

FEB 27 – MAR 2, 2025

ONTARIO AGE GROUPS

speedo 

ONTARIO AGE GROUPS – 14 & UNDER
MARHAM PAN AM CENTRE

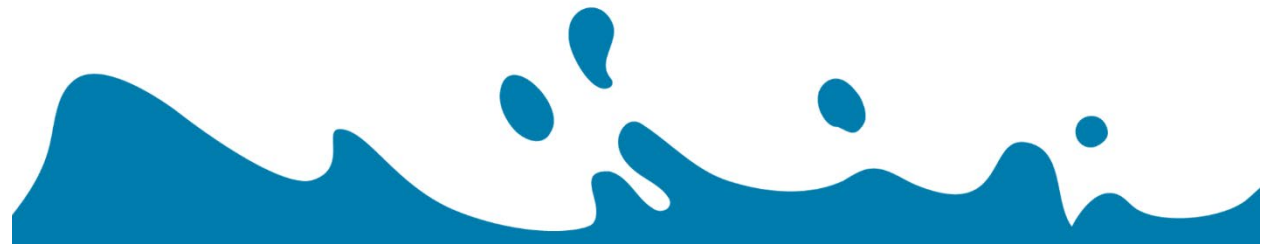
MEET PACKAGE
HOSTED BY MARKHAM AQUATIC CLUB



PERFORMANCE PARTNERS AND SUPPORTERS

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

Ontario 



VENDORS & SERVICES

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

- **Apparel:** Fine Design
- **Superior Medal Hanger**
- **Swimwear:** Team Aquatics Supplies
- **Livestreaming:** RecTec TV
- **Race Analysis:** RaceTek

GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Swim Ontario
- **Meet Format:** Long Course – Prelims & Finals (14&U) with timed final events (12&U)
- **Location:** Markham Pan Am Centre - 16 Main St Unionville, Unionville, ON L3R 2E4
- **Facility:** 10 lane 50m competition pool - Swiss Timing electronic timing system.
- **Dates:** February 27 – March 2, 2025
- **Meet package:** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS).

PARTICIPANT SAFETY

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

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

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.
- Spectators will be permitted at the discretion of the facility. They are not permitted on deck. There will be no spectator fee at this event.

SWIM ONTARIO CONCUSSION MANAGEMENT PROCEDURE (ROWAN'S LAW)

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.

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

OPEN AND OBSERVABLE ENVIRONMENT

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

EVENT PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras, cellphones or other recording devices allowed in the area immediately behind the starting blocks during competitions, or in locker rooms, bathrooms, or any other dressing area. **The [Swim Ontario Photography, Videography, and Cellphone Procedure](#) is in effect.**

PROCEDURE

- Only individuals that have made an application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. All individuals making application must follow the [Screening Requirements Procedures](#). Please contact Meet Management for application and authorization process.
- 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 Manager:** YY Wong, yywong@rogers.com

- **Competition Coordinator:** Lisa Chow (lisachow@rogers.com) and Lea Chen (yeesanchen@hotmail.com), Level 5s
- **Officials Coordinators:** YY Wong
 - Send email to officials@markhamaquaticclub.com
- **Entries Coordinator:** Kirsti Kontor – kirsti.kontor@gmail.com

MEET INQUIRIES:

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

Meet Information Page: <https://www.swimontario.com/athletes/competitions/2025-ontario-age-groups/>

ENTRY INFORMATION

ELIGIBILITY

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

- This event is restricted to Ontario based athletes (registered with Swimming Canada) aged
 - Junior Sessions: 14 & Under
 - Youth Sessions: 12 & Under
- Out-of-country foreign teams are not permitted to attend.
- A competitor's age is their age as of February 27, 2025

LIMITS AND/OR CHANGES TO FORMAT

If necessary, Swim Ontario reserves the right to implement some or all of the following options in order to comply with Swim Ontario competition sanctioning policies:

- Limit entries to 500 swimmers/1700 swims for the Junior Sessions and 300 swimmers/900 swims for the Youth Sessions
- Change 400m Junior events to timed final with fastest heat competing in finals
- Cancel Relays
- Combine the Junior heats and Youth Sessions into one session if undersubscribed
- Create a distance overflow session on Thursday, February 27 for both Junior and Youth events.

