

DECEMBER 12-15, 2024

The 10th Annual



Ontario

Presented by



ONTARIO JUNIOR INTERNATIONAL

MEET PACKAGE

HOSTED BY SWIM ONTARIO

FUNDED IN PART BY THE GOVERNMENT OF ONTARIO

October 28 update: [Entry Submission Form](#) added. Proof of time required for all submissions.

November 20, 2024 – Change in Entries contact – Kirsti Kontor – Kirsti.kontor@gmail.com



GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by Swim Ontario
- **Meet Format:** Short Course – Heats & Finals
- **Location:** Toronto Pan Am Sports Centre - 875 Morningside Ave, Toronto, ON M1C 0C7
- **Facility:** 2 x 10 lane 50m competition and training pool- Swiss Timing electronic timing system.
- **Dates:** December 12-15, 2024
- **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.

- 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. [Parking](#) rates do apply. [Food court hours](#) (note – not open until 8 AM)

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.

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. All individuals making an application must follow the [Screening Requirements Procedures](#). Please contact Meet Management for the 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 Managers:** Nicole Parent – nicole@swimontario.com & Kirsti Kontor - Kirsti.kontor@gmail.com
- **Competition Coordinators:** Daryle Martin – Level 5, darylelmartin@gmail.com & Steve Sachs - Level 5, ssachs@rogers.com
- **Para Technical Advisors:** Sandra Rousseau & Jeff Holmes
- **Officials Coordinators:** Daryle Martin, Steve Sachs & Nicole Parent
- **Entries Coordinator:** [Kirsti Kontor - Kirsti.kontor@gmail.com](mailto:Kirsti.kontor@gmail.com)
- **Swim Ontario CTO:** Dean Boles – dean@swimontario.com



INQUIRIES:

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

Meet Information Page - <https://www.swimontario.com/athletes/competitions/oji>

ENTRY INFORMATION

ELIGIBILITY

All athletes must be registered as Competitive swimmers with Swimming Canada or for USPORT swimmers, in the Varsity category or another World Aquatics recognized National Federation and have met the qualifying requirements. A valid registration number is required.

- Foreign Teams and their competitors are welcome, subject to the following provisions.
 - **Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate.**
 - All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.
 - All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing.
 - All competitors and coaches must be in good standing with their respective governing swim body.
 - All foreign competitors 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 along with the insurance certificate.

A competitor's age is their age as of the first day of the competition. For the Olympic program swimmers, this event is restricted to those 18 years old and younger. There are no age restrictions for Paralympic program swimmers.

QUALIFYING PERIOD & STANDARDS

- All short course metres and long course metres times achieved since March 1, 2023 are eligible for entry.
- Standards for Olympic Program swimmers-
https://admin.swimontario.com/documents/741/2024_OJI_Standards.pdf
- Standards for Level 2 or higher Paralympic Program (Para) swimmers –
https://admin.swimontario.com/documents/760/PARA_OJI_Standards.pdf

ENTRY FEES & PAYMENT

- **Swimmer Fee:** \$125 + HST (\$141.25)
- Relay Fee: \$30 + HST (\$33.90)
- Approved International Federation Teams are exempt from entry fees.



- Entry Fee payment instructions:
 - **Entry Fees must be paid prior to arrival or at team registration.**
 - **Payment methods:**
 - TBC

PROOF OF QUALIFICATION

All Canadian entries will be validated via the Swim Canada results database. Meet Management will not accept Canadian entries directly via email. Proof of time must accompany ALL foreign entries. Times are to be submitted in the course they were achieved. Converted times will not be accepted.

ENTRY LIMITS

There are no limits on individual entries with the following conditions:

- All athletes must qualify in a minimum of one (1) event with up to 4 bonus events as follows:
 - 1 QT = 4 bonus swims
 - 2 QT = 3 bonus swims
 - 3 QT = 2 bonus swims
 - 4 QT = 1 bonus swim
 - 5 or more QT = 0 bonus swims
- All bonus swims must meet the bonus swim consideration times - https://admin.swimontario.com//documents/741/2024_OJI_Standards.pdf
- Note: The 800m & 1500m Freestyle events are not eligible as Bonus swims.

