

2017 CENTRAL REGION LC B CHAMPIONSHIPS

8-11 June 2017

Revised – 30 May – Qualifying rule for Aging up Swimmers
Revised – 2 Jun – Session and Event order changes (Pgs 6-9)

At the
Markham Pan Am Centre

Hosted by





COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.

GENERAL WARM-UP:

- Swimmers must enter the pool FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT:

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.
- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions.

VIOLATIONS:

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

SAFETY MARSHALS:

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA-SWIMMER NOTIFICATION:

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

“SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET.”

2017 CENTRAL REGION LC B CHAMPIONSHIPS

- Date:** 8-11 June 2017
- Hosted By:** Markham Aquatic Club and York Swim Club
- Location:** Markham Pan Am Pool
16 Main Street
Unionville ON
- Facility:** 10 lane -- 50 metre competition pool with electronic timing.
- Meet Package:** The only meet package which will be considered as valid must be the most current version found on www.swimming.ca
- Competition Rules:** Sanctioned by Swim Ontario.
All current Swimming/Natation Canada (SNC) rules will be followed.
Please note that Swimming Canada Competition Warm-Up Safety Procedures will be in effect. Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first **individual** event following the warm-up period in which the violation occurred.
Only FINA approved swimwear is allowed in competition as per GR 5. The full details can be viewed [HERE](#).
- Eligibility:** All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry. All swimmers must be registered with a Central Region Club and meet age and 2017 qualifying standards. **Swimmers may swim a maximum of 7 individual events.** Please submit Best Times. Times must be an Official time and provable. **No bonus swims will be accepted. Exhibition swims only allowed for 'aging up' swimmers see Qualifying section below**
- Competition:** The age groups will be 10&U, 11, 12, 13, 14, 15, 16&O.
All 12&U swims will be Time Finals. All 400, 800, and 1500 events will be Time Finals and will be swam fastest to slowest.
Swimmers may swim only one distance event on Thursday.
All Relays will be Time Finals and swum during the Preliminary Sessions.
All other events will have Preliminaries and A Finals
- Qualifying:** Swimmers must adhere to qualifying times. Qualifying period starts 1 Dec 2015.
Qualifying times are "C" 2017 Ontario Provincial/Festival Standards (LCM). 14 & U uses Festival Standards and 15 & O uses Ontario Provincial Standards.
De-qualifying times are "Prov/Fest" 2017 Ontario Provincial/Festival Standards (LCM).
12 & U uses Festival Standards, 13 & O uses Ontario Provincial Standards.
A swimmer earning a Summer LC Champ or Summer Festival standard AFTER the entry deadline, for an event already entered in this meet, may still swim the event. It will NOT be marked exhibition.
A swimmer that ages up between CR B Champs and Festivals/Provincials are allowed to enter events providing they do not have Festival/Provincial times at the higher age group. ALL 'overqualified' swims for these 'aging up' swimmers must be marked Exhibition.
Any swimmer who qualifies to enter this meet may swim any leg of a relay.
- Entry Deadline:** The entry deadline is Thursday 1 June 2017, at 6pm.

- Scratch Rules:** Scratches from Prelims and Time Finals shall be made on the posted heat sheets without penalty.
- All scratches from Finals must be made within 30 minutes of the conclusion of Preliminary events that day** to allow proper seeding and notification of alternates.
- Scratching from Finals after the final scratch deadline, or failure to participate in an individual final, relay event, or distance time final will result in a \$100.00 fine for each offence – payable to Markham Aquatic Club.
- Failure to pay before the swimmer's next event will exclude the swimmer from further participation in the meet.
- Scratches on the posted heat sheets are required for all Relay, 400, 800, and 1500 time finals at least 30 minutes before the start of the session.
- Entry Fees:** Individual event(s) \$11.00
Relay(s) \$16.00
Please bring cheque made payable to Markham Aquatic Club on the first day on the meet.
Swimmers will not compete until fees are paid.
- Live Results:** www.markhamaquaticclub.com
- Meet Results:** www.swimming.ca
- Comp. Co-ord:** Cameron Dewar & Lisa Chow Level V
- Meet Manager:** YY Wong & May Loo officials@markhamaquaticclub.com
- Awards:** Medals 1st, 2nd, 3rd.
- Scoring:** Team Points – Individual Events - 15-11-7-5-4-3-2-1,
– Relay Events – 30-25-20-18-16-14-12-10-8-7-6-5-4-3-2-1
Individual High Points - 5-2-1
- Coach's Registration:** Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy 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.
- Time Splits:** The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice.
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 shall so advise the Referee prior to the commencement of the session (or event) in question.
- Meet Results:** Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca
- Safety & Liability:** Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- Recording Event:** 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 Meet Manager for application and authorization.

