MARCH 2-5, 2023

WINTER 2023

OSC

ONTARIO SWIMMING CHAMPIONSHIPS

Presented by

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arena

WINTER ONTARIO SWIMMING CHAMPIONSHIPS

TORONTO PAN AM SPORT CENTRE

HOSTED BY WHITBY SWIMMING

GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Whitby Swimming
- **Meet Format**: Long Course – Prelims & Finals
- **Location: Toronto Pan Am Sports Centre – 875 Morningside Ave, Toronto, ON M1C 0C7**
- **Facility**: 10 lane 50m competition pool - Swiss Timing electronic timing system.
- **Dates**: March 2-5, 2023
- **Meet package**: The only meet package that is considered valid is the most current one located at www.swimming.ca

PARTICIPANT SAFETY

Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click HERE.

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.

SWIM ONTARIO CONCUSSION MANAGEMENT PROCEDURE (ROWAN'S LAW)

- The Swim Ontario Concussion Management Procedure is in effect at all Swim Ontario sanctioned events. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Clubs and coaches must ensure athletes are aware of this procedure.
- Meet Management will have copies of the Concussion Management procedure at the competition.
- Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the Swim Ontario Injury reporting form

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.

OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust must be in an environment or space that is both 'open' and 'observable' to others.

updated Jan 10, 2023

EVENT PHOTOGRAPHY/VIDEOGRAPHY

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

PROCEDURE

- Only individuals that have made an application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so.
- Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relation to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.
- By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.
- Live Streaming services provided by RecTec TV.

ORGANIZING COMMITTEE

- **Meet Managers:** Alison Davidson meetmanager@whitbyswimming.ca
- **Competition Coordinators:** Paul Duff Level 4 meets@whitbyswimming.ca
- **Para Technical Advisor:** Jeff Holmes
- **Officials Coordinators:** Debbie Hallowell officials@whitbyswimming.ca
- **Link for officials signup:**
  - Officials Sign up: https://forms.gle/jsLJCLdJqLLiKt2W7
- **Entries Coordinator:** Nicole Parent – meetentries@swimontario.com

MEET INQUIRIES:

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

Meet Information Page: https://www.swimontario.com/athletes/competitions/2023-winter-ontario-swimming-championships

updated Jan 10, 2023

ENTRY INFORMATION

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada. A valid Swimming Canada registration number is required for all swimmers, and entries without a registration number will be declined.

- This event is restricted to Ontario based athletes (registered with Swimming Canada) with the exception of para swimmers who may be from across Canada
    - Finals will be open to all eligible swimmers
- Out-of-country foreign teams are not permitted to attend.
- A competitor's age is their age as of March 2, 2023

PARA SWIMMERS

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

ENTRY FEES & PAYMENT

- **Swimmer Fee:** $115 + HST ($129.95)
- **Relay-Only Swimmer Fee**: $115 + HST ($129.95)
- **Relay Events:** $25 + HST ($28.25)
- Entry Fees must be paid prior to arrival or at team registration
- Payment methods:
    - **Etransfer**: etransfers@swimontario.com – indicate 2023 Winter OSC and Club Code
    - **Credit Card (only prior to arrival)**: contact - Clubs wishing to pay by credit card should contact nicole@swimontario.com for payment instructions.
    - **Cheque**: **Payable to Swim Ontario**
    - NO CASH PAYMENT ACCEPTED

ENTRY PROCESS & DEADLINE

- **Entry Deadline: Tuesday, February 21, 2023**
- **Qualifying Period:** September 1, 2021 – February 19, 2023
- Qualifying Standards: 2023 Ontario Swimming Championships Standards – PDF view
- All swimmers must achieve at least 1 (one) 2023 Ontario Swimming Championships Standard
- All entries received shall be UNCONVERTED and must validate in the RTR. No converted times will be accepted. Yards times will not be accepted.
- No Time (NT) will not be accepted.
- Maximum of 8 individual events per swimmer provided they meet the qualifying times (QT).

