



Schedule Session No. 1 - Thursday Prelims + Distance

2023-12-14 - 13:00

Warmup: 12:00 until 12:50

13:00	101.	150m Medley	Women	Prelim	Open	0:07	not seeded	-
13:07	1.	200m Medley	Women	Prelim	Open	0:26	not seeded	-
13:33	102.	150m Medley	Men	Prelim	Open		no entries	-
13:33	2.	200m Medley	Men	Prelim	Open	0:23	not seeded	-
13:56	3.	1500m Freestyle	Women	Slower Heats	- 18	0:56	not seeded	-
14:52	4.	800m Freestyle	Boys	Slower Heats	- 18	0:28	not seeded	-
15:20	End of session				Total duration	2:20		

Deadline for Scratches for Thursday Finals & 4x50 mixed Relays is 30 mins following the completion of Event 2 - M 200 IM

Scan QR Code to submit a Scratch





ONTARIO JUNIOR INTERNATIONAL - Toronto Pan Am Sports Centre

Thursday, December 14, 2023

Finals Session - Day 1

Clear Pool: 5:50

Officials on-deck positions		5:52 pm				
O Canada & Introductions: Referees & Starters					5:53 pm	
<i>Times are estimates only</i>		March-On	Intro	Start	Finish	FOP
*****5:30 PM – Deadline for Relay Name Changes*****						
Event 101/1 – 150m / 200m IM (W PARA)	A Final	6:00	6:01	6:02	6:06	
Event 1 – 200m IM (W)	B Final		6:08	6:08	6:10	
Event 1 – 200m IM (W)	A Final	6:11	6:12	6:13	6:15	
<i>Awards: 150m/200m IM (W PARA + W)</i>				6:16	6:18	
Event 102/2 – 150m/200m IM (M PARA)	A Final	6:19	6:20	6:21	6:25	
Event 2 – 200mIM (M)	B Final		6:26	6:26	6:28	
Event 2 – 200mIM (M)	A Final	6:29	6:30	6:31	6:33	
<i>Awards: 150m/200m IM (M PARA + M)</i>				6:34	6:36	
*** 6:30 PM – Deadline for Friday prelims & relay scratches***						
Event 3 – 1500m Freestyle (W)	Fast Heat	6:37	6:38	6:39	6:55	
Event 4 – 800m Freestyle (M)	Fast Heat	6:56	6:57	6:58	7:06	
<i>Awards: 1500m Freestyle (W) & 800m Freestyle (M)</i>				7:07	7:09	
Event 5 – 200m MIXED PARA Free Relay	Heat 1		7:10	7:12	7:16	
Event 6 – 200m MIXED Free Relay	Heat 1		7:18	7:19	7:21	
Event 6 – 200m MIXED Free Relay	Heat 2		7:22	7:23	7:25	
Event 6 – 200m MIXED Free Relay	Heat 3		7:26	7:27	7:29	
<i>Awards: 4 x 50m Mixed Relays</i>				7:30	7:35	

Deadline for Scratches for
Friday
Prelims & Relays is 6:30 PM
Scan QR Code to submit a scratch





Schedule Session No. 3 - Friday Prelims

2023-12-15 - 9:00

Warmup: 7:30 until 8:50

9:00	7.	200m Freestyle	Women	Prelim	Open	0:25	not seeded	-
9:25	8.	200m Freestyle	Men	Prelim	Open	0:21	not seeded	-
9:46	9.	100m Breaststroke	Women	Prelim	Open	0:09	not seeded	-
9:55	10.	100m Breaststroke	Men	Prelim	Open	0:10	not seeded	-
10:05	11.	400m Medley	Women	Prelim	- 18	0:24	not seeded	-
10:29	12.	400m Medley	Boys	Prelim	- 18	0:33	not seeded	-
11:02	13.	100m Butterfly	Women	Prelim	Open	0:12	not seeded	-
11:14	14.	100m Butterfly	Men	Prelim	Open	0:12	not seeded	-
11:26	15.	50m Backstroke	Women	Prelim	Open	0:08	not seeded	-
11:34	16.	50m Backstroke	Men	Prelim	Open	0:06	not seeded	-
11:40	17.	4 x 200m Freestyle	Women	Slower Heats	- 18	0:10	not seeded	-
11:50	18.	4 x 200m Freestyle	Boys	Slower Heats	- 18	0:09	not seeded	-
11:59	End of session				Total duration	2:59		

