



2024 Summer Ontario Youth-Junior Champs - 2024-06-13 to 2024-06-16

Session Report

Session: 1 Thursday Prelims

Day of Meet: 1 Starts at 09:35 AM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 18 & Under 100 Backstroke	58	6 u	09:35 AM	_____
Prelims	4 Men 18 & Under 100 Backstroke	66	7 u	09:47 AM	_____
Prelims	5 Women 18 & Under 50 Freestyle	156	16 u	09:59 AM	_____
Prelims	6 Men 18 & Under 50 Freestyle	147	15 u	10:12 AM	_____
Prelims	7 Women 18 & Under 200 Breaststroke	80	8 u	10:24 AM	_____
Prelims	8 Men 18 & Under 200 Breaststroke	108	11 u	10:51 AM	_____
Finals-S	101 Women 14 & Under 200 Medley Relay	0	0	11:25 AM	_____
Finals-S	102 Men 14 & Under 200 Medley Relay	9	1 u	11:25 AM	_____
Finals-S	103 Women 15 & Over 200 Medley Relay	19	2 u	11:28 AM	_____
Finals-S	104 Men 15 & Over 200 Medley Relay	16	2 u	11:33 AM	_____
	Break: 3 Minutes:				
Finals-S	106 Men 800 Freestyle Relay	3	1 u	11:42 AM	_____
	Break: 15 Minutes: Warm-up / Cool Down				
Finals-S	1 Women 18 & Under 800 Freestyle	26	3 u	12:06 PM	_____
Finals-S	2 Men 18 & Under 800 Freestyle	45	5 u	12:37 PM	_____
	Swimmers Counts for Warm-ups: 598	=====	=====		
	Entry / Heat Totals:	733	77		
	Finish Time			01:28 PM	_____

Warm – up Schedule

Warm up will be split by club in the Morning Sessions:

Group A – Club Letter A to M; Group B – Club Letter N to Y - **use your club code**

Warm up	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
7:50AM -8:35AM	Group A	Group B	Group A	Group B
8:40 AM – 9:25AM	Group B	Group A	Group B	Group A
4:30PM - 4:55PM	Those Not in Final	Those Not in Final	Those Not in Final	Those Not in Final
4:55PM – 5:50PM	Finalists swimmers	Finalists swimmers	Finalists swimmers	Finalists swimmers





2024 Summer Ontario Youth-Junior Champs - 2024-06-13 to 2024-06-16

Session Report

Session: 2 Thursday Finals

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 70 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	1 Women 18 & Under 800 Freestyle	10	1 u	06:00 PM	_____
Finals-1	2 Men 18 & Under 800 Freestyle	10	1 u	06:12 PM	_____
Finals	3 Women 18 & Under 100 Backstroke	40	4 u	06:23 PM	_____
Finals	4 Men 18 & Under 100 Backstroke	40	4 u	06:33 PM	_____
Finals	5 Women 18 & Under 50 Freestyle	40	4 u	06:43 PM	_____
Finals	6 Men 18 & Under 50 Freestyle	40	4 u	06:50 PM	_____
Finals	7 Women 18 & Under 200 Breaststroke	40	4 u	06:56 PM	_____
Finals	8 Men 18 & Under 200 Breaststroke	40	4 u	07:12 PM	_____
Finals-1	101 Women 14 & Under 200 Medley Relay	8	1 u	07:28 PM	_____
Finals-1	102 Men 14 & Under 200 Medley Relay	10	1 u	07:32 PM	_____
Finals-1	103 Women 15 & Over 200 Medley Relay	10	1 u	07:36 PM	_____
Finals-1	104 Men 15 & Over 200 Medley Relay	10	1 u	07:39 PM	_____
Finals-1	106 Men 800 Freestyle Relay	10	1 u	07:43 PM	_____
	Swimmers Counts for Warm-ups: 471	=====	=====		
	Entry / Heat Totals:	308	31		
	Finish Time			07:53 PM	_____

Warm – up Schedule

Warm up will be split by club in the Morning Sessions:

Group A – Club Letter A to M; Group B – Club Letter N to Y - **use your club code**