CENTRAL REGION B CHAMPIONSHIPS

Order of Events and Time Standards

THURSDAY EVENING

Warm-up: 4:30 pm
Start: 5:30 pm

| GIRLS | | | | EVENTS | BOYS | | | |
|--------------|------|----------|----------|--|-------------|------|----------|----------|
| Event | Age | De-Qual | Qualify | | Event | Age | De-Qual | Qualify |
| 1 | 11 | 11:17.17 | 12:24.89 | 800 FREE Swimming 2 per lane | 2 | 11 | 11:48.31 | 12:59.14 |
| | 12 | 10:27.94 | 11:30.73 | | | 12 | 10:35.98 | 11:39.58 |
| | 13 | 10:03.20 | 11:25.20 | | | 13 | 9:53.25 | 11:17.47 |
| | 14 | 9:54.33 | 11:13.70 | | | 14 | 9:37.65 | 10:57.92 |
| | 15 | 9:48.60 | 10:47.46 | | | 15 | 9:20.65 | 10:16.71 |
| | 16&O | 9:30.74 | 10:34.15 | | | 16&O | 9:00.04 | 10:00.04 |
| 3 | 13 | 19:16.10 | 21:11.71 | 1500 FREE Swimming 2 per lane | 4 | 13 | 19:04.39 | 20:58.83 |
| | 14 | 18:59.10 | 20:53.01 | | | 14 | 18:27.44 | 20:18.18 |
| | 15 | 18:46.22 | 20:38.84 | | | 15 | 17:54.86 | 19:42.35 |
| | 16&O | 18:13.89 | 20:15.43 | | | 16&O | 17:15.33 | 19:10.37 |

FRIDAY AFTERNOON

Warm-up: 10:00 am
Start: 11:00 am

| GIRLS | | | | EVENTS | BOYS | | | |
|--------------|------|---------|---------|---|-------------|------|---------|---------|
| Event | Age | De-Qual | Qual | | Event | Age | De-Qual | Qualify |
| 5 | 10&U | 3:12.78 | 3:32.06 | 200 IM | 6 | 10&U | 3:15.84 | 3:35.42 |
| 7 | 11 | 2:56.46 | 3:14.11 | | 8 | 11 | 2:58.50 | 3:16.35 |
| | 12 | 2:46.26 | 3:02.89 | 50 Free | | 12 | 2:46.26 | 3:02.89 |
| 9 | 10&U | 34.66 | 38.13 | | 10 | 10&U | 35.16 | 38.68 |
| 11 | 11 | 32.15 | 35.37 | | 12 | 11 | 32.41 | 35.65 |
| | 12 | 30.64 | 33.70 | 50 Breast | | 12 | 29.94 | 32.93 |
| 13 | 10&U | 45.00 | 50.00 | | 14 | 10&U | 45.00 | 50.00 |
| 15 | 11 | 3:19.94 | 3:39.93 | 200 Breast | 16 | 11 | 3:28.98 | 3:49.88 |
| | 12 | 3:07.88 | 3:26.67 | | | 12 | 3:07.88 | 3:26.67 |
| 17 | 10&U | 5:54.66 | 6:30.13 | 400 Free Swimming 2 per lane | 18 | 10&U | 6:03.70 | 6:40.07 |
| | 11 | 5:30.48 | 6:03.53 | | | 11 | 5:36.60 | 6:10.26 |
| | 12 | 5:09.06 | 5:39.97 | | | 12 | 5:10.08 | 5:41.09 |