Deadline for Scratches for Friday Finals is
30 mins following the completion of Event
16 - M 50 Back

**Scan QR Code to submit a
Scratch**





ONTARIO JUNIOR INTERNATIONAL - Toronto Pan Am Sports Centre

Friday, December 15, 2023

Finals Session - Day 2

Clear Pool: 5:20

Officials on-deck positions	5:22 pm	O Canada & Introduction: Referees & Starters			5:23	Flags out
*****5:30 PM – Deadline for Relay Name Changes*****						
<i>Times are estimates only</i>		March-On	Intro	Start	Finish	FOP
Event 7 – 200m Free (W)	B Final		5:30	5:30	5:32	
Event 7 – 200m Free (W)	A Final	5:33	5:34	5:35	5:37	
<i>Awards 200m Free (W)</i>				5:38	5:40	
Event 8 – 200m Free (M)	B Final		5:41	5:41	5:43	
Event 8 – 200m Free (M)	A Final	5:44	5:45	5:46	5:48	
<i>Awards 200m Free (M)</i>				5:49	5:51	
Event 9 - 100m Breaststroke (W - PARA)	A Final	5:52	5:53	5:54	5:56	
Event 9 – 100m Breaststroke (W)	B Final		5:57	5:57	5:58	
Event 9 – 100m Breaststroke (W)	A Final	5:59	6:00	6:01	6:02	
*** 6:00 PM – Deadline for Saturday prelims & relay scratches***						
<i>Awards 100m Breaststroke (W PARA & W)</i>				6:03	6:05	
Event 10 - 100m Breaststroke (M - PARA)	A Final	6:06	6:07	6:08	6:10	
Event 10 – 100m Breaststroke (M)	B Final		6:11	6:11	6:12	
Event 10 – 100m Breaststroke (M)	A Final	6:13	6:14	6:15	6:16	
<i>Awards: 100m Breaststroke (M PARA & M)</i>				6:17	6:19	<i>Flags In</i>
Event 11 – 400m IM (W)	B Final		6:20	6:20	6:24	
Event 11 – 400m IM (W)	A Final	6:25	6:26	6:27	6:31	
<i>Awards: 400m IM (W)</i>				6:32	6:34	
Event 12 – 400m IM (M)	B Final		6:35	6:35	6:39	
Event 12 – 400m IM (M)	A Final	6:40	6:41	6:42	6:46	
<i>Awards: 400m IM (M)</i>				6:47	6:49	<i>Flags out</i>
Event 13 – 100m Fly (W)	B Final		6:50	6:50	6:51	
Event 13 – 100m Fly (W)	A Final	6:52	6:53	6:54	6:55	
<i>Awards: 100m Fly (W)</i>				6:56	6:58	
Event 14 – 100m Fly (M)	B Final		6:59	6:59	7:00	
Event 14 – 100m Fly (M)	A Final	7:01	7:02	7:03	7:04	
<i>Awards: 100m Fly (M)</i>				7:05	7:07	<i>Flags & BL in</i>
Event 15 - 50m Backstroke (W - PARA)	A Final	7:08	7:09	7:10	7:11	
Event 15 – 50m Backstroke (W)	B Final		7:13	7:13	7:14	
Event 15 – 50m Backstroke (W)	A Final	7:15	7:16	7:17	7:18	
<i>Awards: 50m Backstroke (W PARA + W)</i>				7:19	7:21	
Event 16 - 50m Backstroke (M - PARA)	A Final	7:22	7:23	7:24	7:25	
Event 16 – 50m Backstroke (M)	B Final		7:26	7:26	7:27	
Event 16 – 50m Backstroke (M)	A Final	7:28	7:29	7:30	7:31	
<i>Awards: 50m Backstroke (M)</i>				7:32	7:34	<i>Flags out</i>
Event 17 – 800m Free Relay (W)	Heat 1			7:35	7:43	
Event 18 – 800m Free Relay (M)	Heat 1			7:44	7:52	
<i>Awards: 4 X 200 Free Relay (W)</i>				7:53	7:55	
<i>Awards: 4 X 200 Free Relay (M)</i>				7:56	7:58	

