimmers aged 13 and under have met the Swim Ontario Festival prerequisite time standards in the required events in their respective age group as per the Swim Ontario Festival Standards 2012 – 2016, as identified in the Swim Ontario Long Term Athlete Development Strategy. Furthermore, all swimmers aged 10 & under entered in the 50m backstroke, 50m breaststroke or 50m butterfly have achieved Swim Ontario Festival qualifying standard times in the corresponding 100m events.

Head Coach Signature

Club President Signature

Head Coach Name (Please Print)

Club President Name (Please Print)

Date

Date

Appendix B



Swim Ontario - Club Information Form

Club _____

Club Mailing Address _____

City _____ **Postal Code** _____

Club Phone Number (____) _____ **FAX** (____) _____

Club e-mail Address _____

Club Contact Person _____

Phone Number (____) _____ **e-mail** _____

Head Coach _____

Phone Number (____) _____ **e-mail** _____

Coach Contact Designate Attending the Meet
Name _____

Cell Phone _____

Chaperone(s) _____

Hotel _____

Phone Number _____



Request for Officials

Swim Ontario Provincial Competitions require a large number of volunteers to properly officiate a meet of this magnitude. Individual clubs cannot meet the entire requirement. **Therefore, participating clubs are asked to provide names of available officials per session (minimum of 2 per club).**

All officials must register in the OSOA online meet registration system at

<http://www.swimmingofficials.com/registration/Account/Login.aspx>

Anyone requiring an evaluation, PTR or signoff in a specific position should complete the request as soon as possible.

Please register for the meet through the OSOA web site (www.osoa.ca). On the OSOA site:

- Log on
- Select Meets/Register for meet
- Select Eastern Region.
- Click "Select a Session" for the 2014 Ontario Summer Festival in Eastern Region
- Click "Register" for the sessions you are available to help.
- Meet Referee will assign the following senior positions - Referee, Starter, Evaluator, CFJ, CJE, R/S, Clerk of Course, and Chief Timer or you may indicate a request for evaluation, PTR, or signoff for a specific position in the "Request Officiating Position" box.
- The drop down menu includes a list of positions and number available (senior positions listed as zero)

YOUR ASSISTANCE IS INVALUABLE AND VERY MUCH APPRECIATED BY YOUR HOST

Appendix D

NEPEAN SPORTSPLEX AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES

1. **The Nepean Sportsplex Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.**
2. **Absolutely no food on the pool deck with the exception of refreshments provided for the officials working during the event.**
3. **No running on the deck, stands or on the bleachers.**
4. **No climbing across the railing between the stands and the bleachers.**
5. **No climbing over the gate from the pool deck to the lobby in the deep end.**
6. **Shoes must be worn whenever outside the pool or change room areas.**
7. **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.**
8. **The use of flippers and hand paddles, during warm-ups is prohibited.**
9. **Swimmers that 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, change rooms, hallways and all other areas of the Nepean Sportsplex.**
11. **Access to the 25m pool will be limited to periods where swimming lessons and aquafit classes will not be affected and numbers will be strictly enforced.**
12. **Maximum numbers allowed on deck and in the water at one time – 450 (this is the 50m pool maximum). All others must sit in the stands. Clubs will be given a designated area either on the deck or in the stands and this will be strictly enforced. Space will be set aside in the stands for spectators.**
13. **Area behind the timers in shallow end is to remain clear of swimmers as this is an access route for Sportsplex program participants**



DAY ONE ORDER OF EVENTS

GIRLS & BOYS 10 & U, 11, 12, 13

ALL EVENTS ARE TIMED FINALS & SWUM SLOWEST TO FASTEST

WARM UPS MORNING SESSIONS (12-13) – 8:00-8:55am START 9:00 am
 WARM UPS AFTERNOON SESSIONS (11&U) – 1:00-1:55pm START 2:00pm

Day 1 – AM Session Event Information				
Event #	Girls	Event	Boys	Event #
1	12-13	4 X100 M.R.	12-13	2
201	PARA 13&Under	50 FR	PARA 13&Under	202
3	12	50 FR	12	4
5	13	50 FR	13	6
7	12	400 IM	12	8
9	13	400 IM	13	10
203	PARA 13&Under	50 BK	PARA 13&Under	204
11	12	100 BK	12	12
13	13	100 BK	13	14
15	12	200 BR	12	16
17	13	200 BR	13	18
19	12	200 FR	12	20
21	13	200 FR	13	22
205	PARA 13&Under	50 FL	PARA 13&Under	206
23	12	100 FL	12	24
25	13	100 FL	13	26
27	12-13	800 FR	12-13	28
29	12-13	4x50 F.R	12-13	30

