

# TIMES ARE ESTIMATES

2024 Winter Ontario Swimming Championships  
Toronto, February 29 to March 3, 2024

## Schedule Session No. 1 - Thursday Prelims

2024-02-29 - 8:45

Warmup: 6:50 until 8:35

8:45	3.	100m Backstroke	Women	Prelim	Open	0:17	9 Heats	87
9:02	4.	100m Backstroke	Men	Prelim	Open	0:20	11 Heats	108
9:22	201.	400m Freestyle	Women	Prelim	Open	0:07	1 Heat	5
9:29	203.	200m Freestyle	Women	Prelim	Open	0:06	1 Heat	6
9:35	202.	400m Freestyle	Men	Prelim	Open	0:06	1 Heat	3
9:41	204.	200m Freestyle	Men	Prelim	Open	0:04	1 Heat	5
9:45	5.	50m Freestyle	Women	Prelim	Open	0:10	10 Heats	93
9:55	6.	50m Freestyle	Men	Prelim	Open	0:13	14 Heats	140
10:08	7.	200m Breaststroke	Women	Prelim	Open	0:28	8 Heats	73
10:36	8.	200m Breaststroke	Men	Prelim	Open	0:38	12 Heats	113
11:14	101.	4 x 50m Medley	Girls	Slower Heats	- 15	0:06	2 Heats	12
11:20	103.	4 x 50m Medley	Women	Slower Heats	16 +	0:02	1 Heat	8
11:22	102.	4 x 50m Medley	Boys	Slower Heats	- 15	0:03	1 Heat	9
11:25	104.	4 x 50m Medley	Men	Slower Heats	16 +	0:08	3 Heats	24
11:33	1.	800m Freestyle	Women	Slower Heats	Open	0:31	3 Heats	27
12:04	2.	800m Freestyle	Men	Slower Heats	Open	0:49	5 Heats	43
12:53	End of session				Total duration	4:08		

## Schedule Session No. 2 - Thursday Finals

2024-02-29 - 17:00

Warmup: 16:00 until 16:50

17:00	1.	800m Freestyle	Women	Fastest Heat	Open	0:11	1 Heat	10
17:11	2.	800m Freestyle	Men	Fastest Heat	Open	0:10	1 Heat	10
17:21	3.	100m Backstroke	Women	Final	Open	0:10	4 Heats	-
17:31	4.	100m Backstroke	Men	Final	Open	0:10	4 Heats	-
17:41	201.	400m Freestyle	Women	Final	Open	0:08	1 Heat	-
17:49	203.	200m Freestyle	Women	Final	Open	0:06	1 Heat	-
17:55	202.	400m Freestyle	Men	Final	Open	0:07	1 Heat	-
18:02	204.	200m Freestyle	Men	Final	Open	0:05	1 Heat	-
18:07	5.	50m Freestyle	Women	Final	Open	0:07	4 Heats	-
18:14	6.	50m Freestyle	Men	Final	Open	0:06	4 Heats	-
18:20	7.	200m Breaststroke	Women	Final	Open	0:17	4 Heats	-
18:37	8.	200m Breaststroke	Men	Final	Open	0:16	4 Heats	-
18:53	101.	4 x 50m Medley	Girls	Fastest Heat	- 15	0:03	1 Heat	10
18:56	103.	4 x 50m Medley	Women	Fastest Heat	16 +	0:04	1 Heat	10
19:00	102.	4 x 50m Medley	Boys	Fastest Heat	- 15	0:03	1 Heat	10
19:03	104.	4 x 50m Medley	Men	Fastest Heat	16 +	0:03	1 Heat	10
19:06	401.	4 x 100m Freestyle	Mixed	Time Trial	16 +	0:12	no entries	-
19:06	402.	4 x 100m Freestyle	Mixed	Time Trial	16 +		no entries	-
19:18	106.	4 x 200m Freestyle	Men	Timed Final	Open	0:09	1 Heat	10
19:27	End of session				Total duration	2:27		

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## Schedule Session No. 3 - Friday Prelims

2024-03-01 - 8:45

Warmup: 6:50 until 8:35

8:45	205.	50m Freestyle	Women	Prelim	Open	0:03	2 Heats	12
8:48	206.	50m Freestyle	Men	Prelim	Open	0:03	2 Heats	12
8:51	11.	200m Freestyle	Women	Prelim	Open	0:22	8 Heats	72
9:13	12.	200m Freestyle	Men	Prelim	Open	0:29	11 Heats	103
9:42	13.	400m Medley	Women	Prelim	Open	0:36	6 Heats	56
10:18	14.	400m Medley	Men	Prelim	Open	0:45	8 Heats	76
11:03	207.	50m Butterfly	Women	Prelim	Open	0:01	1 Heat	1
11:04	209.	100m Butterfly	Women	Prelim	Open	0:03	1 Heat	10
11:07	208.	50m Butterfly	Men	Prelim	Open	0:01	1 Heat	1
11:08	210.	100m Butterfly	Men	Prelim	Open	0:03	1 Heat	4
11:11	15.	100m Butterfly	Women	Prelim	Open	0:13	8 Heats	79
11:24	16.	100m Butterfly	Men	Prelim	Open	0:16	10 Heats	95
11:40	107.	4 x 100m Freestyle	Girls	Slower Heats	- 15	0:05	1 Heat	7
11:45	108.	4 x 100m Freestyle	Boys	Slower Heats	- 15	0:05	1 Heat	4
11:50	109.	4 x 100m Freestyle	Women	Slower Heats	16 +	0:05	1 Heat	5
11:55	110.	4 x 100m Freestyle	Men	Slower Heats	16 +	0:09	2 Heats	18
12:04	9.	1500m Freestyle	Women	Slower Heats	Open	0:38	2 Heats	18
12:42	End of session				Total duration	3:57		