BONUS SWIMS

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

RELAY ENTRIES

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

EVENT NUMBERING

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

PARA ENTRIES

- **Entry Deadline**: February 21, 2023
- **Qualifying Period**: September 1, 2021 – February 19, 2023
- 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 Olympic Program event in their age category may choose to swim in that event, but cannot swim in the corresponding PARA event.
- Para Swimmers may only swim in the eligible events for their classification.

- These are:

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

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

SUBMISSION

- All entries must be submitted via the Meet List online entries system. https://www.swimming.ca
- **Attending coaches must be listed when uploading the entries file** to www.swimming.ca
- A successful entry file upload is only the confirmation of membership entry information against the national membership and entry confirmation does not guarantee a club's entries will be accepted by Swim Ontario.
- Once an entry file is uploaded, the RTR entry system will automatically email a confirmation of entries with an attached a validation report.

VALIDATION REPORT

- The validation report will list all entries for all swimmers and whether their entry time validates (see last column in the validation report).
- All entry times for individual events (including bonus events) must be validated in the RTR to be accepted.
- All relay entry times in which a validated time is required must be validated in the RTR to be accepted.
- It is the club's responsibility to provide proof of time **within the qualifying period** for any non-validated times.
  - Unofficial split times will not be accepted as proof of time
  - Meet Mobile screenshots will not be accepted as proof of time
  - Best times reports will not be accepted as proof of time
  - Any official results document or website must be in English or French or translation provided by the club.
- Any non-validated entries without proof of time for qualifying events by the posting of final Psych Sheets will be removed or be designated as a bonus event with a validated time if permissible under the bonus swim rules and seeded last.
  - Any non-validated entries without proof of time for qualifying events may result in the swimmer not being eligible to attend the competition.

- Any non-validated entries without proof of time for bonus events:
    - Will be removed for bonus events unless a validated time meets the B Standard.
- Any non-validated relay entries for the 4x200 Free without proof of time will be seeded last with NT.

CHANGES

- Clubs will have **24 hours after the entry deadline** to review the validation report and make corrections/modifications to entries. After that time, fees will be calculated; no refunds will be granted for late scratches or missed swims.
- Following the **24 hours period**, clubs requesting changes and corrections to entries may be made up until the final Psych Sheets are posted **at a cost of $100 per change or correction**.
    - The per change cost is per swimmer, per event, per change; not per email sent.
    - Corrections or changes requested from the Swim Ontario Entries Coordinator are NOT subject to penalties.
- **Late Entries** for swimmers not entered by the 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.**
- The Club Entries Contact person is required to complete an online form (link below) with Club Information for Swim Ontario and Meet Management. An auto-response will be sent to the person completing the form.
    - Club Information Online Form or copy and paste into browser https://form.jotform.com/SwimOntario/2023-provincial-meets-team-reg-form
- Entries submitted without the online form submission will not be accepted.
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the competition.
- Psych Sheets will be posted online at www.swimontario.com no later than February 25, 2023
- All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com
- Deck entries and time trial events will not be permitted at the competition

REGISTRATION INFORMATION

SWIMMING CANADA COACH REGISTRATION POLICY

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

- Athletes must have a coach or designated coach (coach representative) in attendance during the event.

TEAM REGISTRATION

- **Team Registration will be done through an Online Team Registration Form** (https://form.jotform.com/SwimOntario/2023-provincial-meets-team-reg-form) **(complete before Tuesday, February 21) and in person.**
    - All attending coaches, support staff contact information will be collected.
        - Support Staff will be limited and not all request will be granted to ensure all health regulations are maintained.
        - Any club or High Performance Centre with Para Support Staff must submit an application through the **Online Team Registration Form (complete before Tuesday, February 21)**.
- Onsite Team Registration in room 2060. Once club representative must collect deck accreditations for their club. Accreditations will be required to access the lower deck. Team Registration times: TBC

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

- Pre-Training will be available on Wednesday, March 1. Times TBC.
- The Dive Tank will be available during the competition for cool-down. Times to be confirmed.
    - During warm-up periods: the Competition pool will be designated for those that are racing in the current session. Anyone not racing is asked to use the Dive Tank during warm-up periods.
- Warm-up periods may be split by gender.

