



2025 Preliminary Competition Information

Competition	Ontario Age Groups		Ontario Swimming Championships
Rationale	<i>This opportunity will provide a touch point for "in season" form or racing quality under "training load." It also provides an appropriate development point of engagement along the performance pathway for swimmers striving towards the senior performance level.</i>		<i>Provincial championship competition that allows clubs to bring all qualified swimmers together for an end of season championship opportunity that also serves as a racing opportunity for those preparing the end of season national competitions.</i>
Date	February 27 - March 2, 2025		July 9 - 13, 2025
Course	LCM		LCM
Location	TPASC	MPAC	TPASC
Days	4	4 (3 days for 12&Under)	5 (3 days for 12&Under)
Age	15 - 18 Years of Age + PARA	14 & Under	All
Format	Heats and Finals	14&Under***: Heats & Finals 12 and Under: Timed Final	Open***: Heats & Finals 12 and Under: Timed Final
Sessions	8	14&Under***: 8 sessions 12&Under: 3 sessions	Open***: 10 sessions 12&Under: 3 sessions
Performance Standard	Ontario Age Group Provincials Standard Individual age group standards		Ontario Swimming Championships Standard Individual age group standards
Qualification Requirement	1 Ontario Age Group Standard	1 Ontario Age Group Standard	2 Ontario Swimming Championship Standard
***12 & Under Qualification Requirements	Not Applicable	***12&U swimmers that achieve the 13&U qualifying time must choose to participate in the heats/finals sessions or the 12&U timed final sessions. They cannot participate in both.	***12&U swimmers that achieve the 13&U qualifying time must choose to participate in the heats/finals sessions or the 12&U timed final sessions. They cannot participate in both. 12&U swimmers must achieve a minimum of 2 13&U QTs to participate in the heats/finals sessions.
Competition Age Categories	Olympic : Individual Age Categories 15, 16, 17, 18 Para: Level 2 and Above Open Age Group	13&Under***, 14 Heats & Finals 11&U, 12 Timed Final	Olympic : 14 & U, 15/16, 17+Over Para: Level 2 and Above Open Age Group
Performance Window	18 Months prior to the entry deadline Entry Deadline: 16 days prior to start of competition		
De-Qualifying	No De-Qualifying Times		
Consideration Time	Ontario Swimming Championships Standard + 5%		