Deadline for Scratches for Saturday Prelims & Relays is 6:00 PM

Scan QR Code to submit a scratch





Schedule Session No. 5 - Saturday Prelims

2023-12-16 - 9:00

Warmup: 7:30 until 8:50

9:00	19.	50m Freestyle	Women	Prelim	Open	0:10	not seeded	-
9:10	20.	50m Freestyle	Men	Prelim	Open	0:07	not seeded	-
9:17	21.	200m Butterfly	Women	Prelim	- 18	0:16	not seeded	-
9:33	22.	200m Butterfly	Boys	Prelim	- 18	0:12	not seeded	-
9:45	23.	100m Backstroke	Women	Prelim	Open	0:13	not seeded	-
9:58	24.	100m Backstroke	Men	Prelim	Open	0:09	not seeded	-
10:07	25.	400m Freestyle	Women	Prelim	- 18	0:31	not seeded	-
10:38	26.	400m Freestyle	Boys	Prelim	- 18	0:34	not seeded	-
11:12	27.	50m Butterfly	Women	Prelim	Open	0:08	not seeded	-
11:20	28.	50m Butterfly	Men	Prelim	Open	0:07	not seeded	-
11:27	29.	200m Breaststroke	Women	Prelim	- 18	0:14	not seeded	-
11:41	30.	200m Breaststroke	Boys	Prelim	- 18	0:13	not seeded	-
11:54	33.	4 x 100m Freestyle	Women	Slower Heats	- 18	0:06	not seeded	-
12:00	34.	4 x 100m Freestyle	Boys	Slower Heats	- 18	0:05	not seeded	-
12:05	End of session				Total duration	3:05		

Deadline for Scratches for Saturday Finals
is 30 mins following the completion of
Event 30 - M 200 Breast