The competition host reserves the right to limit the meet to 350 swimmers. In such a case, the Federation or Swim Club that enters the 350th swimmer will be the last entries accepted into the meet.

RELAY ENTRIES

- **Clubs may enter a maximum of two (2) relay teams per event.**
- Para only relays will be offered, however, the relay events will not be part of the entry/event file. Details for entries will be communicated after the entry deadline. The following para relays will be offered
 - Thursday finals 4x50 Free mixed relays
 - Saturday finals 4x100 Free mixed relays
- The fastest 10 relay teams will swim in finals for the 4x200 Free, 4x100 Free and 4x100 Medley Relays. All other teams will swim in prelims on the respective days.
- All 4x50 Free mixed relays will swim during the finals session on Thursday.

PARA ENTRIES

- Para swimmers must have at least one (1) para qualifying time in their classification from the events listed below to be eligible to compete.
- They may enter any of the events listed below for which they have the qualifying time (MSQ) in their classification.



- With the exception of the 150 IM, para swimmers may enter in bonus events regardless of their classification (i.e. S14 can swim bonus 50 breast). See entry limits for bonus swim structure. The 150 IM is restricted to S1-S4.
- Eligible Events for para swimmers are
 - 150/200 IM & 200 Free
 - 50 Free, Back, Breast, Fly
 - 100 Free, Back, Breast, Fly
- Para relays will be offered, however, the relay events will not be part of the event files. Details for entries will be communicated after the entry deadline. The following para relays will be offered
 - Thursday finals 4x50 Free mixed relays
 - Saturday finals 4x100 Free mixed relays

ENTRY PROCESS & DEADLINE

- Clubs and federations are required to submit entries by **Monday, December 2, 2024**.
 - No further entry changes will be accepted after Wednesday, December 4, 2024 at 10 PM.
 - No entry time upgrade, event additions, or change of events will be accepted after this date unless authorized by the Swim Ontario Entries Coordinator. The **cost for authorized changes will be \$100 per change or correction up until the FINAL Entry Lists are posted.**
 - 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 Swimmer Entries** for swimmers not entered by Wednesday, December 4 at 10 PM may be accepted up until the FINAL Entry Lists are posted at a cost of double the meet entry fee (subject to total swimmer entry limits).
 - **Late entries or changes are subject to the qualifying times and the qualifying period. Times achieved AFTER the qualifying period are not eligible for qualifying or upgrade of entry time.**
- All entries received shall be UNCONVERTED and must be validated by the system. No converted times will be accepted. No Time (NT) will not be accepted.
- **Entry qualifying period is from March 1, 2023 to December 1, 2024**

SUBMISSION

- Canadian entries: **MUST** be submitted via the **Swimming Canada Registration and Events System (REMS)**. **MUST** be submitted through the following online form along with Proof of Time for all entries: <https://form.jotform.com/SwimOntario/2024-oji-meet-entry-submission>
- **International entries: May be submitted directly to nicole@swimontario.com** and must be accompanied by official proof of time.
- **Attending domestic coaches and support staff must be listed when uploading the entries via REMS. On the 2024 OJI Team Registration Form.**



- 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.
- 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.
- 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 or any other lack of compliance with Swim Ontario meet policy and procedure.
- Entry Lists will be posted online at www.swimontario.com by **December 7, 2024**.
- All entries inquiries or request for changes to entries are to be directed to nicole@swimontario.com
- Deck entries and time trial events will not be permitted.

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 and be included in the club's event entry. Those not listed in the entry submission will be denied deck access. **All support staff must be declared on the 2024 OJI Team Registration Form.**

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. All Canadian teams must submit a list of coaches attending at the time of entry attending coaches must be listed with the entries.

- For Ontario coaches, Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliance lists](#). If a coach from Ontario is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend the meet.
- Foreign coaches may be granted pool deck access credentials at the Ontario Junior International provided they meet the following conditions:
 - (a) The coach is currently registered as a member coach in good standing with their National Swimming Federation and provides Swim Ontario with acceptable proof of this membership.



