

Provincial Programming – Summary Provincial Competition Formats

2017-2020 seasons

Names	Ontario Winter Festival Championships	Ontario Summer Festival Championships	Ontario Spring & Summer AA Championships (separate event and venue)	Ontario Spring & Summer Provincial Championships
Dates	February – 2 weeks prior to Spring Provincials	Mid- June – 2 weeks prior to Summer Provincials	Spring AA Champs: TBD Summer Provincials: July 1 weekend	July 1 weekend
Days	2	3	4	4
Course	SC	LC	LC	LC
Format	Timed final	Timed final	Heats / Finals	Heats / Finals
Age Groups	10&U, 11, 12, 13	10&U, 11, 12, 13	13&U, 14, 15, 16, 17&O	13&U, 14, 15, 16, 17&O
Para	Separate Para events	Separate Para events	Para designated swimmers integrated into able-bodied events – no qualifying times	Separate Para events (WPS sanctioned)
Seeding for prelims			Divide senior seeding 14&U and 15&O Convert all times to LC	Divide senior seeding 14&U and 15&O Convert all times to LC
Relay Age Groups	11&Under 12-13	11&Under 12-13	14&U 15&O 800 Free relay - OPEN	14&U 15&O 800 Free relay - OPEN
Qualifying	1 Festivals QT	1 Festivals QT	1 AA QT	1 Provincial QT
Qualifying Period	18 months	18 months	18 months	18 months
Entry Deadline	10 days prior	10 days prior	10 days prior	10 days prior
Meet De-Qualifying	No meet de-qualifying	No meet de-qualifying	3 or more Provincial QTs not eligible to attend this meet No event de-qualifying	
Qualifying Standards	Festivals Standards	Festivals Standards	AA Standards	Provincial Standards
Targeted numbers	700 - 750	700 - 750	700 – 750	700 - 750
Max events	6	7	8	8
Bonus structure	1 QT = 3 Bonus 2 QTs = 2 Bonus 3 QTs = 1 Bonus 4 or more QTs = 0 Bonus	1 QT = 3 Bonus 2 QTs = 2 Bonus 3 QTs = 1 Bonus 4 or more QTs = 0 Bonus	1 QT = 2 Bonus 2 QTs = 2 Bonus 3 or more = 1 Bonus to maximum allowable swim	1 QT = 2 Bonus 2 QTs = 2 Bonus 3 or more = 1 Bonus to maximum allowable swims
Notes	13 and under 2 day format SCM	13 and under 3 day format LCM	- 3.25% slower than Prov QT - Heats and Finals - Relays at end of session	Relays at end of session

Festivals Short Course Program Event List

Day 1		Day 2	
12-13 Age group - Morning Session Warmup: 8:00 – 8:55 am Start: 9:00 am	11&Under Afternoon Session Warmup: 1:00 pm – 1:55 pm Start: 2:00 pm	12-13 Age group - Morning Session Warmup: 8:00 – 8:55 am Start: 9:00 am	11&Under Afternoon Session Warmup: 1:00 pm – 1:55 pm Start: 2:00 pm
400 Medley Relay	400 Medley Relay	200 Medley Relay	200 Medley Relay
50 Free (PARA)	50 Free	200 Fly	50 Fly (10&U)
50 Free	100 IM (10&U)	100 Free	200 Fly
400 IM	400 IM (11)	200 Back	100 Free
50 Back (PARA)	100 Back	50 Breast (PARA)	200 Back
100 Back	50 Breast (10&U)	100 Breast	100 Breast
200 Breast	200 Breast (11)	100 IM (PARA)	200 IM
200 Free	200 Free	200 IM	50 Back (10&U)
50 Fly (PARA)	100 Fly	400 Free	400 Free (11)
100 Fly	800 Free	400 Free Relay	400 Free Relay
800 Free	200 Free Relay		
200 Free Relay			

Festivals Long Course Program Event List

Day 1		Day 2		Day 3	
12-13 Age group - Late Morning Session Warmup: TBD Start: 11:00 am	11&Under Late Afternoon Session Warmup: TBD Start: 4:00 pm	12-13 Age group - Morning Session Warmup: TBD Start: 9:00 am	11&Under - Afternoon Session Warmup: TBD Start: 2:00 pm	12-13 Age group - Morning Session Warmup: TBD Start: 9:00 am	11&Under - Afternoon Session Warmup: TBD Start: 2:00 pm
200 Free	200 Free	50 Fly (PARA)	50 Fly (10&U)	200 Medley Relay	200 Medley Relay
100 Breast	100 Breast	200 Fly	200 Fly	50 Breast (PARA)	200 IM
400 IM	50 Back (10&U)	100 Back	100 Back	200 IM	100 Free
100 Fly	400 IM (11)	400 Free	400 Free	100 Free	200 Back
400 Medley Relay	100 Fly	50 Free (PARA)	50 Free	200 Back	50 Breast (10&U)
	400 Medley Relay	50 Free	200 Breast (11)	50 Back (PARA)	800 Free (11)
		200 Breast	200 Free Relay	800 Free	400 Free Relay
		200 Free Relay		400 Free Relay	

