

# 2009 Long Course Junior Provincial Championships

For Able Bodied & PARA

## July 2nd to July 5th, 2009

At the  
**Etobicoke Olympium**

Hosted by



Officially sanctioned by



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## **RISK MANAGEMENT / WARM-UP PROCEDURES 2009**

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 & PARA 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

# 2009 Long Course Junior Provincial Championships



## General Information

- Date** July 2 to July 6, 2009
- Hosted by** Etobicoke Swimming
- Location:** Etobicoke Olympium  
590 Rathburn Road  
Toronto, Ontario
- Facility:** 8 lane 50m competition pool, with electronic timing
- Meet Manager:** Steve Goodwin  
[sdg9@rogers.com](mailto:sdg9@rogers.com) 416-622-0154  
This email account is for general enquiries only.  
All entry files and associated correspondence will be handled through the  
[www.swimmeet.ca](http://www.swimmeet.ca) web site.
- Qualifying** **Period –** As of September 1, 2008  
**Standards -** 2009 -12 Ontario Jr. Provincial SC & LC Qualifying Standards  
**Pre-requisites –** As of September 1, 2008. Required for the appropriate age categories.
- Entry Deadline:** **Tuesday June 23, 2009.**
- Psych Sheets:** **Psych Sheets will be posted on line at [www.eswim.ca](http://www.eswim.ca)** 5 days prior to the competition.
- Payment:** **Please** make cheques payable to **Etobicoke Swimming** and bring to the meet.
- Entry Fees:**
- |                     |         |  |
|---------------------|---------|--|
| Individual event(s) | \$8.40  | (All fees include GST; GST # R103378279) |
| Relay(s)            | \$12.60 |  |
| Splash fee          | \$5.25  | (per swimmer including "relay only")     |
- Pre-Meet Training:** Wednesday July 1, 2009 from 2:30pm to 6:30pm.
- Registration:** Wednesday July 1, 2009 from 2:30pm to 6:30pm  
Thursday July 2, 2009 from 7:30am to 11:00am
- Coaches' Meeting:** Thursday, July 2, 2009 at 7:50AM in hallway outside patio pool. 12&under coaches meeting Thursday July 2 at 12:50pm in hallway outside patio pool
- CSCTA Reg:** To help with the enforcement of CSCTA/OSCA/SNC and Swim Ontario policy and to maintain the strength of the Insurance on this event, all coaches will be asked to prove membership in CSCTA (ID cards etc.) before receiving Heat Sheets.
- 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.

## **Entry and Eligibility**

- Eligibility:** Swimmers must be registered as **competitive** with Swim Ontario, SNC and/or FINA recognized organizations in order to compete in the Ontario SC Junior Provincials.
- Swimmers' Age:** As of **July 2, 2009** (first day of the competition)
- To Qualify:** All swimmers must achieve at least 1 (one) Jr. Provincial Qualifying Standard and meet the Provincial Pre-requisite event time standards.
- Coaches and Club presidents are required to sign and submit the proof of times certification agreement found in this document. 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.**
- Pre-requisites:**
- Able-bodied girls 10 yrs & under / boys 11 yrs & under
- Must achieve the pre-requisite standards in both 400 FR and the 200 IM.
- Able-bodied girls 11 yrs / boys 12 yrs
- Must achieve the pre-requisite standards in both 800 FR and the 200 IM.
- Able-bodied girls 12, 13 & 14 yrs / boys 13, 14 & 15 yrs
- Must achieve the pre-requisite standards in both the 800 FR and 400 IM.
- “Relay only” swimmers must achieve the pre-requisite standards for their particular age category. Swimmers who qualify and enter a Jr. Provincial event that is a pre-requisite event are exempt from having to prove the pre-requisite standard for that event.
- Swimmers who qualify and enter the 1500 FR are exempt from having to prove the 800 FR pre-requisite.
- Out-Of-Province:** Please be advised that Ontario teams are given priority. Space permitting out of province teams must apply to Swim Ontario for admittance into the competition. All out-of-province teams must be FINA affiliated. Only meter times will be accepted in SC or LC form with no exceptions.

**Entry Procedure:** All entries received shall be **unconverted**. No converted times will be accepted. Only SC or LC 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 SC times are being submitted

**To submit entries:**

1. All entries must be in Hy-tek (or Splash if in Quebec) format and submitted via [www.swimmeet.ca](http://www.swimmeet.ca). No entries will be accepted directly by meet management.
2. Please ensure all entries contain valid 9 digit Swim Ontario ID registration numbers.