- (b) The coach must have a minimum of one athlete from their team competing at the meet.
- Guest coaches must contact Meet Management for authorization to access the deck. Guest coaches must be properly registered with restrictions listed above.
- **Athletes must have a coach or designated coach (coach representative) in attendance during training and racing sessions.**

TEAM REGISTRATION

- **Team Registration will be done through an [Online Team Registration Form](#) and in person to collect accreditations.**
- All attending coaches, support staff contact information will be collected.
- Any club or High Performance Centre with Support Staff (including support for Para ord/Deaf/Hard of Hearing swimmers) must submit the names through the Entries process in the REMS and through the [Online Team Registration Form](#). The Club Registrar is responsible for adding Support Staff to the REMS for the purpose of being able to be permitted on deck at this event. Support Staff who are not registered in the REMS will not be permitted on deck.
- Foreign teams must fill out the [Online Team Registration Form](#) that includes the foreign team coach(es) and the foreign support staff
- One Club representative or coach is required to check-in in room 2060. Registration, payment and deck accreditations must be obtained before deck access will be granted. Swimmers must wait to obtain deck accreditation before proceeding to lower level.

ACCREDITATION

- Club deck accreditations (inclusive of coaches, team manager and support staff) –subject to change:
 - 1–5 swimmers 2 accreditations
 - 6-10 swimmers 3 accreditations
 - 11-15 swimmers 4 accreditations
 - 16-20 swimmers 5 accreditations
 - 21-30 swimmers 6 accreditations
 - 31+ swimmers 7 accreditations
- Para support staff not included in the count.
- Foreign coaches must be affiliated to their national federation or recognized coaching agency in good standing.
- Swimmers will be provided an accreditation card for deck access. This card must be displayed at all times.
- **The Deck Accreditation Card remains the property of Swim Ontario and can be withdrawn, with immediate effect, at Swim Ontario’s sole discretion.**

This is a Swim Ontario event. Only Swim Ontario may grant entry or access to any volunteer, coach, athlete, official, sponsor, or spectator either in the field of play or spectator stands.



PRE-MEET TRAINING SESSIONS

Practice Date	Practice Time
December 10	14:00-16:00
December 11	0930-1200 1630-1900

TECHNICAL MEETING

- Wednesday, Dec. 11, 2024, 6:00 PM at Toronto Pan Am Sports Centre

COMPETITION RULES

Swimming Canada 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 & TAPING

All swimmers shall be required to comply with World Aquatics swimwear and taping rules.

A committee shall be created to review taping requests.

For this event as per II.C15.3.2, a Taping Review Committee will be in place to review taping requests.

- Coaches must submit requests for a Taping Review appointment using the [Taping Review Form](#) to the Administration Desk by 1 hour prior to the first session where taping will be worn.
- Taping review will take place during warmups, and be completed no later than 15 minutes prior to the start of the session. Both athlete and coach must be present during the review.
- If the athlete will wear identical taping for multiple sessions, it is not necessary to have the taping reviewed by the committee more than once.
- If taping is altered, a new request must be submitted for a follow-up Taping Review appointment.
- The committee’s decision will be final.
- If the taping is approved by the committee, the swimmer must have the taping verified after each race to confirm that the taping matches the photos taken during the review process.
- The Post-Race Tape Check will be outlined in the Technical Meeting.
- Any swimmer who races with taping not approved by the Taping Review Committee, or fails to complete the Post-Race Tape Check will be disqualified.



DIVE STARTS

Starts will be conducted from Starting Platforms (blocks) as per World Aquatics Regulations. For Para-swimming events starts will be conducted as per WPS rules.

BACKSTROKE LEDGES

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

SEEDING

After all times have been verified:

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

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 shall so advise the Referee prior to the commencement of the session (or event) in question.
- Official Split Request Forms will be available at the Admin Desk and must be received 30 mins before the start of the session.

COMPETITION FORMAT

All sessions will be run in a single 25m x 10 lane (3m deep) tank. Warm-up/cool down facilities will be available throughout the sessions.

