

APRIL 25-27, 2025

2025
MASTERS
PROVINCIALS

**SWIMMER AND CLUB
BULLETIN**

**ONTARIO MASTERS SWIMMING
CHAMPIONSHIP**

MARKHAM PAN AM CENTRE

HOSTED BY THOR



THOR
ThornhillMastersAquaticClub



PERFORMANCE PARTNERS AND SUPPORTERS

Swim Ontario proudly acknowledges the invaluable contributions of our partners and supporters who help advance swimming in Ontario.



VENDORS & SERVICES

The following vendors and services will be onsite at this event:

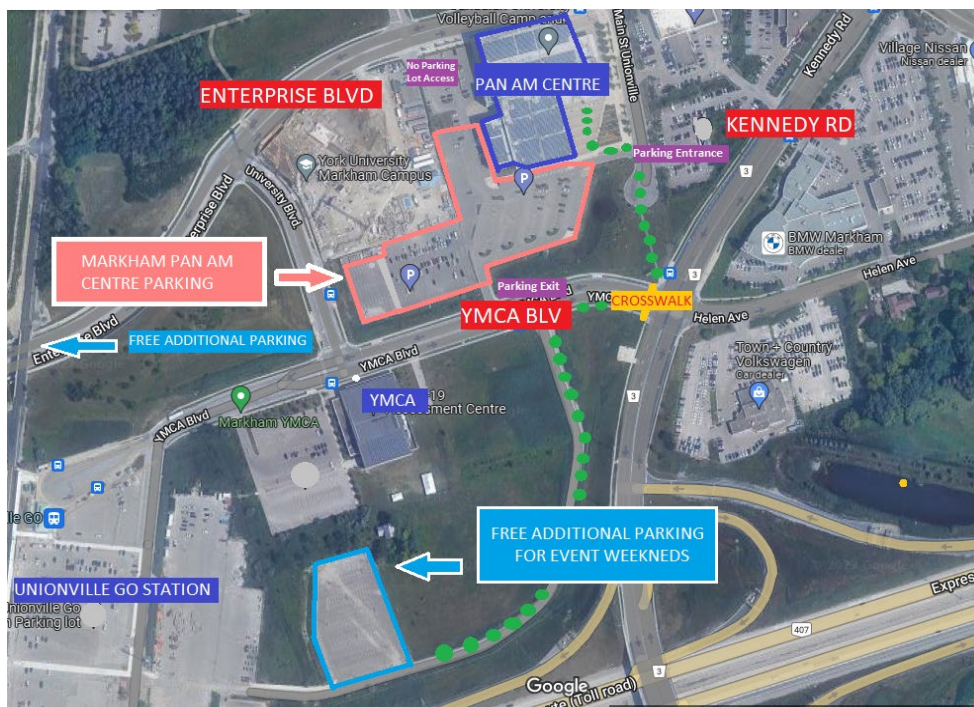
- **Livestreaming:** RecTec TV - <https://app.staylive.io/rectec>
- **Fine Design Apparel**

GENERAL INFORMATION

- Sanctioned by Swim Ontario
- Hosted by THOR
- **Meet Format:** Short Course – Time Finals
- **Location:** Markham Pan Am Centre – 16 Main St Unionville, Unionville, ON L3R 2E4
- **Facility:** 50m pool - 2 x 10 lanes 25m competition pool - Swiss Timing electronic timing system.
 - Continuous warm-up and cool down available in west end. Limited to 200 swimmers.
- **Meet Manager:** Alexander Juric, juricalex@yahoo.com
- **Competition Coordinator:** YY Wong, yywong@rogers.com, Level 5
- **Officials Coordinators:** thormetmanager@gmail.com & Alexander Juric, juricalex@yahoo.com
 - **Officials Sign-up:** <https://form.jotform.com/250277409493261>
- **Meet Information Page:** <https://www.swimontario.com/athletes/competitions/2025-ontario-masters-swimming-championships/>

FACILITY INFORMATION

- ONLY Athletes, Coaches & Working Officials in the Session are permitted on the pool deck. (All Spectators are to watch from the second floor viewing gallery.)
 - No spectators permitted on pool deck.
 - No children of any registrant are permitted on deck or in the pool during warm-up periods or the competition.
- Onsite Parking is limited. Extra parking space will be available at Unionville GO Station.

