



2024 ONTARIO MASTERS PROVINCIALS



PROGRAM EVENT LIST

Swim Ontario & Meet Management reserves the right to change warm-up session times, cancel relays, change event order or further limit 400 and 800/1500 events to ensure reasonable session timelines

DAY 1 – FRIDAY, APRIL 19, 2024					
Morning Session Warmup: 8:30 AM - Start: 9:30 AM			Afternoon Session Warmup: 1:30 PM - Start: 2:00 PM		
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 20, 2024					
Morning Session Warmup: 8:00 AM - Start: 9:00 AM			Afternoon Session Warmup: 2:00 PM - Start: 2:30 PM		
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 21, 2024					
Morning Session Warmup: 8:30 AM - Start: 9:30 AM			Afternoon Session Warmup: 1:30 PM - Start: 2:00 PM		
W		M	W		M
23	100 IM	24	113	200 Medley Relay	114
25	400 IM	26	116	200 Mixed Medley Relay	116
27	50 Free	28	31	200 Fly	32
29	100 Back	30	33	50 Breast	34
			35	800 Free	36

2024 Ontario Masters Provincials - 2024-04-19 to 2024-04-21**Session Report**

Session: 1 Friday morning

Day of Meet: 1 Starts at 09:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 1500 Freestyle	23	3 u	09:30 AM	_____
Finals	2 Men 1500 Freestyle	24	3 u	11:00 AM	_____
	Swimmers Counts for Warm-ups: 47	=====	=====		
	Entry / Heat Totals:	47	6		
	Finish Time			12:23 PM	_____

Session: 2 Friday afternoon

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Women 50 Backstroke	71	9 u	02:00 PM	_____
Finals	4 Men 50 Backstroke	59	8 u	02:15 PM	_____
Finals	5 Women 200 Freestyle	63	8 u	02:27 PM	_____
Finals	6 Men 200 Freestyle	64	8 u	03:01 PM	_____
Finals	7 Women 100 Butterfly	25	4 u	03:27 PM	_____
Finals	8 Men 100 Butterfly	39	5 u	03:37 PM	_____
Finals	9 Women 200 IM	50	7 u	03:46 PM	_____
Finals	10 Men 200 IM	46	6 u	04:15 PM	_____
Finals	101 Women 400 Freestyle Relay	14	2 u	04:36 PM	_____
Finals	102 Men 400 Freestyle Relay	16	2 u	04:49 PM	_____
Finals	104 Mixed 400 Freestyle Relay	14	2 u	05:01 PM	_____
	Swimmers Counts for Warm-ups: 311	=====	=====		
	Entry / Heat Totals:	461	61		
	Finish Time			05:15 PM	_____

Session: 3 Saturday Morning

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Women 400 Freestyle	75	10 u	09:00 AM	_____
Finals	12 Men 400 Freestyle	67	9 u	10:16 AM	_____
Finals	13 Women 50 Butterfly	78	10 u	11:15 AM	_____
Finals	14 Men 50 Butterfly	98	13 u	11:29 AM	_____
Finals	15 Women 200 Breaststroke	50	7 u	11:43 AM	_____
Finals	16 Men 200 Breaststroke	47	6 u	12:20 PM	_____
Finals	105 Women 200 Freestyle Relay	31	4 u	12:45 PM	_____
Finals	106 Men 200 Freestyle Relay	28	4 u	12:57 PM	_____
Finals	108 Mixed 200 Freestyle Relay	28	4 u	01:08 PM	_____
	Swimmers Counts for Warm-ups: 411	=====	=====		
	Entry / Heat Totals:	502	67		
	Finish Time			01:20 PM	_____

2024 Ontario Masters Provincials - 2024-04-19 to 2024-04-21**Session Report**

Session: 4 Saturday Afternoon

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	17 Women 100 Freestyle	135	17 u	02:30 PM	_____
Finals	18 Men 100 Freestyle	142	18 u	03:06 PM	_____
Finals	19 Women 200 Backstroke	42	6 u	03:38 PM	_____
Finals	20 Men 200 Backstroke	32	4 u	04:05 PM	_____
Finals	21 Women 100 Breaststroke	90	12 u	04:21 PM	_____
Finals	22 Men 100 Breaststroke	84	11 u	04:52 PM	_____
Finals	109 Women 400 Medley Relay	14	2 u	05:16 PM	_____
Finals	110 Men 400 Medley Relay	15	2 u	05:30 PM	_____
Finals	112 Mixed 400 Medley Relay	16	2 u	05:41 PM	_____
	Swimmers Counts for Warm-ups: 411	=====	=====		
	Entry / Heat Totals:	570	74		
	Finish Time			05:54 PM	_____

Session: 5 Sunday Morning

Day of Meet: 3 Starts at 09:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Women 100 IM	110	14 u	09:30 AM	_____
Finals	24 Men 100 IM	92	12 u	10:04 AM	_____
Finals	25 Women 400 IM	18	3 u	10:27 AM	_____
Finals	26 Men 400 IM	21	3 u	10:52 AM	_____
Finals	27 Women 50 Freestyle	129	17 u	11:13 AM	_____
Finals	28 Men 50 Freestyle	145	19 u	11:35 AM	_____
Finals	29 Women 100 Backstroke	68	9 u	11:55 AM	_____
Finals	30 Men 100 Backstroke	52	7 u	12:19 PM	_____
	Swimmers Counts for Warm-ups: 381	=====	=====		
	Entry / Heat Totals:	635	84		
	Finish Time			12:35 PM	_____

Session: 6 Sunday Afternoon

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	113 Women 200 Medley Relay	24	3 u	02:00 PM	_____
Finals	114 Men 200 Medley Relay	22	3 u	02:12 PM	_____
Finals	116 Mixed 200 Medley Relay	21	3 u	02:23 PM	_____
Finals	31 Women 200 Butterfly	10	2 u	02:33 PM	_____
Finals	32 Men 200 Butterfly	16	2 u	02:44 PM	_____
Finals	33 Women 50 Breaststroke	92	12 u	02:51 PM	_____
Finals	34 Men 50 Breaststroke	97	13 u	03:08 PM	_____
Finals	35 Women 800 Freestyle	32	4 u	03:25 PM	_____
Finals	36 Men 800 Freestyle	32	4 u	04:34 PM	_____
	Swimmers Counts for Warm-ups: 354	=====	=====		
	Entry / Heat Totals:	346	46		
	Finish Time			05:28 PM	_____