*~You will be sent confirmation of receipt of your entries~*

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

1. **Live Results** will be available on our web site [www.eswim.ca](http://www.eswim.ca) each day through a link on the front page.
2. Results will be forwarded to [www.swimmeet.ca](http://www.swimmeet.ca) within 48 hours of the completion of the meet.

**Bonus Swims:** Swimmers qualifying at the 2009-12 Ontario SC or LC Jr. Provincial Standards will receive up to a maximum of 3 bonus swims (i.e. qualify in 1 event, receive 3; qualify in 2 events, receive 2; qualify in **3 or more** events, receive 1 - up to the **maximum of 6** individual events). **Enter all bonus swims with best times and the Hy-tek "Bonus" box checked.**

**ABSOLUTELY NO DECK ENTRIES WILL BE PERMITTED**

**Entry Limitation:** Maximum of **6** individual events per swimmer **INCLUSIVE** of BONUS and Non-Scoring swims. Please ensure that all entries include the **coach's name, phone # and/or e-mail address**. This applies for any entry format.

## PROOF OF TIMES CERTIFICATION AGREEMENT FOR ALL ENTRIES (Pre-requisites and events)

This document must be submitted to the Host Club via email :

Host Club: Etobicoke Swimming  
Meet Manager  
Steve Goodwin  
sdg9@rogers.com

### **All swimmers must achieve at least 1 Jr. Provincial Qualifying Standard and meet the Provincial Pre-requisite events time standards.**

- Coaches and Club presidents are required to sign and submit the proof of times certification agreement found in this document.
- 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.

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

at the 2009 Ontario Junior Provincial Long Course Championship are entered with times that have been performed at a FINA sanctioned competition. In addition all female swimmers aged 14 and under, and all male swimmers aged 15 and under have met the Ontario Junior Provincial pre-requisite time standards in the required events in their respective age group as per the 2009 – 2012 Provincial Time standards, as identified in the Swim Ontario Long Term Athlete Development Strategy.

\_\_\_\_\_  
Head Coach Signature

\_\_\_\_\_  
Club President Signature

\_\_\_\_\_  
Head Coach Name (Please Print)

\_\_\_\_\_  
Club President Name (Please Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

## Meet Rules

### General

**Seeding:** Long Course entries will be seeded first, Short Course entries denoted with an "S" will be seeded without conversion second, and "Bonus" swims will be seeded last.

**Event Numbering:** Events 1-44:

- Able-bodied women 13 to 17 yrs
- Able-bodied men 14 to 17 yrs

Events in 100's:

- PARA
- Open

Events in 200's:

- Able-bodied girls 12 yrs & younger
- Able-bodied boys 13 yrs & younger

### Girls 13 – 17 / Boys 14 - 17

1. There is no penalty for swimmers who do not show up for a heat swim.
2. All heats for girls aged 13-17 yrs will be swum together and circle seeded. All heats for boys aged 14-17 yrs will be swum together and circle seeded.
3. The fastest eight (8) girls and fastest eight (8) boys will advance to finals in their particular age category.
4. There will be A finals for girls 13, 14, 15 and 16-17 yrs and boys 14, 15, 16 and 17 yrs.
5. All 800's & 1500's are time final events, swum fastest to slowest, with the fastest 8 seeded swimmers competing at night (regardless of age).
6. All scratches for events with heats and finals must be made within 30 minutes after conclusion of the preliminary session.
7. For all FINAL sessions swimmers competing in finals will be required to check in at the clerk of course prior to their event. There will be a final scratch deadline of 30min prior to the start of finals.

**Failure to participate in an individual final, leg of a relay final, or in a distance time final event (800/1500 FR) without meet management's knowledge and consent will result in a \$100 fine for each offence payable to Swim Ontario. Failure to scratch a swimmer at least 30 minutes before the start of finals and/or to participate in the fastest seeded Final of 800/1500 FR will result in a \$100 fine payable to Swim Ontario.**

*Failure to pay before the swimmer's next event will exclude the swimmer from any further participation in the meet.*