PRELIMINARIES:

- All prelims will run 10 lane heats with the fastest three heats circle seeded except for 400m events which will be 2 heats circle seeded.
- The 800 and 1500 Freestyle will be run as Time Final events.
- The distance events will have the fastest 10 entries in each event swimming in that day's finals session. The remaining heats will be run fastest to slowest alternating women and men in the preliminary session.

FINALS:

- All "A" finals will be run top ten (10)
- All "B" finals will be run top ten (10)
- There will be an "A" & "B" final for all Olympic Program Events
- A separate para swimmer final (10 swimmers) will be held for the following events
 - 150/200 IM – combined, fastest 10 swimmers based on para points



- 50 Free, Back, Breast, Fly
- 100 Free & 100 Breast
- Para swimmers will be ranked based on the following Paralympic point system: KNZB Points Table NED + Para 2020 in Splash software to allow points to be calculated with no restrictions on classification (non Paralympic events)
- The finals sessions will run using the following format:
 - **“Para” Final (if offered), “A” Final, , “B” Final, Medal Ceremony (for para & A final) - TBC**
- ***All finalists & alternates will be required to report to the call room area 15 minutes prior to the start of the event***
- Important note to clubs: If a top 3 placing swimmer is unable to make it to their award ceremony, the club/team must send a fully uniformed substitute swimmer in their place.

SCRATCH RULES

- Email scratches will be accepted by email until the start of the Technical meeting - **December 11, 2024 at 5:59 PM** to nicole@swimontario.com.
- Following the above date, email scratches WILL NOT be accepted and the [online scratch](#) (link to come) form is required.

DISTANCE & THURSDAY RELAYS (POSITIVE CHECK-IN)

- The deadline for scratches for Thursday distance events will be 30 minutes following the December 11 Technical Meeting.
- The deadline for scratches for Sunday distance events will be **30 minutes** after the start of Finals the previous evening.
- The scratch deadline for Thursday mixed relay is 30 mins following the completion of preliminary events (200 IM) on Thursday
- Positive Check-in will be in place for the 800m and 1500m Freestyle during the preliminary warm-up period to allow combination of heats or notification of swimmers moving to finals. Scratches will not be accepted after the scratch deadlines outlined above. The Positive Check-in is a courtesy to fellow swimmers.
- **Requests for swimmers scheduled in final to be moved to preliminaries will NOT be granted.**

PRELIMINARIES & RELAYS

- Thursday Preliminaries and timed final events: 30 minutes following the December 11 Technical Meeting.
- **Friday, Saturday and Sunday Preliminaries and relays held on those days: 30 following the start of Finals the previous evening**
- Scratches must be done on the official [online scratch form](#) (link to come).
- E-mailed scratches WILL NOT be accepted.

FINALS

- Finals events: 30 minutes following the completion of the preliminary events
- Scratches must be done on the official [online scratch form](#) (link to come).
- E-mailed scratches WILL NOT be accepted.



PENALTY

- “No-Shows”, “step-downs” and “unexcused incomplete swims” will be penalized \$50.00 CAD for Finals only including the top 10 in finals for distance events. 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.
- Accepted payment is by credit card payment via OJI penalty online form. No cash or cheques will be accepted at the Admin Desk.

RELAY NAME SUBMISSION

- Coaches must submit their relay names via Relay Form provided by the Admin Desk.
- Deadline for all relay forms and names: 30 minutes before the start of the session in which the relay will be swum.

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.**

CHECK IN

- All PARA, A & B finalists and alternates and relay teams must check-in with the Call Room Supervisor 15 minutes prior to the start of the event and remain in the call room area. There will be no positive check-in during the warm-up period at finals.

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.
- Please note that any swimmer wearing taping not approved by a Taping Review Committee is ineligible to set a Canadian Record.
- 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.
- Please be aware that International records (WR/WJR/WPS/Commonwealth) may not be ratified if taping is worn for record-breaking swims. It is advised to remove the taping in such instances.