Day 1 – PM Session Event Information				
	Girls		Boys	
31	11 & Under	4 X 100 M.R	11 & Under	32
33	10 & Under	50 FR	10 & Under	34
35	11	50 FR	11	36
37	10 & Under	100 IM	10 & Under	38
39	11	400 IM	11	40
111	10 & Under	100 BK	10 & Under	112
113	11	100 BK	11	114
41	10 & Under	50 BR	10 & Under	42
43	11	200 BR	11	44
45	10 & Under	200 FR	10 & Under	46
47	11	200 FR	11	48
49	10 & Under	100 FL	10 & Under	50
51	11	100 FL	11	52
53	11	800 FR	11	54
55	11& Under	4 x 50 F.R.	11 & Under	56



DAY TWO ORDER OF EVENTS

GIRLS & BOYS 10 & U, 11, 12, 13

ALL EVENTS ARE TIMED FINALS & SWUM SLOWEST TO FASTEST

WARM UPS MORNING SESSIONS (12&13) – 8:00-8:55am START 9:00 am

WARM UPS AFTERNOON SESSIONS (11&U) – 1:00-1:55pm START 2:00pm

Day 2 - Session 3 Event Information				
Event #	Girls	Event	Boys	Event #
57	12-13	4 X 50 M. R.	12-13	58
59	12	200 FL	12	60
61	13	200 FL	13	62
63	12	100 FR	12	64
65	13	100 FR	13	66
67	12	200 BK	12	68
69	13	200 BK	13	70
207	Para 13 & Under	50 BR	Para 13 & Under	208
71	12	100 BR	12	72
73	13	100 BR	13	74
209	Para 13 & Under	100 IM	Para 13& Under	210
75	12	200 IM	12	76
77	13	200 IM	13	78
79	12	400 FR	12	80
81	13	400 FR	13	82
83	12-13	4 x 100 F.R.	12-13	84

Day 2 - Session 4 Event Information				
Event #	Girls	Event	Boys	Event #
85	11 & Under	4 X 50 M.R.	11 & Under	86
87	10 & Under	50 FL	10 & Under	88
89	11	200 FL	11	90
115	10 & Under	100 FR	10 & Under	116
117	11	100 FR	11	118
91	10 & Under	200 BK	10 & Under	92
93	11	200 BK	11	94
95	10 & Under	100 BR	10 & Under	96
97	11	100 BR	11	98
99	10 & Under	200 IM	10 & Under	100
101	11	200 IM	11	102
103	10 & Under	50 BK	10 & Under	104
105	10 & & Under	400 FR	10 & Under	106
107	11	400 FR	11	108
109	11 & Under	4 X 100 F.R.	11 & Under	110



2013 – 2016 Swim Ontario *Festival Standards*

Festival Standards			10 & UNDER		11 YEARS		12 YEARS		13 YEARS	
			FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE
Free	50	LC	:35.19	:35.70	:32.64	:32.90	:31.11	:30.40	:30.59	:29.07
		SC	:34.50	:35.00	:32.00	:32.25	:30.50	:29.80	:29.99	:28.50
	100	LC	1:18.03	1:19.56	1:11.40	1:12.42	1:07.32	1:06.81	1:06.56	1:03.75
		SC	1:16.50	1:18.00	1:10.00	1:11.00	1:06.00	1:05.50	1:05.25	1:02.50
	200	LC	2:49.32	2:54.42	2:36.06	2:39.12	2:26.88	2:25.86	2:24.33	2:20.25
		SC	2:46.00	2:51.00	2:33.00	2:36.00	2:24.00	2:23.00	2:21.50	2:17.50
	400	LC	6:00.06	6:09.24	5:30.48	5:36.60	5:09.06	5:10.08	5:06.00	5:00.90
		SC	5:53.00	6:02.00	5:24.00	5:30.00	5:03.00	5:04.00	5:00.00	4:55.00
	800	LC			11:27.48	11:59.10	10:37.50	10:45.66	10:32.40	10:25.26
		SC			11:14.00	11:45.00	10:25.00	10:33.00	10:20.00	10:13.00
Back	100	LC	1:29.25	1:31.80	1:22.11	1:23.13	1:17.01	1:18.03	1:15.99	1:13.44
		SC	1:27.50	1:30.00	1:20.50	1:21.50	1:15.50	1:16.50	1:14.50	1:12.00
	200	LC	3:12.78	3:21.96	2:55.44	2:59.52	2:45.24	2:45.75	2:44.22	2:40.14
		SC	3:09.00	3:18.00	2:52.00	2:56.00	2:42.00	2:42.50	2:41.00	2:37.00
Breast	100	LC	1:40.98	1:45.06	1:34.86	1:36.90	1:29.25	1:28.74	1:26.70	1:25.17
		SC	1:39.00	1:43.00	1:33.00	1:35.00	1:27.50	1:27.00	1:25.00	1:23.50
	200	LC			3:22.98	3:32.16	3:10.74	3:10.74	3:07.68	3:03.60
		SC			3:19.00	3:28.00	3:07.00	3:07.00	3:04.00	3:00.00
Fly	100	LC	1:34.35	1:38.94	1:25.17	1:27.72	1:19.05	1:18.54	1:17.01	1:13.95
		SC	1:32.50	1:37.00	1:23.50	1:26.00	1:17.50	1:17.00	1:15.50	1:12.50
	200	LC			3:15.84	3:39.30	2:59.52	3:02.58	2:55.44	2:53.40
		SC			3:12.00	3:35.00	2:56.00	2:59.00	2:52.00	2:50.00
IM	100	LC								
		SC	1:31.00	1:33.00						
	200	LC	3:12.78	3:15.84	2:56.46	2:58.50	2:46.26	2:46.26	2:43.20	2:38.61
		SC	3:09.00	3:12.00	2:53.00	2:55.00	2:43.00	2:43.00	2:40.00	2:35.50
	400	LC			6:17.40	6:42.90	5:49.86	5:57.00	5:47.82	5:40.68
		SC			6:10.00	6:35.00	5:43.00	5:50.00	5:41.00	5:34.00