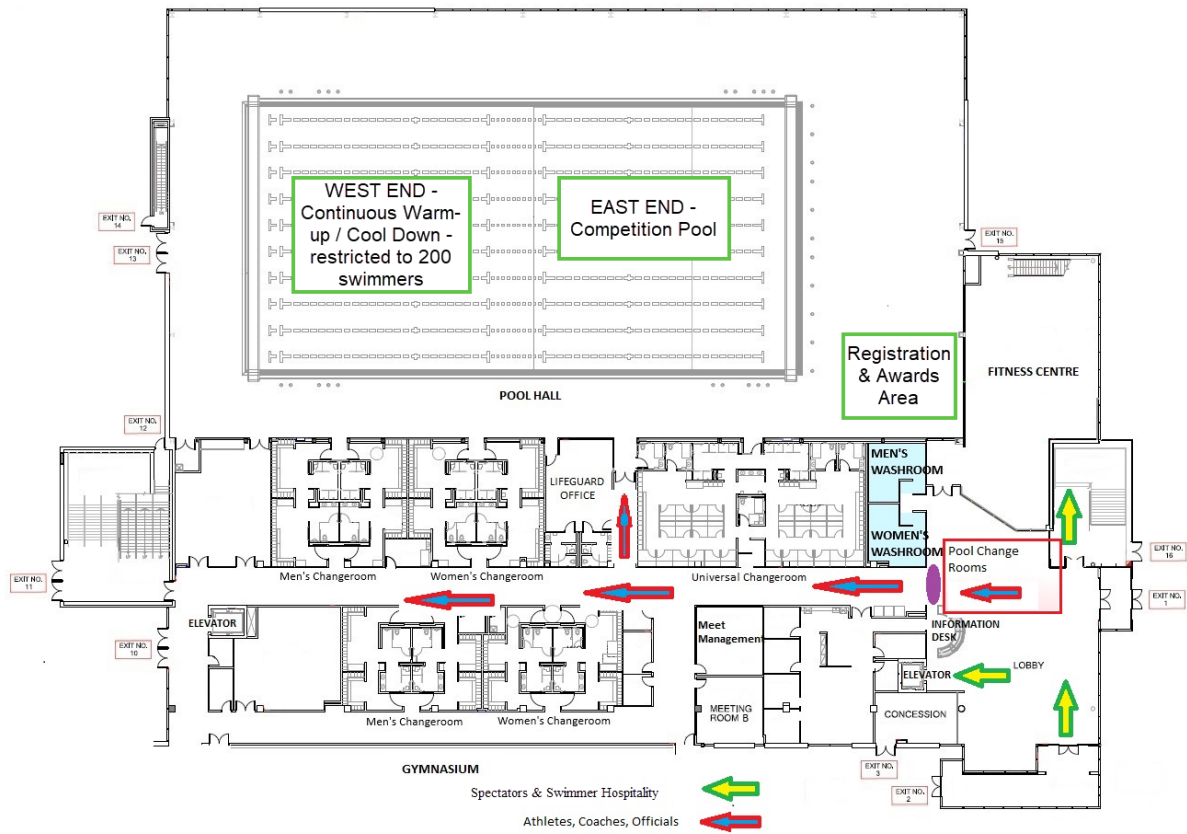


- All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area.
- Lockers are available but limited; please bring your own lock.
- NO FOOD or DRINK ON DECK except for water. There are 2 fill stations and fountains on the pool deck. **Concession vendor is available at the Lobby. Please bring your own refillable water bottle.**