ENTRY FEES & PAYMENT

- **Swimmer Fee:** \$100 + HST
- **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 2025 OAG - MPAC 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. A 2.5% service fee will be applied.
- **Cheque:** Payable to Swim Ontario
- **Direct Deposit** permitted
- **NO CASH PAYMENT ACCEPTED**

ENTRY PROCESS & DEADLINE

- **Entry Deadline: Tuesday, February 11, 2025**
- **Qualifying Period:** September 1, 2023 – February 9, 2025
- Qualifying Standards: 2025 Ontario Age Group Standards – [PDF view](#)
- All swimmers must achieve at least 1 (one) 2025 Ontario Age Group Standard
 - Junior Sessions: 13&Under and 14 time standards.
 - Youth Sessions: 11&Under, 12
 - 12&U swimmers that achieve the 13&U qualifying time must choose to participate in all the Junior sessions or all the Youth sessions. They cannot participate in both.
- All entries received shall be UNCONVERTED and must be provable official time on Swim Rankings (excludes split times)
 - **LCM entry times for distance events (800/1500 Free) is advised. See seeding rules for distance events.**
- No converted times will be accepted. Yards times will not be accepted.
- No Time (NT) will not be accepted.
- Maximum of 6 individual events per swimmer provided they meet the qualifying times (QT).

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 the [Provincial Consideration Time](#) to enter as a Bonus event
- Bonus swims must be entered with provable official time on Swim Rankings (excludes split times).
- Please indicate bonus events by the BONUS check in Hytek Team Manager or provide a Team Unify report of Bonus Swims.

RELAY ENTRIES

- **Clubs may enter a maximum of two (2) relay teams per event.**
- Relay Only swimmers are not permitted at this event. All relay participant must be entered in at least one individual event.

- A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays.
- 12&Under swimmers may only participate in the relays taking place in the sessions they choose to compete in, i.e. if competing in the Junior sessions, they may only participate in the Junior relays.

EVENT NUMBERING

- Junior Events: Heats & Finals and 14&Under distance individual and relay events: 1 – 99
- Youth Events: Timed Final 12&Under individual & relay events: 401 – 499

SUBMISSION

- **Entries MUST** be submitted through the following online form along with Proof of Time for all entries: <https://form.jotform.com/SwimOntario/2025-OAG-MPAC-meet-entry-form>
- **Attending domestic coaches and support staff must be listed on the [2025 Team Registration Online Form](#)**
- Each submitted entry file upload will be validated for membership entry information against the REMS. Clubs will be required to make corrections to membership entry information in either the REMS or their entry management software (Hy-Tek TM, Team Unify, PoolQ, etc).
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the event.
- Accepted or rejected entries will be identified with a second notification from Swim Ontario via a Confirmation report.
- Swim Ontario reserved the right to reject an entry file for lack of compliance in membership entry information, entry times, failure to submit the file before the entry deadline or any other lack of compliance with Swim Ontario meet policy and procedure.
- Pre-Scratch Entry Lists will be posted online at www.swimontario.com by **February 17, 2025**.
- All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com
- Deck entries and time trial events will not be permitted.

CONFIRMATION REPORT

- The confirmation report will list all entries for all swimmers. Rejected entries will also be listed.
- It is the club's responsibility to provide proof of time **within the qualifying period** for any rejected entries.
 - Unofficial split times will not be accepted as proof of time
 - Meet Mobile screenshots will not be accepted as proof of time
 - Best times reports will not be accepted as proof of time
 - Any official results document or website must be in English or French or translation provided by the club.
- Any rejected entries without proof of time for qualifying events by the posting of final Entry List will be removed or be designated as a bonus event with a provable time if permissible under the bonus swim rules.
- Any rejected entries without proof of time for qualifying events may result in the swimmer not being eligible to attend the competition.

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

CHANGES

- Clubs will have **48 hours after the entry deadline** to make corrections/modifications to entries. After that time, fees will be calculated; no refunds will be granted for late scratches or missed swims.
- Following the **48 hours period**, clubs requesting changes and corrections to entries may be made up until the final Entry Lists are posted **at a cost of \$100 per change or correction**.
 - The per change cost is per swimmer, per event, per change; not per email sent.
 - Corrections or changes requested from the Swim Ontario Entries Coordinator are NOT subject to penalties.
- **Late Entries** for swimmers not entered by the **48 hours grace period** will be accepted up until the final Entry Lists are posted at a cost of double the meet entry fee.
- **Late entries or changes are subject to the qualifying times and the qualifying period. Times achieved AFTER the entry deadline are not eligible for qualifying or upgrade of entry time.**
- The Club Entries Contact person is required to complete an online form (link below) with Club Information for Swim Ontario and Meet Management. An auto-response will be sent to the person completing the form.
 - [2025 Team Registration Online Form](https://form.jotform.com/SwimOntario/2025-prov-meets-team-registration) or copy and paste into browser - <https://form.jotform.com/SwimOntario/2025-prov-meets-team-registration>
- Entries submitted without the online form submission will not be accepted.
- Entries found to not be in compliance with entry requirements may result in individual swimmer and club being ineligible for entry into the competition.
- Final Entry Lists will be posted online at www.swimontario.com no later than February 24, 2025
- All entries inquiries or request for changes to entries are to be directed to meetentries@swimontario.com
- Deck entries and time trial events will not be permitted at the competition.