FRIDAY EVENING

Warm-up: 3:15 pm (split warm-up)
Start: 4:45 pm

| GIRLS | | | | EVENTS | BOYS | | | |
|--------------|------|---------|---------|---|-------------|------|---------|---------|
| Event | Age | De-Qual | Qual | | Event | Age | De-Qual | Qualify |
| 19 | 13 | 2:37.43 | 2:59.52 | 200 IM | 20 | 13 | 2:31.50 | 2:54.47 |
| | 14 | 2:33.07 | 2:56.98 | | | 14 | 2:24.88 | 2:49.05 |
| | 15 | 2:31.49 | 2:46.64 | | | 15 | 2:22.32 | 2:36.55 |
| | 16&O | 2:27.03 | 2:43.38 | | | 16&O | 2:15.53 | 2:30.61 |
| 21 | 13 | 4:48.18 | 5:36.60 | 400 FREE Swimming 2 per lane | 22 | 13 | 4:39.74 | 5:30.99 |
| | 14 | 4:44.29 | 5:31.42 | | | 14 | 4:32.27 | 5:21.15 |
| | 15 | 4:42.70 | 5:10.97 | | | 15 | 4:27.28 | 4:54.01 |
| | 16&O | 4:35.51 | 5:06.15 | | | 16&O | 4:17.74 | 4:46.41 |

SATURDAY MORNING

Warm-up: 7:00 am (split warm-up)

Start: 8:15 am

| WOMEN | | | | EVENTS | MEN | | | |
|---------------|---------------------|---------|---------|------------------------|---------------|---------------------|---------|---------|
| Event | Age | De-Qual | Qual | | Event | Age | De-Qual | Qual |
| 23 | 13 | 1:03.21 | 1:12.12 | 100 FREE | 24 | 13 | 1:00.33 | 1:09.07 |
| | 14 | 1:01.86 | 1:10.49 | | | 14 | 58.32 | 1:06.67 |
| | 15 | 1:01.16 | 1:07.28 | | | 15 | 57.15 | 1:02.86 |
| | 16&O | 59.75 | 1:06.40 | | | 16&O | 54.51 | 1:00.57 |
| 25 | 13 | 2:54.32 | 3:23.35 | 200 BREAST | 26 | 13 | 2:50.05 | 3:18.94 |
| | 14 | 2:53.88 | 3:22.18 | | | 14 | 2:46.69 | 3:14.30 |
| | 15 | 2:53.36 | 3:10.70 | | | 15 | 2:44.32 | 3:00.75 |
| | 16&O | 2:51.15 | 3:09.21 | | | 16&O | 2:35.81 | 2:53.14 |
| 27 | 13 | 1:11.32 | 1:22.34 | 100 BACK | 28 | 13 | 1:09.11 | 1:19.57 |
| | 14 | 1:10.12 | 1:20.77 | | | 14 | 1:07.22 | 1:17.24 |
| | 15 | 1:08.57 | 1:15.43 | | | 15 | 1:05.47 | 1:12.02 |
| | 16&O | 1:06.95 | 1:14.40 | | | 16&O | 1:01.94 | 1:08.83 |
| 29 | 13 | 2:39.09 | 3:10.09 | 200 FLY | 30 | 13 | 2:35.53 | 3:07.88 |
| | 14 | 2:38.75 | 3:08.50 | | | 14 | 2:32.78 | 3:03.08 |
| | 15 | 2:37.52 | 2:53.27 | | | 15 | 2:28.65 | 2:43.52 |
| | 16&O | 2:30.24 | 2:46.96 | | | 16&O | 2:18.05 | 2:33.41 |
| 31 | 13-14 | | | 4x50 FREE * | 32 | 13-14 | - | - |
| 33 | 15&O | | | 4x50 FREE * | 34 | 15&O | - | - |
| 35 | 13 | 5:32.65 | 6:22.60 | 400 IM ** | 36 | 13 | 5:22.50 | 6:14.75 |
| | 14 | 5:29.82 | 6:18.62 | (slower heats) | | 14 | 5:13.98 | 6:03.81 |
| | 15 | 5:20.64 | 5:52.70 | | | 15 | 5:09.04 | 5:39.94 |
| | 16&O | 5:14.76 | 5:49.73 | | | 16&O | 4:58.62 | 5:31.80 |