## Schedule Session No. 4 - Friday Finals

2024-03-01 - 17:00

Warmup: 16:00 until 16:50

17:00	9.	1500m Freestyle	Women	Fastest Heat	Open	0:20	1 Heat	10
17:20	205.	50m Freestyle	Women	Final	Open	0:02	1 Heat	-
17:22	206.	50m Freestyle	Men	Final	Open	0:02	1 Heat	-
17:24	11.	200m Freestyle	Women	Final	Open	0:14	4 Heats	-
17:38	12.	200m Freestyle	Men	Final	Open	0:14	4 Heats	-
17:52	13.	400m Medley	Women	Final	Open	0:28	4 Heats	-
18:20	14.	400m Medley	Men	Final	Open	0:26	4 Heats	-
18:46	207.	50m Butterfly	Women	Final	Open	0:02	1 Heat	-
18:48	209.	100m Butterfly	Women	Final	Open	0:03	1 Heat	-
18:51	208.	50m Butterfly	Men	Final	Open	0:02	1 Heat	-
18:53	210.	100m Butterfly	Men	Final	Open	0:03	1 Heat	-
18:56	15.	100m Butterfly	Women	Final	Open	0:10	4 Heats	-
19:06	16.	100m Butterfly	Men	Final	Open	0:09	4 Heats	-
19:15	107.	4 x 100m Freestyle	Girls	Fastest Heat	- 15	0:05	1 Heat	10
19:20	108.	4 x 100m Freestyle	Boys	Fastest Heat	- 15	0:06	1 Heat	10
19:26	109.	4 x 100m Freestyle	Women	Fastest Heat	16 +	0:05	1 Heat	10
19:31	110.	4 x 100m Freestyle	Men	Fastest Heat	16 +	0:05	1 Heat	10
19:36	End of session				Total duration	2:36		

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## Schedule Session No. 5 - Saturday Prelims

2024-03-02 - 8:30

Warmup: 7:00 until 8:20

8:30	211.	100m Freestyle	Women	Prelim	Open	0:06	2 Heats	13
8:36	212.	100m Freestyle	Men	Prelim	Open	0:04	2 Heats	12
8:40	19.	100m Freestyle	Women	Prelim	Open	0:16	10 Heats	94
8:56	20.	100m Freestyle	Men	Prelim	Open	0:20	14 Heats	135
9:16	21.	200m Butterfly	Women	Prelim	Open	0:19	6 Heats	57
9:35	22.	200m Butterfly	Men	Prelim	Open	0:23	8 Heats	71
9:58	213.	50m Breaststroke	Women	Prelim	Open		no entries	-
9:58	215.	100m Breaststroke	Women	Prelim	Open	0:03	1 Heat	10
10:01	214.	50m Breaststroke	Men	Prelim	Open		no entries	-
10:01	216.	100m Breaststroke	Men	Prelim	Open	0:03	1 Heat	10
10:04	23.	100m Breaststroke	Women	Prelim	Open	0:15	8 Heats	80
10:19	24.	100m Breaststroke	Men	Prelim	Open	0:24	14 Heats	140
10:43	111.	4 x 50m Freestyle	Girls	Slower Heats	- 15	0:05	2 Heats	11
10:48	112.	4 x 50m Freestyle	Boys	Slower Heats	- 15	0:03	1 Heat	6
10:51	113.	4 x 50m Freestyle	Women	Slower Heats	16 +	0:03	1 Heat	7
10:54	114.	4 x 50m Freestyle	Men	Slower Heats	16 +	0:07	3 Heats	25
11:01	18.	1500m Freestyle	Men	Slower Heats	Open	0:56	3 Heats	24
11:57	End of session				Total duration	3:27		