D/DEAF AND HARD OF HEARING ACCOMMODATION:

This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:

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

REGISTRATION INFORMATION

SWIMMING CANADA COACH REGISTRATION POLICY

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

- Athletes must have a coach or designated coach (coach representative) in attendance during the event including pre-meet training sessions.

TEAM REGISTRATION

- **Team Registration will be done through [2025 Team Registration Online Form](#) (complete on or before Tuesday, February 11) and in person.**
 - All attending coaches, support staff contact information will be collected.
 - Support Staff will be limited to those required for Para, d/Deaf and Hard of hearing and Special Olympic Swimmers.
- Onsite Team Registration in the meet office. Team Registration times: **TBD**

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

- No pre-meet training available.
- There is no secondary pool available for warm-up / cool down.
- Warm-up periods may be split by club.

COACH MEETING

- There will be no coaches meeting.
- Meet Management and Swim Ontario will provide technical meet format details via email and through the meet information page – <https://www.swimontario.com/athletes/competitions/2025-ontario-age-groups/>

COMPETITION RULES

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

WARM-UP SAFETY PROCEDURES

The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

SWIMWEAR

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

DIVE STARTS

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Regulations.

BACKSTROKE LEDGES

Backstroke ledges will be available for use during the Junior sessions only. 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 (February 27, 2025).
- **Individual events:**
 - **Junior sessions:** 13&Under, 14
 - **Youth session:** 11&Under, 12
- **Relay events:**
 - **Junior sessions:** 14&Under (restricted to swimmers entered in 1 individual event in Junior sessions)
 - **Youth session:** 12&Under (restricted to swimmers entered in 1 individual event in Youth sessions)

SEEDING

- After all times have been proven, entry times will be converted to LCM using 2% conversion factor and seeded by time regardless of bonus swim designation for 400m events and lower.
- **All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding)**

JUNIOR SESSIONS PRELIMINARIES

- All preliminary heats will be seeded by time, slowest to fastest, as per Section II 3.1 with fastest 3 heats circle seeded regardless of age.

JUNIOR SESSIONS 800 AND 1500 FREE

- **All SCM submitted entries for the distance events will be seeded last (i.e. LCM then SCM seeding)**
- All distance events will be swum as timed finals seeded fastest to slowest by gender regardless of age.
- The fastest heat by gender will compete during the finals session regardless of age.
- 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.**

JUNIOR SESSIONS FINALS

- In each finals event all female finals will swim, followed by all male finals; there is an “A” final only for all events. Youngest to Oldest.
 - 13&Under, 14

YOUTH TIMED FINALS

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

RELAY EVENTS

- All Junior Session relays will be swum as timed finals during the finals session at night.
- All Youth Session relays will be swum as timed finals during the session.
- Coaches must have relay cards with names filled in and returned to the Admin Desk 30 minutes prior to the start of the session in which the relay will be swum. No relay name changes will be accepted after this deadline unless approved by meet management.

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 30 mins prior to the commencement of the session in question on the “Official Split Request” form.
- The Official Split Request forms are available at the Admin Desk.
- Official Split Requests must be submitted 30 mins before the start of the session.
- Deck entries and time trial events will not be permitted.

SWIM OFFS

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

SCRATCH RULES

TIMED FINAL EVENTS

- Junior Session 800 & 1500 Free
 - 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.
- Junior Session Relays
 - Junior Session relays will take place during finals only. All scratches for relays must be provided to the Admin Desk 30 mins after the completion of the last preliminary event.
- Youth Session events
 - NO scratch deadline for 200m and below events including relays.
 - The deadline for scratches & positive checkin for the 400 Free, 400 IM and 800 Free is 30 minutes before the start of the **Youth session on the day the event is scheduled** to allow meet management the opportunity to ensure a full complement of swimmers for fastest heat in the respective age groups.

JUNIOR PRELIMINARIES

There will be no scratch deadline for preliminary events.