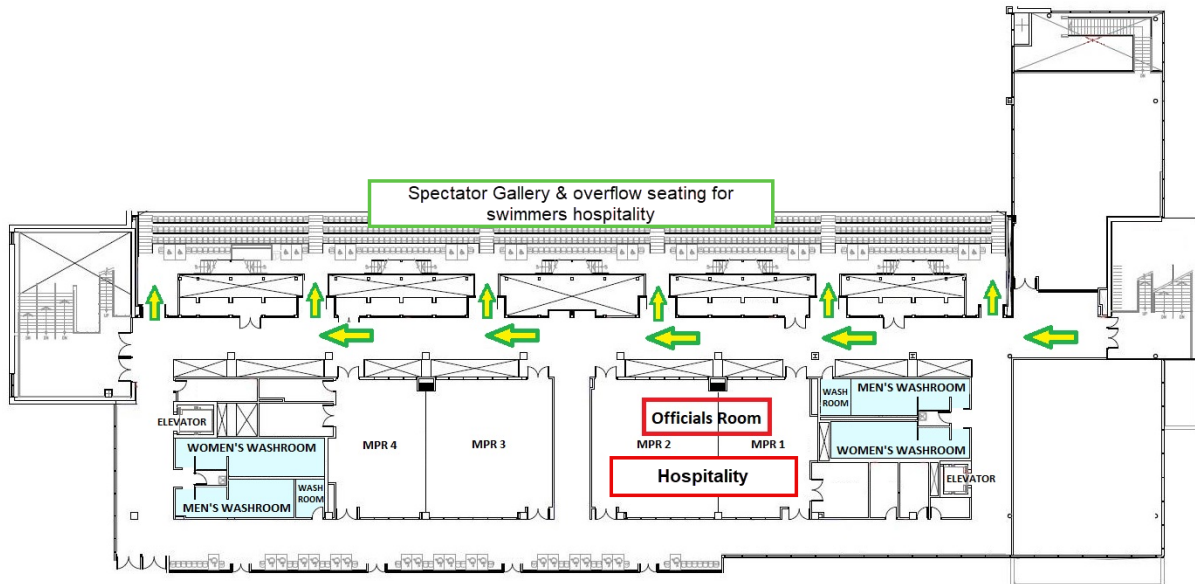
HOSPITALITY

- Lunch will be provided, however no drinks will be available in hospitality.
- See Overall Schedule for lunch times
- We ask that swimmers use the spectator area or outside for overflow seating for lunch.
 - Officials will be conducting briefings in this room.
- NO FOOD or DRINK ON DECK except for water. There are 2 fill stations and fountains on the pool deck. **Concession vendor is available at the Lobby. Please bring your own refillable water bottle.**

Ground Level Map



Upper Level Map





PARTICIPANT SAFETY

Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

All participants in this event are reminded that they are bound by Swim Ontario Policies and Procedures, including but not limited to, the Swim Ontario Code of Conduct procedure. For more information regarding the Swim Ontario Policies and Procedures or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety>. Conduct that violates the Swim Ontario bylaws, policies, procedures and comprehensive code of conduct and ethics may be subject to filing a formal complaint. [Submit a Complaint](#)

- Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on the deck.
- NO OTHER PERSON IS PERMITTED on the deck unless expressly authorized by Swim Ontario.
- Spectators will be permitted at the discretion of the facility. They are not permitted on deck. There will be no spectator fee at this event.
- **No children of any registrant are permitted on deck or in the pool during warm-up periods or the competition.**

Under Ontario Provincial Human Rights laws, an individual has a right to access a bathroom or change room based on their lived gender identity. While some individuals may feel more comfortable in a universal/gender-inclusive change room, the presence of such a change room does not take away the right of an individual to use a change room that aligns with their gender identity.

OPEN AND OBSERVABLE ENVIRONMENT

Swimming Canada and Swim Ontario are dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means avoiding situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust must be in an environment or space that is both 'open' and 'observable' to others.

SWIM ONTARIO CONCUSSION MANAGEMENT PROCEDURE (ROWAN'S LAW)

Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others.

- The [Swim Ontario Concussion Management Procedure](#) is in effect at all Swim Ontario sanctioned events. It outlines the Swim Ontario Removal-from-Sport and Return-to-Sport protocols. Clubs and coaches must ensure athletes are aware of this procedure.
- Meet Management will have copies of the [Concussion Management procedure](#) at the competition.
- Any injury/incident resulting in a significant impact to the head, face, neck or body of any registered participant at any Swim Ontario member sanctioned event where concussion symptoms are present must be reported to the Chief Operating Officer of Swim Ontario within 24 hours using the [Swim Ontario Injury reporting form](#)

EVENT PHOTOGRAPHY/VIDEOGRAPHY

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras, cellphones or other recording devices allowed in the area immediately behind the starting blocks during competitions, or in locker rooms, bathrooms, or any other dressing area. The [Swim Ontario Photography, Videography, and Cellphone Procedure](#) is in effect.