## Schedule Session No. 6 - Saturday Finals

2024-03-02 - 17:00

Warmup: 16:00 until 16:50

17:00	18.	1500m Freestyle	Men	Fastest Heat	Open	0:18	1 Heat	10
17:18	211.	100m Freestyle	Women	Final	Open	0:03	1 Heat	-
17:21	212.	100m Freestyle	Men	Final	Open	0:04	1 Heat	-
17:25	19.	100m Freestyle	Women	Final	Open	0:09	4 Heats	-
17:34	20.	100m Freestyle	Men	Final	Open	0:09	4 Heats	-
17:43	21.	200m Butterfly	Women	Final	Open	0:15	4 Heats	-
17:58	22.	200m Butterfly	Men	Final	Open	0:15	4 Heats	-
18:13	213.	50m Breaststroke	Women	Final	Open	0:02	1 Heat	-
18:15	215.	100m Breaststroke	Women	Final	Open	0:03	1 Heat	-
18:18	214.	50m Breaststroke	Men	Final	Open	0:02	1 Heat	-
18:20	216.	100m Breaststroke	Men	Final	Open	0:04	1 Heat	-
18:24	23.	100m Breaststroke	Women	Final	Open	0:10	4 Heats	-
18:34	24.	100m Breaststroke	Men	Final	Open	0:10	4 Heats	-
18:44	111.	4 x 50m Freestyle	Girls	Fastest Heat	- 15	0:04	1 Heat	10
18:48	112.	4 x 50m Freestyle	Boys	Fastest Heat	- 15	0:03	1 Heat	10
18:51	113.	4 x 50m Freestyle	Women	Fastest Heat	16 +	0:03	1 Heat	10
18:54	114.	4 x 50m Freestyle	Men	Fastest Heat	16 +	0:03	1 Heat	10
18:57	403.	4 x 50m Freestyle	Mixed	Time Trial	Open	0:08	no entries	-
19:05	115.	4 x 200m Freestyle	Women	Timed Final	Open	0:10	1 Heat	10
19:15	End of session				Total duration	2:15		

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## Schedule Session No. 7 - Sunday Prelims

2024-03-03 - 8:30

Warmup: 7:00 until 8:20

8:30	217.	150m Medley	Women	Prelim	Open	0:06	1 Heat	2
8:36	219.	200m Medley	Women	Prelim	Open	0:05	1 Heat	10
8:41	218.	150m Medley	Men	Prelim	Open		no entries	-
8:41	220.	200m Medley	Men	Prelim	Open	0:04	1 Heat	7
8:45	25.	200m Medley	Women	Prelim	Open	0:28	9 Heats	81
9:13	26.	200m Medley	Men	Prelim	Open	0:38	13 Heats	121
9:51	27.	200m Backstroke	Women	Prelim	Open	0:26	8 Heats	78
10:17	28.	200m Backstroke	Men	Prelim	Open	0:27	9 Heats	90
10:44	221.	50m Backstroke	Women	Prelim	Open	0:03	1 Heat	3
10:47	223.	100m Backstroke	Women	Prelim	Open	0:02	1 Heat	8
10:49	222.	50m Backstroke	Men	Prelim	Open		no entries	-
10:49	224.	100m Backstroke	Men	Prelim	Open	0:03	1 Heat	9
10:52	29.	400m Freestyle	Women	Prelim	Open	0:37	7 Heats	61
11:29	30.	400m Freestyle	Men	Prelim	Open	0:39	8 Heats	74
12:08	117.	4 x 100m Medley	Girls	Slower Heats	- 15	0:06	1 Heat	9
12:14	118.	4 x 100m Medley	Boys	Slower Heats	- 15	0:05	1 Heat	4
12:19	119.	4 x 100m Medley	Women	Slower Heats	16 +	0:06	1 Heat	7
12:25	120.	4 x 100m Medley	Men	Slower Heats	16 +	0:10	2 Heats	18
12:35		End of session			Total duration	4:05		

## Schedule Session No. 8 - Sunday Finals

2024-03-03 - 17:00

Warmup: 16:00 until 16:50

17:00	217.	150m Medley	Women	Final	Open	0:06	1 Heat	-
17:06	219.	200m Medley	Women	Final	Open	0:06	1 Heat	-
17:12	218.	150m Medley	Men	Final	Open	0:01	1 Heat	-
17:13	220.	200m Medley	Men	Final	Open	0:05	1 Heat	-
17:18	25.	200m Medley	Women	Final	Open	0:16	4 Heats	-
17:34	26.	200m Medley	Men	Final	Open	0:15	4 Heats	-
17:49	27.	200m Backstroke	Women	Final	Open	0:16	4 Heats	-
18:05	28.	200m Backstroke	Men	Final	Open	0:15	4 Heats	-
18:20	221.	50m Backstroke	Women	Final	Open	0:03	1 Heat	-
18:23	223.	100m Backstroke	Women	Final	Open	0:03	1 Heat	-
18:26	222.	50m Backstroke	Men	Final	Open	0:02	1 Heat	-
18:28	224.	100m Backstroke	Men	Final	Open	0:03	1 Heat	-
18:31	29.	400m Freestyle	Women	Final	Open	0:24	4 Heats	-
18:55	30.	400m Freestyle	Men	Final	Open	0:24	4 Heats	-
19:19	117.	4 x 100m Medley	Girls	Fastest Heat	- 15	0:06	1 Heat	10
19:25	118.	4 x 100m Medley	Boys	Fastest Heat	- 15	0:05	1 Heat	10
19:30	119.	4 x 100m Medley	Women	Fastest Heat	16 +	0:06	1 Heat	10
19:36	120.	4 x 100m Medley	Men	Fastest Heat	16 +	0:05	1 Heat	10
19:41		End of session			Total duration	2:41		