

2024 Summer Ontario Swimming Championships  
Toronto, July 4 to 7, 2024

**Schedule Session No. 1 - Thursday Prelims**

**2024-07-04 - 8:45**

Warmup: 6:50 until 8:35

**THE 800 FREE WILL ALTERNATE HEATS WOMEN / MEN**

8:45	3.	100m Backstroke	Women	Prelim	Open	0:19	10 Heats	100
9:04	4.	100m Backstroke	Men	Prelim	Open	0:20	11 Heats	108
9:24	201.	400m Freestyle	Women	Prelim	Open	0:08	1 Heat	4
9:32	203.	200m Freestyle	Women	Prelim	Open	0:06	1 Heat	8
9:38	202.	400m Freestyle	Men	Prelim	Open	0:09	1 Heat	6
9:47	204.	200m Freestyle	Men	Prelim	Open	0:04	1 Heat	4
9:51	5.	50m Freestyle	Women	Prelim	Open	0:12	12 Heats	120
10:03	6.	50m Freestyle	Men	Prelim	Open	0:14	15 Heats	144
10:17	7.	200m Breaststroke	Women	Prelim	Open	0:28	8 Heats	76
10:45	8.	200m Breaststroke	Men	Prelim	Open	0:31	10 Heats	99
11:16	101.	4 x 50m Medley	Girls	Slower Heats	- 15	0:03	1 Heat	9
11:19	103.	4 x 50m Medley	Women	Slower Heats	16 +	0:06	2 Heats	14
11:25	102.	4 x 50m Medley	Boys	Slower Heats	- 15	0:06	2 Heats	11
11:31	104.	4 x 50m Medley	Men	Slower Heats	16 +	0:08	3 Heats	23
11:39	1.	800m Freestyle	Women	Slower Heats	Open	0:41	4 Heats	36
12:20	2.	800m Freestyle	Men	Slower Heats	Open	0:58	6 Heats	52
13:18	End of session				Total duration	4:33		

**Schedule Session No. 2 - Thursday Finals**

**2024-07-04 - 17:00**

Warmup: 16:00 until 16:50

17:00	1.	800m Freestyle	Women	Fastest Heat	Open	0:10	1 Heat	10
17:10	2.	800m Freestyle	Men	Fastest Heat	Open	0:10	1 Heat	10
17:20	3.	100m Backstroke	Women	Final	Open	0:11	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	0:09	1 Heat	-
18:04	204.	200m Freestyle	Men	Final	Open	0:04	1 Heat	-
18:08	5.	50m Freestyle	Women	Final	Open	0:07	4 Heats	-
18:15	6.	50m Freestyle	Men	Final	Open	0:07	4 Heats	-
18:22	7.	200m Breaststroke	Women	Final	Open	0:17	4 Heats	-
18:39	8.	200m Breaststroke	Men	Final	Open	0:16	4 Heats	-
18:55	101.	4 x 50m Medley	Girls	Fastest Heat	- 15	0:03	1 Heat	10
18:58	103.	4 x 50m Medley	Women	Fastest Heat	16 +	0:03	1 Heat	10
19:01	102.	4 x 50m Medley	Boys	Fastest Heat	- 15	0:03	1 Heat	10
19:04	104.	4 x 50m Medley	Men	Fastest Heat	16 +	0:03	1 Heat	10
19:07	106.	4 x 200m Freestyle	Men	Timed Final	Open	0:09	1 Heat	10
19:16	End of session				Total duration	2:16		



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**Schedule Session No. 3 - Friday Prelims**

**Event 208 combined with Event 210 - Start from North / Start End**

**2024-07-05 - 8:45**

Warmup: 6:50 until 8:35

8:45	205.	50m Freestyle	Women	Prelim	Open	0:04	2 Heats	12
8:49	206.	50m Freestyle	Men	Prelim	Open	0:02	2 Heats	12
8:51	11.	200m Freestyle	Women	Prelim	Open	0:25	9 Heats	82
9:16	12.	200m Freestyle	Men	Prelim	Open	0:31	12 Heats	111
9:47	13.	400m Medley	Women	Prelim	Open	0:36	6 Heats	55
10:23	14.	400m Medley	Men	Prelim	Open	0:44	8 Heats	78
11:07	207.	50m Butterfly	Women	Prelim	Open	0:02	1 Heat	3
11:09	209.	100m Butterfly	Women	Prelim	Open	0:03	1 Heat	8
11:12	208.	50m Butterfly	Men	Prelim	Open	0:02	1 Heat	1
11:14	210.	100m Butterfly	Men	Prelim	Open	0:02	1 Heat	6
11:16	15.	100m Butterfly	Women	Prelim	Open	0:19	11 Heats	108
11:35	16.	100m Butterfly	Men	Prelim	Open	0:18	12 Heats	117
11:53	107.	4 x 100m Freestyle	Girls	Slower Heats	- 15	0:06	1 Heat	5
11:59	108.	4 x 100m Freestyle	Boys	Slower Heats	- 15	0:05	1 Heat	9
12:04	109.	4 x 100m Freestyle	Women	Slower Heats	16 +	0:05	1 Heat	6
12:09	110.	4 x 100m Freestyle	Men	Slower Heats	16 +	0:05	1 Heat	8
12:14	9.	1500m Freestyle	Women	Slower Heats	Open	0:40	2 Heats	18
12:54	End of session				Total duration	4:09		