## **Girls 12 & Under / Boys 13 & Under**

1. All individual events and relays events for girls 12 yrs & under and boys 13 yrs & under are time final, swum slowest to fastest in their assigned age category.
2. All girls 12 yrs & under and all boys 13 yrs & under may move up to swim on older relays, in both heats and finals.
3. The 50 Butterfly, 50 Backstroke, 50 Breaststroke and 100 IM are bonus events for the 10 yrs and under girls and 11 yrs and under boys only, and considered part of the maximum 7 event entry limit. **However, they are not events that are eligible for scoring purposes.** They are only open to girls 10 yrs & under and boys 11 yrs & under. Please enter your swimmers best time for seeding purposes.
4. **The scratch deadline is 30min before the start of each session. Swimmers seeded in the fastest heat of each individual event who fail to participate will be fined \$100 payable to Swim Ontario.**

**Failure to participate in a leg of a relay final, or in a distance time final event (800/) without meet management's knowledge and consent will result in a \$100 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.*

## **Para Swimming Meet Rules (formerly Swimmers with a Disability)**

1. All Para Swimmers (S1-S13) must be licensed by IPC Swimming and have a minimum Provincial Classification designation to be eligible to compete in the meet. Licensing and Classification information is available at [www.swimming.ca/ParaswimmingClassification](http://www.swimming.ca/ParaswimmingClassification).
2. All S14 Para Swimmers must have a National Classification prior to the first day of competition.
3. Para Swimmers will be judged using the most current version of the IPC Swimming Rules.
4. Classes eligible for competition are S1-S10; S11-13 and S14. All classifications will be verified by an SNC classification officer.
5. There are no pre-requisite standards.
6. Para Swimming events are Open Age Group - no age restrictions.
7. All Para Swimmer entries must include the swimmers classification numbers (i.e. S4SB3SM5).
8. The most current SNC Performance Points Charts will be used to determine ranking in all multi-disability events. Ranking will be from highest to lowest point score.
9. Swimmers will compete in integrated format heats and dedicated Para Swimming finals.
10. The 2008-09 SNC Point Charts shall be used to determine awards and scoring. Only Paralympic eligible events are eligible for awards and scoring. Multi-disability awards will be given for each event.
11. Swimmers may enter any Paralympic-eligible event on the Ontario chart for which they have achieved SC or LC provincial standards in their disability class up to a maximum of 6 events (see below for Paralympic-eligible events).

12. Para Swimmer Bonus Swim policy - the same as the AB bonus swim policy with the following addendum:  
 Para swimmers in Classes S1-6 may enter any 50m or 100m Para event as a bonus event.  
 Para swimmers in Classes S7-14 may enter any 100m Para event or 200m non-Para event as a bonus event.
- a. PARALYMPIC ELIGIBLE EVENTS:
  - b. 50FR:            S1-14            50BK: S1-5            50FL: S1-7
  - c. 100FR:           S1-14            100BK: S6-14           100FL: S8-14
  - d. 200FR:           S1-5            50BR: SB1-3            150IM: SM1-4
  - e. 400FR:           S6-14            100BR: SB4-14        200IM: SM5-14
13. Whenever possible, events will be run independently from able-bodied events, and will immediately precede the corresponding able-bodied event for girls 13 yrs and boys 14 yrs. Meet management reserves the right to combine Para Swimming events with able-bodied events should it be deemed necessary.
14. 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 Swimming event.
15. Para swimming events with 9 or more participants shall be run as preliminaries and finals; events with 8 or fewer participants shall be run as timed finals during the preliminaries.
16. Para swimmers may compete in able-bodied relay events provided they meet the appropriate age criteria.

## Relays

1. Girls relays will be 10 & under, 11-12 (time finals) and 13-14, 15-17 (heats and finals)
2. Boys relays will be 11 & under, 12-13, (time finals) 14-15, 16-17 (heats and finals)
3. Clubs may enter any number of relay teams per event, but only their top two teams may qualify for finals.
4. When a club enters only **one** relay team, at least three members of the team must be properly entered in an individual event, and the fourth swimmer's name must appear on the entry grid as a "relay only" (subject to pre-requisite standards).
5. 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.
6. Teams may move up no more than two (**2**) swimmers from a younger age category to fill a relay.
7. Coaches must have relay cards filled in and returned to the Clerk of the Course 30 minutes prior to the start of the relay event.