COACH MEETING

- There will be no coaches meeting.
- Meet Management and Swim Ontario will provide technical meet format details via email and through the meet information page - https://www.swimontario.com/athletes/competitions/2023-winter-ontario-swimming-championships

COMPETITION RULES

Swimming Canada and Swim Ontario rules govern this competition. Competition Rules and procedures contained in this Meet Information package supersede those found within the Swimming Canada Rulebook.

WARM-UP SAFETY PROCEDURES

The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed HERE.

SWIMWEAR

All swimmers 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

Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1. For Para-swimming events starts will be conducted as per WPS Appendix two, rule 1.2.3.1 and WPS 11.1.

BACKSTROKE LEDGES

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

AGE GROUPS

- A competitor's age is their age as of the first day of the competition (March 2, 2023).
- **Individual events**:
  - **Women** 13&Under, 14, 15, 16&Over
  - **Men** 14&Under, 15, 16, 17&Over
- **Relay events**: W14&U / M15&U, W15&O / M16&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.
- Swim Ontario reserves the right to limit entries and/or change events to timed final.

PRELIMINARIES

- Olympic Program Preliminary heats will be swum senior seeded with fastest 3 heats circle seeded.
- If necessary, Swim Ontario reserves the right to implement some or all of the following options:
  - **Option 1** – If swimmer subscription is less than 700 or number of swims is less than 2,100, the session formats will be as follows:
    - Single ended
    - Heats & Finals for 400s
    - Additional distance and 400s sessions
  - **Option 2** – If swimmer subscription is more than 700 or number of swims is greater than 2,100 the session formats will be as follows:
    - Single ended
    - Timed Finals for 400s with **fastest heat of each age group** swimming in finals
    - Timed Finals for PARA 200/400 Free
    - Reduce the number of relays
    - Additional distance and 400s sessions

OLYMPIC PROGRAM FINALS

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

800 AND 1500 FREE

- All 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
- **Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.**

PARA EVENTS

- Meet management reserves the right to combine Paralympic program events should it be deemed necessary.
- The following will be combined as one event for finals – top 10 swimmers from both events in the "combined event".
    - Combined as one event for finals: 200 Free S1-5 & S14/400 free S6-13,
    - Combined as one event for finals: 50 back S1-5 /100 back S1-S2 & S6-14,
    - Combined as one event for finals: 50 breast SB1-3 / 100 breast SB4-14,
    - Combined as one event for finals: 50 Fly S1-7 / 100 Fly S1-14,
    - 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.
- The top 10 swimmers from the preliminaries of each event OR combined PARA event will advance to finals based on rankings determined by using the Points Charts as recommended by Swimming Canada.
- PARA finals will be seeded by time with combined classification.

RELAY EVENTS

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

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

OFFICIAL SPLITS & DECK ENTRIES

- Meet Management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event must advise the Referee 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.
- Deck entries and time trial events will not be permitted.

SWIM OFFS

- All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.
- **Coaches are to report to the Clerk of Course when a swim-off is announced.**

SCRATCH RULES

TIMED FINAL EVENTS

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

PRELIMINARIES

There will be no scratch deadline for preliminary events.

FINALS

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

PENALTY

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

- All fines for "No-Shows", "step-downs" and "unexcused incomplete swims" will be recorded by the Clerk of Course. Unexcused incomplete swims shall be the sole determination of the Referee.
- Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.
- A club representative must make payment for the fine.
- All unpaid fines will be invoiced by Swim Ontario.
- **Individual Events**: Failure to pay the fine before the swimmer's next individual event will exclude the swimmer from any further participation in individual events at the meet.
- **Relay Events**: Failure to pay before the next session will exclude the team from any further participation in relay events at the meet.
- Accepted payment is via the Online Penalty Form via Credit Card - https://form.jotform.com/SwimOntario/2023-provincial-meet-penalty-form
- **All penalties must be paid to Swim Ontario before a Club entry file is accepted for the next Swim Ontario Provincial Championship meet**

RECORDS

- Swim Ontario has a completed certified pool length survey and swim times achieved at this competition will be eligible for provincial or national records.
- Coaches are asked to inform meet management of possible record attempts and/or if records are broken to ensure meet management can process the record application.

