

**2023 Winter Ontario Swimming Champs - 2023-03-02 to 2023-03-05****Session Report**

Session: 1 Thursday Prelims

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 100 Backstroke	87	9 u	08:30 AM	_____
Prelims	4 Men 100 Backstroke	86	9 u	08:48 AM	_____
Prelims	201 Women 400 Multi-Class PARA S6-S13 Free	4	1 u	09:04 AM	_____
Prelims	202 Men 400 Multi-Class PARA S6-S13 Free	5	1 u	09:11 AM	_____
Prelims	203 Women 200 Multi-Class PARA S1-S5&S14 Free	7	1 u	09:18 AM	_____
Prelims	204 Men 200 Multi-Class PARA S1-S5 &S14 Free	5	1 u	09:24 AM	_____
	Break: 3 Minutes:				
Prelims	5 Women 50 Freestyle	101	11 u	09:31 AM	_____
Prelims	6 Men 50 Freestyle	126	13 u	09:42 AM	_____
	Break: 2 Minutes:				
Prelims	7 Women 200 Breaststroke	58	6 u	09:56 AM	_____
Prelims	8 Men 200 Breaststroke	86	9 u	10:16 AM	_____
Finals-S	103 Women 15 & Over 200 Medley Relay	12	2 u	10:44 AM	_____
Finals-S	102 Men 15 & Under 200 Medley Relay	6	1 u	10:50 AM	_____
Finals-S	104 Men 16 & Over 200 Medley Relay	20	2 u	10:53 AM	_____
Finals-S	106 Men 800 Freestyle Relay	7	1 u	10:58 AM	_____
Finals-S	1 Women 800 Freestyle	22	3 u	11:07 AM	_____
Finals-S	2 Men 800 Freestyle	49	5 u	11:38 AM	_____
	Swimmers Counts for Warm-ups: 515	=====	=====		
	Entry / Heat Totals:	681	75		
	Finish Time			12:25 PM	_____

**Event 5 & 6 - 50 Free - Start from the south end (scoreboard)****Event 103 will swim before 102****Event 1 & 2 - 800 Free - will alternate 1 heat W / 1 heat M**

**2023 Winter Ontario Swimming Champs - 2023-03-02 to 2023-03-05****Session Report**

Session: 2 Thursday Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	1 Women 800 Freestyle	10	1 u	05:00 PM	_____
Finals-1	2 Men 800 Freestyle	10	1 u	05:11 PM	_____
Finals	3 Women 100 Backstroke	40	4 u	05:22 PM	_____
Finals	4 Men 100 Backstroke	40	4 u	05:32 PM	_____
Finals	201 Women 400 Multi-Class PARA S6-S13 Free	4	1 u	05:42 PM	_____
Finals	203 Women 200 Multi-Class PARA S1-S5&S14 Free	7	1 u	05:49 PM	_____
Finals	202 Men 400 Multi-Class PARA S6-S13 Free	5	1 u	05:54 PM	_____
Finals	204 Men 200 Multi-Class PARA S1-S5 &S14 Free	5	1 u	06:01 PM	_____
	Break: 3 Minutes:				
Finals	5 Women 50 Freestyle	40	4 u	06:08 PM	_____
Finals	6 Men 50 Freestyle	40	4 u	06:14 PM	_____
	Break: 2 Minutes:				
Finals	7 Women 200 Breaststroke	40	4 u	06:23 PM	_____
Finals	8 Men 200 Breaststroke	40	4 u	06:39 PM	_____
Finals-1	101 Women 14 & Under 200 Medley Relay	9	1 u	06:54 PM	_____
Finals-1	102 Men 15 & Under 200 Medley Relay	10	1 u	06:58 PM	_____
Finals-1	103 Women 15 & Over 200 Medley Relay	10	1 u	07:01 PM	_____
Finals-1	104 Men 16 & Over 200 Medley Relay	10	1 u	07:05 PM	_____
Finals-1	106 Men 800 Freestyle Relay	10	1 u	07:08 PM	_____
	Swimmers Counts for Warm-ups: 423	=====	=====		
	Entry / Heat Totals:	330	35		
	Finish Time			07:18 PM	_____