2013 – 2016 Swim Ontario Age Group Standards

Age Group Standards			13 & UNDER		14 YEARS		15 YEARS		16-17 YEARS		
			FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	
Free	50	LC	:29.63	:28.09	:29.11	:27.27	:28.51	:26.64	:28.19	:25.59	
		SC	:29.05	:27.54	:28.54	:26.74	:27.95	:26.12	:27.64	:25.09	
	100	LC	1:04.17	1:01.25	1:02.80	:59.21	1:01.78	:57.73	1:00.97	:55.62	
		SC	1:02.91	1:00.05	1:01.57	:58.05	1:00.57	:56.60	:59.77	:54.53	
	200	LC	2:18.98	2:14.76	2:16.33	2:09.93	2:14.43	2:05.65	2:11.47	2:01.91	
		SC	2:16.25	2:12.12	2:13.66	2:07.38	2:11.79	2:03.19	2:08.89	1:59.52	
	400	LC	4:52.57	4:44.00	4:48.62	4:36.42	4:45.56	4:29.98	4:41.13	4:23.00	
		SC	4:46.83	4:38.43	4:42.96	4:31.00	4:39.96	4:24.69	4:35.62	4:17.84	
	800	LC	10:03.20	9:53.25	9:54.33	9:37.65	9:48.60	9:20.65	9:36.50	9:05.49	
		SC	9:51.37	9:41.62	9:42.68	9:26.32	9:36.07	9:09.66	9:25.20	8:54.79	
	1500	LC	19:16.10	19:04.39	18:59.10	18:27.44	18:46.22	17:54.86	18:24.94	17:25.79	
		SC	18:53.43	18:41.95	18:36.76	18:05.73	18:24.14	17:33.78	18:03.27	17:05.28	
	Back	100	LC	1:12.41	1:10.16	1:11.19	1:08.24	1:09.26	1:06.13	1:08.32	1:03.20
			SC	1:10.99	1:08.78	1:09.79	1:06.90	1:07.90	1:04.83	1:06.98	1:01.96
200		LC	2:35.31	2:30.36	2:32.26	2:27.84	2:29.90	2:23.69	2:26.51	2:17.49	
		SC	2:32.26	2:27.41	2:29.27	2:24.94	2:26.96	2:20.87	2:23.64	2:14.79	
Breast	100	LC	1:22.98	1:20.56	1:21.99	1:17.61	1:20.95	1:16.36	1:20.51	1:12.97	
		SC	1:21.35	1:18.98	1:20.38	1:16.09	1:19.36	1:14.86	1:18.93	1:11.54	
	200	LC	2:56.97	2:52.64	2:56.53	2:49.23	2:56.00	2:45.98	2:54.64	2:38.99	
		SC	2:53.50	2:49.25	2:53.07	2:45.91	2:52.55	2:42.73	2:51.22	2:35.87	
Fly	100	LC	1:12.23	1:10.14	1:11.11	1:07.22	1:09.67	1:04.80	1:08.76	1:02.63	
		SC	1:10.81	1:08.76	1:09.72	1:05.90	1:08.30	1:03.53	1:07.41	1:01.40	
	200	LC	2:41.51	2:37.90	2:41.17	2:35.11	2:39.11	2:30.15	2:33.31	2:20.87	
		SC	2:38.34	2:34.80	2:38.01	2:32.07	2:35.99	2:27.21	2:30.30	2:18.11	
IM	200	LC	2:37.43	2:31.50	2:35.40	2:27.09	2:33.02	2:23.76	2:30.03	2:18.30	
		SC	2:34.34	2:28.53	2:32.35	2:24.21	2:30.02	2:20.94	2:27.09	2:15.59	
	400	LC	5:32.65	5:22.50	5:29.82	5:13.98	5:20.64	5:09.04	5:17.94	5:01.64	
		SC	5:26.13	5:16.18	5:23.35	5:07.82	5:14.35	5:02.98	5:11.71	4:55.73	