

MARCH 5 - 8, 2020



Presented by



**TEAM AQUATIC  
SUPPLIES LTD**



ONTARIO SWIMMING CHAMPIONSHIPS

WINTER MEET PACKAGE

HOSTED BY ETOBICOKE SWIM CLUB

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

## GENERAL INFORMATION

- Sanctioned by Swim Ontario and World Para Swimming (WPS)
- Hosted by Etobicoke Swim Club
- Meet Format:** Long Course Championships – Heats and Finals for all age groups
- Location:** Etobicoke Olympium - 590 Rathburn Rd, Etobicoke, ON M9C 3T3
- Facility:** 8 lane 50m competition pool - Swiss Timing electronic timing system.
- Dates:** March 5 - 8, 2020
- Meet package:** The only meet package that is considered valid is the most current one located at [www.swimming.ca](http://www.swimming.ca)

## SAFETY & LIABILITY

Swimming Canada and 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. For additional resources click [HERE](#).

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck. NO OTHER PERSON IS PERMITTED ON DECK unless expressly authorized by the Meet Manager or Swim Ontario.
- Insurance and risk management do not extend to non-supervised minors or individuals that are age of majority that are not part of the competition either as a participant, coach, support staff or event volunteer/official.

## ROWAN'S LAW – CONCUSSION MANAGEMENT

The *Rowan's Law* requirements came into effect on July 1, 2019. Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities. 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.

Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body. If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols. For full details and resources on Rowan's Law and Concussion management protocols click [HERE](#).

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

## OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid 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 should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

## EVENT PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#)

## PROCEDURE

- Only individuals that have made 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. Please contact Swim Ontario for application and authorization ([nicole@swimontario.com](mailto:nicole@swimontario.com))
- 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 relations 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 within any championship venue 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 [Rec Tec TV](#)



## ORGANIZING COMMITTEE

- Meet Manager:** Clarissa Moldawa [eswim.meetmanager@gmail.com](mailto:eswim.meetmanager@gmail.com) & Berna Gulmisa
- Competition Coordinator:** Bud Seawright
- Technical Advisor:** Jeff Holmes [jeff\\_holmes@bell.net](mailto:jeff_holmes@bell.net)
- Officials Coordinator:** Romeo Marra [romeo@marra.ca](mailto:romeo@marra.ca)

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

ENTRIES: SWIM ONTARIO

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All entries inquiries or request for changes to entries are to be directed to [meetentries@swimontario.com](mailto:meetentries@swimontario.com) for approval.

## ENTRY INFORMATION

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### ELIGIBILITY

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All athletes must be registered as Competitive swimmers with Swimming Canada (SC), or any other amateur swimming organization recognized by FINA. A valid SC registration number is required for all Canadian swimmers, and entries without a SC registration number will be declined entry.

- A competitor's age is their age as of the first day of the competition – March 5, 2020

### ENTRY FEES

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- Individual Event:** \$15 + HST (\$16.95)
- Relay Event:** \$20 + HST (\$22.60)
- Splash Fee:** \$5 +HST (\$5.65) per swimmer (includes "Relay-Only" swimmers)
- Payment:** Please make cheque payable to **Swim Ontario**

### ENTRY PROCESS

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- Entry Deadline:** February 24, 2020
- Qualifying Period:** August 24, 2018 to February 24, 2020
- Qualifying Standards:** [2019 - 2020 Ontario Swimming Championships Standards](#) – PDF view
- All swimmers must achieve at least 1 (one) [2019 - 2020 Ontario Swimming Championships Standards](#)
- All entries received shall be UNCONVERTED. No converted times will be accepted. Yards times will not be accepted.
- No Time (NT) will not be accepted.
- Maximum of 8 individual events per swimmer

### EVENT NUMBERING

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- All able-bodied individual events: 1 – 99
- Relay events; 101 – 199
- All Para events: 201 - 299

### BONUS SWIMS

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- Structure
  - 1 QT = 2 Bonus swims
  - 2 QTs= 1 Bonus swim
  - 3 or more QTs = 0 Bonus
- 400 IM and 400/800/1500 Free events are NOT ELIGIBLE AS BONUS SWIMS
- Bonus swims must be entered with actual times for seeding purposes

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

- Please indicate bonus events by the BONUS check in Hytek Team Manager and other meet management software if available.