**Event 5 & 6 - 50 Free - Start from the south end (scoreboard)**

**2023 Winter Ontario Swimming Champs - 2023-03-02 to 2023-03-05****Session Report**

Session: 3 Friday Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	205 Women 50 Multi-Class PARA S1-S14 Free	10	1 u	08:30 AM	_____
Prelims	206 Men 50 Multi-Class PARA S1-S14 Free	13	2 u	08:32 AM	_____
	Break: 2 Minutes:				
Prelims	11 Women 200 Freestyle	80	8 u	08:36 AM	_____
Prelims	12 Men 200 Freestyle	97	10 u	08:58 AM	_____
Prelims	13 Women 400 IM	49	5 u	09:24 AM	_____
Prelims	14 Men 400 IM	72	8 u	09:53 AM	_____
	Break: 2 Minutes:				
Prelims	207 Women 50 Multi-Class PARA S1-S7 Fly	4	1 u	10:39 AM	_____
	Break: 2 Minutes:				
Prelims	209 Women 100 Multi-Class PARA S8-S14 Fly	7	1 u	10:43 AM	_____
Prelims	210 Men 100 Multi-Class PARA S8-S14 Fly	4	1 u	10:45 AM	_____
	Break: 2 Minutes:				
Prelims	15 Women 100 Butterfly	79	8 u	10:49 AM	_____
Prelims	16 Men 100 Butterfly	110	11 u	11:02 AM	_____
Finals-S	109 Women 15 & Over 400 Freestyle Relay	11	2 u	11:19 AM	_____
Finals-S	108 Men 15 & Under 400 Freestyle Relay	5	1 u	11:28 AM	_____
Finals-S	110 Men 16 & Over 400 Freestyle Relay	17	2 u	11:33 AM	_____
Finals-S	9 Women 1500 Freestyle	10	1 u	11:41 AM	_____
	Swimmers Counts for Warm-ups: 461	=====	=====		
	Entry / Heat Totals:	568	62		
	Finish Time			12:01 PM	_____

**Event 205 & 206 - PARA 50 Free - Start from the south end (scoreboard)****Event 207 - PARA 50 Fly - Start from the south end (scoreboard)****Event 109 will swim before Event 108**

ONTARIO SWIMMING CHAMPIONSHIPS

**2023 Winter Ontario Swimming Champs - 2023-03-02 to 2023-03-05****Session Report**

Session: 4 Friday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	9 Women 1500 Freestyle Break: 2 Minutes:	10	1 u	05:00 PM	_____
Finals	205 Women 50 Multi-Class PARA S1-S14 Free	10	1 u	05:22 PM	_____
Finals	206 Men 50 Multi-Class PARA S1-S14 Free Break: 2 Minutes:	10	1 u	05:24 PM	_____
Finals	11 Women 200 Freestyle	40	4 u	05:28 PM	_____
Finals	12 Men 200 Freestyle	40	4 u	05:42 PM	_____
Finals	13 Women 400 IM	40	4 u	05:55 PM	_____
Finals	14 Men 400 IM	40	4 u	06:20 PM	_____
Finals	207 Women 50 Multi-Class PARA S1-S7 Fly	4	1 u	06:45 PM	_____
Finals	209 Women 100 Multi-Class PARA S8-S14 Fly	7	1 u	06:47 PM	_____
Finals	210 Men 100 Multi-Class PARA S8-S14 Fly Break: 3 Minutes:	4	1 u	06:51 PM	_____
Finals	15 Women 100 Butterfly	40	4 u	06:57 PM	_____
Finals	16 Men 100 Butterfly	40	4 u	07:06 PM	_____
Finals-1	107 Women 14 & Under 400 Freestyle Relay	10	1 u	07:15 PM	_____
Finals-1	108 Men 15 & Under 400 Freestyle Relay	10	1 u	07:21 PM	_____
Finals-1	109 Women 15 & Over 400 Freestyle Relay	10	1 u	07:26 PM	_____
Finals-1	110 Men 16 & Over 400 Freestyle Relay	10	1 u	07:32 PM	_____
	Swimmers Counts for Warm-ups: 367	=====	=====		
	Entry / Heat Totals:	325	34		
	Finish Time			07:37 PM	_____

**Event 205 & 206 - PARA 50 Free - Start from the south end (scoreboard)**  
**Event 207 & 209 - PARA 50/100 Fly combined - Start from the north end (dive tank)**