AA Championship Program Event List

Day 1		Day 3	
Preliminary Session Warmup: 7:30 – 8:50 am Start: 9:00 am	Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm	Preliminary Session Warmup: 7:30 – 8:50 am Start: 9:00 am	Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm
100 Back	800 Free (FH)	100 Free	1500 Free (M) (FH)
50 Free	100 Back	200 Fly	100 Free
200 Breast	50 Free	100 Breast	200 Fly
14&U 200 Medley Relay (SH)	200 Breast	14&U 200 Free Relay (SH)	100 Breast
15&O 200 Medley Relay (SH)	14&U 200 Medley Relay (FH)	15&O 200 free Relay (SH)	14&U 200 Free Relay (FH)
800 Free (SH)	15&O 200 Medley Relay (FH)	1500 Free (SH) (M)	15&O 200 Free Relay (FH)
	OPEN 800 Free Relay (FH) (M)		OPEN 800 Free Relay (FH) (W)
<i>Para designated swimmers integrated into able-bodied events – no qualifying time</i>			
Day 2		Day 4	
Preliminary Session Warmup: 7:30 – 8:50 am Start: 9:00 am	Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm	Preliminary Session Warmup: 7:30 – 8:50 am Start: 9:00 am	Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm
200 Free	1500 Free (FH) (W)	200 IM	200 IM
400 IM	200 Free	200 Back	200 Back
100 Fly	400 IM	400 Free	400 Free
14&U 400 Free Relay (SH)	100 Fly	14&U 400 Medley Relay (SH)	14&U 400 Medley Relay (FH)
15&O 400 Free Relay (SH)	14&U 400 Free Relay (FH)	15&O 400 Medley Relay (SH)	15&O 400 Medley Relay (FH)
1500 Free (SH) (W)	15&O 400 Free Relay (FH)		
<i>Para designated swimmers integrated into able-bodied events – no qualifying time</i>			

Provincial Championships Program Event List

Day 1		Day 3	
Preliminary Session Warmup: 7:30 – 8:50 am Start: 9:00 am	Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm	Preliminary Session Warmup: 7:30 – 8:50 am Start: 9:00 am	Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm
100 Back	800 Free (FH)	PARA (S1-14) 100 Free	1500 Free (M) (FH)
50 Free	100 Back	100 Free	PARA (S1-14)100 Free
200 Breast	50 Free	200 Fly	100 Free
14&U 200 Medley Relay (SH)	200 Breast	PARA (SB1-3) 50 Breast	200 Fly
15&O 200 Medley Relay (SH)	14&U 200 Medley Relay (FH)	PARA (SB4-14) 100 Breast	PARA (SB1-3) 50 Breast / (SB4-14) 100 Breast
800 Free (SH)	15&O 200 Medley Relay (FH)	100 Breast	100 Breast
	OPEN 800 Free Relay (FH) (M)	14&U 200 Free Relay (SH)	14&U 200 Free Relay (FH)
		15&O 200 free Relay (SH)	15&O 200 Free Relay (FH)
		1500 Free (SH) (M)	OPEN 800 Free Relay (FH) (W)
Day 2		Day 4	
Preliminary Session Warmup: 7:30 – 8:50 am Start: 9:00 am	Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm	Preliminary Session Warmup: 7:30 – 8:50 am Start: 9:00 am	Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm
PARA (S6-13) 400 Free	1500 Free (FH) (W)	PARA (SM1-4) 150 IM	PARA (SM1-4) 150 IM / (SM5-14) 200 IM
PARA (S1-5 & S14) 200 Free	PARA (S6-13) 400 Free / (S1-5 & S14) 200 Free	PARA (SM5-14) 200 IM	200 IM
200 Free	200 Free	200 IM	PARA (S1-5) 50 Back / (S6-14) 100 Back
400 IM	400 IM	PARA (S1-5) 50 Back	200 Back
PARA (S1-7) 50 Fly	PARA (S1-7) 50 Fly / (S8-14) 100 Fly	PARA (S6-14) 100 Back	PARA (S1-14) 50 Free
PARA (S8-14) 100 Fly	100 Fly	200 Back	400 Free
100 Fly	14&U 400 Free Relay (FH)	PARA (S1-S14) 50 Free	14&U 400 Medley Relay (FH)
14&U 400 Free Relay (SH)	15&O 400 Free Relay (FH)	400 Free	15&O 400 Medley Relay (FH)
15&O 400 Free Relay (SH)		14&U 400 Medley Relay (SH)	
1500 Free (SH) (W)		15&O 400 Medley Relay (SH)	