Warm up	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
7:50AM -8:35AM	Group A	Group B	Group A	Group B
8:40 AM – 9:25AM	Group B	Group A	Group B	Group A
4:30PM - 4:55PM	Those Not in Final	Those Not in Final	Those Not in Final	Those Not in Final
4:55PM – 5:50PM	Finalists swimmers	Finalists swimmers	Finalists swimmers	Finalists swimmers





2024 Summer Ontario Youth-Junior Champs - 2024-06-13 to 2024-06-16

Session Report

Session: 3 Friday Prelims

Day of Meet: 2 Starts at 09:35 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	11 Women 18 & Under 200 Freestyle	72	8 u	09:35 AM	_____
Prelims	12 Men 18 & Under 200 Freestyle	63	7 u	09:57 AM	_____
Prelims	13 Women 18 & Under 400 IM	31	4 u	10:14 AM	_____
Prelims	14 Men 18 & Under 400 IM	76	8 u	10:38 AM	_____
Prelims	15 Women 18 & Under 100 Butterfly	115	12 u	11:23 AM	_____
Prelims	16 Men 18 & Under 100 Butterfly	145	15 u	11:41 AM	_____
Finals-S	107 Women 14 & Under 400 Freestyle Relay	0	0	12:03 PM	_____
Finals-S	109 Women 15 & Over 400 Freestyle Relay	13	2 u	12:03 PM	_____
Finals-S	108 Men 14 & Under 400 Freestyle Relay	5	1 u	12:12 PM	_____
Finals-S	110 Men 15 & Over 400 Freestyle Relay	11	2 u	12:17 PM	_____
	Break: 15 Minutes: Warm-up/Cool-down				
Finals-S	9 Women 18 & Under 1500 Freestyle	2	1 u	12:41 PM	_____
	Swimmers Counts for Warm-ups: 452	====	====		
	Entry / Heat Totals:	533	60		
	Finish Time			01:00 PM	_____

Warm – up Schedule

Warm up will be split by club in the Morning Sessions:

Group A – Club Letter A to M; Group B – Club Letter N to Y - use your club code

Warm up	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
7:50AM -8:35AM	Group A	Group B	Group A	Group B
8:40 AM – 9:25AM	Group B	Group A	Group B	Group A
4:30PM - 4:55PM	Those Not in Final	Those Not in Final	Those Not in Final	Those Not in Final
4:55PM – 5:50PM	Finalists swimmers	Finalists swimmers	Finalists swimmers	Finalists swimmers





2024 Summer Ontario Youth-Junior Champs - 2024-06-13 to 2024-06-16

Session Report

Session: 4 Friday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 70 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	9 Women 18 & Under 1500 Freestyle	10	1 u	06:00 PM	_____
Finals	11 Women 18 & Under 200 Freestyle	40	4 u	06:21 PM	_____
Finals	12 Men 18 & Under 200 Freestyle	40	4 u	06:35 PM	_____
Finals	13 Women 18 & Under 400 IM	31	4 u	06:48 PM	_____
Finals	14 Men 18 & Under 400 IM	40	4 u	07:15 PM	_____
Finals	15 Women 18 & Under 100 Butterfly	100	10 u	07:40 PM	_____
Finals	16 Men 18 & Under 100 Butterfly	40	4 u	08:03 PM	_____
Finals-1	107 Women 14 & Under 400 Freestyle Relay	10	1 u	08:12 PM	_____
Finals-1	108 Men 14 & Under 400 Freestyle Relay	10	1 u	08:17 PM	_____
Finals-1	109 Women 15 & Over 400 Freestyle Relay	10	1 u	08:23 PM	_____
Finals-1	110 Men 15 & Over 400 Freestyle Relay	10	1 u	08:28 PM	_____
	Swimmers Counts for Warm-ups: 375	=====	=====		
	Entry / Heat Totals:	341	35		
	Finish Time			08:34 PM	_____

Warm – up Schedule

Warm up will be split by club in the Morning Sessions:

Group A – Club Letter A to M; Group B – Club Letter N to Y - **use your club code**

Warm up	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
7:50AM -8:35AM	Group A	Group B	Group A	Group B
8:40 AM – 9:25AM	Group B	Group A	Group B	Group A
4:30PM - 4:55PM	Those Not in Final	Those Not in Final	Those Not in Final	Those Not in Final
4:55PM – 5:50PM	Finalists swimmers	Finalists swimmers	Finalists swimmers	Finalists swimmers