## Awards and Scoring

**Event Awards:** Medals: 1st through 3rd Individual / Relays  
Ribbons: 4th through 8th Individual Only

**Medal Criteria:** 3 swimmers in a final: Gold medal only (individual events only)  
4 swimmers in a final: Gold & Silver only. “  
5 swimmers in a final: Gold, Silver and Bronze. “

### Individual Awards: **Iron Swimmer Awards**

#### ***Girls 10 Yrs & under / Boys 11 Yrs & under:***

- highest combined FINA score for 200 IM / 400 FR

#### ***Girls 11 Yrs / Boys 12 Yrs:***

- highest combined FINA score for 200 IM / 800 FR

#### ***Girls 12 Yrs / Boys 13 Yrs:***

- highest combined FINA score for 400 IM / 800 FR

#### ***Girls 13 Yrs / Girls 14 Yrs / Girls 15 – 17 Yrs:***

- highest combined FINA score for 400 IM / 800 FR or 1500 FR

#### ***Boys 14 Yrs / Boys 15 Yrs / Boys 16 – 17 Yrs:***

- highest combined FINA score for 400 IM / 800 FR or 1500 FR

#### **PARA High Point Award:**

Male & Female PARA with the single highest-scoring swim in the meet using the SNC PARA performance Charts.

### Team Awards:

High Point Team-Overall Award

Small Team Award: To the highest scoring team having 50 or fewer Ontario registered swimmers as of the September 2008 AGM Swim Ontario club registration statistics

Best Performing Team Award (BPTA) - (The Best Pound for Pound!)

The highest scoring team based on the following formula;

Only medals count for scoring

[Gold – 5 points; Silver – 2 points; and Bronze – 1 point ]

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Total number of swimmers entered into the meet per team.

(Able bodied swimmer scoring only for BPTA. PARA and SO swimmer scoring is excluded in this award)

## Event Scoring

1. Only the top eight (8) individual events and relays score: 30-25-20-15-14-13-12-11
2. Both able-bodied and PARA contribute to team scoring.
3. Only times that meet the provincial qualifying standard count towards team scoring
4. Reverse scoring will be in effect for able-bodied or PARA events in which there are less than 8 finalists, i.e.,  
8 swimmers per final: 30-25-20-15-14-13-12-11 (individual events only)  
7 swimmers per final: 25-20-15-14-13-12-11 “ “  
6 swimmers per final: 20-15-14-13-12-11 “ “  
5 swimmers per final: 15-14-13-12-11 “ “  
4 swimmers per final: 14-13-12-11 “ “  
3 swimmers per final: 13-12-11 “ “  
2 swimmers per final: 12-11 “ “  
1 swimmer per final: 11 “ “

## **Accommodations**

**SANDALWOOD SUITES HOTEL** \$99.00  
5050 Orbitor Road, Mississauga (905) 238-9600 (800) 387-3355  
[rtandon@silverbirchhotels.com](mailto:rtandon@silverbirchhotels.com)  
[www.sandalwoodhotel.com](http://www.sandalwoodhotel.com)

**DELTA TORONTO AIRPORT WEST** \$105.00  
5400 Dixie Road, Mississauga (905) 206-5921 (800) 737-3211, ext 5921  
[blongman@deltahotels.com](mailto:blongman@deltahotels.com)  
[www.deltatorontoairportwest.com](http://www.deltatorontoairportwest.com)

**COURTYARD MARRIOTT** \$89.00  
5050 Creebank Road, Mississauga (905) 625-3555  
[r.hart@concordhotels.com](mailto:r.hart@concordhotels.com)  
[www.courtyardmississaugaairport.com](http://www.courtyardmississaugaairport.com)

**RESIDENCE INN MARRIOTT** \$105  
5070 Creebank Road, Mississauga (905) 602-7777  
[r.hart@concordhotels.com](mailto:r.hart@concordhotels.com)  
[www.residenceinnmississaugaairport.com](http://www.residenceinnmississaugaairport.com)

**CARLINGVIEW AIRPORT INN** \$85.00  
221 Carlingview Drive, Toronto (416) 798-5708  
[kfranch@atlificzzy.ca](mailto:kfranch@atlificzzy.ca)  
[www.carlingview.ca](http://www.carlingview.ca)

**MARRIOTT TORONTO AIRPORT** \$109.00  
901 Dixon Road, Toronto (416) 679-7313  
[marie.gambardella@marriott.com](mailto:marie.gambardella@marriott.com)  
[www.marriott.com/yyzot](http://www.marriott.com/yyzot)

**CROWNE PLAZA TORONTO AIRPORT** \$99.00  
33 Carlson Court, Toronto (416) 675-4725  
[brandon.ament@cptayyz.com](mailto:brandon.ament@cptayyz.com)  
[www.sandalwoodhotel.com](http://www.sandalwoodhotel.com)