procedure

- Only individuals that have made an application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. All individuals making application must follow the [Screening Requirements Procedures](#). Please contact Meet Management for application and authorization process.
- Entry into this competition is at the sole discretion of Swim Ontario and can be withdrawn, with immediate effect, by Swim Ontario. Individuals agree to be filmed, televised, photographed, identified and otherwise recorded during the Swim Ontario designated competition under the conditions and for the purposes now and hereafter authorized by Swim Ontario in relation to the promotion of Swimming Canada and Swim Ontario and the development of the sport of swimming.
- By accepting to attend you agree that all photographs and moving images taken by yourself within any Swimming Canada or Swim Ontario designated event including those of athletes competing shall be used solely for personal and non-commercial purposes, unless the prior written consent is obtained from Swimming Canada or Swim Ontario. The individual confirms that they fulfill the qualifications required by Swim Ontario and also agrees to information about themselves being collected by Swim Ontario and the Organizing Committee and such data being stored and used by them, and, where necessary, third parties, for the purposes of facilitating their participation in, and/or organizing the Swim Ontario Designated Competition.
- Live Streaming services provided by RecTec TV.



REGISTRATION INFORMATION

REGISTRATION

- Registration and welcome table on deck near the Awards area on East side. Look for the Swim Ontario backdrop. **Registration and Deck access is 30 mins before the start of warm-up period.**
- Coaches and individual swimmers please register upon arrival.
- **Daily heat sheets will be posted on the wall near registration. We encourage swimmers to download their own copies prior to arrival.**
- Heat sheets also available for download on Meet Mobile and from the meet information page: <https://www.swimontario.com/athletes/competitions/2025-ontario-masters-swimming-championships/>



COMPETITION RULES

All current World Aquatics masters rules are in effect with the exception of age eligibility for entry into the competition and swimwear.

WARM-UP SAFETY PROCEDURES

The Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

SWIMWEAR

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

DIVE STARTS

Starts will be conducted as per World Aquatics Masters Rules 3.3.2 .1, 3.3.2.2 and 3.3.2.3, Swimming Canada Part II C4.1. and

- It is important that swimmers are ready in the area behind their designated blocks prior to their heats.
- Swimmers missing their heat are automatically scratched from that event.

BACKSTROKE LEDGES

Backstroke ledges will be available at this event. Meet Officials will install the ledges, the swimmer is responsible to set the device for their start.

OFFICIAL SPLITS

No official splits requests will be granted.

RECORDS

- All swimmers attempting to set a record **MUST** inform meet management.
 - All swimmers attempting to set a record **MUST** inform the Clerk at the Admin Desk **prior** to the start of the **session** in which their Provincial, Canadian or World record attempt will occur. Information forms will be available.
- Swimmers under the age of 25 are not eligible for masters **World records**.



RELAYS NAME SUBMISSION

- All relays will be swum as timed final.
- Relay forms must be filled in and returned to the Admin Desk 30 minutes prior to the start of the session. No name changes will be accepted after this deadline unless approved by meet management.
- Relay name changes may not change the age category in which the relay was entered. Relays whose name changes result in age category changes will be scratched.
- Mixed relays must be composed of 2 women and 2 men.

POSITIVE CHECKIN FOR DISTANCE EVENTS

- Positive check-in is required. 800m / 1500m free swimmers **MUST** check-in with the Admin Desk on the pool deck 30 minutes prior to the **start of session** on the respective day the event is to swum.
 - If a swimmer does not positive check-in by the deadline, they will be scratched from the event and waitlisted swimmers slotted into their lane. Plan arrival accordingly.
- Swimmers who do not positive checkin for these events will be removed and waitlisted swimmer added.
- **Waitlists:**
 - 5 swimmers/gender for each of these events have been established by order of registration.
 - The waitlists have been and will continue to be actively managed over the weeks leading up to the meet and on-site at MPAC. If any openings arise due to withdrawals/cancellations or no shows, the next swimmer on that same gender waitlist will be notified and offered the spot.
 - If all swimmers on the waitlist for one gender are offered openings in the event, any further openings will then be offered to the waitlisted swimmers of the other gender.
 - Max entries for all swimmers will remain at 8. Should a swimmer race 8 events and then be offered a spot in a distance event, they will be permitted to race the event but will be marked as EXH (Exhibition and will not score/place).
 - Swimmers on the waitlist that wish to score/place in the distance events should ensure they have only 7 races prior to the 800 free (on Sunday) and select one event after the 800 free so that they can be scratched from that event if they are offered a spot off the waitlist. By scratching that last event, they will keep to 8 entries and all 8 entries will be eligible to score/place.