ONTARIO SWIMMING CHAMPIONSHIPS

**2023 Winter Ontario Swimming Champs - 2023-03-02 to 2023-03-05****Session Report**

Session: 5 Saturday Prelims

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	211 Women 100 Multi-Class PARA S1 - S14 Free	11	2 u	08:30 AM	_____
Prelims	212 Men 100 Multi-Class PARA S1 - S14 Free	12	2 u	08:36 AM	_____
	Break: 2 Minutes:				
Prelims	19 Women 100 Freestyle	87	9 u	08:42 AM	_____
Prelims	20 Men 100 Freestyle	135	14 u	08:56 AM	_____
Prelims	21 Women 200 Butterfly	51	6 u	09:16 AM	_____
Prelims	22 Men 200 Butterfly	61	7 u	09:34 AM	_____
Prelims	213 Women 50 Multi-Class PARA SB1-SB3 Breast	1	1 u	09:54 AM	_____
Prelims	215 Women 100 Multi-Class PARA SB4 -S14 Breast	11	2 u	09:56 AM	_____
Prelims	216 Men 100 Multi-Class PARA SB4 -S14 Breast	7	1 u	10:01 AM	_____
	Break: 3 Minutes:				
Prelims	23 Women 100 Breaststroke	63	7 u	10:07 AM	_____
Prelims	24 Men 100 Breaststroke	101	11 u	10:20 AM	_____
Finals-S	113 Women 15 & Over 200 Freestyle Relay	13	2 u	10:38 AM	_____
Finals-S	112 Men 15 & Under 200 Freestyle Relay	6	1 u	10:43 AM	_____
Finals-S	114 Men 16 & Over 200 Freestyle Relay	19	2 u	10:46 AM	_____
Finals-S	115 Women 800 Freestyle Relay	6	1 u	10:50 AM	_____
Finals-S	18 Men 1500 Freestyle	30	3 u	11:00 AM	_____
	Swimmers Counts for Warm-ups: 512	=====	=====		
	Entry / Heat Totals:	614	71		
	Finish Time			11:54 AM	_____

**Event 213 & 215 - PARA 50/100 Breast combined - Start from the north end (dive tank)**

**Event 113 will swim before Event 112**



**2023 Winter Ontario Swimming Champs - 2023-03-02 to 2023-03-05****Session Report**

Session: 6 Saturday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	18 Men 1500 Freestyle	10	1 u	05:00 PM	_____
Finals	211 Women 100 Multi-Class PARA S1 - S14 Free	10	1 u	05:19 PM	_____
Finals	212 Men 100 Multi-Class PARA S1 - S14 Free	10	1 u	05:22 PM	_____
	Break: 2 Minutes:				
Finals	19 Women 100 Freestyle	40	4 u	05:26 PM	_____
Finals	20 Men 100 Freestyle	40	4 u	05:35 PM	_____
Finals	21 Women 200 Butterfly	40	4 u	05:44 PM	_____
Finals	22 Men 200 Butterfly	40	4 u	05:58 PM	_____
Finals	213 Women 50 Multi-Class PARA SB1-SB3 Breast	1	1 u	06:12 PM	_____
Finals	215 Women 100 Multi-Class PARA SB4 -S14 Breast	10	1 u	06:15 PM	_____
Finals	216 Men 100 Multi-Class PARA SB4 -S14 Breast	7	1 u	06:20 PM	_____
	Break: 3 Minutes:				
Finals	23 Women 100 Breaststroke	40	4 u	06:26 PM	_____
Finals	24 Men 100 Breaststroke	40	4 u	06:36 PM	_____
Finals-1	111 Women 14 & Under 200 Freestyle Relay	9	1 u	06:46 PM	_____
Finals-1	112 Men 15 & Under 200 Freestyle Relay	10	1 u	06:49 PM	_____
Finals-1	113 Women 15 & Over 200 Freestyle Relay	10	1 u	06:52 PM	_____
Finals-1	114 Men 16 & Over 200 Freestyle Relay	10	1 u	06:55 PM	_____
Finals-1	115 Women 800 Freestyle Relay	10	1 u	06:58 PM	_____
	Swimmers Counts for Warm-ups: 418	=====	=====		
	Entry / Heat Totals:	337	35		
	Finish Time			07:09 PM	_____