**ORDER OF HEATS & FINALS**  
**WOMEN 13, 14, 15-17 AND MEN 14, 15, 16-17, & PARA**  
**ALL HEATS WILL BE COMBINED BUT DIVIDED BY GENDER**

**WARM-UPS – PRELIMS:** 7:30 am to 8:55 am    **Start 9:00 am**

**WARM-UPS – FINALS:** 5:00 pm to 5:55 pm    **Start 6:00 pm**

**Warm-ups for prelims will be extended to 1.5 hours, with each team determining the start and end of their warm-up period.**

THURSDAY – DAY 1				FRIDAY – DAY 2				SATURDAY DAY 3				SUNDAY – DAY 4			
PARA(F)	OPEN	100 BK	101	PARA(M)	OPEN	100 BK	112	PARA(F)	OPEN	50 FL	123	PARA(M)	OPEN	50 FL	134
WOMEN	13	100 BK	1	MEN	14	100 BK	12	WOMEN	13	200 FL	23	MEN	14	200 FL	34
WOMEN	14	100 BK	1	MEN	15	100 BK	12	WOMEN	14	200 FL	23	MEN	15	200 FL	34
WOMEN	15	100 BK	1	MEN	16	100 BK	12	WOMEN	15	200 FL	23	MEN	16	200 FL	34
WOMEN	16-17	100 BK	1	MEN	17	100 BK	12	WOMEN	16-17	200 FL	23	MEN	17	200 FL	34
PARA(M)	OPEN	50 FR	102	PARA(F)	OPEN	50 FR	113	PARA(M)	OPEN	100 FR	124	PARA(F)	OPEN	100 FR	135
MEN	14	50 FR	2	WOMEN	13	50 FR	13	MEN	14	100 FR	24	WOMEN	13	100 FR	35
MEN	15	50 FR	2	WOMEN	14	50 FR	13	MEN	15	100 FR	24	WOMEN	14	100 FR	35
MEN	16	50 FR	2	WOMEN	15	50 FR	13	MEN	16	100 FR	24	WOMEN	15	100 FR	35
MEN	17	50 FR	2	WOMEN	16-17	50 FR	13	MEN	17	100 FR	24	WOMEN	16-17	100 FR	35
PARA(F)	OPEN	50 BR	103	PARA(M)	OPEN	50 BR	114	PARA(F)	OPEN	100 BR	125	PARA(M)	OPEN	100 BR	136
WOMEN	13	200 BR	3	MEN	14	200 BR	14	WOMEN	13	100 BR	25	MEN	14	100 BR	36
WOMEN	14	200 BR	3	MEN	15	200 BR	14	WOMEN	14	100 BR	25	MEN	15	100 BR	36
WOMEN	15	200 BR	3	MEN	16	200 BR	14	WOMEN	15	100 BR	25	MEN	16	100 BR	36
WOMEN	16-17	200 BR	3	MEN	17	200 BR	14	WOMEN	16-17	100 BR	25	MEN	17	100 BR	36
MEN	14	400 IM	4	WOMEN	13	400 IM	15	PARA(M)	OPEN	150/200IM	126	PARA(F)	OPEN	150/200IM	137
MEN	15	400 IM	4	WOMEN	14	400 IM	15	MEN	14	200 IM	26	WOMEN	13	200 IM	37
MEN	16	400 IM	4	WOMEN	15	400 IM	15	MEN	15	200 IM	26	WOMEN	14	200 IM	37
MEN	17	400 IM	4	WOMEN	16-17	400 IM	15	MEN	16	200 IM	26	WOMEN	15	200 IM	37
PARA(F)	OPEN	100 FL	105	PARA(M)	OPEN	100 FL	116	MEN	17	200 IM	26	WOMEN	16-17	200 IM	37
WOMEN	13	100 FL	5	MEN	14	100 FL	16	PARA(F)	OPEN	50 BK	127	PARA(M)	OPEN	50 BK	138
WOMEN	14	100 FL	5	MEN	15	100 FL	16	WOMEN	13	200 BK	27	MEN	14	200 BK	38
WOMEN	15	100 FL	5	MEN	16	100 FL	16	WOMEN	14	200 BK	27	MEN	15	200 BK	38
WOMEN	16-17	100 FL	5	MEN	17	100 FL	16	WOMEN	15	200 BK	27	MEN	16	200 BK	38
PARA(M)	OPEN	200 FR	106	PARA(F)	OPEN	200 FR	117	WOMEN	16-17	200 BK	27	MEN	17	200 BK	38
MEN	14	200 FR	6	WOMEN	13	200 FR	17	PARA(M)	OPEN	400 FR	128	PARA(F)	OPEN	400 FR	139
MEN	15	200 FR	6	WOMEN	14	200 FR	17	MEN	14	400 FR	28	WOMEN	13	400 FR	39
MEN	16	200 FR	6	WOMEN	15	200 FR	17	MEN	15	400 FR	28	WOMEN	14	400 FR	39
MEN	17	200 FR	6	WOMEN	16-17	200 FR	17	MEN	16	400 FR	28	WOMEN	15	400 FR	39
WOMEN	13-17	1500 FR	7	MEN	14-17	1500 FR	18	MEN	17	400 FR	28	WOMEN	16-17	400 FR	39
MEN	14-15	4X50 M.R.	8	WOMEN	13-14	4X50F.R.	19	WOMEN	13-17	800 FR	29	MEN	14-17	800 FR	40
WOMEN	13-14	4X50 M.R.	9	MEN	14-15	4X50F.R.	20	MEN	14-15	4X100 M.R.	30	WOMEN	13-14	4X100 F.R.	41
MEN	16-17	4X50 M.R.	10	WOMEN	15-17	4X50F.R.	21	WOMEN	13-14	4X100 M.R.	31	MEN	14-15	4X100 F.R.	42
WOMEN	15-17	4X50 M.R.	11	MEN	16-17	4X50F.R.	22	MEN	16-17	4X100 M.R.	32	WOMEN	15-17	4X100 F.R.	43
								WOMEN	15-17	4X100 M.R.	33	MEN	16-17	4X100 F.R.	44