2024 Summer Ontario Youth-Junior Champs - 2024-06-13 to 2024-06-16

Session Report

Session: 5 Saturday Prelims

Day of Meet: 3 Starts at 09:35 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	19 Women 18 & Under 100 Freestyle	125	13 u	09:35 AM	_____
Prelims	20 Men 18 & Under 100 Freestyle	117	12 u	09:54 AM	_____
Prelims	21 Women 18 & Under 200 Butterfly	45	5 u	10:09 AM	_____
Prelims	22 Men 18 & Under 200 Butterfly	78	8 u	10:25 AM	_____
Prelims	23 Women 18 & Under 100 Breaststroke	104	11 u	10:47 AM	_____
Prelims	24 Men 18 & Under 100 Breaststroke	144	15 u	11:06 AM	_____
Finals-S	111 Women 14 & Under 200 Freestyle Relay	0	0	11:30 AM	_____
Finals-S	112 Men 14 & Under 200 Freestyle Relay	7	1 u	11:30 AM	_____
Finals-S	113 Women 15 & Over 200 Freestyle Relay	21	3 u	11:32 AM	_____
Finals-S	114 Men 15 & Over 200 Freestyle Relay	22	3 u	11:39 AM	_____
Finals-S	115 Women 800 Freestyle Relay	0	0	11:46 AM	_____
	Break: 15 Minutes: Warm-up/Cool-down				
Finals-S	18 Men 18 & Under 1500 Freestyle	17	2 u	12:01 PM	_____
	Swimmers Counts for Warm-ups: 597	=====	=====		
	Entry / Heat Totals:	680	73		
	Finish Time			12:39 PM	_____

Warm – up Schedule

Warm up will be split by club in the Morning Sessions:

Group A – Club Letter A to M; Group B – Club Letter N to Y - **use your club code**

Warm up	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
7:50AM -8:35AM	Group A	Group B	Group A	Group B
8:40 AM – 9:25AM	Group B	Group A	Group B	Group A
4:30PM - 4:55PM	Those Not in Final	Those Not in Final	Those Not in Final	Those Not in Final
4:55PM – 5:50PM	Finalists swimmers	Finalists swimmers	Finalists swimmers	Finalists swimmers





2024 Summer Ontario Youth-Junior Champs - 2024-06-13 to 2024-06-16

Session Report

Session: 6 Saturday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 70 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	18 Men 18 & Under 1500 Freestyle	10	1 u	06:00 PM	_____
Finals	19 Women 18 & Under 100 Freestyle	40	4 u	06:20 PM	_____
Finals	20 Men 18 & Under 100 Freestyle	40	4 u	06:29 PM	_____
Finals	21 Women 18 & Under 200 Butterfly	40	4 u	06:38 PM	_____
Finals	22 Men 18 & Under 200 Butterfly	40	4 u	06:53 PM	_____
Finals	23 Women 18 & Under 100 Breaststroke	40	4 u	07:07 PM	_____
Finals	24 Men 18 & Under 100 Breaststroke	40	4 u	07:17 PM	_____
Finals-1	111 Women 14 & Under 200 Freestyle Relay	9	1 u	07:26 PM	_____
Finals-1	112 Men 14 & Under 200 Freestyle Relay	10	1 u	07:29 PM	_____
Finals-1	113 Women 15 & Over 200 Freestyle Relay	10	1 u	07:33 PM	_____
Finals-1	114 Men 15 & Over 200 Freestyle Relay	10	1 u	07:36 PM	_____
Finals-1	115 Women 800 Freestyle Relay	10	1 u	07:39 PM	_____
	Swimmers Counts for Warm-ups: 448	=====	=====		
	Entry / Heat Totals:	299	30		
	Finish Time			07:50 PM	_____

Warm – up Schedule

Warm up will be split by club in the Morning Sessions:

Group A – Club Letter A to M; Group B – Club Letter N to Y - **use your club code**