SCORING AND AWARDS

EVENT SCORING

- Only the top ten (10) individual events and relays score
- Olympic & Paralympic Individual Events: 30-25-20-15-14-13-12-11-10-9
- Relay Events: 60-50-40-30-28-26-24-22-20-18
- Only times that meet the qualifying standard count towards team scoring.
    - In the W16&Over & M17&O category: swimmers must meet the W16 year old & M17 year old meet standards to score points and be eligible for awards
- The Canadian Paralympic Point system shall be used to determine awards and scoring for para events. In the event of a points tie with swimmers of the same class in a race, the swimmer who touched first will be given that position.
- Reverse scoring will be in effect for any event in which there are less than 10 swimmers or teams:
    - 10 swimmers/teams per final: 30-25-20-15-14-13-12-11-10-9/ 60-50-40-30-28-26-24-22-20-18
    - 9 swimmers/teams per final: 25-20-15-14-13-12-11-10-9/ 50-40-30-28-26-24-22-20-18
    - 8 swimmers/teams per final: 20-15-14-13-12-11-10-9/ 40-30-28-26-24-22-20-18
    - 7 swimmers/teams per final: 15-14-13-12-11-10-9/ 30-28-26-24-22-20-18
    - 6 swimmers/teams per final: 14-13-12-11-10-9/ 28-26-24-22-20-18
    - 5 swimmers/teams per final: 13-12-11-10-9/ 26-24-22-20-18
    - 4 swimmers/teams per final: 12-11-10-9/ 24-22-20-18
    - 3 swimmers/teams per final: 11-10-9/ 22-20-18
    - 2 swimmers/teams per final: 10-9/ 20-18
    - 1 swimmer/team per final: 9/ 18

EVENT AWARDS

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

INDIVIDUAL AWARDS

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

PARA HIGH POINT AWARD

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

TEAM AWARDS

- **High Point Team-Overall**: The club with the highest points will be awarded a high point team banner
- **Small Team Award**: The small team banner will be awarded to the highest scoring team having 50 or fewer Ontario registered competition swimmers based on Swim Ontario club registration statistics as of one day prior to the start of the competition.

Tie Breaking Process for Team Awards at Provincial Competitions:

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

FACILITY INFORMATION

- **Hospitality – Light hospitality will be available for Officials and Coaches.**
- **On-site take-out food available (Tim's, Pizza, Pool Sides).**
  - Tim Hortons: Monday-Friday, 8:00 am - 6:00 pm | Saturday-Sunday, 8:00 am - 5:00 pm
  - Booster Juice: Monday-Friday, 9:00 am - 6:00 pm | Saturday-Sunday, 9:00 am - 5:00 pm
  - Pizza Pizza: Monday-Sunday, 11:00 am - 3:00 pm

updated Jan 10, 2023

- Poolsides Grill: Monday-Friday, 11:00 am - 3:00 pm

- **Parking -** Parking is available at the facility in designated areas for a fee of $14.50 per day weekdays and $5.00 per day on Saturday and Sunday.
- **Lockers -** Lockers will be available for this event. In the changerooms and WEST hallway. Bring your own lock. No overnight locks permitted.
  - **Swimmers and Coaches must use lockers for outerwear INCLUDING outdoor shoes.**
  - Only indoor deck shoes may be worn on the deck.
  - All coats, boots, etc. must be in lockers.

OFFICIALS

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

- Officials Sign up: https://forms.gle/jsLJCLdJqLLiKt2W7

PERFOMANCE PARTNERS AND SUPPORTERS

updated Jan 10, 2023

PROGRAM EVENT LIST

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

DAY 1 – THURSDAY, MARCH 2, 2023

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
3	100 Back	4	1	800 Free (FH)	2
201	PARA (S6-13) 400 Free	202	3	100 Back	4
203	PARA (S1-5 & S14) 200 Free	204	201/ 203	PARA (S6-13) 400 Free (S1-5 & S14) 200 Free **Combined 1 heat only	202/ 204
5	50 Free	6	5	50 Free	6
7	200 Breast	8	7	200 Breast	8
101	W14&U/ M15&U 200 Medley Relay (SH)	102	101	W14&U/ M15&U 200 Medley Relay (FH)	102
103	W15&O/M16&O 200 Medley Relay (SH)	104	103	W15&O/M16&O 200 Medley Relay (FH)	104
1	800 Free (SH)	2		OPEN 800 Free Relay (FH)	106