**Scan QR Code to submit a
Scratch**






ONTARIO JUNIOR INTERNATIONAL - Toronto Pan Am Sports Centre

Saturday, December 16, 2023

Finals Session - Day 3

Clear Pool: 5:20

Officials on-deck positions		5:22 pm	O Canada & Intros			5:23 pm
Times are estimates only		March-On	Intro	Start	Finish	FOP
Event 19 – 50m Freestyle (W PARA)	A Final	5:30	5:31	5:32	5:33	
Event 19 – 50m Freestyle (W)	B Final		5:34	5:34	5:35	
Event 19 – 50m Freestyle (W)	A Final	5:36	5:37	5:38	5:39	
<i>Awards: 50 Freestyle (W PARA + W)</i>				5:40	5:42	
Event 20 – 50m Freestyle (M PARA)	A Final	5:43	5:44	5:45	5:46	
Event 20 – 50m Freestyle (M)	B Final		5:47	5:47	5:48	
Event 20 – 50m Freestyle (M)	A Final	5:49	5:50	5:51	5:52	
<i>Awards: 50m Freestyle (M PARA + M)</i>				5:53	5:55	Flags out
Event 22 – 200m Butterfly (M)	B Final		5:56	5:56	5:58	
Event 21 – 200m Butterfly (W)	A Final	5:59	6:00	6:01	6:02	
*** 7:00 PM – Deadline for Sunday prelims & distance & relay scratches***						
<i>Awards: 200m Butterfly (W)</i>				6:03	6:05	
Event 21 – 200m Butterfly (W)	B Final		6:06	6:06	6:08	
Event 22 – 200m Butterfly (M)	A Final	6:09	6:10	6:11	6:13	
<i>Awards 200m Butterfly (M)</i>				6:14	6:16	Flags / BL in
Event 23 – 100m Backstroke (W)	B Final		6:17	6:17	6:18	
Event 23 – 100m Backstroke (W)	A Final	6:19	6:20	6:21	6:22	
<i>Awards 100m Backstroke (W)</i>				6:23	6:24	
Event 24 – 100m Backstroke (M)	B Final		6:25	6:25	6:26	
Event 24 – 100m Backstroke (M)	A Final	6:27	6:28	6:29	6:30	
<i>Awards: 100m Backstroke (M)</i>				6:31	6:33	Flags / BL out
Event 25 – 400m Freestyle (W)	B Final		6:34	6:34	6:38	
Event 25 – 400m Freestyle (W)	A Final	6:39	6:40	6:41	6:45	
<i>Awards: 400m Freestyle (W)</i>				6:46	6:48	
Event 26 – 400m Freestyle (M)	B Final		6:49	6:49	6:53	
Event 26 – 400m Freestyle (M)	A Final	6:54	6:55	6:56	7:00	
<i>Awards: 400m Freestyle (M)</i>				7:01	7:02	
Event 27 – 50m Butterfly (W PARA)	A Final	7:03	7:04	7:05	7:06	
Event 27 – 50m Butterfly (W)	B Final		7:07	7:07	7:08	
Event 27 – 50m Butterfly (W)	A Final	7:09	7:10	7:11	7:12	
<i>Awards: 50m Butterfly (W PARA + W)</i>				7:13	7:15	
Event 28 – 50m Butterfly (M PARA)	A Final	7:16	7:17	7:18	7:19	
Event 28 – 50m Butterfly (M)	B Final		7:20	7:20	7:21	
Event 28 – 50m Butterfly (M)	A Final	7:22	7:23	7:24	7:25	
<i>Awards: 50m Butterfly (M PARA + M)</i>				7:26	7:28	
Event 29 – 200m Breaststroke (W)	B Final		7:29	7:29	7:31	
Event 29 – 200m Breaststroke (W)	A Final	7:32	7:33	7:34	7:36	
<i>Awards: 200m Breaststroke (W)</i>				7:37	7:39	
Event 30 – 200m Breaststroke (M)	B Final		7:40	7:40	7:42	
Event 30 – 200m Breaststroke (M)	A Final	7:43	7:44	7:45	7:47	
<i>Awards: 200m Breaststroke (M)</i>				7:48	7:50	Flags in
Event 31 – 400m MIXED PARA Relay	FH		7:51	7:52	8:00	
Event 33 – 400m Free Relay (W)	FH		8:01	8:01	8:05	
Event 34 – 400m Free Relay (M)	FH		8:06	8:06	8:10	
<i>Awards: 4 X 100 Free Relay (PARA) & (W) & (M)</i>				8:11	8:15	



Schedule Session No. 7 - Sunday Prelims

2023-12-17 - 9:00

Warmup: 7:30 until 8:50

9:00	35.	100m Freestyle	Women	Prelim	Open	0:18	not seeded	-
9:18	36.	100m Freestyle	Men	Prelim	Open	0:13	not seeded	-
9:31	37.	200m Backstroke	Women	Prelim	- 18	0:24	not seeded	-
9:55	38.	200m Backstroke	Boys	Prelim	- 18	0:14	not seeded	-
10:09	39.	50m Breaststroke	Women	Prelim	Open	0:06	not seeded	-
10:15	40.	50m Breaststroke	Men	Prelim	Open	0:05	not seeded	-
10:20	43.	4 x 100m Medley	Women	Slower Heats	- 18	0:06	not seeded	-
10:26	44.	4 x 100m Medley	Boys	Slower Heats	- 18	0:06	not seeded	-
10:32	41.	800m Freestyle	Women	Slower Heats	- 18	0:30	not seeded	-
11:02	42.	1500m Freestyle	Boys	Slower Heats	- 18	0:51	not seeded	-
11:53	End of session				Total duration	2:53		