## RELAYS

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- Clubs may enter a maximum of two (2) relay teams per event.**
- Clubs are permitted 1 (one) relay-only swimmer per age group, per relay event. Clubs are not permitted to enter Relay-Only swimmers if they have 4 or more swimmers in that specific age grouping that are properly entered in an individual event. Three (3) members of the relay team must be properly entered in an individual event. The fourth swimmer's name must appear on the entry grid as "Relay-Only".
- When a club enters more than one relay team, every member of every team must be properly entered in the meet in at least one individual event.
- Teams may move up no more than two swimmers from a younger category to fill a relay
- 4x200 Free Relay:** The relay is open to all swimmers regardless of age on first day of competition. Coaches will need to provide validated LCM times by the entry deadline for entry into these events and only the fastest 10 teams will be entered. The validated time cannot be a conversion from SCM.

## PARA ENTRIES

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- Entry Deadline:** February 24, 2020
- Qualifying Period:** August 24, 2018 to February 24, 2020
- Para-swimmers must have a current Level 2 classification with Swimming Canada
- Swimmers may enter any PARA event on the Ontario chart for which they have achieved SC or LC provincial standards in their disability class up to a maximum of 8 events.
- 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.
- Para Swimmers may only swim in the eligible events for their classification. These are:

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

- \*\* S1 & S2 swimmers are not allowed to enter both the 50 Back and 100 Back
- PARA swimmers may compete in able-bodied relay events provided they meet the appropriate age criteria.
- Swimmers are eligible for one (1) bonus swims (Able Bodied event are not eligible for bonus swims)
- PARA 400 Free event is NOT ELIGIBLE AS BONUS SWIMS

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

## OUT-OF-PROVINCE ENTRIES

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For 2019-2020 season, **out-of-province athletes may advance to the finals**. All out-of-province teams must be FINA affiliated. Only meter times will be accepted in SC or LC form with no exceptions. Foreign athletes are welcome subject to the provisions below.

## FOREIGN COMPETITORS

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All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body.

All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

## SUBMISSION

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- All entries must be submitted via the Meet List online entries system. <https://www.swimming.ca>
- Attending coaches must be listed when uploading the entries file to [www.swimming.ca](http://www.swimming.ca)
- Once an entry file is uploaded, the entry system will automatically email a confirmation of entries. Once received, **clubs have 48 hours after entry deadline to review this file and make corrections/modifications to entries.**
- Following the 48 hours period, clubs requesting changes and corrections to entries may be made up until the final Psych Sheets are posted **at a cost of \$100 per change or correction.**
- The per change cost is per swimmer, per event, per change; not per email sent.
- Corrections or changes requested from the Swim Ontario Entries Coordinator are NOT subject to penalties.
- Late Entries** for swimmers not entered by the 48 hours grace period will be accepted up until the final Psych Sheets are posted at a cost of double the meet entry fee.
- Late entries or changes are subject to the qualifying times and the qualifying period. Times achieved AFTER the entry deadline are not eligible for qualifying or upgrade of entry time.**
- A successful entry file upload is only the validation of membership entry information against the national membership and entry validation does not guarantee a club's entries will be accepted by Swim Ontario.
- The 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.
  - a) [Club Information Online Form](https://form.jotform.com/SwimOntario/club-information-sheet) or copy and paste into browser <https://form.jotform.com/SwimOntario/club-information-sheet>
- Entries submitted without the online form submission will not be accepted.
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the competition.
- Accepted or rejected entries will be identified with a second notification from Swim Ontario.
- Swim Ontario reserved the right to reject an entry file for lack of compliance in entry times, failure to submit the file before the entry deadline, failure to complete the Club Information Online Form, or any other lack of compliance with Swim Ontario meet policy and procedure.
- Psych Sheets will be posted online at [www.swimontario.com](http://www.swimontario.com) by **February 29, 2020**

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

- All entries inquiries or request for changes to entries are to be directed to [meetentries@swimontario.com](mailto:meetentries@swimontario.com)
- Deck entries and time trial events will not be permitted

## COMPETITION RULES

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*Swimming Canada and Swim Ontario rules will be in effect  
Swim Ontario reserves the right to implement rule CGR 1.1.1.3*

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## 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 participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

## DIVE STARTS

As per the Facility Rules for Dive Starts, dive starts will be conducted from Starting Platforms (blocks) from both ends as per FINA FR 2.3 and SW 4.1.

## AGE GROUPS

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

## SEEDING

- After all times have been proven, entry times will be converted to LCM using Hy-Tek default conversion factor and seeded by time regardless of bonus swim designation.