**Schedule Session No. 4 - Friday Finals**

**2024-07-05 - 17:00**

Warmup: 16:00 until 16:50

17:00	9.	1500m Freestyle	Women	Fastest Heat	Open	0:19	1 Heat	10
17:19	205.	50m Freestyle	Women	Final	Open	0:02	1 Heat	-
17:21	206.	50m Freestyle	Men	Final	Open	0:02	1 Heat	-
17:23	11.	200m Freestyle	Women	Final	Open	0:14	4 Heats	-
17:37	12.	200m Freestyle	Men	Final	Open	0:14	4 Heats	-
17:51	13.	400m Medley	Women	Final	Open	0:28	4 Heats	-
18:19	14.	400m Medley	Men	Final	Open	0:25	4 Heats	-
18:44	207.	50m Butterfly	Women	Final	Open	0:02	1 Heat	-
18:46	209.	100m Butterfly	Women	Final	Open	0:03	1 Heat	-
18:49	208.	50m Butterfly	Men	Final	Open	0:02	1 Heat	-
18:51	210.	100m Butterfly	Men	Final	Open	0:02	1 Heat	-
18:53	15.	100m Butterfly	Women	Final	Open	0:10	4 Heats	-
19:03	16.	100m Butterfly	Men	Final	Open	0:10	4 Heats	-
19:13	107.	4 x 100m Freestyle	Girls	Fastest Heat	- 15	0:05	1 Heat	10
19:18	108.	4 x 100m Freestyle	Boys	Fastest Heat	- 15	0:05	1 Heat	10
19:23	109.	4 x 100m Freestyle	Women	Fastest Heat	16 +	0:11	2 Heats	20
19:34	110.	4 x 100m Freestyle	Men	Fastest Heat	16 +	0:09	2 Heats	20
19:43	End of session				Total duration	2:43		

**Event 208 combined with Event 210 - Start from North / Start End**



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**Schedule Session No. 5 - Saturday Prelims** **Event 213 combined with Event 215 - Start from North / Start End** **2024-07-06 - 8:45**

Warmup: 6:50 until 8:35

8:45	211.	100m Freestyle	Women	Prelim	Open	0:04	1 Heat	10
8:49	212.	100m Freestyle	Men	Prelim	Open	0:04	2 Heats	14
8:53	19.	100m Freestyle	Women	Prelim	Open	0:19	12 Heats	114
9:12	20.	100m Freestyle	Men	Prelim	Open	0:22	15 Heats	142
9:34	21.	200m Butterfly	Women	Prelim	Open	0:25	8 Heats	71
9:59	22.	200m Butterfly	Men	Prelim	Open	0:23	8 Heats	71
10:22	213.	50m Breaststroke	Women	Prelim	Open	0:02	1 Heat	1
10:24	215.	100m Breaststroke	Women	Prelim	Open	0:08	2 Heats	12
10:32	214.	50m Breaststroke	Men	Prelim	Open		no entries	-
10:32	216.	100m Breaststroke	Men	Prelim	Open	0:04	1 Heat	9
10:36	23.	100m Breaststroke	Women	Prelim	Open	0:16	9 Heats	88
10:52	24.	100m Breaststroke	Men	Prelim	Open	0:23	13 Heats	125
11:15	111.	4 x 50m Freestyle	Girls	Slower Heats	- 15	0:03	1 Heat	9
11:18	112.	4 x 50m Freestyle	Boys	Slower Heats	- 15	0:03	1 Heat	9
11:21	113.	4 x 50m Freestyle	Women	Slower Heats	16 +	0:05	2 Heats	14
11:26	114.	4 x 50m Freestyle	Men	Slower Heats	16 +	0:07	3 Heats	22
11:33	18.	1500m Freestyle	Men	Slower Heats	Open	1:13	4 Heats	33
12:46	End of session				Total duration	4:01		

