# 2024 Winter Ontario Youth-Junior Champs - 2024-02-15 to 2024-02-18 Session Report

Session: 1 Thursday Prelims

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Prelims	3	Women 18 & Under 100 Backstroke	78	8 u	08:30 AM	
Prelims	4	Men 18 & Under 100 Backstroke	72	8 u	08:45 AM	
Prelims	5	Women 18 & Under 50 Freestyle	160	16 u	08:58 AM	
Prelims	6	Men 18 & Under 50 Freestyle	128	13 u	09:12 AM	
Prelims	7	Women 18 & Under 200 Breaststroke	87	9 u	09:22 AM	
Prelims	8	Men 18 & Under 200 Breaststroke	106	11 u	09:51 AM	
Finals-S	101	Women 14 & Under 200 Medley Relay	3	1 u	10:26 AM	
Finals-S	102	Men 14 & Under 200 Medley Relay	4	1 u	10:29 AM	
Finals-S	103	Women 15 & Over 200 Medley Relay	16	2 u	10:32 AM	
Finals-S	104	Men 15 & Over 200 Medley Relay	20	2 u	10:37 AM	
		Break: 15 Minutes: Warm-up/Cool-down				
Finals-S	1	Women 18 & Under 800 Freestyle	22	3 u	10:58 AM	
Finals-S	2	Men 18 & Under 800 Freestyle	53	6 u	11:29 AM	
		Swimmers Counts for Warm-ups: 594	====	====		
		Entry / Heat Totals:	749	80		
		Finish Time			12:30 PM	

Session: 2 Thursday Finals

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 65 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	06:42 PM	
Finals	6	Men 18 & Under 50 Freestyle	40	4 u	06:48 PM	
Finals	7	Women 18 & Under 200 Breaststroke	40	4 u	06:55 PM	
Finals	8	Men 18 & Under 200 Breaststroke	40	4 u	07:10 PM	
Finals-1	101	Women 14 & Under 200 Medley Relay	10	1 u	07:25 PM	
Finals-1	102	Men 14 & Under 200 Medley Relay	10	1 u	07:29 PM	
Finals-1	103	Women 15 & Over 200 Medley Relay	10	1 u	07:33 PM	
Finals-1	104	Men 15 & Over 200 Medley Relay	10	1 u	07:36 PM	
Finals	106	Men 800 Freestyle Relay	10	1 u	07:40 PM	
		Swimmers Counts for Warm-ups: 437	====	====		
		Entry / Heat Totals:	310	31		
		Finish Time			07:51 PM	







# 2024 Winter Ontario Youth-Junior Champs - 2024-02-15 to 2024-02-18 Session Report

Session: 3 Friday Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Prelims	11	Women 18 & Under 200 Freestyle	78	8 u	08:30 AM	
Prelims	12	Men 18 & Under 200 Freestyle	65	7 u	08:52 AM	
Prelims	13	Women 18 & Under 400 IM	22	3 u	09:10 AM	
Prelims	14	Men 18 & Under 400 IM	63	7 u	09:28 AM	
Prelims	15	Women 18 & Under 100 Butterfly	111	12 u	10:07 AM	
Prelims	16	Men 18 & Under 100 Butterfly	117	12 u	10:25 AM	
		Break: 15 Minutes: Warm-up/Cool-down				
Finals-S	108	Men 14 & Under 400 Freestyle Relay	1	1 u	10:57 AM	
Finals-S	109	Women 15 & Over 400 Freestyle Relay	8	1 u	11:02 AM	
Finals-S	110	Men 15 & Over 400 Freestyle Relay	13	2 u	11:07 AM	
Finals-S	9	Women 18 & Under 1500 Freestyle	1	1 u	11:16 AM	
		Swimmers Counts for Warm-ups: 424	====	====		
		Entry / Heat Totals:	479	54		
		Finish Time			11:36 AM	

Session: 4 Friday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 65 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	06:34 PM	
Finals	13	Women 18 & Under 400 IM	22	4 u	06:47 PM	
Finals	14	Men 18 & Under 400 IM	40	4 u	07:14 PM	
Finals	15	Women 18 & Under 100 Butterfly	40	4 u	07:39 PM	
Finals	16	Men 18 & Under 100 Butterfly	40	4 u	07:48 PM	
Finals-1	107	Women 14 & Under 400 Freestyle Relay	8	1 u	07:56 PM	
Finals-1	108	Men 14 & Under 400 Freestyle Relay	10	1 u	08:02 PM	
Finals-1	109	Women 15 & Over 400 Freestyle Relay	10	1 u	08:07 PM	
Finals-1	110	Men 15 & Over 400 Freestyle Relay	10	1 u	08:12 PM	
		Swimmers Counts for Warm-ups: 318	====	====		
		Entry / Heat Totals:	270	29		
		Finish Time			08:18 PM	