**ORDER OF TIME FINAL EVENTS**  
**GIRLS 10 & U, 11, 12 and BOYS 11 & U, 12, 13**  
**ALL EVENTS (EXCEPT 800 FR) ARE TIME FINALS IN THE AFTERNOON SWUM SLOWEST TO FASTEST**

**WARM UPS - 1:00 pm to 1:55 pm      START 2:00 pm**

THURSDAY DAY 1					FRIDAY DAY 2				
EVENT	GIRLS	EVENT	BOYS	EVENT	EVENT	GIRLS	EVENT	BOYS	EVENT
201	10&U	100 BK	11&U	202					
203	11	100 BK	12	204	225	10&U	50 FR	11&U	226
205	12	100 BK	13	206	227	11	50 FR	12	228
207	10&U	50 BR	11&U	208	229	12	50 FR	13	230
209	11	200 BR	12	210	233	11	400 IM	12	234
211	12	200 BR	13	212	235	12	400 IM	13	236
213	10&U	100 FL	11&U	214	237	10&U	50 BK	11&U	238
215	11	100 FL	12	216	239	11	200 FR	12	240
217	12	100 FL	13	218	241	12	200 FR	13	242
219	11-12	800 FR	12-13	220	243	10&U	200 FR	11&U	244
221	10&U	4 X 50 M.R.	11&U	222	245	11-12	4 X 50 F.R.	12-13	246
223	11-12	4 X 50 M.R.	12-13	224	247	10 & U	4 X 50 F.R.	11&U	248

SATURDAY DAY 3					SUNDAY DAY 4				
EVENT	GIRLS	EVENT	BOYS	EVENT	EVENT	GIRLS	EVENT	BOYS	EVENT
249	10&U	50 FL	11&U	250	271	10 & U	200 BK	11 & U	272
251	11	200 FL	12	252	273	11	200 BK	12	274
253	12	200 FL	13	254	275	12	200 BK	13	276
255	10&U	100 FR	11&U	256	277	10&U	100 BR	11&U	278
257	11	100 FR	12	258	279	11	100 BR	12	280
259	12	100 FR	13	260	281	12	100 BR	13	282
261	10&U	200 IM	11&U	262	283	10&U	400 FR	11&U	284
263	11	200 IM	12	264	285	11	400 FR	12	286
265	12	200 IM	13	266	287	12	400 FR	13	288
267	10&U	4 X 100 M.R.	11&U	268	289	10&U	4 X 100 F.R.	11&U	290
269	11-12	4 X 100 M.R.	12-13	270	291	11-12	4 X 100 F.R.	12-13	292