DECK ENTRIES

- Deck entries and time trial events will not be permitted.

RESULTS

- Live Results will be available at the following link:
<https://swimontario.com/liveresults/2025/MPROV/>
- Results will be posted near the awards area on deck.
- Official results will be posted to Swim Rankings after the meet.



SCORING AND AWARDS

EVENT SCORING

- Only the top Ten (10) individual events and relays score:
- Individual Events: 30-25-20-15-14-13-12-11-10-9
- Relay Events: 60-50-40-30-28-26-24-22-20-18

EVENT AWARDS

- **Medals:** first through third (individual and relay events)
- Swimmers or their representative can come to collect their awards at the Admin Desk on the pool deck.
 - Relay awards will be given to one team member for distribution.
- **Please note awards will NOT be mailed.**
- **Masters Swim Series Individual Awards will be available at the Admin Desk for pickup.**

TEAM AWARDS

- **High Point Team Championships Banner:** The club with the highest points will be presented.
 - A second and third place banner will also be awarded
- **Masters Swim Series Team Award – see winners [HERE](#)**

PROGRAM EVENT LIST & OVERALL WARM-UP SCHEDULE

DAY 1 – FRIDAY, APRIL 25, 2025

Morning Session			Afternoon Session		
Warmup: 8:30 AM - Start: 9:00 AM			Warmup: 1:00 PM - Start: 2:00 PM split		
W		M	W		M
1	1500 Free	2	3	50 Back	4
			5	200 Free	6
			7	100 Fly	8
			9	200 IM	10
			101	400 Free Relay	102
			104	400 Free Mixed Relay	104

DAY 2 – SATURDAY, APRIL 26, 2025

Morning Session			Afternoon Session		
Warmup: 8:00 AM - Start: 9:00 AM split			Warmup: 2:00 PM - Start: 3:00 PM split		
W		M	W		M
11	400 Free	12	17	100 Free	18
13	50 Fly	14	19	200 Back	20
15	200 Breast	16	21	100 Breast	22
105	200 Free Relay	106	109	400 Medley Relay	110
108	200 Mixed Free Relay	108	112	400 Mixed Medley Relay	112

**DAY 3 – SUNDAY, APRIL 27, 2025**

Morning Session			Afternoon Session		
Warmup: 8:00 AM - Start: 9:00 AM split			Warmup: 1:00 PM - Start: 2:00 PM split		
W		M	W		M
23	100 IM	24	35	800 Free	36
25	400 IM	26	33	50 Breast	34
27	50 Free	28	31	200 Fly	32
29	100 Back	30	113	200 Medley Relay	114
			116	200 Mixed Medley Relay	116

Overall Schedule and Split Warm-up Schedule
Registration and Deck access is 30 mins before the start of warm-up

Day 1 - Friday, April 25, 2025	
8:30am-8:55am	Warm Up
9:00am-12:00pm	Session 1 - Racing
11:30pm-1:30pm	Lunch
1:00pm-1:25pm	Warm Up Group A
1:30pm-1:55pm	Warm Up Group B
2:00pm-5:50pm	Session 2 - Racing

Day 2 - Saturday, April 26, 2025	
8:00am-8:25am	Warm Up Group B
8:30am-8:55am	Warm Up Group A
9:00am-1:20pm	Session 3 - Racing
12:30pm-2:30pm	Lunch
2:00pm-2:25pm	Warm Up Group B
2:30pm-2:55pm	Warm Up Group A
3:00pm-6:45pm	Session 4 - Racing

Day 3 - Sunday, April 27, 2025	
8:00am-8:25am	Warm Up Group A
8:30am-8:55am	Warm Up Group B
9:00am-12:35pm	Session 5 - Racing
12:00pm-2:00pm	Lunch
1:00pm-1:25pm	Warm Up Group A
1:30pm-1:55pm	Warm Up Group B
2:00pm-5:15pm	Session 6 - Racing

Group A - SQUALL, SOM, THOR, GRAN, DUCKS, BRANT
Group B - All other clubs
Please follow the split warm-up schedule

The West end of the pool will be open for continuous warm-up and cool-down with a 200 maximum number of swimmers at any one time in the west end pool