DAY 2 – FRIDAY, MARCH 3, 2023

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-S14) 50 Free	206	9	1500 Free (FH)	
11	200 Free	12	205	PARA (S1-S14) 50 Free	206
13	400 IM	14	11	200 Free	12
207	PARA (S1-7) 50 Fly	208	13	400 IM	14
209	PARA (S8-14) 100 Fly	210	207/ 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	W14&U/ M15&U 400 Free Relay (SH)	108	107	W14&U/ M15&U 400 Free Relay (FH)	108
109	W15&O/M16&O 400 Free Relay (SH)	110	109	W15&O/M16&O 400 Free Relay (FH)	110
9	1500 Free (SH)				

Preliminary session will be seeded by time and gender regardless of age
Finals session age groups: W 13&U / M 14&U, W 14 / M 15, W 15 / M 16, W 16&O / M 17&O
SH – Slower heats, FH – Fastest heat - Distance events FH – seeded by time regardless of age
**Top 10 ranked by para scores of event 201&203 will swim in finals as one combined heat final
**Top 10 ranked by para scores of event 202&204 will swim in finals as one combined heat final
**Top 10 ranked by para scores of event 207&209 will swim in finals as one combined heat final
**Top 10 ranked by para scores of event 208&210 will swim in finals as one combined heat final

updated Jan 10, 2023

DAY 3 – SATURDAY, MARCH 4, 2023

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		1500 Free (FH)	18
19	100 Free	20	211	PARA (S1-14)100 Free	212
21	200 Fly	22	19	100 Free	20
213	PARA (SB1-3) 50 Breast	214	21	200 Fly	22
215	PARA (SB4-14) 100 Breast	216	213/ 215	PARA (SB1-3) 50 Breast & (SB4-14) 100 Breast **Combined 1 heat only	214/ 216
23	100 Breast	24	23	100 Breast	24
111	W14&U/ M15&U 200 Free Relay (SH)	112	111	W14&U/ M15&U 200 Free Relay (FH)	112
113	W15&O/M16&O 200 Free Relay (SH)	114	113	W15&O/M16&O 200 Free Relay (FH)	114
	1500 Free (SH)	18	115	OPEN 800 Free Relay (FH)	

DAY 4 – SUNDAY, MARCH 5, 2023

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	27	200 Back	28
27	200 Back	28			
221	PARA (S1-5) 50 Back	222	221/ 223	PARA (S1-5) 50 Back & (S1-2, S6-14) 100 Back **Combined 1 heat only	222/ 224
223	PARA (S6-14) 100 Back	224	29	400 Free	30
29	400 Free	30	117	W14&U/ M15&U 400 Medley Relay (FH)	118
117	W14&U/ M15&U 400 Med Relay (SH)	118	119	W15&O/M16&O 400 Medley Relay (FH)	120
119	W15&O/M16&O 400 Med Relay (SH)	120			

Preliminary session will be seeded by time and gender regardless of age
Finals session age groups: W 13&U / M 14&U, W 14 / M 15, W 15 / M 16, W 16&O / M 17&O
SH – Slower heats, FH – Fastest heat - Distance events FH – seeded by time regardless of age
**Top 10 ranked by para scores of event 213&215 will swim in finals as one combined heat final
**Top 10 ranked by para scores of event 214&216 will swim in finals as one combined heat final
**Top 10 ranked by para scores of event 217&219 will swim in finals as one combined heat final
**Top 10 ranked by para scores of event 218&220 will swim in finals as one combined heat final
**Top 10 ranked by para scores of event 221&223 will swim in finals as one combined heat final
**Top 10 ranked by para scores of event 222&224 will swim in finals as one combined heat final

updated Jan 10, 2023