* NOTE – 4x50 Free Relays (for 13-14 and 15&O) now swimming at Saturday Finals

** NOTE – fastest 4 heats of 400 IM Girls and Boys (regardless of age) will swim at the end of Saturday Finals

SATURDAY AFTERNOON

Warm-up: 12:30 pm

Start: 1:30 pm

| GIRLS | | | | EVENTS | BOYS | | | |
|--------------|-------|---------|---------|---------------|-------------|-------|---------|---------|
| Event | Age | De-Qual | Qual | | Event | Age | De-Qual | Qual |
| 37 | 10&U | 1:16.86 | 1:24.55 | 100 FREE | 38 | 10&U | 1:18.37 | 1:26.21 |
| 39 | 11 | 1:10.33 | 1:17.36 | | 40 | 11 | 1:11.33 | 1:18.46 |
| | 12 | 1:06.31 | 1:12.94 | | | 12 | 1:05.81 | 1:12.39 |
| 41 | 10&U | 1:39.47 | 1:49.42 | 100 BREAST | 42 | 10&U | 1:43.48 | 1:53.83 |
| 43 | 11 | 1:33.44 | 1:42.78 | | 44 | 11 | 1:35.45 | 1:45.00 |
| | 12 | 1:27.91 | 1:36.70 | | | 12 | 1:27.41 | 1:36.15 |
| 45 | 10&U | 3:09.89 | 3:28.88 | 200 BACK | 46 | 10&U | 3:18.93 | 3:38.82 |
| 47 | 11 | 2:52.81 | 3:10.09 | | 48 | 11 | 2:56.83 | 3:14.51 |
| | 12 | 2:42.76 | 2:59.04 | | | 12 | 2:43.26 | 2:59.59 |
| 49 | 10&U | 40.00 | 45.00 | 50 FLY | 50 | 10&U | 40.00 | 45.00 |
| 51 | 11 | 3:12.90 | 3:32.19 | 200 FLY | 52 | 11 | 3:36.01 | 3:57.61 |
| | 12 | 2:56.83 | 3:14.51 | | | 12 | 2:59.84 | 3:17.82 |
| 53 | 10&U | | | 4x50 FREE | 54 | 10&U | | |
| 55 | 11-12 | | | 4x50 FREE | 56 | 11-12 | | |

SATURDAY FINALS

Warm-up: 4:30 pm

Start: 5:30 pm

| WOMEN | | | | EVENTS | MEN | | | |
|-------|-------|--|--|----------------------------|-------|-------|--|--|
| Event | Age | | | | Event | Age | | |
| 19 | 13 | | | 200 IM | 20 | 13 | | |
| | 14 | | | | | 14 | | |
| | 15 | | | | | 15 | | |
| | 16&O | | | | | 16&O | | |
| 23 | 13 | | | 100 FREE | 24 | 13 | | |
| | 14 | | | | | 14 | | |
| | 15 | | | | | 15 | | |
| | 16&O | | | | | 16&O | | |
| 25 | 13 | | | 200 BREAST | 26 | 13 | | |
| | 14 | | | | | 14 | | |
| | 15 | | | | | 15 | | |
| | 16&O | | | | | 16&O | | |
| 27 | 13 | | | 100 BACK | 28 | 13 | | |
| | 14 | | | | | 14 | | |
| | 15 | | | | | 15 | | |
| | 16&O | | | | | 16&O | | |
| 29 | 13 | | | 200 FLY | 30 | 13 | | |
| | 14 | | | | | 14 | | |
| | 15 | | | | | 15 | | |
| | 16&O | | | | | 16&O | | |
| 31 | 13-14 | | | 4x50 FREE * | 32 | 13-14 | | |
| 33 | 15&O | | | 4x50 FREE * | 34 | 15&O | | |
| 35 | 13&O | | | 400 IM (fastest 4 heats)** | 36 | 13&O | | |

* NOTE – 4x50 Free Relays (for 13-14 and 15&O) now swimming at Saturday Finals (moved from Saturday Prelims)