AWARDS

- Medals for first, second and third place for individual and Olympic Program relay events.
- Medals for first for para only relays
- Aggregate High Point Awards for Olympic Program swimmers & Paralympic swimmers Male and Female (Ties will be awarded)
 - 5 points for gold
 - 3 points for silver



- 1 point for bronze
- Best World Class Swim Male based on 2024 SCM World Ranking
- Best World Class Swim Female based on 2024 SCM World Ranking
- **Paul Corkum Performance Team Award:**
 - minimum 4 swimmers attending the meet
 - swimmers must meet QT for this award
 - The highest scoring team based on the following formula:
 - Only top 3 swims can contribute to points [1st – 5 points; 2nd – 3 points; and 3rd – 1 point]
 - Addition of points divided by the total number of swimmers entered into the meet per team.

SITE INFORMATION

- **Hospitality**
 - A hospitality area with light refreshments will be available for both coaches and officials.
 - On-site take-out food available (Tim's, Pizza, Pool Sides). [Hours](#)
- **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. **The North and EAST lots are available for parking. The South lot is closed. UTSC Lot H is also available for overflow parking.**
- **Lockers** - Lockers will be available for this event. In the change rooms 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.





PROGRAM EVENT LIST

Meet Program

Day 1 – Thursday, December 12, 2024

Preliminary Sessions Warm-up: 1000 Start: 1130 (subject to change)			Final Session Warm-up: 1630 Start: 1730		
Women		Men	Women		Men
101/1	150/200 Individual Medley	102/2	101/1	150/200 PARA IM (combined top 10)	102/2
3	W 1500 Freestyle (SH)	--	1	200 Individual Medley	2
--	M 800 Freestyle (SH)	4	3	W - 1500 Freestyle (FH)	--
			--	M - 800 Freestyle (FH)	4
			5 (mixed)	4x50 Free Mixed Para Relay	5 (mixed)
			6 (mixed)	4x50 Freestyle Mixed Relay	6 (mixed)

Day 2 – Friday, December 13, 2024

Preliminary Sessions Warm-up: 7:30 Start: 9:00			Final Session Warm-up: 1630 Start: 1730		
Women		Men	Women		Men
7	200 Freestyle	8	7	200 Freestyle	8
9	100 Breaststroke	10	9	100 PARA Breast	10
11	400 IM	12	9	100 Breaststroke	10
13	100 Butterfly	14	11	400 IM	12
15	50 Backstroke	16	13	100 Butterfly	14
17	800 Freestyle Relay (SH)	18	15	50 PARA Back	16
			15	50 Backstroke	16
			17	800 Freestyle Relay (FH)	18

Day 3 – Saturday, December 14, 2024

Preliminary Sessions Warm-up: 7:30 Start: 9:00			Final Session Warm-up: 1630 Start: 1730		
Women		Men	Women		Men
19	50 Freestyle	20	19	50 PARA Free	20
21	200 Butterfly	22	19	50 Freestyle	20
23	100 Backstroke	24	21	200 Butterfly	22
25	400 Free	26	23	100 Backstroke	24
27	50 Butterfly	28	25	400 Free	26
29	200 Breaststroke	30	27	50 PARA Fly	28
33	400 Freestyle Relay (SH)	34	27	50 Butterfly	28
			29	200 Breaststroke	30
			31 (mixed)	4x100 Free mixed Para Relay	31 (mixed)
			33	400 Freestyle Relay (FH)	34

Day 4 – Sunday, December 15, 2024

Preliminary Sessions Warm-up: 730 Start: 9:00			Final Session Warm-up: 1630 Start: 1730		
Women		Men	Women		Men
35	100 Freestyle	36	35	100 PARA Free	36
37	200 Backstroke	38	35	100 Freestyle	36
39	50 Breaststroke	40	37	200 Backstroke	38
43	400 Medley Relay (SH)	44	39	50 PARA Breast	40
41	W 800 Freestyle (SH)	--	39	50 Breaststroke	40
--	M 1500 Freestyle (SH)	42	41	W 800 Freestyle (FH)	--
			--	M 1500 Freestyle (FH)	42
			43	400 Medley Relay (FH)	44