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

## PRELIMINARIES

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- Preliminary heats will be swum senior seeded with fastest 3 heats circle seeded.
- a) If necessary, Swim Ontario reserves the right to implement some or all of the following options:
  - i) **Option 1** – If swimmer subscription is less than 700 or number of swims is less than 2,100, the session formats will be as follows:
    - (1) Single ended
    - (2) Heats & Finals for 400s
    - (3) Additional distance sessions
  - ii) **Option 2** – If swimmer subscription is more than 700 or number of swims is greater than 2,100 the session formats will be as follows:
    - (1) Single ended
    - (2) Timed Finals for 400s with **fastest heat of each age group** swimming in finals
    - (3) Additional distance sessions

## FINALS

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

## 800 AND 1500 FREE

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- All distance events will be swum as timed finals seeded fastest to slowest by gender.
- The fastest heat by gender will compete during the finals session.
- Positive check-in is required *30 mins before start of prelims session* on the day of the respective distance event
- Meet management reserves the right to alternate genders and/or swim 2 per lane.
- Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.**

## RELAYS

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- All relays will be swum as timed finals with the fastest 8 seeded teams competing as the last event at night.
- Teams may move up no more than two (2) swimmers from a younger age category to fill a relay.
- Coaches must have relay cards with names filled in and returned to the Clerk of the Course 30 minutes prior to the start of the session. No relay name changes will be accepted after this deadline unless approved by meet management.
- The 4x200 Free Relay will be swum with the fastest 8 teams only (max 2 teams per club), by proven time, for men and women during finals on Day 1 and Day 3. The event will be swum following the 4x50 relays.
- Requests for relays to be moved to the preliminary session will NOT be granted.**



# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

## PARA EVENTS

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- Meet management reserves the right to combine PARA events with able-bodied events should it be deemed necessary.
- The following will be combined **as one event for finals – top 8 swimmers from both events in the “combined event”**.
  - a) Combined as one event for timed finals 200 Free S1-S5 & S14 and 400 Free S6-S13,
  - b) Combined as one event for finals: 50 back S1-5 /100 back S1-S2 & S6-14,
  - c) Combined as one event for finals: 50 breast SB1-3 / 100 breast SB4-14,
  - d) Combined as one event for finals: 50 Fly S1-7 / 100 Fly S1-14,
  - e) Combined as one event for finals: 150 IM S1-4 / 200 IM S5-14.
- Preliminaries and finals for all events regardless of number of swimmers with the exception of the 200 S1-S5 & S14 Free and 400 S6-S13 Free .
- The PARA 200 Free and PARA 400 Free will be swum as timed final with the top 8 rankings by points swimming in finals in the combined event
- The top 8 swimmers from the preliminaries of each event OR combined PARA event will advance to finals based on rankings determined by using the Canadian Paralympic Points system.
- PARA finals will be seeded by time with combined classification.

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*Meet 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.*

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## OFFICIAL SPLITS

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Meet Management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event must advise the Referee prior to the commencement of the event in question on the “Official Split Request” form prior to the race. The Official Split Request forms are available at the Clerk of Course.

## SWIM OFFS

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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.

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

## SCRATCH RULES

### TIMED FINAL EVENTS

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- ❑ Relays, PARA 200 & 400 Free, and 800 & 1500 Free
- ❑ The deadline for **scratches for relays events** is 30 minutes before the start of the **preliminary session** on the day the event is scheduled to allow meet management the opportunity to ensure a full complement of teams for the finals session.
- ❑ The deadline for **scratches & positive checkin for the 800 and 1500 Free** is 30 minutes before the start of the **preliminary session** on the day the event is scheduled to allow meet management the opportunity to ensure a full complement of swimmers for the finals session.

### FINALS

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

### PENALTY

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

- ❑ Penalties apply to original qualified finalist and two alternates before scratches (top 10 swimmers)
- ❑ **Accepted payment is cash or cheque** at the Clerk of Course or email authorization to charge the club credit card on file with Swim Ontario ([nicole@swimintario.com](mailto:nicole@swimintario.com)).
- ❑ **Individual Events:** Failure to pay (or arrange for payment) before the swimmer's next individual event will exclude the swimmer from any further participation in individual events at the meet.
- ❑ **Relay Events:** Failure to pay (or arrange for payment) before the next session will exclude the team from any further participation in relay events at the meet.
- ❑ All fines will be recorded by the Clerk of Course and the club will be invoiced by Swim Ontario for any unpaid fines after the competition.
- ❑ **All penalties must be paid to Swim Ontario before a Club entry file is accepted for the next Swim Ontario Provincial Championship meet**

## REGISTRATION INFORMATION

### SWIMMING CANADA COACH REGISTRATION POLICY

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The Swimming Canada coach registration policy states that all coaches attending any sanctioned competition must have a minimum NCCP coaching status. Swim Ontario has created a coach compliant list. All teams must submit a list of coaches attending at the time of entry. Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