** NOTE – fastest 4 heats of 400 IM Girls and Boys (regardless of age) will swim at end of Saturday Finals

SUNDAY MORNING

Warm-up: 7:00 am (split warm-up)

Start: 8:15 am

| WOMEN | | | | EVENTS | MEN | | | |
|-------|-------|---------|---------|---------------|-------|-------|---------|---------|
| Event | Age | De-Qual | Qual | | Event | Age | De-Qual | Qual |
| 57 | 13 | 2:16.90 | 2:36.39 | 200 FREE | 58 | 13 | 2:12.74 | 2:31.97 |
| | 14 | 2:14.29 | 2:33.19 | | | 14 | 2:07.98 | 2:26.29 |
| | 15 | 2:13.90 | 2:27.29 | | | 15 | 2:04.39 | 2:16.83 |
| | 16&O | 2:08.84 | 2:23.18 | | | 16&O | 1:59.47 | 2:12.76 |
| 59 | 13 | 1:11.15 | 1:23.44 | 100 FLY | 60 | 13 | 1:09.09 | 1:20.12 |
| | 14 | 1:10.04 | 1:21.83 | | | 14 | 1:06.21 | 1:16.58 |
| | 15 | 1:08.97 | 1:15.87 | | | 15 | 1:04.15 | 1:10.57 |
| | 16&O | 1:07.38 | 1:14.88 | | | 16&O | 1:01.38 | 1:08.20 |
| 61 | 13 | 2:32.98 | 2:57.94 | 200 BACK | 62 | 13 | 2:28.10 | 2:53.51 |
| | 14 | 2:29.98 | 2:53.92 | | | 14 | 2:25.62 | 2:49.97 |
| | 15 | 2:28.40 | 2:43.24 | | | 15 | 2:22.25 | 2:36.48 |
| | 16&O | 2:23.58 | 2:39.54 | | | 16&O | 2:14.74 | 2:29.73 |
| 63 | 13 | 1:21.74 | 1:33.94 | 100 BREAST | 64 | 13 | 1:19.35 | 1:32.28 |
| | 14 | 1:20.76 | 1:32.65 | | | 14 | 1:16.45 | 1:28.64 |
| | 15 | 1:20.14 | 1:28.15 | | | 15 | 1:15.60 | 1:23.16 |
| | 16&O | 1:18.90 | 1:27.67 | | | 16&O | 1:11.51 | 1:19.46 |
| 65 | 13 | 29.19 | 33.14 | 50 FREE | 66 | 13 | 27.67 | 31.49 |
| | 14 | 28.67 | 32.53 | | | 14 | 26.86 | 30.55 |
| | 15 | 28.22 | 31.04 | | | 15 | 26.37 | 29.01 |
| | 16&O | 27.63 | 30.70 | | | 16&O | 25.08 | 27.86 |
| 67 | 13-14 | | | 4x50 MEDLEY * | 68 | 13-14 | | |
| 69 | 15&O | | | 4x50 MEDLEY * | 70 | 15&O | | |

*4x50 Medley Relays (for 13-14 and 15&O) moved to Sunday Finals

SUNDAY AFTERNOON

Warm-up: 12:30 pm

Start: 1:30 pm

| GIRLS | | | | EVENTS | BOYS | | | |
|--------------|------------|----------------|-------------|---------------|--------------|------------|----------------|-------------|
| <u>Event</u> | <u>Age</u> | <u>De-Qual</u> | <u>Qual</u> | | <u>Event</u> | <u>Age</u> | <u>De-Qual</u> | <u>Qual</u> |
| 71 | 10&U | 2:46.78 | 3:03.46 | 200 FREE | 72 | 10&U | 2:51.80 | 3:08.98 |
| 73 | 11 | 2:33.72 | 2:49.09 | | 74 | 11 | 2:36.73 | 2:52.40 |
| | 12 | 2:24.68 | 2:39.15 | | | 12 | 2:23.67 | 2:38.04 |
| 75 | 10&U | 1:32.93 | 1:42.22 | 100 FLY | 76 | 10&U | 1:37.46 | 1:47.21 |
| 77 | 11 | 1:23.89 | 1:32.28 | | 78 | 11 | 1:26.40 | 1:35.04 |
| | 12 | 1:17.86 | 1:25.65 | | | 12 | 1:17.36 | 1:25.10 |
| 79 | 10&U | 1:27.91 | 1:36.70 | 100 BACK | 80 | 10&U | 1:30.42 | 1:39.46 |
| 81 | 11 | 1:20.88 | 1:28.97 | | 82 | 11 | 1:21.88 | 1:30.07 |
| | 12 | 1:15.85 | 1:23.44 | | | 12 | 1:16.86 | 1:24.55 |
| 83 | 10&U | | | 4x50 MEDLEY | 84 | 10&U | | |
| 85 | 11-12 | | | | 86 | 11-12 | | |
| 87 | 11 | 6:11.74 | 6:48.91 | 400 IM | 88 | 11 | 6:36.86 | 7:16.55 |
| | 12 | 5:49.86 | 6:24.85 | | | 12 | 5:57.00 | 6:32.70 |