Deadline for Scratches for Sunday Finals
is 30 mins following the completion of
Event 40 - M 50 Breast

**Scan QR Code to submit a
Scratch**





ONTARIO JUNIOR INTERNATIONAL - Toronto Pan Am Sports Centre

Sunday, December 17, 2023

Finals Session - Day 4

Clear Pool: 5:20

Officials on-deck positions		5:22 pm				
O Canada & Introductions: Referees & Starters					5:23 pm	
<i>Times are estimates only</i>		March-On	Intro	Start	Finish	FOP
*****5:30 PM – Deadline for Relay Name Changes*****						
Event 35 – 100m Freestyle (W PARA)	A Final	5:30	5:31	5:32	5:34	
Event 35 – 100m Freestyle (W)	B Final		5:35	5:35	5:36	
Event 35 – 100m Freestyle (W)	A Final	5:37	5:38	5:39	5:40	
<i>Awards: 100m Freestyle (W PARA + W)</i>				5:41	5:43	
Event 36 – 100m Freestyle (M PARA)	A Final	5:44	5:45	5:46	5:48	
Event 36 – 100m Freestyle (M)	B Final		5:49	5:49	5:50	
Event 36 – 100m Freestyle (M)	A Final	5:51	5:52	5:53	5:54	
<i>Awards: 100m Freestyle (M PARA + M)</i>				5:55	5:57	*Back Ledges
Event 37 – 200m Backstroke (W)	B Final		5:58	5:58	6:00	
Event 37 – 200m Backstroke (W)	A Final	6:01	6:02	6:03	6:05	
<i>Awards: 200m Backstroke (W)</i>				6:06	6:08	
Event 38 – 200m Backstroke (M)	B Final		6:09	6:09	6:11	
Event 38 – 200m Backstroke (M)	A Final	6:12	6:13	6:14	6:16	
<i>Awards: 200m Backstroke (M)</i>				6:17	6:19	Flags / BL out
Event 39 – 50m Breaststroke (W PARA)	A Final	6:20	6:21	6:22	6:24	
Event 39 – 50m Breaststroke (W)	B Final		6:25	6:25	6:26	
Event 39 – 50m Breaststroke (W)	A Final	6:27	6:28	6:28	6:29	
<i>Awards: 50 Breaststroke (W PARA + W)</i>				6:30	6:32	
Event 40 – 50m Breaststroke (M PARA)	A Final	6:33	6:34	6:35	6:37	
Event 40 – 50m Breaststroke (M)	B Final		6:38	6:38	6:39	
Event 40 – 50m Breaststroke (M)	A Final	6:40	6:41	6:42	6:43	
<i>Awards: 50m Breaststroke (M PARA + M)</i>				6:44	6:45	
Event 41 – 800m Freestyle (W)	Fast Heat	6:46	6:47	6:48	6:54	
Event 42 – 1500m Freestyle (M)	Fast Heat	6:55	6:56	6:57	7:12	
<i>Awards: 800m Freestyle (W) & 1500m Freestyle (M)</i>				7:13	7:15	Flags / BL in
Event 43 – 400m Medley Relay (W)	Fast Heat	*Back Ledges	7:16	7:17	7:21	
Event 44 – 400m Medley Relay (M)	Fast Heat	*Back Ledges	7:22	7:23	7:27	
<i>Awards: 4 X 100 Medley Relay (W)</i>				7:28	7:30	
<i>Awards: 4 X 100 Medley Relay (M)</i>				7:30	7:32	
<i>Awards: Meet Awards (W and M and Team)</i>				7:35	7:40	