JUNIOR FINALS

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

PENALTY

Failure to participate in an individual **FINAL** or the **FASTEST HEAT** of a time final event without meet management's knowledge and consent will result in a **\$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 Admin desk. Unexcused incomplete swims shall be the sole determination of the Referee.
- Fines will apply to all swimmers listed on the finals program no matter which position the swimmer placed in the preliminaries.
- A club representative must make payment for the fine.
- All unpaid fines will be invoiced by Swim Ontario.
- Accepted payment is via the Online Penalty Form via Credit Card
<https://form.jotform.com/SwimOntario/2024-25-Prov-Meet-penalty-form>
- **All penalties must be paid to Swim Ontario before a Club entry file is accepted for the next Swim Ontario Provincial Championship meet**

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

- No scoring of events at this competition

EVENT AWARDS

- **Medals:** first through third (regardless of qualifying times) as follows:
 - **Junior Finals Session:** 13&U, 14
 - **Youth Session:** 11&U, 12

FACILITY INFORMATION

- ONLY Athletes, Coaches & Working Officials in Session are permitted on the pool deck. (All Spectators are to watch from the second floor viewing gallery.)
 - **No spectators permitted on pool deck.**
 - Only 1 Parent/Guardian to 1 athlete will be permitted in the lower-level hallway and changes rooms to help their athlete get changed. Event Security will be stationed to enforce this.
 - See: "[Ground floor north – Swim Meet](#)" and "[2nd Floor & MPR's – Swim Meet](#)" floor plans.
 - Coaches from all attending clubs will support in directing traffic on the pool deck.
 - All attending Clubs for 12U sessions recommended to have a club coach greet their athletes at the change room entrances and directing athletes where to go on deck upon athletes arrival at start of session.
 - It is encouraged for clubs to bring banners or table cloths to put on the front of the coaches tables on the north side of the pool deck to help guide swimmers where to go.
- Onsite Parking is limited. Extra parking space will be available at Unionville GO Station.



- All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area.
- Lockers are available but limited; please bring your own lock.
- NO FOOD or DRINK ON DECK except for water. There are 2 fill stations and fountains on the pool deck. **Concession vendor is available at the Lobby.**

OFFICIALS

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

- **Officials Coordinators:** YY Wong
 - please send email to officials@markhamaquaticclub.com

ON SITE VENDORS

Fine Design Apparel
Superior Medal Hanger

PROGRAM EVENT LIST

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

All highlighted warm-up periods are subject to change

JUNIOR SESSIONS

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

Finals session age groups: 13&U, 14

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

Day 1 – Thursday, February 27, 2025						
Preliminary Session Warmup: 7:30 am Start: 9:00 am			Final Session Warmup: 6:00 pm – 6:50 pm Start: 7:00 pm			
W		M	W		M	
3	200 IM	4	1	1500 Free (FH)		
5	50 Free	6		800 Free (FH)	2	
7	200 Fly	8	3	200 IM	4	
1	1500 Free (SH)		5	50 Free	6	
	800 Free (SH)	2	7	200 Fly	8	
Day 2 – Friday, February 28, 2025						
Preliminary Session Warmup: 7:30 am Start: 9:00 am			Final Session Warmup: 6:00 pm – 6:50 pm Start: 7:00 pm			
W		M	W		M	
9	100 Back	10	9	100 Back	10	
11	400 Free	12	11	400 Free	12	
13	100 Breast	14	13	100 Breast	14	
			MX15	200 Mixed Free Relay	MX15	
Day 3 – Saturday, March 1, 2025						
Preliminary Session Warmup: 7:30 am Start: 9:00 am			Final Session Warmup: 6:00 pm – 6:50 pm Start: 7:00 pm			
W		M	W		M	
17	400 IM	18	17	400 IM	18	
19	100 Free	20	19	100 Free	20	
21	200 Breast	22	21	200 Breast	22	
			MX23	200 Mixed Medley Relay	MX23	
Day 4 – Sunday, March 2, 2025						
Preliminary Session Warmup: 7:30 am Start: 9:00 am			Final Session Warmup: 6:00 pm – 6:50 pm Start: 7:00 pm			
W		M	W		M	
27	200 Free	28	25	800 Free (FH)		
29	100 Fly	30		1500 Free (FH)	26	
31	200 Back	32	27	200 Free	28	
25	800 Free (SH)		29	100 Fly	30	
	1500 Free (SH)	26	31	200 Back	32	

YOUTH SESSIONS

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

Day 2 – Friday, February 28, 2025		
Timed Final Warmup: 1:00 PM Start: 2:00 PM		
W		M
401	200 IM	402
403	200 Fly	404
405	100 Back	406
407	200 Breast	408
409	200 Mixed Free Relay	409
	800 Free	410
Day 3 – Saturday, March 1, 2025		
Timed Final Warmup: 1:00 PM Start: 2:00 PM		
W		M
411	400 Free	412
413	100 Breast	414
415	100 Free	416
417	400 IM	418
419	200 Mixed Medley Relay	419
Day 4 – Sunday, March 2, 2025		
Timed Final Warmup: 1:00 PM Start: 2:00 PM		
W		M
421	200 Free	422
423	100 Fly	424
425	200 Back	426
427	50 Free	428
429	800 Free	