## TEAM REGISTRATION

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- Wednesday March 4 during pre-training TBD**
- Thursday March 5 and Friday March 6 - TBD**
- One coach designate from each team must complete the following:
  - a) Confirm list of coaches attending (see Coach Registration Policy and Safety & Liability)
  - b) Payment of entry fees
  - c) Collect accreditations for swimmers
  - d) Coaches and support staff must present themselves at team registration to receive their accreditation

## PRE-TRAINING

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- Wednesday March 4 – 3:30 to 7:30 PM**
- Warm-up/Cool-down:** Patio Pool warmup / cool down available daily during competition days. Open from start of warmup until end of session

## COACHES' MEETING

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**Thursday, March 5, 2020 7:30 am – TBD**

## RECORDS

- Swim Ontario has a completed certified pool length survey and swim times achieved at this competition will be eligible for provincial or national records.
- Current Swimming Canada and Swim Ontario records will be posted near results posting area or printed in meet program.
- 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.

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

## SCORING AND AWARDS

### EVENT SCORING

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- Only the top eight (8) individual events and relays score
  - a) Individual Events: 30-25-20-15-14-13-12-11
  - b) Relay Events: 60-50-40-30-28-26-24-22
- Both able-bodied and PARA contribute to team scoring.
- 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.
- Only times that meet the qualifying standard count towards team scoring.
- Reverse scoring will be in effect for any able-bodied or PARA event in which there are less than 10 swimmers or teams:
  - a) 8 swimmers/teams per final: 30-25-20-15-14-13-12-11/ 60-50-40-30-28-26-24-22
  - b) 7 swimmers/teams per final: 25-20-15-14-13-12-11/ 50-40-30-28-26-24-22
  - c) 6 swimmers/teams per final: 20-15-14-13-12-11/ 40-30-28-26-24-22
  - d) 5 swimmers/teams per final: 15-14-13-12-11/ 30-28-26-24-22
  - e) 4 swimmers/teams per final: 14-13-12-11/ 28-26-24-22
  - f) 3 swimmers/teams per final: 13-12-11/ 26-24-22
  - g) 2 swimmers/teams per final: 12-11/ 24-22
  - h) 1 swimmers/teams per final: 11/ 22

### EVENT AWARDS

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- Medals:** first through third (regardless of qualifying times)
- Ribbons:** Fourth through eight for individual events that meet the qualifying time

### INDIVIDUAL AWARDS

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- Individual High Point Awards will be awarded in the following age categories:
  - a) 13&U female and 14&U male
  - b) 14 female and 15 male
  - c) 15 female and 16 male
  - d) 16&O female and 17&O male
- Individual high point awards at the Ontario Swimming Championships will be based on High Point Aggregate by age group and gender (5-2-1)\*
  - a) 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.

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

## PARA HIGH POINT AWARD

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

## TEAM AWARDS

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- **High Point Team-Overall:** The club with the highest points, including all Able-Bodied and PARA swimmer points will be awarded a high point team banner
- **Small Team Award:** The small team banner will be awarded to the highest scoring team having 50 or fewer Ontario registered competition swimmers based on Swim Ontario club registration statistics as of one day prior to the start of the competition. Able-bodied swimming scoring only for the Small Team Award.
- **Best Performing Team Award (*Quality Club Scoring in Hy-Tek MM*):**
  - a) minimum 4 swimmers attending the meet
  - b) swimmers must meet QT for this award
  - c) Abled bodied swimmers only
  - d) The highest scoring team based on the following formula:
    - i) Only top 3 swims can contribute to points [1st – 5 points; 2nd – 2 points; and 3rd – 1 point]
    - ii) Addition of points divided by the total number of swimmers entered into the meet per team.
- **Tie Breaking Process for Team Awards at Provincial Competitions:**
  - a) In the event of a tie, for Team Awards, at a Provincial Championship; Provincial Meet Hosts will undertake the following tie breaking process:
    - i) 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.
    - ii) 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.
    - iii) 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.
    - iv) 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.