**Event 213 & 215 - PARA 50/100 Breast combined - Start from the north end (dive tank)**

**Event 113 will swim before Event 112**



**2023 Winter Ontario Swimming Champs - 2023-03-02 to 2023-03-05****Session Report**

Session: 7 Sunday Prelims

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	217 Women 150 Multi-Class PARA SM1-SM4 IM	1	1 u	08:30 AM	_____
Prelims	219 Women 200 Multi-Class PARA SM5-S14 IM	12	2 u	08:36 AM	_____
Prelims	220 Men 200 Multi-Class PARA SM5-S14 IM	5	1 u	08:45 AM	_____
	Break: 3 Minutes:				
Prelims	25 Women 200 IM	72	8 u	08:51 AM	_____
Prelims	26 Men 200 IM	110	11 u	09:15 AM	_____
Prelims	27 Women 200 Backstroke	77	8 u	09:46 AM	_____
Prelims	28 Men 200 Backstroke	71	8 u	10:12 AM	_____
	Break: 2 Minutes:				
Prelims	221 Women 50 Multi-Class PARA S1-S5 Back	2	1 u	10:39 AM	_____
	Break: 2 Minutes:				
Prelims	223 Women 100 Multi-Class PARA S6-S14 Back	10	1 u	10:43 AM	_____
Prelims	224 Men 100 Multi-Class PARA S6-S14 Back	11	2 u	10:46 AM	_____
	Break: 2 Minutes:				
Prelims	29 Women 400 Freestyle	59	6 u	10:52 AM	_____
Prelims	30 Men 400 Freestyle	66	7 u	11:23 AM	_____
Finals-S	119 Women 15 & Over 400 Medley Relay	10	1 u	11:58 AM	_____
Finals-S	118 Men 15 & Under 400 Medley Relay	4	1 u	12:03 PM	_____
Finals-S	120 Men 16 & Over 400 Medley Relay	12	2 u	12:08 PM	_____
	Swimmers Counts for Warm-ups: 419	=====	=====		
	Entry / Heat Totals:	522	60		
	Finish Time			12:18 PM	_____

**Event 217 & 219 - PARA 150/200 IM combined - Start from the north end (dive tank)**

**Event 221 - PARA 50 Back - Start from south end (scoreboard)**

**Event 119 will swim before Event 118**



**2023 Winter Ontario Swimming Champs - 2023-03-02 to 2023-03-05****Session Report**

Session: 8 Sunday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	217 Women 150 Multi-Class PARA SM1-SM4 IM	1	1 u	05:00 PM	_____
Finals	219 Women 200 Multi-Class PARA SM5-S14 IM	10	1 u	05:06 PM	_____
Finals	220 Men 200 Multi-Class PARA SM5-S14 IM	5	1 u	05:14 PM	_____
	Break: 3 Minutes:				
Finals	25 Women 200 IM	40	4 u	05:21 PM	_____
Finals	26 Men 200 IM	40	4 u	05:36 PM	_____
Finals	27 Women 200 Backstroke	40	4 u	05:50 PM	_____
Finals	28 Men 200 Backstroke	40	4 u	06:06 PM	_____
Finals	221 Women 50 Multi-Class PARA S1-S5 Back	2	1 u	06:21 PM	_____
Finals	223 Women 100 Multi-Class PARA S6-S14 Back	10	1 u	06:23 PM	_____
Finals	224 Men 100 Multi-Class PARA S6-S14 Back	10	1 u	06:28 PM	_____
	Break: 3 Minutes:				
Finals	29 Women 400 Freestyle	40	4 u	06:34 PM	_____
Finals	30 Men 400 Freestyle	40	4 u	06:58 PM	_____
Finals-1	117 Women 14 & Under 400 Medley Relay	10	1 u	07:19 PM	_____
Finals-1	118 Men 15 & Under 400 Medley Relay	10	1 u	07:28 PM	_____
Finals-1	119 Women 15 & Over 400 Medley Relay	10	1 u	07:33 PM	_____
Finals-1	120 Men 16 & Over 400 Medley Relay	10	1 u	07:39 PM	_____
	Swimmers Counts for Warm-ups: 335	=====	=====		
	Entry / Heat Totals:	318	34		
	Finish Time			07:45 PM	_____

**Event 217 & 219 - PARA 150/200 IM combined - Start from the north end (dive tank)**

**Event 221 & 223 - PARA 50/100 Back combined - Start from north end (scoreboard)**