## Jr. Provincial Short Course Standards 2009-2012

EVENTS	Female					
	10 & U	11	12	13	14	15-17 & Senior
50 FR	00:33.52	00:31.78	00:30.07	00:29.36	00:28.74	00:28.19
100 FR	01:14.95	01:09.27	01:06.03	01:04.04	01:01.95	01:00.66
200 FR	02:44.17	02:32.13	02:22.50	02:17.36	02:14.27	02:10.49
400 FR	05:45.77	05:20.59	05:00.92	04:47.62	04:41.62	04:35.96
800 FR	None	11:03.62	10:28.29	09:55.37	09:42.95	09:33.07
1500 FR	None	None	None	19:10.48	18:46.48	18:33.12
100 BK	01:26.12	01:19.03	01:14.33	01:11.38	01:10.25	01:07.97
200 BK	03:05.92	02:49.71	02:39.02	02:33.04	02:30.38	02:25.19
100 BR	01:36.02	01:30.75	01:24.29	01:22.43	01:19.03	01:17.43
200 BR	None	03:13.45	03:00.58	02:55.40	02:50.69	02:46.31
100 FL	01:34.20	01:21.68	01:16.74	01:11.72	01:10.93	01:07.74
200 FL	None	03:08.79	02:54.66	02:40.16	02:38.69	02:31.68
200 IM	03:03.57	02:51.67	02:41.31	02:36.38	02:31.57	02:28.46
400 IM	None	06:12.09	05:44.58	05:30.82	05:23.35	05:14.35

**PREREQUISITES (formula = Prov. STD + 9%)**

400 FR	06:16.89					
IM	03:20.09					
800 FR		12:03.35	11:24.84	10:48.95	10:35.42	None
IM		03:07.12	06:15.59	06:00.59	05:52.45	None

EVENTS	Male					
	11&U	12	13	14	15	16/17 & Senior
50 FR	00:32.02	00:29.62	00:28.23	00:26.75	00:26.37	00:25.55
100 FR	1:10.67	01:05.10	01:02.01	00:58.76	00:57.71	00:55.79
200 FR	2:32.69	02:21.93	02:14.00	02:08.60	02:05.34	02:01.44
400 FR	5:24.77	05:00.39	04:45.14	04:33.77	04:29.47	04:20.82
800 FR	None	10:21.81	09:50.24	09:26.70	09:17.80	09:04.95
1500 FR	None	None	None	18:15.08	17:57.88	17:33.04
100 BK	1:20.80	01:14.75	01:10.77	01:06.79	01:06.10	01:03.21
200 BK	2:51.21	02:39.19	02:31.34	02:23.13	02:22.24	02:16.59
100 BR	1:34.35	01:24.20	01:20.44	01:16.24	01:15.51	01:12.39
200 BR	None	03:00.66	02:51.85	02:45.83	02:44.05	02:39.14
100 FL	1:25.29	01:15.96	01:10.36	01:06.00	01:05.14	01:01.86
200 FL	None	02:55.18	02:38.51	02:32.20	02:26.80	02:20.71
200 IM	2:55.19	02:40.63	02:32.16	02:26.05	02:23.41	02:17.20
400 IM	None	05:48.24	05:20.78	05:12.61	05:04.21	04:47.85

**PRE-REQUISITES (formula = Prov. STD + 9%)**

400 FR	05:54.00					
IM	03:10.96					
800 FR		11:17.77	10:43.36	10:17.70	10:08.00	None
IM		02:55.09	05:49.65	05:40.74	05:31.59	None



**SWIM**  
ONTARIO

## Jr. Provincial Standards 2009-2012

### Long Course

#### Female

EVENTS	10 & U	11	12	13	14	15-17 & Senior
50 FR	00:34.36	00:32.57	00:30.82	00:30.09	00:29.46	00:28.89
100 FR	01:16.82	01:11.00	01:07.68	01:05.64	01:03.50	01:02.17
200 FR	02:48.27	02:35.93	02:26.06	02:20.79	02:17.63	02:13.75
400 FR	05:54.41	05:28.60	05:08.44	04:54.81	04:48.66	04:42.86
800 FR	None	11:20.21	10:44.00	10:10.25	09:57.52	09:47.40
1500 FR	None	None	None	19:39.24	19:14.64	19:00.95
100 BK	01:28.27	01:21.01	01:16.19	01:13.16	01:12.01	01:09.67
200 BK	03:10.57	02:53.95	02:43.00	02:36.87	02:34.14	02:28.82
100 BR	01:38.42	01:33.02	01:26.40	01:24.49	01:21.01	01:19.36
200 BR	None	03:18.29	03:05.09	02:59.78	02:54.96	02:50.47
100 FL	01:36.56	01:23.72	01:18.66	01:13.51	01:12.70	01:09.43
200 FL	None	03:13.51	02:59.03	02:44.16	02:42.66	02:35.47
200 IM	03:08.16	02:55.96	02:45.34	02:40.29	02:35.36	02:32.17
400 IM	None	06:21.39	05:53.19	05:39.09	05:31.43	05:22.21