SUNDAY FINALS

Warm-up: 5:00 pm

Start: 6:00 pm

| WOMEN | | | | EVENTS | MEN | | | |
|--------------|------------|--|--|---------------|--------------|------------|--|--|
| <u>Event</u> | <u>Age</u> | | | | <u>Event</u> | <u>Age</u> | | |
| 57 | 13 | | | 200 FREE | 58 | 13 | | |
| | 14 | | | | | 14 | | |
| | 15 | | | | | 15 | | |
| | 16&O | | | | 16&O | | | |
| 59 | 13 | | | 100 FLY | 60 | 13 | | |
| | 14 | | | | | 14 | | |
| | 15 | | | | | 15 | | |
| | 16&O | | | | 16&O | | | |
| 61 | 13 | | | 200 BACK | 62 | 13 | | |
| | 14 | | | | | 14 | | |
| | 15 | | | | | 15 | | |
| | 16&O | | | | 16&O | | | |
| 63 | 13 | | | 100 BREAST | 64 | 13 | | |
| | 14 | | | | | 14 | | |
| | 15 | | | | | 15 | | |
| | 16&O | | | | 16&O | | | |
| 65 | 13 | | | 50 FREE | 66 | 13 | | |
| | 14 | | | | | 14 | | |
| | 15 | | | | | 15 | | |
| | 16&O | | | | 16&O | | | |
| 67 | 13-14 | | | 4x50 MEDLEY * | 68 | 13-14 | | |
| 69 | 15&O | | | 4x50 MEDLEY * | 70 | 15&O | | |

*4x50 Medley Relays (for 13-14 and 15&O) now swimming Sunday Finals (moved from Sunday Prelims)



Markham Pan Am Centre Pool Competition Policy

1. Food Policy:

NO FOOD will be allowed on the pool deck. This will be strictly enforced by the pool staff. Water is allowed on deck, there are two fill stations and fountains on the pool deck.

2. Entrance Policy:

Swimmers must enter through the change rooms only. For Volunteers, Coaches and Officials will be permitted to access the deck via the deck entrance adjacent to the Lifeguard Office. All Officials and Volunteers are to be wearing identification to allow access to the pool deck. Accreditation for event participants is encouraged.

3. Onsite Parking

Parking is limited. Extra parking space will be available at Unionville GO Station.

4. Viewing Balcony

Only swimmers, coaches, officials and volunteers are allowed on the pool deck. All spectators must watch from the pool viewing balcony.

5. Cell Phone Usage

Cell phone usage is not permitted on the pool deck or in viewing balcony area. We kindly ask all calls to be taken in the hallway.

6. Shoes in Facility

All swimmers, coaches & volunteers/officials are to wear footwear when in the hallways. All coaches, volunteers/officials and swimmers must wear indoor/deck shoes on deck.

7. Vents on Pool Deck

All air vents are to be free from obstruction. Pool staff will remove any obstructions to an alternate location.

8. Athletes & Coaches on the Deck

Athletes & Coaches on the pool deck must remain behind the blue line of the pool deck during the competition. This space is reserved for officials and lifeguards during the event.

9. Concession vendor is available at the Lobby..

Please encourage swimmer to bring snack and refillable water bottle.

10. Bleachers are not available on deck.