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

## PROGRAM EVENT LIST

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

*Meet Management reserves the right to change event order or swim 2 per lane in distance events ensure reasonable session timelines*

DAY 1 – THURSDAY, MARCH 5, 2020					
Preliminary Session Warmup: 7:00 am Start: 8:30 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
201	PARA (S6-13) 400 Free (SH)	202		OPEN 800 Free Relay (FH)	106
203	PARA (S1-5 & S14) 200 Free (SH)	204	201 /203	PARA (S1-5 & S14) 200 Free & PARA (S6-13) 400 Free (FH) Combined 1 heat	202 /204
3	100 Back	4	1	800 Free (FH)	2
5	50 Free	6	3	100 Back	4
7	200 Breast	8	5	50 Free	6
101	15&U 200 Medley Relay (SH)	102	7	200 Breast	8
103	16&O 200 Medley Relay (SH)	104	101	15&U 200 Medley Relay (FH)	102
1	800 Free (SH)	2	103	16&O 200 Medley Relay (FH)	104
DAY 2 – FRIDAY, MARCH 6, 2020					
Preliminary Session Warmup: 7:00 am Start: 8:30 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
205	PARA (S1-14) 50 Free	206	9	1500 Free (FH)	
11	200 Free	12	205	PARA (S1-14) 50 Free	206
13	400 IM	14	11	200 Free	12
207	PARA (S1-7) 50 Fly	208	13	400 IM	14
209	PARA (S8-14) 100 Fly	210	207/209	PARA (S1-7) 50 Fly & PARA (S8-14) 100 Fly **Combined 1 heat only	208/210
15	100 Fly	16	15	100 Fly	16
107	15&U 400 Free Relay (SH)	108	107	15&U 400 Free Relay (FH)	108
109	16&O 400 Free Relay (SH)	110	109	16&O 400 Free Relay (FH)	110
9	1500 Free (SH)				

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

- SH – Slower heats, FH – Fastest heat - Distance events FH – seeded by time regardless of age
- \*\*Top 8 ranked by para scores of event 201&203 will swim in finals as one combined heat final
- \*\*Top 8 ranked by para scores of event 202&204 will swim in finals as one combined heat final
- \*\*Top 8 ranked by para scores of event 205&207 will swim in finals as one combined heat final
- \*\*Top 8 ranked by para scores of event 206&208 will swim in finals as one combined heat final

# 2020 ONTARIO SWIMMING CHAMPIONSHIPS

DAY 3 – SATURDAY, MARCH 7, 2020					
Preliminary Session Warmup: 7:00 am - Start: 8:30 am			Final Session Warmup: 5:00 pm – 5:50 pm - Start: 6:00 pm		
W		M	W		M
211	PARA (S1-14) 100 Free	212	115	OPEN 800 Free Relay (FH)	
19	100 Free	20		1500 Free (FH)	18
21	200 Fly	22	211	PARA (S1-14)100 Free	212
213	PARA (SB1-3) 50 Breast	214	19	100 Free	20
215	PARA (SB4-14) 100 Breast	216	21	200 Fly	22
23	100 Breast	24	213/ 215	PARA (SB1-3) 50 Breast & (SB4-14) 100 Breast **Combined 1 heat only	214/ 216
111	15&U 200 Free Relay (SH)	112	23	100 Breast	24
113	16&O 200 Free Relay (SH)	114	111	15&U 200 Free Relay (FH)	112
	1500 Free (SH)	18	113	16&O 200 Free Relay (FH)	114
DAY 4 – SUNDAY, MARCH 8, 2020					
Preliminary Session Warmup: 7:00 am Start: 8:30 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
217	PARA (SM1-4) 150 IM	218	217/ 219	PARA (SM1-4) 150 IM & (SM5-14) 200 IM **Combined 1 heat only	218/ 220
219	PARA (SM5-14) 200 IM	220	25	200 IM	26
25	200 IM	26	221/ 223	PARA (S1-5) 50 Back & (S1-2, S6-14) 100 Back **Combined 1 heat only	222/ 224
221	PARA (S1-5) 50 Back	222	27	200 Back	28
223	PARA (S6-14) 100 Back	224	29	400 Free	30
27	200 Back	28	117	15&U 400 Medley Relay (FH)	118
29	400 Free	30	119	16&O 400 Medley Relay (FH)	120
117	15&U 400 Medley Relay (SH)	118			
119	16&O 400 Medley Relay (SH)	120			

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

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

\*\*Top 8 ranked by para scores of event 211&213 will swim in finals as one combined heat final

\*\*Top 8 ranked by para scores of event 212&214 will swim in finals as one combined heat final

\*\*Top 8 ranked by para scores of event 215&217 will swim in finals as one combined heat final

\*\*Top 8 ranked by para scores of event 216&218 will swim in finals as one combined heat final

\*\*Top 8 ranked by para scores of event 219&221 will swim in finals as one combined heat final

\*\*Top 8 ranked by para scores of event 220&222 will swim in finals as one combined heat final