**PREREQUISITES (formula = Prov. STD + 9%)**

400 FR	06:26.45					
IM	03:25.09					
800 FR		12:21.43	11:41.96	11:05.17	10:51.30	None
IM		03:11.80	06:24.98	06:09.61	06:01.26	None

#### Male

EVENTS	11&U	12	13	14	15	16/17 & Senior
50 FR	00:32.82	00:30.36	00:28.94	00:27.42	00:27.03	00:26.19
100 FR	01:12.44	01:06.73	01:03.56	01:00.23	00:59.16	00:57.18
200 FR	02:36.51	02:25.48	02:17.35	02:11.82	02:08.47	02:04.48
400 FR	05:32.89	05:07.90	04:52.27	04:40.61	04:36.21	04:27.34
800 FR	None	10:37.36	10:05.00	09:40.87	09:31.75	09:18.57
1500 FR	None	None	None	18:42.46	18:24.83	17:59.37
100 BK	01:22.82	01:16.62	01:12.54	01:08.46	01:07.75	01:04.79
200 BK	02:55.49	02:43.17	02:35.12	02:26.71	02:25.80	02:20.01
100 BR	01:36.71	01:26.30	01:22.45	01:18.15	01:17.40	01:14.20
200 BR	None	03:05.18	02:56.15	02:49.98	02:48.15	02:43.12
100 FL	01:27.42	01:17.86	01:12.12	01:07.65	01:06.77	01:03.41
200 FL	None	02:59.56	02:42.47	02:36.00	02:30.47	02:24.22
200 IM	02:59.57	02:44.65	02:35.96	02:29.70	02:27.00	02:20.63
400 IM	None	05:56.95	05:28.80	05:20.43	05:11.82	04:55.05

**PRE-REQUISITES (formula = Prov. STD + 9%)**

400 FR	06:02.85					
IM	03:15.73					
800 FR		11:34.72	10:59.45	10:33.15	10:23.21	None
IM		02:59.47	05:58.39	05:49.27	05:39.88	None



## Swim Ontario - Club Information Sheet

Coaches: Please fill out this form and return with entries.

Club \_\_\_\_\_

Club Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Club Phone Number (\_\_\_\_) \_\_\_\_\_ FAX (\_\_\_\_) \_\_\_\_\_

Club e-mail Address \_\_\_\_\_

Club Contact Person \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

Head Coach \_\_\_\_\_ CSCTA# \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

Coaches Attending the Meet \_\_\_\_\_ CSCTA# \_\_\_\_\_

\_\_\_\_\_ CSCTA# \_\_\_\_\_

\_\_\_\_\_ CSCTA# \_\_\_\_\_

\_\_\_\_\_ CSCTA# \_\_\_\_\_

Cell Phone \_\_\_\_\_

Chaperone(s) \_\_\_\_\_

\_\_\_\_\_

Hotel \_\_\_\_\_

Phone Number \_\_\_\_\_



## Request to Officiate

Please list people who will be at the meet and would like the opportunity to officiate.

**Etobicoke Swimming would appreciate all the assistance we can get running a meet in July !!!**

Please submit with meet entries, or email Steve Goodwin [sdg9@rogers.com](mailto:sdg9@rogers.com)

Club Name \_\_\_\_\_

Officials' Chairman \_\_\_\_\_ e-mail \_\_\_\_\_

Daytime Phone Number (\_\_\_\_) \_\_\_\_\_ Home (\_\_\_\_) \_\_\_\_\_

Name	Level of Certification	Sessions Available	Desired Position

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES  
FOR MEET MANAGERS, OFFICIALS AND COACHES**

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event.
3. No running on the deck, under the bleachers or on the bleachers.
4. No climbing across the railing between the gallery and the bleachers.
5. No climbing over the yellow gates between the pool deck and the bleachers.
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 Etobicoke Olympium.**