Warm up	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
7:50AM -8:35AM	Group A	Group B	Group A	Group B
8:40 AM – 9:25AM	Group B	Group A	Group B	Group A
4:30PM - 4:55PM	Those Not in Final	Those Not in Final	Those Not in Final	Those Not in Final
4:55PM – 5:50PM	Finalists swimmers	Finalists swimmers	Finalists swimmers	Finalists swimmers





2024 Summer Ontario Youth-Junior Champs - 2024-06-13 to 2024-06-16

Session Report

Session: 7 Sunday Prelims

Day of Meet: 4 Starts at 09:35 AM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	25 Women 18 & Under 200 IM	68	7 u	09:35 AM	_____
Prelims	26 Men 18 & Under 200 IM	90	9 u	09:56 AM	_____
Prelims	27 Women 18 & Under 200 Backstroke	49	5 u	10:22 AM	_____
Prelims	28 Men 18 & Under 200 Backstroke	65	7 u	10:38 AM	_____
Prelims	29 Women 18 & Under 400 Freestyle	51	6 u	11:00 AM	_____
Prelims	30 Men 18 & Under 400 Freestyle	58	6 u	11:31 AM	_____
	Break: 15 Minutes: Warm-up/Cool-down				
Finals-S	117 Women 14 & Under 400 Medley Relay	0	0	12:16 PM	_____
Finals-S	118 Men 14 & Under 400 Medley Relay	8	1 u	12:16 PM	_____
Finals-S	119 Women 15 & Over 400 Medley Relay	9	1 u	12:22 PM	_____
Finals-S	120 Men 15 & Over 400 Medley Relay	7	1 u	12:27 PM	_____
	Swimmers Counts for Warm-ups: 398	=====	=====		
	Entry / Heat Totals:	405	43		
	Finish Time			12:32 PM	_____

Warm – up Schedule

Warm up will be split by club in the Morning Sessions:

Group A – Club Letter A to M; Group B – Club Letter N to Y - **use your club code**

Warm up	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
7:50AM -8:35AM	Group A	Group B	Group A	Group B
8:40 AM – 9:25AM	Group B	Group A	Group B	Group A
4:30PM - 4:55PM	Those Not in Final	Those Not in Final	Those Not in Final	Those Not in Final
4:55PM – 5:50PM	Finalists swimmers	Finalists swimmers	Finalists swimmers	Finalists swimmers





2024 Summer Ontario Youth-Junior Champs - 2024-06-13 to 2024-06-16

Session Report

Session: 8 Sunday Finals

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 70 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Women 18 & Under 200 IM	40	4 u	06:00 PM	_____
Finals	26 Men 18 & Under 200 IM	40	4 u	06:15 PM	_____
Finals	27 Women 18 & Under 200 Backstroke	40	4 u	06:30 PM	_____
Finals	28 Men 18 & Under 200 Backstroke	40	4 u	06:45 PM	_____
Finals	29 Women 18 & Under 400 Freestyle	40	4 u	07:00 PM	_____
Finals	30 Men 18 & Under 400 Freestyle	40	4 u	07:24 PM	_____
Finals-1	117 Women 14 & Under 400 Medley Relay	9	1 u	07:47 PM	_____
Finals-1	118 Men 14 & Under 400 Medley Relay	10	1 u	07:55 PM	_____
Finals-1	119 Women 15 & Over 400 Medley Relay	10	1 u	08:01 PM	_____
Finals-1	120 Men 15 & Over 400 Medley Relay	10	1 u	08:08 PM	_____
	Swimmers Counts for Warm-ups: 358	=====	=====		
	Entry / Heat Totals:	279	28		
	Finish Time			08:13 PM	_____

Warm – up Schedule

Warm up will be split by club in the Morning Sessions:

Group A – Club Letter A to M; Group B – Club Letter N to Y - **use your club code**

Warm up	Thursday June 13	Friday June 14	Saturday June 15	Sunday June 16
7:50AM -8:35AM	Group A	Group B	Group A	Group B
8:40 AM – 9:25AM	Group B	Group A	Group B	Group A
4:30PM - 4:55PM	Those Not in Final	Those Not in Final	Those Not in Final	Those Not in Final
4:55PM – 5:50PM	Finalists swimmers	Finalists swimmers	Finalists swimmers	Finalists swimmers

