

PROGRAM EVENT LIST

Swim Ontario is aware of World Aquatics decision regarding the addition of the stroke 50's to the Olympic program. No decisions will be made regarding adding the events to the provincial program until after the 2024/2025 season.

OPEN SESSIONS

Preliminary session will be seeded by time and gender regardless of age

Finals session age groups: 14&U, 15-16, 17&O

SH – Slower heats, FH – Fastest heat - Distance events FH – seeded by time regardless of age

Day 1 – Wednesday, July 9, 2025						
Preliminary Session Warmup: 6:50 am - split Start: 8:45 am				Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M		W		M
3	200 IM	4		1	1500 Free (FH)	
201	PARA (S6-13) 400 Free	202			800 Free (FH)	2
203	PARA (S1-5 & S14) 200 Free	204		3	200 IM	4
5	100 Back	6		201	PARA (S6-13) 400 Free	202
Distance Session Warmup: 11 AM TBC – following preliminary session Start: 30 mins after warm-up start				203	PARA (S1-5 & S14) 200 Free	204
W		M		5	100 Back	6
1	1500 Free (SH)					
	800 Free (SH)	2				
Day 2 – Thursday, July 10, 2025						
Preliminary Session Warmup: 6:50 am - split Start: 8:45 am				Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M		W		M
7	200 Free	8		7	200 Free	8
205	PARA (SM1-4) 150 IM	206		205	PARA (SM1-4) 150 IM	206
207	PARA (SM5-14) 200 IM	208		207	PARA (SM5-14) 200 IM	208
9	100 Breast	10		9	100 Breast	10
11	100 Fly	12		11	100 Fly	12
101	14&U 400 Free Relay	102		MX105	200 PARA Mixed Free Relay	MX105
103	15&O 400 Free Relay	104		101	14&U 400 Free Relay	102
				103	15&O 400 Free Relay	104

Swim Ontario reserves the right to change warm-up session times and to allocate team warm-up schedules.

Day 3 – Friday, July 11, 2025

Preliminary Session Warmup: 6:50 am - split Start: 8:45 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
13	200 Back	14	13	200 Back	14
209	PARA (S1-2 & S6-14) 100 Back	210	209	PARA (S1-2 & S6-14) 100 Back	210
211	PARA (S1-5) 50 Back	212	211	PARA (S1-5) 50 Back	212
301	SOC 50 Back	302	301	SOC 50 Back	302
15	400 IM	16	15	400 IM	16
213	PARA (S8-14) 100 Fly	214	213	PARA (S8-14) 100 Fly	214
215	PARA (S1-7) 50 Fly	216	215	PARA (S1-7) 50 Fly	216
107	OPEN 800 Free Relay (SH)	108	107	OPEN 800 Free Relay (FH)	108

Day 4 – Saturday, July 12, 2025

Preliminary Session Warmup: 6:50 am - split Start: 8:45 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
17	400 Free	18	17	400 Free	18
303	SOC 100 Free	304	303	SOC 100 Free	304
217	PARA (S1-14) 100 Free	218	217	PARA (S1-14) 100 Free	218
19	200 Breast	20	19	200 Breast	20
21	50 Free	22	21	50 Free	22
305	SOC 100 Back	306	305	SOC 100 Back	306
109	14&U 400 Medley Relay	110	MX113	200 PARA Mixed Medley Relay	MX113
111	15&O 400 Medley Relay	112	109	14&U 400 Medley Relay	110
			111	15&O 400 Medley Relay	112

Day 5 – Sunday, July 13, 2025

Preliminary Session Warmup: 6:50 am - split Start: 8:45 am			Final Session Warmup: 5:00 pm – 5:50 pm Start: 6:00 pm		
W		M	W		M
307	SOC 50 Breast	308	23	800 Free (FH)	
219	PARA (SB1-3) 50 Breast	220		1500 Free (FH)	24
221	PARA (SB4-14) 100 Breast	222	307	SOC 50 Breast	308
25	200 Fly	26	219	PARA (SB1-3) 50 Breast	220
223	PARA (S1-S14) 50 Free	224	221	PARA (SB4-14) 100 Breast	222
309	SOC 50 Free	310	25	200 Fly	26
27	100 Free	28	223	PARA (S1-S14) 50 Free	224
Distance Session Warmup: 11 AM TBC – following preliminary session Start: 30 mins after warm-up start			309	SOC 50 Free	310
W		M	27	100 Free	28
23	800 Free (SH)				
	1500 Free (SH)	24			

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YOUTH SESSIONS

All events will be seeded slowest to fastest by gender (age combined) with fastest heat of each age (11&U, 12) swimming together.

Day 2 – Thursday, July 10, 2025		
Timed Final Warmup: 1:00 – 1:50 PM Start: 2:00 PM		
W		M
401	200 IM	402
403	100 Free	404
405	200 Back	406
407	100 Breast	408
409	200 Free Relay	410
	800 Free	412
Day 3 – Friday, July 11, 2025		
Timed Final Warmup: 1:00 – 1:50 PM Start: 2:00 PM		
W		M
413	100 Fly	414
415	400 Free	416
417	50 Free	418
419	400 IM	420
421	400 Free Relay	422
Day 4 – Saturday, July 12, 2025		
Timed Final Warmup: 1:00 – 1:50 PM Start: 2:00 PM		
W		M
423	200 Free	424
425	200 Fly	426
427	100 Back	428
429	200 Breast	430
431	200 Medley Relay	432
433	800 Free	