**Schedule Session No. 6 - Saturday Finals** **2024-07-06 - 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	0:03	1 Heat	-
17:24	19.	100m Freestyle	Women	Final	Open	0:09	4 Heats	-
17:33	20.	100m Freestyle	Men	Final	Open	0:09	4 Heats	-
17:42	21.	200m Butterfly	Women	Final	Open	0:16	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	0:05	1 Heat	-
18:20	214.	50m Breaststroke	Men	Final	Open	0:01	1 Heat	-
18:21	216.	100m Breaststroke	Men	Final	Open	0:04	1 Heat	-
18:25	23.	100m Breaststroke	Women	Final	Open	0:11	4 Heats	-
18:36	24.	100m Breaststroke	Men	Final	Open	0:10	4 Heats	-
18:46	111.	4 x 50m Freestyle	Girls	Fastest Heat	- 15	0:03	1 Heat	10
18:49	112.	4 x 50m Freestyle	Boys	Fastest Heat	- 15	0:02	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	115.	4 x 200m Freestyle	Women	Timed Final	Open	0:10	1 Heat	10
19:07	End of session				Total duration	2:07		

**Event 213 combined with Event 215 - Start from North / Start End**



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**Schedule Session No. 7 - Sunday Prelims**

**2024-07-07 - 8:45**

Warmup: 6:50 until 8:35

8:45	217.	150m Medley	Women	Prelim	Open	0:06	1 Heat	3
8:51	219.	200m Medley	Women	Prelim	Open	0:07	1 Heat	9
8:58	218.	150m Medley	Men	Prelim	Open		no entries	-
8:58	220.	200m Medley	Men	Prelim	Open	0:06	1 Heat	8
9:04	25.	200m Medley	Women	Prelim	Open	0:31	10 Heats	97
9:35	26.	200m Medley	Men	Prelim	Open	0:37	13 Heats	125
10:12	27.	200m Backstroke	Women	Prelim	Open	0:27	8 Heats	76
10:39	28.	200m Backstroke	Men	Prelim	Open	0:31	10 Heats	94
11:10	221.	50m Backstroke	Women	Prelim	Open	0:02	1 Heat	5
11:12	223.	100m Backstroke	Women	Prelim	Open	0:04	1 Heat	8
11:16	222.	50m Backstroke	Men	Prelim	Open		no entries	-
11:16	224.	100m Backstroke	Men	Prelim	Open	0:02	1 Heat	9
11:18	29.	400m Freestyle	Women	Prelim	Open	0:43	8 Heats	74
12:01	30.	400m Freestyle	Men	Prelim	Open	0:44	9 Heats	85
12:45	117.	4 x 100m Medley	Girls	Slower Heats	- 15	0:06	1 Heat	4
12:51	118.	4 x 100m Medley	Boys	Slower Heats	- 15	0:06	1 Heat	9
12:57	119.	4 x 100m Medley	Women	Slower Heats	16 +	0:11	2 Heats	11
13:08	120.	4 x 100m Medley	Men	Slower Heats	16 +	0:10	2 Heats	18
13:18	End of session				Total duration	4:33		

**Schedule Session No. 8 - Sunday Finals**

**2024-07-07 - 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	0:07	1 Heat	-
17:13	218.	150m Medley	Men	Final	Open	0:01	1 Heat	-
17:14	220.	200m Medley	Men	Final	Open	0:06	1 Heat	-
17:20	25.	200m Medley	Women	Final	Open	0:16	4 Heats	-
17:36	26.	200m Medley	Men	Final	Open	0:15	4 Heats	-
17:51	27.	200m Backstroke	Women	Final	Open	0:17	4 Heats	-
18:08	28.	200m Backstroke	Men	Final	Open	0:15	4 Heats	-
18:23	221.	50m Backstroke	Women	Final	Open	0:02	1 Heat	-
18:25	223.	100m Backstroke	Women	Final	Open	0:04	1 Heat	-
18:29	222.	50m Backstroke	Men	Final	Open	0:02	1 Heat	-
18:31	224.	100m Backstroke	Men	Final	Open	0:02	1 Heat	-
18:33	29.	400m Freestyle	Women	Final	Open	0:25	4 Heats	-
18:58	30.	400m Freestyle	Men	Final	Open	0:23	4 Heats	-
19:21	117.	4 x 100m Medley	Girls	Fastest Heat	- 15	0:06	1 Heat	10
19:27	118.	4 x 100m Medley	Boys	Fastest Heat	- 15	0:05	1 Heat	10
19:32	119.	4 x 100m Medley	Women	Fastest Heat	16 +	0:06	1 Heat	10
19:38	120.	4 x 100m Medley	Men	Fastest Heat	16 +	0:05	1 Heat	10
19:43	End of session				Total duration	2:43		