# 2024 Winter Ontario Youth-Junior Champs - 2024-02-15 to 2024-02-18 Session Report

Session: 5 Saturday Prelims

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	19 Women 18 & Under 100 Freestyle	117	12 u	08:30 AM	
Prelims	20 Men 18 & Under 100 Freestyle	92	10 u	08:47 AM	
Prelims	21 Women 18 & Under 200 Butterfly	58	6 u	09:01 AM	
Prelims	22 Men 18 & Under 200 Butterfly	71	8 u	09:19 AM	
Prelims	23 Women 18 & Under 100 Breaststroke	115	12 u	09:42 AM	
Prelims	24 Men 18 & Under 100 Breaststroke	148	15 u	10:02 AM	
	Break: 15 Minutes: Warm-up/Cool-down				
Finals-S	111 Women 14 & Under 200 Freestyle Relay	3	1 u	10:41 AM	
Finals-S	112 Men 14 & Under 200 Freestyle Relay	3	1 u	10:44 AM	
Finals-S	113 Women 15 & Over 200 Freestyle Relay	15	2 u	10:46 AM	
Finals-S	114 Men 15 & Over 200 Freestyle Relay	24	3 u	10:51 AM	
Finals-S	18 Men 18 & Under 1500 Freestyle	21	3 u	10:57 AM	
	Swimmers Counts for Warm-ups: 581	====	====		
	Entry / Heat Totals:	667	73		
	Finish Time			11:56 AM	

Session: 6 Saturday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 65 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	06:21 PM	
Finals	20	Men 18 & Under 100 Freestyle	40	4 u	06:29 PM	
Finals	21	Women 18 & Under 200 Butterfly	40	4 u	06:37 PM	
Finals	22	Men 18 & Under 200 Butterfly	40	4 u	06:52 PM	
Finals	23	Women 18 & Under 100 Breaststroke	40	4 u	07:06 PM	
Finals	24	Men 18 & Under 100 Breaststroke	40	4 u	07:16 PM	
Finals-1	111	Women 14 & Under 200 Freestyle Relay	10	1 u	07:25 PM	
Finals-1	112	Men 14 & Under 200 Freestyle Relay	10	1 u	07:28 PM	
Finals-1	113	Women 15 & Over 200 Freestyle Relay	10	1 u	07:31 PM	
Finals-1	114	Men 15 & Over 200 Freestyle Relay	10	1 u	07:34 PM	
Finals	115	Women 800 Freestyle Relay	10	1 u	07:37 PM	
		Swimmers Counts for Warm-ups: 412	====	====		
		Entry / Heat Totals:	300	30		
		Finish Time			07:48 PM	







# 2024 Winter Ontario Youth-Junior Champs - 2024-02-15 to 2024-02-18 Session Report

Session: 7 Sunday Prelims

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	25 Women 18 & Under 200 IM	71	8 u	08:30 AM	
Prelims	26 Men 18 & Under 200 IM	85	9 u	08:54 AM	
Prelims	27 Women 18 & Under 200 Backstroke	77	8 u	09:21 AM	
Prelims	28 Men 18 & Under 200 Backstroke	68	7 u	09:46 AM	
Prelims	29 Women 18 & Under 400 Freestyle	52	6 u	10:07 AM	
Prelims	30 Men 18 & Under 400 Freestyle	60	6 u	10:39 AM	
	Break: 15 Minutes: Warm-up/Cool-down				
Finals-S	118 Men 14 & Under 400 Medley Relay	2	1 u	11:24 AM	
Finals-S	119 Women 15 & Over 400 Medley Relay	7	1 u	11:29 AM	
Finals-S	120 Men 15 & Over 400 Medley Relay	10	1 u	11:35 AM	
	Swimmers Counts for Warm-ups: 380	====	====		
	Entry / Heat Totals:	432	47		
	Finish Time			11:40 AM	

Session: 8 Sunday Finals

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 65 Seconds / Back +15 Seconds

Round	Event		Entries	Heats	Starts at	
Finals	25 Women 18 & Unde	er 200 IM	40	4 u	06:00 PM	
Finals	26 Men 18 & Under 2	00 IM	40	4 u	06:15 PM	
Finals	27 Women 18 & Unde	er 200 Backstroke	40	4 u	06:29 PM	
Finals	28 Men 18 & Under 2	00 Backstroke	40	4 u	06:44 PM	
Finals	29 Women 18 & Unde	er 400 Freestyle	40	4 u	06:59 PM	
Finals	30 Men 18 & Under 4	00 Freestyle	40	4 u	07:23 PM	
Finals-1	117 Women 14 & Unde	er 400 Medley Relay	7	1 u	07:45 PM	
Finals-1	118 Men 14 & Under 4	00 Medley Relay	10	1 u	07:52 PM	
Finals-1	119 Women 15 & Over	400 Medley Relay	10	1 u	07:58 PM	
Finals-1	120 Men 15 & Over 40	0 Medley Relay	10	1 u	08:04 PM	
	Swimmers Count	s for Warm-ups: 304	====	====		
	Entry / Heat Tota	ls:	277	28		
	Finish Time				08:10 PM	





